

THE North Star MONTHLY

Every Small Town's Newspaper

DANVILLE, VERMONT

GOOD FOR THE WHOLE MONTH

\$1.50

NOVEMBER 2006
Volume 18, Number 7

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Offer Hospitality in
High Places**



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Dial 2-1-1 and Get
Information for
Problems with
Daily Life**

WHAT'S COOKING AT THE WALDEN COUNTRY STORE

BETTY HATCH

Travelers on Vermont Route 15 will find the Walden Country Store east of Noyesville village.

The store is operated by Anthony and Jacqueline Willey. The Willeys purchased the property from his mother last spring. Since then they have made changes, adding local beef for sale and a new larger menu of stone-cooked pizza, calzones and chicken. They are expanding the grocery line to include fresh produce and considering a restaurant so folks can eat inside as well as take-out their meals.

The history of the building is interesting. Albert "Cub" and Leona Davidson purchased the lot in 1949 from Anna Murphy. The lot was the location of a carriage shop owned by Beniah Smith in 1827. It was converted to a sawmill by William Brackett and later owned by James Steele and John Goslant, who closed the mill in 1915. The lot where the Country Store is now located, was used for stacked lumber and

(Please see *What's on Page 6*)

HOWARD'S
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"You're Home at Howard's!"

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These Are Dog Trials for Working Dogs - Border Collies



Photos By: North Star Monthly

Roger Deschambeault raises border collies in East Conway, NH and trains them for dog trial competition all over the country.

TERRY HOFFER

When Roger Deschambeault takes his border collies for a walk in the morning it's not to get his newspaper. It's about competition and the love of his dogs. Deschambeault is a member of an international community of dog handlers, which breeds and trains dogs that compete in sheep dog trials.

Deschambeault lives in East Conway, NH on beautiful rolling land, which he maintained as a dairy farm until 1985. For years he had border collies as part of his dairy farm, but since walking away from the milk business he has become a highly respected breeder and trainer of sheep dogs and a judge at trials all over the United States

"They love doing this. I'm sure they'd just as soon die herding sheep as anything."

where dogs compete.

On a recent Saturday Deschambeault and his wife were hosts at a gathering and dog trial, a competition among handlers and their dogs. There were campers, vans, pickup trucks and all kinds of rolling dog carriers. Most vehicles had awnings or some other form of shade for the black and white border collies waiting their turns.

Deschambeault says, "It's an interesting group. We've had doctors, lawyers, farmers, carpenters, airline pilots and people from all walks of life, but every one of them loves border collies for the sport and the companionship. I've met people from Maine to California, and I've been to dog trials in just about every state in the country. These people love their dogs for their brains and their working ability."

Deschambeault says the sport is ancient, at least in terms of this clear day in East Conway. Sheep dog trials probably originated in the

mid-19th century in the British Isles. Scotland and England were widely recognized for their wool and sheep farms at the time, and it's easy to imagine a group of farmers bragging about their respective dogs and their expertise in finding and herding their sheep. Bragging led to challenges and competition, and trials were born.

Border collies, as we know them, are descendants of the herding or droving breeds on the border between Scotland and England. Traditionally border collies were bred for attitude and herding ability, and, although medium-sized and usually black, white and tan, their looks were virtually irrelevant.

Since 1995, the American Kennel Club has registered and judged border collies for their conformity in appearance, to an ideal standard at bench shows. But Deschambeault is a traditionalist, and he says, "Border collies were bred for a purpose, and there has always been deviation in their appearance." He'd prefer to stay clear of the debate between advocates of the AKC and those, like himself, who are loyal to the dogs and their working skill demonstrated at herding trials often within guidelines of the American Border Collie Association, but he laughs at the irony when he says, "Everyone likes a sharp looking dog, but they get prettier when they start working."

Dog trials like this in East Conway follow a pattern that tests the dog's instinctive willingness to seek out and confront a group of

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Heroes Are Hard to Find

At some point, maybe on October 15, 2006, the U.S. population passed 300 million. The number represents a moving target based on the decennial census and one day's population estimate adjusted by the addition and subtraction of arrivals and departures on the next. The numbers of births, deaths, immigrants and emigrants are statistical estimates.

The first U.S. census was in 1790, and our rookie census takers determined the total population to be just under 3.9 million. Virginia had the most residents (748,000) followed by Pennsylvania (435,000), North Carolina (395,000) and New York (340,000). Nearly 700,000 of us were slaves; 300,000 of that number lived in Virginia, and another 300,000 combined were in Maryland, North Carolina and South Carolina.

In 1790 the number of free white men, 16-or-older was 807,000, but the country was growing fast. By 1800 there were 5.3 million Americans an increase of 36%.

So I wondered, what is an American anyway, and what did one look like in 1790? I was quite surprised to find my way to one of Ethan Allen's own heroes, Hector St. John de Crevecoeur. (Forgive me if I call him St. John.)

St. John was from France. He was a surveyor in the French Militia, and in 1759 after the French and Indian War he settled on a farm in Orange County, NY. He prospered apparently as a farmer, and with encouragement from his wife, Mehitable, he wrote about life in the American colonies and its emerging social structure. In London in 1782 he published a collection of essays, semi-fictional letters, under the pen name of J. Hector St. John. Although George Washington thought the sketches were exaggerated and "too flattering," the collection, *Letters from an American Farmer*, made the author a celebrity.

He described the American dream with principals of equal opportunity and self determination. He wrote of the American straightforwardness, its uncomplicated lifestyle and the melting pot created for a blend of ethnic and cultural backgrounds. He asked in one letter, What is an American?, and then describes them as "... tillers of the earth communicating by good roads and navigable rivers, united by the silken bands of mild government, all respecting the laws, without dreading their power, because they are equitable."

"What is an American?" became a classic, and St. John was one of the first best selling American authors. In 1783 he returned to New York and found that his wife had died, his farm had been destroyed and his children were living with neighbors. St. John regained custody of his children, and he was appointed French consul for New York, New Jersey and Connecticut. His two volume version of *Letters from an American Farmer* was rewritten in French, enlarged and sold in German and various other languages throughout Europe.

To Ethan Allen, St. John was a hero, and the general from Vermont wanted that to be known. In response to Allen's proposition that the township on the Passumpsic River be named St. John, Farmer, Father, Author and Consul Hector St. John de Crevecoeur replied in 1785, that it might be better (or at least more distinctive) if it was called St. Johnsbury.

Today as I think about the vast wealth and power of the U.S. of A. and all that we have accomplished as our numbers increased from 3.9 million to 300 million I am envious of Vermont's own Ethan Allen, and I am envious of his hero.

Sure there are people, both alive and now gone, who I admire without pause, but as I think about this November election and the divisiveness of our leaders in their attempts to find direction for common good, I expect to hold my ballot on November 7 and think of the candidates in this way. Who among them will make a satisfying and lasting difference, and who will prove to be a hero?

Terry Hoffer

There Are Times When We Need To Notice What Is Missing

What a fantastic year for blueberries. The mild winter and wet spring yielded an abundance of blueberries in this part of Vermont. We had a hard time keeping up with our small blueberry patch, and no help from feathered or furry creatures, as we do not have fencing or netting around our bushes. Years ago when we planted the bushes, I surrounded the patch with cedar fence posts, anticipating that when the bushes matured and started to produce, I would then put up a fence or use the posts to support netting. The posts remain—now tilted toward all directions of the compass—unadorned by either fence or netting. (I call it our fence to keep out feral mimes. It must be effective, as I have never seen a mime in our berry patch, or any sign of their presence. Then again, would a mime actually eat the berries?) Now, unless it is pointed out to me, I no longer notice the absence of fencing between the posts.

I use this in-existent fence story to circuitously point out the difficulties of noticing what is not there. Who has not failed to notice the absence of mustache or beard, recently shaved from the face of an acquaintance? Ever wondered why a niece or nephew is so persistently smiling, and then be embarrassed that you did not realize their braces are gone? Unless we are quite familiar with the person, absences such as these often go unnoticed.

This summer, after a hot, sweaty day cutting up a large windfall in our woods, brush hauled off and wood stacked for splitting near the wood pile, my wife came to inspect and asked, "So, what have you been doing all day?" I cannot deny that, except for the fresh stump and scattered sawdust, the woods did not look different. It's hard to appreciate the absence of one tree from the forest.

Tuesday, November 7 is Election Day. The absence of one vote will certainly go unnoticed. Sadly, there will be more than one missing vote. Prevent this. Note the date and encourage those near you to do the same. This important civic responsibility merits our attention. Vote on Election Day.

Tim Tanner

Letters to the Editor:

Follow the Money

Dear North Star,

I always enjoy reading your publication, especially Rachel

Siegel's column on money matters. In the October issue she discusses the housing bubble and its implications at length. Normally I can't think of a single thing I could possibly add to her usually clear and concise take on things, but this time I thought other readers might be interested in another facet of our current

housing situation.

In the past 20 or so years, the average house in the USA has grown from about 1,600 to about 2,400 square feet. During the same period of time, the average household appears to have shrunk from about 3.2 to 2.57 people (if I understand the census tables correctly).

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

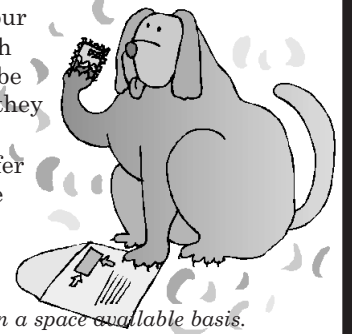
ARTICLES: We don't have a big staff of writers. So we look forward to your sending your writing. If you have questions or ideas and want to ask us first, please call. We'll send our guidelines. No fiction, please.

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.



Running the numbers, then, it would appear that the square footage available for people living in homes has grown from 500 sq. ft. per person to just over 930 sq. ft. in the past generation. This, added to the knowledge that one of the fastest growing industries in the US is the self-storage industry (bigger than

McDonald's, Burger King, and Wendy's combined, according to Daniel Pink), then you get a picture of the conspicuous consumption on the part of people who are wealthy enough to afford new homes and off-site storage for all the stuff they can't cram into that extra 400+

(See *Letters on Page 4*)

Starch Factory in Noyesville Consumed By Fire Negroes Find Prosperity and Strength as Voters in South



THE NORTH STAR

November 5, 1875

A deep-sea shark, which is seldom seen along the coast, ten feet long and weighing seven hundred pounds, was recently captured off Block Island.

A. A. Finley of North Danville has sold his sugar orchard to Messrs Fairbanks & Co. Price \$50 an acre. They intend cutting off part of it the present winter.

At F. F. Thompson's auction on October 26 cows sold from \$28 to \$38, two years old from \$24 to \$28, calves from \$10 to \$12, old truck for all it was worth.

The harvesting and threshing being nearly all done in this section we find the prospect for the coming winter is a fair one. Our hay crop is average, oats rather light, straw in abundance, wheat fair, corn good, potatoes light, India wheat heavy. Stock come up to the barn looking well. It

ought to leave the barn next spring the same.

By a recent measurement the distance from Stowe to the top of Mansfield Mountain by way of the turnpike, is found to be 10 miles, one mile farther than by the old trail.

Last week Thursday night the starch factory at Noyesville, owned by John B. Rogers, was entirely consumed by fire. All the starch made at the factory had been removed, except a lot of about ten barrels, which was in the process of drying. Loss estimated at \$1500. Insured for \$1050.

ADV. Forestall summer fevers and all the complaints generated by excessive heat, by keeping the blood cool and the bowels free with Tarrant's Effervescent Seltzer Aperient, at once a most refreshing draught and the best of all regulating medicines. Sold by all druggists.

November 12, 1875

Negro Prosperity - The predictions which were so confidently made at the close of the war that the African race would degenerate and die out when released from its servile condition have not been fulfilled. The recent census of Charleston County, South Carolina shows that the colored people, including all persons who have any mixture of African blood, have increased in the last five and half years 43 percent while the whites have only increased 21 percent.

Votes of the county number 7,398 whites and 17,687 blacks. The population of the city proper is whites, 24,538, and blacks, 32,012.

In most cases the negroes have leased from the whites the lands which they have cultivated. The whites cannot retain possession of their large estates under the new system of labor and the negroes will soon become landowners. In view of these facts and figures the Charleston News and Mercury says that "Whatever the cause, we must face the fact that the colored population of Charleston is steadily increasing as compared with the whites and that therefore any policy which tends to array the whites and blacks against each other as races, will place the government of the county and keep it in the hands of the colored people."

St. Johnsbury Academy boys "hazed" one of their number a few days ago by dousing him into a tub of cold water and otherwise maltreating him. The perpetrators have been expelled. The "hazers" claimed that the "hazed" had been playing the spy on them out of school reporting to the faculty and so forth, but the hazed and his friends deny it, and the "hazers" reassert it with additions. Either way hazing isn't the right thing.

November 19, 1875

Death from Chloroform - One more must be added to the

list of deaths from the use of anaesthetics in this country. On Saturday at a surgical clinic at the city hospital in Albany, N.Y. a patient was placed on the operating table before the students and a mixture of equal parts chloroform and ether were administered in the usual manner. Just as Dr. Armsby was about to commence the operation, which was to have been amputation of a gangrenous finger, the patient was discovered to be pulseless and although the use of stimulants was kept up for a long time it was without effect. A post mortem was held on Sunday and thought the man was found to be generally unsound, it was called one of those cases which are rare at the present day, death from anaesthetics.

Rather early in the season for railroad snowplows. Last Tuesday another heavy snow storm commenced with a southerly wind and damp snow but in the evening the wind changed to the northwest and with snow falling all night and part of the next day the snow drifted badly. It is winter in earnest.

Mrs. Joseph Doyle of St. Albans was seriously burned recently by the explosion of the oil in a kerosene lamp which she broke accidentally. It is thought she cannot recover.

November 26, 1875

The Portland and Ogdens-

burgh Railroad is to pay \$2 to \$2.25 per cord for softwood this season and \$2.75 to \$3 for hard. The Central has fixed the price at \$4 to be measured and paid for when they want to use it.

Frank Ordway of Bakersfield entered the store of Mr. Baker at Enosburgh Falls recently and took an overcoat and vest and \$12 in money. The track of his wagon in the newly fallen snow led to his arrest and subsequent confession, and in default of \$200 bail he is not confined to jail.

The watch key factory of Derby & Hall at Bellows Fall, now finishes an average of over fourteen hundred keys per day and will soon have the capacity of their machinery so enlarged as to considerably increase their production. They are not able to keep up with their orders.

The Central Vermont Railroad has just promulgated a stringent order in regard to passes, or rather free riding over its roads. Hereafter no employee of the road can ride over it without a pass. This order applies to conductors, engineers and station agents as well as to minor employees.

We regret to learn that Gen. Foster is confined to his house by a sever attack of erysipelas.

ADV. \$5000 GOLD for a case of Cough, Cold or Asthma that Adamson's B.C. Balsam will not cure. Sold by druggists at 35 cts. Circular free. Dr. F.W. Kinsman Augusta, Maine.

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Letters to the Editor:

(Continued from Page 2)
square feet of space.

I'm wondering if it's possible for anyone to influence where the housing bubble burst will hit first, and whether it's possible to contain it in that extra 400 square feet of space. After all, a bubble 20' by 20' is one heck of a big bubble. And if it's bigger than that, we're in for one heckuva mess.

Alex Aldrich
Montpelier, VT

Yes and No

Dear North Star,

I was delighted to see Elizabeth Brown's photo in the latest *North Star*. My only criticism is that she was studying volcanoes in Iceland not Ireland. I think Ireland is a little short on active volcanoes.

Beppy Brown
Peacham

Editor's Note: My mistake, and I do apologize.

Electricity Matters

Dear North Star,

At last month's well-attended luncheon hosted by the Vermont Business Roundtable for members, friends and legislative guests, presenters spoke knowledgeably about Vermont's energy future and supply options: specifically, the challenges and opportunities that we collectively face and the cold, hard, unde-

niable facts (both good and bad) about the place in which we live. Expert presenters included electricity suppliers, base load power producers, regulatory officials, efficiency service providers, climate change experts and alternative fuels producers and suppliers who brought their perspectives, data and suggestions for policy direction.

During a two-hour period in which a great deal of information was shared with the attendees, there were some key, factual statements that emerged that must be understood by all Vermonters, which get to the heart of our dilemma and are unassailable by those who would wish things otherwise. Specifically:

Today, Vermont has very little exposure to price volatility in the electricity marketplace and our rates are, relatively speaking, quite competitive within the region. However, we will be affected by our ability to continue getting clean sources of electricity, and by our ability to increase capacity.

Demand for electricity will increase in the future as our global climate continues to warm (a bad thing) and as economic growth in Vermont and New England expands (a good thing). Also, as a northern tier, rural state, Vermont's heavy reliance on transportation vehicles and home heating fuel keeps us at the mercy of the fossil fuel marketplace.

Hydro Quebec (HQ) and Entergy/Vermont Yankee (VY) combine to provide Vermont with over 60% of its base load power, 24/7, 365 days a year.

The Earth Still Turns

As the Vietnam War is now history, so eventually will be the Iraq and Afghanistan Wars and the 2006 Congressional elections. If we are lucky, there will be no war with North Korea or Iran to be reported in the history books. Life will go on in fits and starts, as it has for centuries, with events occurring that we like and dislike.

For example, good things are happening in China as it makes plans to empower unions and raise the minimum wage, to the consternation of the United States Chamber of Commerce. The Nobel Peace Prize was awarded to an American-trained economist who started a bank in Bangladesh that for years has loaned money to thousands of impoverished people with no assets. With the help of Sonny Bono and his wife, the tiny South African country of Lesotho has begun to revive its textile industry by producing clothing of a higher quality than that produced by its competition.

But for Americans, the most important and urgent concern is the election on November 7. It will be the time for voters to express approval or disapproval of the record of the Bush administration. A few of the issues that will determine how one votes are conduct of the Iraq and Afghanistan wars, the world-wide conflict against insurgencies and terrorists, corruption, tax cuts, national debt and deficit, the Abramoff and Foley scandals and treatment of prisoners of war.

This is perhaps the most important election in which many of us will ever vote. For the first time it is immaterial to me whether voters consider themselves to be Democrats, Republicans or Independents. It is where a party stands on the pivotal issues that really matters.

In this election for federal senators and representatives, forget that you are a Republican, Democrat or Independent. Ask yourself only one question as you ponder for whom to vote: do you generally approve of the record of the Bush administration in domestic and foreign affairs?

If you approve, then of course, vote for all Republican candidates for national office whether you are a Democrat, Republican or Independent. If you don't approve, then, naturally, vote for all Democratic candidates.

This should be a close election, and many races will be decided by a few votes. But it is not the time to worry about individual candidates. The important consideration is to vote for the party that supports your position on the administration's record by voting for its candidates.

For example, Bernie Sanders is a very popular political figure in Vermont, having served eight years as mayor of Burlington and 16 years as our Representative to Congress. Many Democrats, Republicans and Independents have voted for him over the years, but this would not be the time to cast a vote for him if one approves the president's record.

If the Republicans are to retain control of the Senate, they need to have Richard Tarrant in the Senate. The only chance for this to happen would be for many Democrats and Independents to join the Republicans and vote for the Republican ticket. It would be the same in the race between Republican General Martha Rainville and Senator Peter Welch for our one seat in the House of Representatives. A Republican's representative from Vermont is very important if Republicans are to continue to control the House of Representatives.

The same considerations apply to the Democrats, of course. They desperately want Bernie and Peter Welch to win, and need every possible vote to bring that about. The Democrats have an uphill battle to take over the Senate or the House, and need votes more than do the Republicans.

This logic would apply throughout the country. Subscribers to *The North Star* live in many states where the election of a Republican or Democratic senator or representative will be crucial for a party's success. For example, in New Hampshire there are two Congressional seats presently held by Republicans. An out-pouring of votes for the Democratic party's candidates could make a difference there, and overcome the long-time Republican monopoly on elective offices.

I am lucky in that I have no problem in deciding how I will vote. The Democratic Party, Bernie Sanders and Peter Welch all share my negative view of the Bush administration's record.

On the evidence, it would seem that the Democrats are on the right side of the issues, and should prevail. But whether they will capture enough seats to take over control of the House or the Senate is problematical. Some of us old-timers remember 1948 when the country went to bed thinking that Tom Dewey had defeated President Harry Truman. When everyone awoke the next morning, Harry was still going to be president.

I will close with one thought with which probably most readers will agree. Although we may not get much sleep Tuesday night, Wednesday morning will be more than welcome whether our party wins or loses. It will be a pleasure for politics to take a back seat for a while.

John Downs


Together, they represent safe, reliable and very clean sources of electric power. Renewables (i.e., small hydro, small wind, methane), efficiency and demand side management programs should be our first choice for new energy sources but cannot realistically be relied upon to fill the enormous gap that would be created if VY's license is not renewed beyond 2012 and the HQ contract is not renewed by 2016.

The Vermont Business Roundtable's position was clearly stated at the outset of the meeting. It supports efficiency measures first and a diversified resource mix that includes HQ, VY and renewables. Until and


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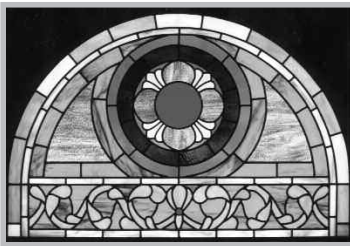
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The Human Experiment

"Rescuing a Planet under Stress," an article in *Energy Bulletin* July 3, 2006, by Lester Brown, president of the Earth Policy Institute, and the movie *An Inconvenient Truth*, have made me ask whether the human race is just a biological experiment.

Apparently being at the top of the evolutionary tree does not put us in a good position to judge. We do have some positive attributes, artistic creativity being perhaps the major one. When we really examine our species dispassionately we have to acknowledge that all of our altruistic actions have been directed towards the survival of our own species. But at present we are not doing too well in that department. Uncontrolled wars, genocide and diseases that could be remedied, are destroying many members of Homo sapiens.

So are we parasites on the earth or symbionts? It is true that these are points on a continuum of interrelationship, but I would like to be thought of as a symbiont. Symbionts are members of a species that live in harmony with another species to the mutual benefit of both. I believe that we were in that position once, before our population reached a critical number. When our creative minds began to design complex machines, these inventions separated us from our environment (our partner or host) and allowed us to manipulate and exploit it. At that point we became parasites.

At first we were successful parasites, managing to take as much as our species wanted, keeping our host alive but returning no benefit in exchange. Lester Brown and other environmentalists have convinced me that we have tipped the balance; our parasitism has become unsuccessful. We are killing our host.

In his article Brown describes how our global economy is outgrowing the capacity of the earth to support it. He cites several areas in which this is the case: forests are shrinking, water tables are falling, grasslands are declining, soils eroding and fisheries are being depleted. Oil reserves are being used so fast that we have little time left to adequately develop alternative sources of energy. One major result is that greenhouse gas production will soon lead to significant global climate change.

When I stop to think about this I am amazed that one species alone has wrought these changes. They affect not only our species, but all others, many of whom are close to extinction. We have surely taken the biblical directive to "have dominion ... over every living thing that moves upon the earth," to an extreme.

The one chance that we have to reverse some of the damage we have caused depends on using our species' unique talents of creativity, innovation and awareness of the past. We must be ruthless in our determination to reverse as many of those destructive changes to the environment that we can. We cannot afford to be sentimental and cling to ways of living that are familiar, but no longer appropriate, such as continuing to build energy inefficient homes and vehicles; wasting mineral and forest resources by creating over-packaged, poor quality items; or wasting clean water. We need to be thoughtful and practical. Sentimentality has never prevailed over greed in the destruction of the environment and it will not help us now.

We need to start with three things: developing clean energy resources, controlling our population growth and, perhaps the most difficult, making our children aware of their place as partners with the natural world and not mere users of it.

I have grandchildren and I have hope for their future on this planet. I think their lives and environment will be very different from the one I knew, but not necessarily worse.

We have great technological tools to help us reverse some of the changes we have set in motion; we cannot let greed and ignorance prevent us from using them. We must cultivate a new human awareness and humility towards our place in the natural world. Our species has arrogantly assumed that we are at the top of the evolutionary tree, but maybe, after all, we are just a dangerous biological experiment.

Isobel P. Swartz

Sometimes I stop
sometimes I drive right through
the old town
Sometimes I frequent
a certain place
memory
Like a ghost
or apparition
from the past
I'll stand by the river
feel the throbbing electricity
thoughts that pound in my head
Taking me back
Sometimes I kneel
close to the water
feel the cold moss and rock
beneath the palms of my hands
Catch my breath
I'm only dreaming
sifting through
holding on
letting go
Comfort in knowing
a place and sound
like the back of my hand
Familiar
after all these years
Sometimes it wakes me
River sounds
water rushing
tumbling stones
sharpened edges smoothing over
the years roll by
I see a reflection
beneath the water
surface like glass
leaning forward
closer still
my breath blows
a shiver across
and the current
takes me
away

Paula LaRochelle

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Food donated in honor of
Homer Fitts' 80th birthday party.
Thank you Jane and Homer.

Letters to the Editor:

unless Vermonters understand that the state's decision-making horizon is extremely limited; understand the economic, energy security and environmental policy implications of the various resource choices, the tradeoffs that are inherent therein and are willing to take the politics out of the process, we will face a very

volatile, uncertain and expensive future in a very brief period of time.

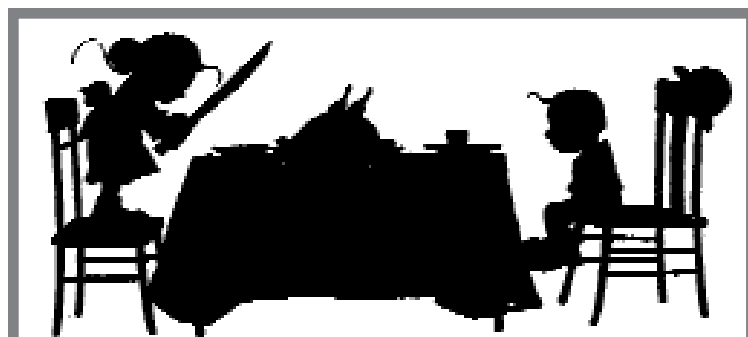
John Marshall, Peacham
Director, Vermont Business
Roundtable

Cork & Bottle

Editor's Note: No sooner had Gerd Hirschmann [Cork & Bottle ~ *North Star Monthly* October 2006] described Alaska, Wyoming and North Dakota as the only states in the country not

producing native wines than a front page article in *The Bismarck (ND) Tribune* appeared describing a variety of grapes that withstand winter in North Dakota and an emerging wine industry.

This is the second year for Rod Hogen's Red Trail Vineyard in Buffalo, ND, where 13 grape varieties are destined to be Red Trail red wine and pinot noir. ★



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12:30 p.m.

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All workshops will be held at the Fairbanks Museum & Planetarium at 1302 Main Street in St. Johnsbury. For directions and information on upcoming events, please access our website at www.fairbanksmuseum.org

What's Cooking at the Walden Country Store

(Continued from Page 1)

slabs and to stable horses.

Leona Davidson described the building this way: "Francis Donahue was hired with his gas shovel to move the hill in back of the Kittredge house. This was trucked to the lot for grade and fill before building on it. We operated as an Esso Gas Station and repair shop until 1956." The north end of the building had an oil pit for oil changes and repair work and the second bay was used for other work. There were living quarters on the south end of the building in 1950. The Davidsons ran the business until it was sold to Philip and Marion Hanchett in 1958.

On September 15, 1959, the property was sold to Jack and Ruth Burbank, who operated the filling station until Jack's death in November 1967. Jack did some tinkering, but the first bay was used for grocery storage. Ruth said, "We started to sell groceries soon after we started, then added the beer license. Never will forget the time one neighbor called after midnight, which was after hours to sell beer. He wanted Jack to put a handpack of beer and two packages of cigarettes in a bag by the door. Jack put the cigarettes in the bag and waited. The neighbor came and took one look, picked up the bag and went

swearing up the road.

"It was hard after Jack's death but had to stay until I sold in March 1968. I didn't get up nights to pump gas only for State trucks. They pumped their own gas without lights. Was glad when it was sold."

Bernard and Joan Colbeth took over in December 1968. The Colbeths added their mark as follows: "The first year we were there, we partitioned off the garage and filled in the grease pit for more storeroom. The following year, we tore down the partition and put the whole garage into a store. We added a walk-in cooler.

"Over the years, we had many times of excitement. One time a couple came in, and the man was wearing a big red mackintosh, apparently with a bat stuck to the back. He used the men's room and came flying out in a minute or two in his shorts with his pants around his ankles screaming, 'There's a bat in my pants!'

"His poor wife kept yelling, 'Pull your pants up.'

"To which he replied, 'Not 'til I know where the bat is.'

"We went into the bathroom, and the bat was on the floor."

Harry and Pat Bunce took over the store from Martin and Nancy Szarvas on March 1, 1976. The Bunces added a meat



Photo By: North Star Monthly

Anthony and Jacqueline Willey refurbished and reopened the Walden Country Store this summer. See their deli and extensive inventory on VT Route 15 in Walden.

and deli counter. Later they added fresh produce. When the produce supplier gave up the route, Harry picked up a van and went to Boston for fruit and vegetables.

A night to be remembered was November 15, 1979. Jessie King, who lived on the back road beyond Berkley Nugent, was ready to deliver her baby. The roads were terribly icy, and it took the family two hours to get from their house to the village. They decided they'd never make it to Central Vermont Hospital in time, so they woke up Harry and Pat early in the morning. They called for the Cabot Ambulance.

It was quite an exciting time with Pat and Karen boiling water

and so much Clorox that Harry remembers their eyes stinging. Time was short, and the baby was born in their living room at 1:40 a.m., four minutes before the ambulance arrived. Mother and son were transported to the hospital for examination and care.

Zebulon Dion King is the only person to have three birth certificates recorded in the Walden town clerk's office - one showed his birth in Walden at Walden General Store; another outside the hospital and the third inside the hospital.

Harry could always find the funny side of any event.

Succeeding owners were Richard and Michelle Leighton

(1988); Paul and Rebecca Beaupre (1989) and Ron and Donna Beaupre, who closed the store in 1997.

In 1998, after a six-month closure, Larry, Debbie and Sasha Willey opened with a full deli and meat case. They added gas pumps at the north end of the building and a Creemee machine soon after. All was going well until Larry died suddenly on March 24, 2005. He and Debbie had adopted three young children from the Chicago area, and she couldn't take care of them and the store, too.

Donna Aldrich Hooker ran the deli for a while, but the store was closed again for a bit before the new Willey's took over.

Looks like the little store on Route 15 has had quite a life for the last 55 years. Interesting things have happened as each of the owners left their mark on the community and the traveling public.

Anthony and Jacqueline have increased the hours from 5 a.m. to 9 p.m. Monday through Thursday; 5 a.m. to 10 p.m. on Friday; 6 a.m. to 10 p.m. on Saturday and 7 a.m. to 9 p.m. on Sunday. Stop by and get acquainted with the young folks. You'll find something you need, I'm sure.

Walden wishes them well in their venture. ★

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Come to the Table

Denise Brown



There's a pale-pink lace dress - a little too tight - hanging in my closet and an unnervingly accurate scale resting on the bathroom floor, and only four days left to persuade the inches on my hips and the weight on the scale to align in efficient, algebraic harmony and allow the whole of me to squeeze into the chemise, so to speak, for a grand morning wedding in upscale, upstate New Jersey.

The calculations aren't looking good. Especially given that, as I write this, I'm eating chocolate ice cream.

It's been an "ice cream therapy" couple of months. On too regular a basis, something seemed to be hitting the fan or coming close. I suppose self-medicating with fudge twirl is far better than pouring glass after glass of Peruvian pisco, though the squishy effects on one's physiology are downright disheartening.

I'm in good company, reaching for ice cream to relieve stress, an informal survey of friends attests. No problem seems quite so overwhelming when tempered with gelato, baked Alaska or a brownie sundae. No wonder it's tradition in some cultures to serve ice cream to mourners after funerals. The emotional sustenance found in a bowl of Ben and Jerry's Chunky Monkey beats that of nearly any other food stuff. If only the human body didn't have its bothersome need for protein, complex carbohydrates, vitamins and minerals and such.

Mankind, at perhaps the bidding of womankind, has a longer history with iced drinks and refreshments than one might imagine. The ancient Chinese constructed icehouses well over 3,000 years ago, and, during the Shang dynasty, they mixed salt and ice to freeze sweetened, fermented milk delicacies, the earliest ice cream on record. Nero, first century emperor of Rome (and of debauch), commanded his slaves to cart ice and snow down from the mountains to cool his drinks and possibly his fevered brow while the city burned.

It's said the pharaohs of

ancient Egypt had ice shipped to them down the Nile. We might imagine Cleopatra enjoying a mix of shaved ice- and fruit-syrups, honey or wine - a rustic sorbet. One doubts, however, that a woman accustomed to being worshipped as a goddess ever questioned herself or her obsequious entourage, even upon readying for her appearance before Julius Caesar, "Does this oriental carpet make me look fat?"

There's something of a primordial failing, a Garden of Eden-like disgrace, about reveling in the sensual excess of cream, sugar, rich vanilla or chocolate or luscious fruit, only to be so soundly punished later on.

But fat happens. There's something of a primordial failing, a Garden of Eden-like disgrace, about reveling in the sensual excess of cream, sugar, rich vanilla or chocolate or luscious fruit, only to be so soundly punished later on. We end up bargaining like calorie-crazed clerics with the Gates

of Heaven in view: "I promise tomorrow I'll eat a radish salad." Tomorrow comes, and vows and vegetables alike fall far to the side.

Wallace Stevens, in his famous poem "The Emperor of Ice Cream," describes a twofold, allusive scene. An old woman has died; her corpse lies unattended on the bed in her room, while in the kitchen, young women loaf about, languidly preparing for the wake. Ice cream is to be served. A muscular man, a cigar maker, has the tiresome task of cranking the machine.

The woman's horny feet protrude beneath the hem of a too-short sheet. The lamp exposes the mute coldness of death and its loneliness. "The only emperor," Stevens writes, "is the emperor of ice cream."

Life in the kitchen is messy. The life of ice cream indulged in after a death, of young men joining the "wenches" in the kitchen, carrying cut flowers wrapped in triangles of old newspapers, is chaotic if sweet. But as poet implies, it's all we have.

On hot summer evenings long ago, my family staged ice cream celebrations of our own. Butter almond was my father's favorite. I can taste it even now. He'd peel back the waxed sides of a half-gallon container, grab a long knife and cut thick slices for each of us. Then he'd claim the rest for himself, a block with the gravity of stacked bricks, to feed his raging appetite and metabolism. We'd carry spoons and overflowing soup bowls from the kitchen and sit together contentedly on the porch, where the breezes were cool, where the stars sparkled though the limbs of tall pines.

I never worried then about

fitting into my jeans the next day. My few concerns those childhood summers focused on what creatures I might come across while walking the hundred acres of woods around our house, whether I'd find more lilac-hued lady slippers growing in a shady spot to record in my journal, a la juvenile Thoreau. And when, of course, we'd have ice cream next.

So today, too, I'll renounce better judgment and eat ice cream. And at the wedding, I'll wear the clingy dress. Though maybe with a long, flowered shawl that falls just below the hips. Camouflaging, however briefly, the sins of the flesh.

Pumpkin Ice Cream

In honor of the season. My family likes this so well, it will replace the traditional pumpkin pie at our Thanksgiving table.

1 1/3 cups canned pumpkin,

- unsweetened
- 1/2 cup brown sugar
- 1/2 cup granulated sugar
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon ginger
- 2 teaspoons vanilla
- Pinch of salt
- 3/4 cup whole milk
- 2 cups heavy cream

Combine all ingredients except the milk and cream in a large bowl. Beat together well. Add the milk and beat until smooth. Pour in the cream, and mix on low speed, scraping the sides and bottom, until thoroughly incorporated.

Process in an ice cream maker according to manufacturer's directions, generally about 20 to 25 minutes. Place ice cream in a 1 1/2- or 2-quart plastic freezer container. Cover and freeze for a few hours until firm. Makes about 6 cups - 8 to 10 servings. Nice with a dollop of sweetened whipped cream and



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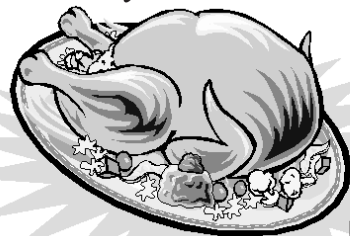
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Border Collies for Trials

(Please see *Border Collies for Trials* on Page 8)
(Continued from Page 1)

sheep and, without barking or physical contact, bring them in to the handler. By means of their training, and voice or whistle commands from the handler, the dogs must steer sheep through a series of obstacles with as little deviation as possible from a series of straight lines and finally sort them into a pen. Dogs that perform and score well demonstrate remarkable athletic ability, endurance, concentration and high levels of training.

As the dogs and their handlers wait their turn in this day's trial the dogs are surprisingly relaxed and quiet. But as they sense their turns approaching there is increasing attention paid to the course and the activity on it. Some dogs seem to be as attentive as the judges with almost mystical concentration on the sheep and the course.

Once the dog and its handler steps onto the field the dog's instinct and training are on full display. Deschambeault may be understating the influence of his time and training when he says,

"On the course it's 50/50." Half of a dog's success is from its instinctive nature. The other half is due to its training.

When the course and the judge are ready, and on the handler's command to start, the dog takes off like a cruise missile in a broad sweep of the field in search of the waiting sheep. This is the "outrun," which establishes the position of the sheep for the dog and creates a defensive path between the sheep and the barn as a deterrent to their racing in its direction. The outrun in some trials may



Trim is a border collie with considerable success in dog trials. Here she is on the "lift," a brief period of visual contact during which the dog will literally stare down the sheep establishing a position of superiority and command from her instinctive sense as a predator. Then with neither barking nor physical contact, she will herd the sheep, sometimes through gates and a triangular course, to the handler.



Photos By: North Star Monthly

Roger Deschambeault raises and trains border collies on his Nearfield Farm in East Conway, NH. Trim is a 4-year old female from England, who has done well at dog trials and produced three litters of equally enthusiastic pups.

be as much as 1,000 yards. In East Conway at Deschambeault's farm it's 400 yards, but it's far enough that voice commands are replaced by hand held whistles.

When the dog reaches the sheep the "lift" begins. The lift is a period of visual contact during which the dog will literally stare down the sheep, establishing its superiority from its instinctive sense as a predator.

The lift represents a delicate balance of mastery by the dog without creating fear among the sheep. If the sheep sense the dog as threatening they will begin to move away as the dog weaves from side to side or stops, following the directional com-

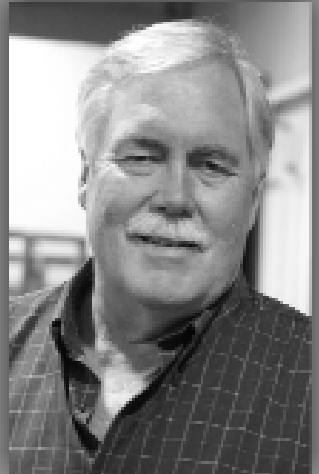
mands issued by the handler and his (or her) whistle. If the sheep become fearful and frantic, despite their flocking instinct, they will divide and dash off in separate directions.

During the "fetch" the dog brings the sheep to the handler in as straight a line as possible and then is directed to proceed on the "crossdrive," a triangular path through a series of wooden gates, and finally back to the beginning of the course and a livestock pen. When the sheep are secured by the handler in the pen the trial is over and the dog dismissed.

The vocabulary of the event is as much of a ritual as are the traditions of the dogs and the

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course. You will hear handlers calling, "Come by," (for go to the left), "Away to me," (for go to the right), "Lie down," (stop and wait where you are), and finally at the end, "That'll do." Most handlers, including Deschambeault, use whistles, and each command may be given with varying degrees of emphasis suggesting sharper turns or a higher degree of urgency. For instance, a dog may be directed to take his time or come quickly or to run wide or cut close, all of which are commands to move the sheep over the prescribed direction and the unique path of the course.

Watching the trials is like watching highly disciplined athletes of any kind, but Deschambeault says the pleasure for him, as much as anything, is in the camaraderie of the handlers. At the trials at his farm in East Conway there is great respect shown even among the seasoned and successful experts for the obvious beginners. Some dogs are clearly veterans, and they demonstrate high levels of skill and discipline while others get distracted and their handlers step aside as an indication of early withdrawal from the trial. But as the day-long event winds down the spirit is completely one of enthusiasm and delight for the improvement among each of the competitors.

Deschambeault is a gracious and encouraging host to all of the handlers and some, like him, will have done well enough this year to compete next September at the American national competition in Gettysburg, PA.

"I've done all right this year," he says with delightful understatement. There are trials

throughout the northeast almost every weekend from April to November, and repeated success will lead to the national competition next year. "I started doing this in the 1970's," Deschambeault says, "and there would be six to eight handlers. Today it's not unusual to see 70-100 dogs at a trial. That's a lot of dogs to beat, and it depends a lot on the time of the day. Sheep are calmer early in the morning and late in the afternoon, and it only takes one uncooperative sheep to throw you off. Luck never hurts."

Deschambeault says there are some who make a living doing this - breeding and training their dogs and competing for cash prizes. Today a puppy will cost \$600 - \$800, and a well trained dog will bring \$5,000 and up. Deschambeault says that after the American finals last year one border collie sold for \$18,000.

But this retired dairy farmer will say it's not about the money. Everyone at his dog trials loves their border collies, and at the end of the day, as these dogs climb back into their trucks, their vans and their trailers, it does seem to be about dogs being "man's best friend."

Deschambeault has seven dogs now including one from Wales, who was sired by a national, international and world champion. All his dogs are at varying levels of his training, but each has a fine eye for the sport. They all wag their tails with enthusiasm as their owner and trainer approaches. He says, "They love doing this. I'm sure they'd just as soon die herding sheep as anything." He smiles and scratches seven heads, and then he says, "If I didn't have breeding stock I'd have border collies for house dogs. There's

Not Your Average Church Supper: Cabot's 2nd Annual Gourmet Buffet

Last fall the surprise of the season in Cabot was the sellout crowd at the first annual "New Traditions Community Supper."

Brainchild of Chef David Hale, a Cabot resident and former executive chef of the New England Culinary Institute (NECI), the meal featured gourmet offerings such as cider-braised pork, caramelized onions and rosemary, roasted root vegetables and pear and cranberry crisp. This year the event will be on Friday, November 3 at the Cabot United Church. Organizers are planning three settings: 5 p.m., 6:15 p.m. and 7:30 p.m.

Hale, who is now director of

career services for NECI, hopes the 'new traditions' menu will become a signature meal for which the Cabot community will be known.

"The response was positive last year," he says, "and we'll be cranking it up again with the very generous support from NECI and its students."

"The Cabot Community Church is an integral part of our town and I am pleased to support it through cooking," he says. Other items at the buffet will include modern Waldorf salad with local apples, celeriac and cider-walnut vinaigrette; Mesclun greens with a choice of dressings; whipped

sweet potato; spinach gratin; cheddar-apple bread pudding; and 'Grammy Hale's oatmeal cake.'

NECI students are participating as part of their community service program at the Institute. "There is no better way to teach the value of community than to bring the students to share their skills and energy," Hale says. "Everyone benefits. The guests get a great meal, the students gain valuable experience and the church raises money for operations."

Reservations are recommended, and take-out can be arranged. Adults: \$10; seniors: \$8 and children under 13: \$5. Contact Marvie Domey at (802) 426-3281.

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A Week in the Summer at Audubon Camp

JIM ASHLEY

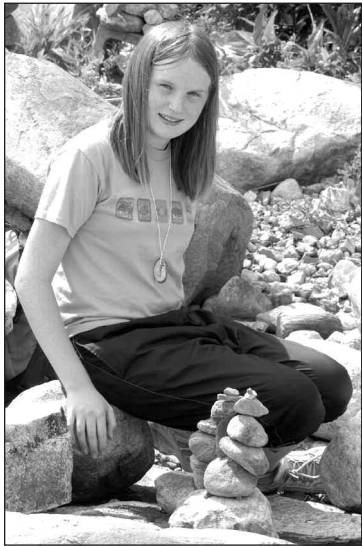
One day in January, Tammy Russell, the math, science and 8th grade home room teacher at Walden School, called for the class' attention. She had scholarship applications from the Northeast Kingdom Audubon Society for students interested in attending Audubon Camp in Maine. The camp is on Hog Island. As Russell remembers, a

7th grader and several 8th graders expressed interest in the opportunity to spend a week at the summer camp.

The 7th grader was Carrie Harvey of Walden. She had always been interested in wildlife, particularly sea life. She likes sea animals, especially whales. She loves seashells. Each December she would wait with eager anticipation for the return of her grandfather from his annual Christmas trips to Florida. He would bring back sea shells. Lots of interesting sea shells.

It would be really fun for Carrie, a second year cadet in the Walden Girl Scout Troop, to go to camp on an ocean island. Certainly there would be interesting sea animals and maybe some sea shells. There would also be an opportunity to explore the habitats of an ocean island.

The summer camper scholarship program is the keystone of the Northeast Kingdom Audubon Society's educational programs. NEK Audubon was formed more than 35 years ago as a chapter of the National Audubon Society. The chapter was organized during the fight against construction



Walden School 7th grader Carrie Harvey spent a week at Audubon Camp on Hog Island in July.



Photos By: Jim Ashley

Located in Maine's Muscongus Bay, Hog Island is the home of the Audubon camp operated by the Maine Audubon Society. Since 1936 the camp has welcomed adults, educators and young people to its woodland trails and salty shores.

of a flood control dam that would have flooded Victory Bog. Representing the three northeast counties of the state, the chapter encourages an increased understanding of birds, other wildlife and natural habitats.

Most popular among the members and the public are the bird- and wildlife-walks and special educational programs, which

are usually held at the Fairbanks Museum. There are two special walks each year, the Christmas Bird Census and the Birdathon in late May. The Birdathon is a one day event to both take a census of birds in the Northeast Kingdom and to raise money for the camp program. Individuals, businesses and organizations are asked for sponsorships. In addition everyone has an opportunity to enter a competition to see who can come closest to guessing the number of different species seen during the Birdathon. This year the Birdathon was on May 28. Participants saw a total of 133 species and raised enough money to offer three \$850 scholarships. Campers have to come up with an additional \$200.

In late July, Carrie headed off for Hog Island. Located in mid-coast Maine's beautiful Muscongus Bay, Hog Island has 330 acres. It is part of the Todd Audubon Sanctuary, which since

1936 has been home to the camp for adults, educators and young people.

At the southern end of the island is an historic oyster shell heap built by the Wawenock, a tribe of the Abanaki, as they harvested oysters.

Notables such as Roger Tory Peterson and Rachel Carson have visited and taught at the camp. Originally established with help of the National Audubon Society the camp is currently run by the Maine Audubon Society.

Headquarters for the camp where campers stay is at the northeast corner of the island, the



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site of a former hotel and cabins. Walking trails access the rest of the island. Low tide gives way to tidal flats, but dense forests of pine, spruce and balsam fir cover the island. At the southern end of the island is an historic oyster shell heap built by the Wawenock, a tribe of the Abanaki, as they harvested oysters. Nearby a milkweed field provides a feeding ground for monarch butterflies. The island is home to many birds species.

The camp motor boat, the "Audubon," transports campers the short distance from the mainland to the island and provides excursions to nesting colonies of cormorants, gulls, terns, petrels and guillemots. Campers also have an opportunity to visit Eastern Egg Rock where a colony of puffins was established as part of a seabird restoration program.

In 1935, John Hopkinson

Baker, executive director of the National Audubon Society, said, "Only by securing a sustained, genuine interest in nature on the part of children can we hope for a grasp of the acute need for conserving our natural resources before it is too late. And only by training teachers and other youth leaders in an understanding and appreciation of nature can children's native interest be developed." Hog Island and Carrie Harvey are examples of his vision making a difference.

Join Carrie Harvey and two other Hog Island campers on Sunday, November 5 at 5:00 p.m. for a pot luck supper and presentation at the Knights of Pythias Hall in Danville. The hall is located a third of a mile north of the Creamery Restaurant. Come and learn about their week at the camp. For further information contact Airie Lindsay at (802) 748-8515. ★



The Cork & Bottle

Gerd Hirschmann

Wine is such a pleasurable experience, why would anyone find it intimidating? This month I'd like to explain that, although there are no hard and fast rules for tasting and drinking wine, there are ways in which you can maximize the pleasure of the experience, make perhaps the most of the moment.

White wines should generally be served chilled, slightly warmer than the temperature in your refrigerator and red wines at or slightly below room temperature.

It is best to enjoy wine in a wine glass and one that is made from crystal. It does make a difference. Although some might prefer to drink wine from any container rather than not drink wine at all, you will find that a wine glass really does enhance the aroma of wine.

I recommend that you pour three to five ounces of wine, leaving your glass one third to one half full. This will give you room to gently swirl the wine by holding the glass upright (please) and moving it in a small circular motion parallel to the floor. (I

think it's best to keep the glass on a flat surface such as the table). The stirring releases aromas into the open space in the glass. Then lift the glass to your nose and inhale deeply. Most of the flavors from wine are experienced in the aroma not the taste, so this is the most important step.

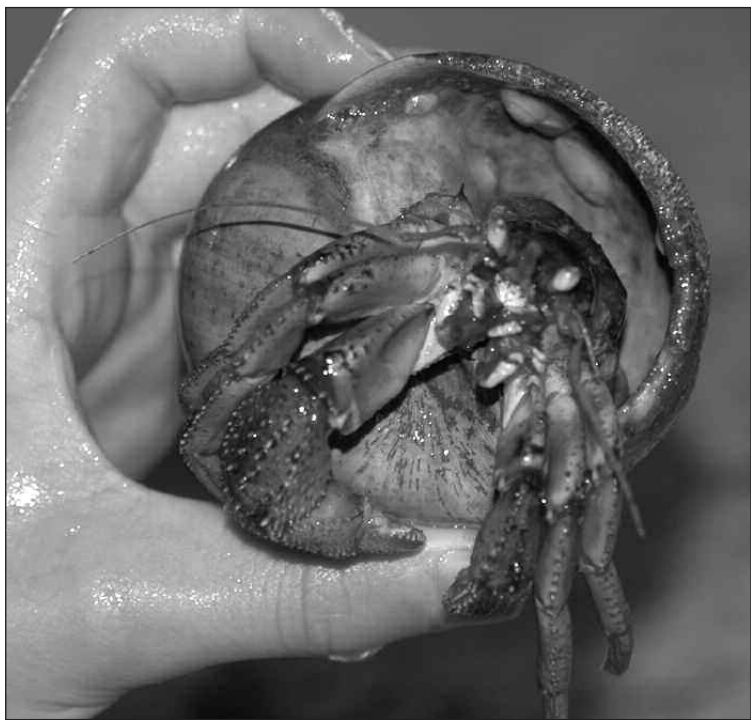
Open your mind to your senses, and delight in the memories and associations that the wine brings. Does it remind you of apricots, fresh cherries, or the blackberry pie that your mother used to make? Or dirty socks? Do you smell strawberry fields forever – or remember what it smelled like when you passed downwind of a landfill? Wine grapes contain many flavorful and aromatic compounds, which are the same compounds found in other fruits and other foods. During the course of fermentation, yeast creates complex aromatic compounds, which are the same as those found in other fruits and foods. Oak barrel aging adds flavor and aroma. The combination of all of these aromas is complex and dynamic and can make for a really rich experi-

ence.

After savoring the aromatic qualities of the wine, you are ready to take a sip from the glass. Take a nice sized sip and swish it around your mouth. Don't rush but notice the sensations. You may even want to sip a little air into your mouth at this time. Once you swallow the wine, think of how pleasing it is. Most important, do you like it? Be honest, we are not all alike, and everybody doesn't like beets, and there are some things that we all find to be simply unpleasant. Feel free to say what you think. From that basic question, you can let your analysis get more profound. Is the wine tart or sweet? Does it have a nice texture or is it bitter? After all, scientists say we can only taste sweet, sour, salty, bitter and umami, a character described as savory. That is why most of wine's flavors are in the aromas.


Don't think too hard about it all while drinking wine. It need not be complicated. Sit back, relax and enjoy your wine, your company, your environment and life. Occasionally, re-try the stir, the smell, sip again, and notice how wine really does change with time - just as does life itself.

Gerd Hirschmann is a wine distributor of the Vermont Wine Merchants Co.




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\$ Follow the Money

by Rachel Siegel

“Pilgrims’ Progress”

When the Pilgrims landed at Plymouth Rock, they struggled to survive. They certainly had no lack of resources - fertile land, fresh water, fish, game and fruits. It wasn't just bad timing (landing in the fall - not an auspicious time to get started, after all).

The Pilgrims needed to learn how to make use of the resources in the new world: how to hunt and fish, to plant, to fertilize and to harvest. The Pilgrims' first Thanksgiving was a celebratory feast of thanks not just to their god for supplying those resources but also to their native neighbors for sharing that knowledge.

The study of economics is based largely on the assumption that resources are finite in supply, and that as we use them, we use them up. When a resource is gone, we have to find more, or we have to figure out how to do without.

The entirety of human history can be thought of as one big search for resources. We find them, use them, use them up and go off to find more. We trade to get more resources or we kill to get more resources, we ask or we just take. Every culture and civilization has done so for as long as we can know.

The common belief is that whoever has the most resources

is in the best position to succeed, that resources are the key to creating the most economic wealth or happiness. For most of human history, economic activity was agricultural; we were entirely preoccupied with raising food. Land and water were the valuable resources, and civilizations fought to get more of both. As we traveled to conquer more land, we also traded, and then we traveled to conquer and control trade routes.

The Europeans who set sail and happened upon the Western hemisphere were looking for trade routes, after all, and the resources - such as spices (valuable for preserving food) and precious metals (needed for currency to enable trade) - that Europe had used up or lacked. The colonists that followed those explorers came to claim those resources and to control their trade.

It turns out, however, that command and control of resources is not a sure-fire strategy for economic success. Many economies that own valuable resources have developed with strong growth and vibrant markets, and are able to provide well for their inhabitants. However, economies without much in the way of resources have done so as well, while other economies with abundant resources are chronically struggling to grow - think of many of the countries that

export oil.

As the Pilgrims learned, it is not having resources that provides wealth but knowing how to use them. The better we can use knowledge to make use of resources, the better off we are.

Resources have come and gone, but knowledge is forever.

Economies with no natural resources to speak of have been able to thrive as they developed knowledge and technological skills that allow them to create wealth: the Dutch in the 17th century had few resources but capitalized on developing the most sophisticated financial mar-

kets in the world; Singapore in the 20th century has done the same.

It turns out that a country can survive and even thrive without resources, if it can develop knowledge and trade on a valuable expertise, but an economy that cannot create knowledge, even if it controls abundant resources, cannot grow.

Economies blessed with resources may trade them for immediate return but only create real growth if some of that wealth is re-invested in generating new knowledge, new technologies and new industries. A resource is only as valuable as it is useful. The knowledge that creates usefulness is really what creates wealth.

Today, we think we live in the “information age” or in the “knowledge economy.” In truth, we always have. Those that have had resources may have had

wealth until that well ran dry, but those that had and developed technologies, skills, and knowledge always came out ahead economically. Often that knowledge was developed as a means to an end - to find more resources (navigation, for example) - but the knowledge turned out to be more valuable than the resources it was used to find. After all, resources have come and gone, but knowledge is forever.

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. ★

There Is Light in Unexpected Places

VAN PARKER

Columbus Day weekend arrived clear and bright in this part of Vermont. It almost seemed like an apology for the previous weekend, which rained on “Autumn on the Green” festivities in Danville and similar events throughout the area.

Tour buses from who knows how many places made their appearances. The tourists were not disappointed. We were lucky. We only had to go out in our back yard to see the color while pattering around and starting to put the gardens to bed

for the winter. There was a lot of light this holiday weekend. I'm not a poet, but it almost made a poet out of me, watching the sun shining through the leaves.

All this beauty contrasted with much of the news. During the previous week an unusually large number of U.S. service people were injured while in Iraq and Afghanistan, to say nothing of the number of Iraqis killed or injured. An obviously unstable man went into a peaceful Amish Schoolhouse in Pennsylvania, killing at least five girls and seriously injuring several others. At the end of September the United States Senate, playing on our fears, passed (65-34) a bill essentially allowing torture of prisoners deemed dangerous to national security.

It's hard to see much light shining through in all of this.

Then I read about the Amish in that quiet Pennsylvania community. A headline in one paper said they had already forgiven the man who killed their daughters and

sisters and granddaughters. I could hardly believe it. But reporters on the scene said the same thing, and they could hardly believe it either. Then, when it came time for the funeral of the man who had committed this terrible crime, another article said that about half the people there were from the Amish community. And they were grieving along with the widow and her family.

A man from Colorado, Bruce Potter, who felt he just had to come to Georgetown, PA to offer his help marveled: “It's the love, the forgiveness, the heartfelt forgiveness they have toward the family. I broke down and cried seeing it displayed.”

Religion can be and often is divisive. We've seen that in history and we've seen it recently. There is always something a little scary about someone who knows he or she is right or who is absolutely sure of what God wants and doesn't want. But religion, as demonstrated in this Amish community, can heal. It can bring people together. It's like finding light in an unexpect-



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Up on the Farm Early

Lorna Quimby



This past summer was a poor haying season. It rained constantly in June. The groundwater level was high. Not until near the end of July could farmers get at their fields. Most chopped the first crop—and that was late. Hence, their second cutting was late as well. Chances for a third cutting were iffy. We watched Don Moore as he brought in the hay in East Peacham.

The windows in our dining area overlook the fields Don hays. He does not chop grass and had to wait until we had a

stretch of drying weather for haymaking. Foreseeing a shortage during the coming winter, buyers picked up his square bales almost as soon as they dropped from the baler. The second crop he made round bales. The third crop, which Dad called rowen, wasn't ready until late in September. When the weather man forecasted three good days in succession, Don mowed the three small fields.

For once the forecast of three good days - the weatherman seems better at forecasting rain - turned out to mean three days of

warm sun and light wind. Unfortunately, the dews were plentiful. The summer sun dries the dew before 10 o'clock. In September, the time is nearly noon. And the shortening length of daylight means that same dew starts falling around 4 or 5 o'clock.

Spontaneous combustion was no joke.

Don teded the hay in the afternoon of the first day, several times the second day, and the third day, he teded and then raked. Although the crop was not dry enough to put in a barn,

by afternoon it was dry enough to bale. Rain was forecast for the next day and already high cirrus were moving in. When we sat down to supper, there were a few square bales, which had already gone to the barn. What remained were the large round bales.

While we ate supper we watched Don, with a gizmo on the front of a tractor, pick up the heavy bales and place them on the back of a truck. How easy it looked. And how much skill is needed to run a machine that can bend, lift, swivel, adjust and nudge each bale into its place. Don's son and grandson watched as four bales went in the first layer, then another four were balanced on the first ones, and one more tied them all together. Don drove away with the last bale. Slowly his son drove the truck out of the field, over the road, then into another field. "They're going to wrap them," Dick said. Wrapped in plastic to protect them from rain and snow, the hay will stay good until it's time to feed the animals.

Six bales and all loaded and hauled away while we were eating our meal. What a difference from Dad's second cuttings - he never had a third. How Dad would have enjoyed watching the process.

One year Dad had a second cutting of clover in the field north of the barn. Some years he used this area as a fall pasture, but this year he thought he'd try to get in a crop of rowen. We girls were in school. Except of weekends, we had only the short period between school and supper in which to help Dad turn the

hay so it would get completely dry.

It was not safe to bring damp hay into a barn. Spontaneous combustion was no joke. So after school we'd walk around the field with our pitchforks, turning the hay, hoping it would get dry enough to bunch. ("Bunching hay" meant folding the hay over two or three turns and flipping a section over to lock the bunch so Dad could pick it up easily.) After two or three days of this procedure, the clover began to dry. Yes, but as it dried, it became brittle and shattered. It must have been a Saturday when we made a final turn around the field while we bunched the hay.

Then Dad walked around the field one last time, pitching the bunches onto the wagon while one of us girls built the load. It took several wagon loads to clear the field. Dad left the last load on the wagon to make sure it wouldn't heat. It seemed like a lot of work for small return. And it took more than an hour or so to load.

Dad would have enjoyed watching Don Moore and his equipment. He thought that anything that could make work easier and haying faster was all to the good. He didn't always feel able to afford such equipment. Eventually we had a used hay loader, a second-hand tractor, the side delivery rake that was converted from horse-drawn to tractor-drawn.

Nothing we had could compare with Don's set-up. But to see the hay from three fields in six bales. What a show! ★



Pope Notes

Dee Palmer,
Library Director

Let me tell you about changes at the Pope Library. Susannah Morlock, our assistant librarian, filed her last card on October 21. We are very sorry to see her leave, but for her it was necessary. She needs to devote her time to the business she shares with her partner, Sally Fishburn. We will all miss her but know she will not be a stranger to the Library.

Our new assistant librarian, Andrea Searls, started on October 23. Andrea and her family moved to Danville in the summer of 2005 and she and her sons, Tim and Peter, have been devoted story hour attendees ever since. Andrea is an experienced librarian and has worked in the Hinesburg Library and the Dorothy Alling Library in Williston. Please stop in to meet her.

Note our temporary change in hours on Wednesdays. The library will close at 5 p.m. until December 20. After that date,

our regular closing time of 7 p.m. will resume.

Our "Mysterious Lens on American Culture" discussion series has been well received. Our next discussion of *Blood of the Prodigal* by P.L. Gaus takes place on Wednesday, November 29 at 7:30 p.m. with scholar Suzi Wizowaty.

Blood of the Prodigal is an Ohio Amish mystery, which provides an intriguing glimpse into the paradoxes of Amish culture. Please join us. Books are available at the Library.

Some of our newest book acquisitions are: *Water for Elephants* by Gruen, *A Year by the Sea* by Anderson, *Blue Screen* by Parker, *The Usual Rules* (YA) by Maynard, *The Second Mouse* by Mayor, *Motor Mouth* by Evanovich, *Rise and Shine* by Quindlen, *The Innocent Man* by Grisham, *The Greatest Story Ever Told* by Rich and *Through the Children's Gate* (essays on NYC) by Gopnik. Come in and check them out.

From the Children's Room

Story hour is on Mondays at 10:00 a.m. We have a big group this session - ranging in age from newborn to 4-year olds. Please join us for stories, crafts, snacks and fun.

The Young Adult after school program is very popular this year. Students 5th grade and up are enjoying their time here socializing, doing homework, playing computer- and board-games or watching movies. We have had as many as 17 kids. The Library is

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The gray North Church, designed by Lambert Packard, was built in Mediaeval Gothic style from Isle La Motte limestone.

Summer Street School 2005

This historic brick schoolhouse with its distinctive bell tower served the community for more than 140 years.



Fuller Hall 2004

St. Johnsbury Academy's auditorium, built in 1930, is a brick Neoclassical building with massive white Tuscan columns.

The Fairbanks Museum 2003

The museum's Richardsonian Romanesque building is the centerpiece of St. Johnsbury's historic Main Street.



The Athenaeum 2002

St. Johnsbury's public library and art gallery was built in the Second Empire style. It is a *National Historic Landmark*.

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Rick and the Ramblers Will Swing at LSC on November 3



Lyndon State College and Catamount Arts will present one of the outstanding Western Swing bands in the country, Vermont's own Rick and the Ramblers. The concert will be at the Alexander Twilight Theater at 8 p.m. on November 3.

Rick & The Ramblers guarantee an evening of high energy, danceable western swing and Vermont-grown original music. Each of the Ramblers is an excellent musician in his or her own right, and they deliver a musical experience that is both family-oriented and spirited. You'll hear western swing classics from Bob Wills, Merle Haggard and Asleep at the Wheel with special emphasis on songs of Strafford, VT native and founding member of Asleep at the Wheel, LeRoy Preston, as well as those by Vermont singer/songwriter Rambling Rick Norcross. The key of any Rick & The Ramblers appearance is that they love to play music together ... and it shows.

Rick & The Ramblers travel in an attention-grabbing 1957 Flexible Starliner tour bus in the style of early western swing legend Bob Wills & The Texas Playboys. A photograph of the bus graces the cover of the newest Rick & The Rambler's CD, *I Heard the Highway ... and Other Swing Tunes from Western Vermont*.

Nashville songwriter and performer Panama Red says, "I believe there are few things quite as magnificent as a well-oiled, professional Western Swing Band. Maybe a Boeing 747 or a Silver Eagle cruising the highway in the moonlight. But aside from those, and maybe some trains I've seen in Europe, Western Swing as played by Rick and The Ramblers is enormous, seamless perfection."

Tickets may be purchased at Catamount Arts, (888) 757-5559 or (802) 748-2600.

Jaime Laredo Honored

Governor James H. Douglas and the Vermont Arts Council presented the 2006 Governor's Award for Excellence in the Arts to Vermont Symphony Orchestra Music Director Jaime Laredo in Montpelier on October 19.

Laredo has brought outstanding classical music to the Green Mountains. With his wife, Sharon Robinson, Laredo has served as artistic advisor to the

Brattleboro Music Center and has been a principal figure with the Marlboro Music Festival since 1961.

Governor Douglas called concerts by the Vermont Symphony Orchestra "Vermont's preeminent cultural event."

Ken Squier, chairman of the board of trustees of the Vermont Symphony Orchestra, said, "Jaime Laredo is a Vermonter by

choice. He loves this state as much as any of us who were born here."

In addition to his work in Vermont, Laredo is a world-renowned conductor, soloist, recitalist and chamber musician.

The Governor's Award is presented annually by the governor and the Arts Council to a Vermont artist who has achieved national or international stature for making a significant contribution to the advancement of his or her chosen art form.



November

- 1 Streb, Traditional dance takes heavy collateral damage as Elizabeth Streb declares all out war on gravity, Flynn Center, Burlington.
- 2 Greg Brown, Opera House, Lebanon, NH.
- 2 Dartmouth Chamber Singers, Rollins Chapel, Hanover, NH.
- 3 Rick & the Ramblers, Alexander Twilight Theater, LSC.
- 3 The Subdues, Paramount Theater, Rutland.
- 3 Cobalt Blue, Middle Earth Music, Bradford.
- 3 Madeleine Peyroux, Opera House, Lebanon, NH.
- 3-4 The Theater Offensive presents the Academic Musical *Travesty Queer Theory*, Flynn Center, Burlington.
- 3-9 *Hollywoodland* (2006, U.S.) [R] Director: Allen Coulter. The glamour of Tinseltown permanently fades for actor George Reeves, the heroic Man of Steel on TV's *Adventures of Superman*, when the actor dies in his Hollywood home. But his grieving mother, Helen Bessolo won't let the questionable circumstances surrounding his demise go unaddressed. Catamount Arts, St. Johnsbury. (802) 748-2600.
- 4 The Amity Front, Middle Earth Music, Bradford.
- 4 Barbary Coast, Hopkins Center, Hanover, NH.
- 5 Richard Thompson, Opera House, Lebanon, NH.
- 9 Dartmouth Wind Symphony, Hopkins Center, Hanover, NH.
- 10 Assembly of Dust, Higher Ground, South Burlington.

- 10 Gandalf Murphy and the Slambovian Circus of Dreams, Middle Earth Music, Bradford.
- 10-16 *Heading South* (2005, France) [NR] Director: Laurent Cantet. "I always told myself that when I'm old I'd pay young men to love me. I just didn't think it would happen so fast," says the haughty, brutally forthright queen bee of a gaggle of sex tourists frolicking in Haiti. Catamount Arts, St. Johnsbury.
- 11 The Rocking Chairs, Middle Earth Music, Bradford.
- 11 Dartmouth College Glee Club, Rollins Chapel, Hanover, NH.
- 11 Ani Difranco, Flynn Theatre.
- 12 Jazz on a Sunday Afternoon, Catamount Arts, St. Johnsbury.
- 12 Northeast Kingdom Community Orchestra, Alexander Twilight Theater, LSC.
- 12 Donovan, Capitol Center, Concord, NH.
- 13 Ani Defranco, Flynn Theater, Burlington.
- 14 Bill Frisell's Unspeakable Orchestra, Hopkins Center, Hanover, NH.
- 16 Kathleen Marshall's Broadway National Tour and *Wonderful Town*, Flynn Center, Burlington.
- 17 Nobby Reed, Middle Earth Music, Bradford.
- 17 David Grisman Quintet, Paramount Theater, Rutland.
- 17 New Riders of the Purple Sage, Opera House, Lebanon, NH.
- 17-23 *The Illusionist* (2006, U.S.) [PG-13] Director: Neil Burger. When word of the astounding illusions of the mysterious stage magician reaches Crown Prince

- Leopold, he attends one of the shows in order to debunk the performance. Ronace, politics and magic are combined as the magician prepares to execute his greatest illusion yet. Catamount Arts, St. Johnsbury.
- 18 Acoustic Africa with Habib Koite, Opera House, Lebanon, NH.
- 18 Dartmouth College Symphony Orchestra, Hopkins Center, Hanover, NH.
- 19 James Hunter, Higher Ground, South Burlington.
- 24 Bill Staines, Middle Earth Music, Bradford.
- 24-30 *Babel* (2006, U.S.) [R] Director: Alejandro González Iñárritu. Armed with a Winchester rifle, two Moroccan boys set out to look after their family's herd of goats. In the silent echoes of the desert, they test the rifle, and the lives of four separate groups of strangers on three different continents collide. Catamount Arts, St. Johnsbury.
- 25 Appalachian Still, Middle Earth Music, Bradford.
- 25 David Mallett, Opera House, Claremont, NH.
- 25 *The Nightingale Princess* (2006, U.S.) [NR] Director: St. Johnsbury Native Christopher Dreisbach. Set in a bleak, apathy-addled urban landscape where parents communicate with their children by word-processed memos, time ticks listlessly by. Nick lives alone with his emotionally distant, computer addicted mother. His life is changed forever when one day, he catches a glimpse of the girl from his imagination. Catamount Arts, St. Johnsbury.



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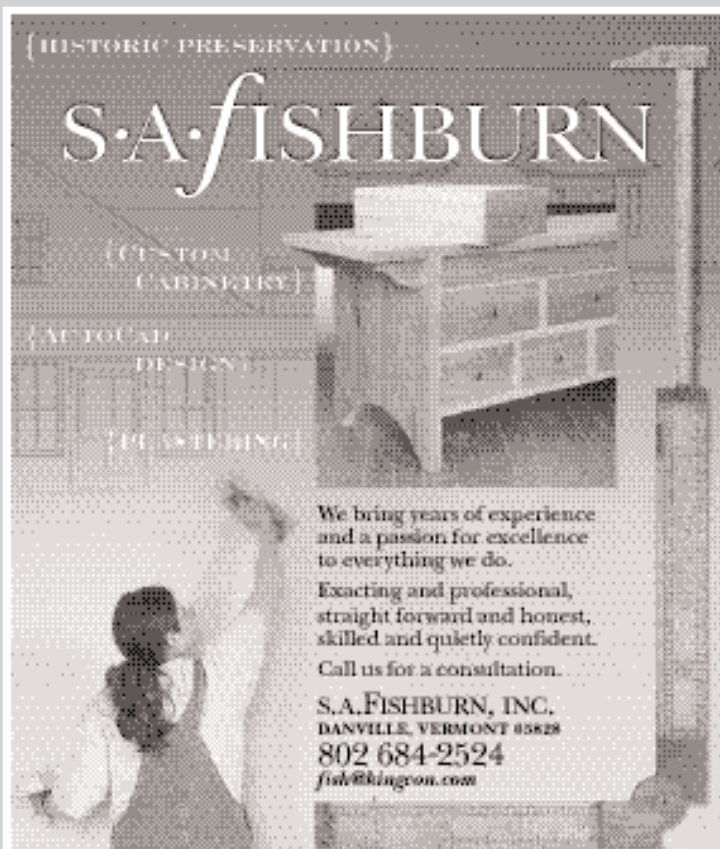
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String Worth Saving

Bill Christiansen

What would Vermont be without cows. If we didn't have cows our rolling pastures and fields would just not be the same.

There is a mystery when it comes to the history of cows as domesticated animals. As we know them cows are descendants of aurochs, now extinct. Aurochs lived in the wilds of Europe and into the Middle East. They were around during the time of Julius Caesar, who wrote about them in his accounts of the Gallic Wars. The animal Caesar described was not the gentle cow that we know. Aurochs had a mean temperament. They measured about 5 foot 3 inches to about 6 feet 6 inches at the shoulder. They would have weighed between six and eight thousand pounds. Their horns were curved to the front of the animal and parallel to the ground. They swept forward in an arc about like the arc your arms would make around a 55 gallon drum. This beast, running at 20 miles per hour would have crushed anything in its way, be it

man or beast. The last known auroch died in Poland in 1627.

The great mystery is how man ever domesticated this animal. Typically domestic animals are small, as, for instance, are dogs, cats, sheep, pigs and goats. Some are bigger but still at a human scale such as horses, camels, llamas and water buffaloes. How man was able to calm the 6,000 pound animal and then breed it down to a manageable size is the mystery.

The original intent for the animal's use was not milk or meat but as a draft animal. Small domestic animals were too small to pull a wagon or plow, and domestic horses were not very strong. Camels were used, but they fared poorly in northern climates. A draft animal has to be large and slow. When a pair of 6,000 pound animals are put into a yoke and attached to a wagon, all they have to do is lean forward to get the load moving, and aurochs could plod along at a pace that a man could match all day.

Today there are two kind of cows in the world: humped and humpless. In the western world we only raise humpless cattle. In India and Africa, humped cows are the rule. Humped cattle are referred to as Brahmas and include zebus, yaks and Gaur, not particularly common breeds in North America. The only time we see the Brahmas is in the rodeo. Humped cows do well in tropical or semitropical climates. They do not do well in colder regions of the world.

Our references to cows are a bit confusing. In England an "ox" is a generic term for cattle, while in North America it is exclusively a term for a neutered male draft animal. A neutered male headed for the packing plant is a "steer." In England, this same animal would be called a "bullock."

Our western cows come in two varieties, polled and horned. The horns on cows are a costly ornament in terms of energy use. In most horned animals, the horn is solid, with the blood supply on the outside of the structure in the "velvet." Once the velvet is shed, the horns no longer receive a blood supply. In cattle it is the core of the horn that contains the blood supply, and this core is covered with a thin layer of mate-

rial like our finger nails. Horns continue to grow through out the animal's life, while in deer, the horns grow, stop growing and are shed.

In cold climates, heat loss from horns can amount to as much as 10% of the heat generated by the animal.

This is one reason Texas Longhorns were confined to the southwestern United States. Polled cattle, with no horns, had an advantage on northern farms.

In Scotland, Ireland and Wales animal husbandry was developed as a two stage operation. Cattle were taken to the high hills in the spring to feed on grass and shrubs. Since there was little in the way of tillable land, winter feed was a problem. So, in the fall the herd was culled, and only the breeding stock was kept for the winter. The rest were driven to lowland farms where they were "finished" for market.

The real money was in the sale of the finished cattle, and this was the practice for hundreds of years. Things changed with the introduction of the turnip. The turnip (or some argue it was the rutabaga) was introduced to Scotland from Sweden and made possible the feeding of cattle through winter. Turnips grew well in the cool wet conditions in England, and turnips and alfalfa became the staple crops for cattle raising. This is the procedure that was imported into the United States and is still the pattern of the beef industry. Raise cattle on pastures and send them to feed

lots to be fattened for market.

An alternative system was developed in Spain. There cattle were raised and fattened on the farm.

With no real winter to contend with, animals could be left in the pastures year round, and once they were ready for market, they were driven on foot to the pack-

What would Vermont be without cows?

ing house.

Sometimes this was a journey of many miles, and the cattle lost considerable weight along the way. This same approach to cattle raising was familiar in the American southwest and became the cattle drives of our Hollywood westerns. Cattle trains and cattle boats marked the end of the cattle drives as we think of them.

Dairy, as an industry, came very late. Cattle were first draft animals and then meat. Milk was not a part of the industry in the mid to late 19th century. Some milk was made into cheese and butter for local use, but it was not a significant cash crop. While dairy is the major cattle industry in Vermont, beef is the major cattle industry in the rest of the country. It's nice to have these animals to decorate our fields and

Register for Master Gardener Classes

Registration for 2007 Vermont Master Gardener Basic Course is underway. The University of Vermont Extension non-credit course is offered at locations throughout Vermont only once each year and fills quickly.

This is an intensive, introductory course, which covers the fundamentals of home gardening and plant and soil science basics. Training focuses on horticultural topics such as; vegetable and flower gardening, botany, landscape design basics, soils, plant diseases, lawns, entomology, invasive plants and more. University of Vermont faculty and experts within Vermont's horticultural industry teach the classes. Certified Master Gardener volunteers assist students at each classroom.

Students who wish to earn Vermont Certified Master Gardener status are required to fulfill an internship upon completion of the basic course. Interns put their classroom knowledge to work by participating in established Master Gardener projects. Certified

Master Gardeners are eligible for advanced gardening workshops and tours to stay up-to-date on horticultural research, learn and practice techniques of garden design and have the opportunity to network with advanced gardeners, UVM faculty and industry professionals.

The course will be offered Tuesday evenings, from February 6 to May 8, 2007, from 6:15 to 9:15 p.m. at Vermont Interactive Television sites in

Bennington, Brattleboro, Burlington, Johnson, Lyndon, Middlebury, Montpelier, Newport, Randolph Center, Rutland, Springfield, St. Albans, Waterbury, White River Jct. and Williston.

Tuition is \$265 plus an additional \$60 for the training Handbook (required) and all class materials. For registration or information visit www.uvm.edu/mastergardener or call (802) 656-9562.

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It's a Job but Dave Harkless Makes the Most of It

TERRY HOFFER

It was a busman's holiday. Dave Harkless left his business, Littleton Bike & Fitness, and joined 11 other bicycle dealers

on a road trip into the Italian Alps. It was early September. Shadows were longer and the temperature a few degrees cooler than mid summer, but Tuscany was still beautiful.



Photo Courtesy of Dave Harkless

Summer was still in the air. Views from the mountains over the Mediterranean were breathtaking, and the spirit of the trip was wonderful. Harkless says, "I smiled the whole time."

Harkless was born and raised north of Boston, and today as he sits in the cluttered office of his shop in Littleton he says, "I was 14 when I started work in a restaurant, and I remember telling my father how much I enjoyed it. He was the sort of guy who's pretty driven, and I can still hear him saying - 'If you're going to work in a restaurant be good at it.'"

Following those words of wisdom Dave Harkless graduated from the culinary arts program at Johnson & Wales University in Providence and found his way to a chef's position in Lincoln, NH. "I was trained soup-to-nuts to work in a kitchen," he says, "and it was something I enjoyed, but I was totally nonathletic, and I could see the pitfalls of a lifestyle with eating and drinking that wasn't going to take anyone into a healthy old-age."

Harkless took a part time job as bicycle mechanic and discovered the pleasure of wind in his face on a bicycle. "I was riding more, and the hidden competitor in me was sparked by occasional racing."

In 1992 Harkless was between restaurant jobs when someone mentioned the Littleton Bike Shop and its need for help in the service department. Harkless introduced himself to



Photo By: North Star Monthly

Dave Harkless and his wife, Maggie, are owners of Littleton Bike & Fitness now located on Cottage Street in Littleton.

the Shop's owner, Barry Field, and today he says, "I never left."

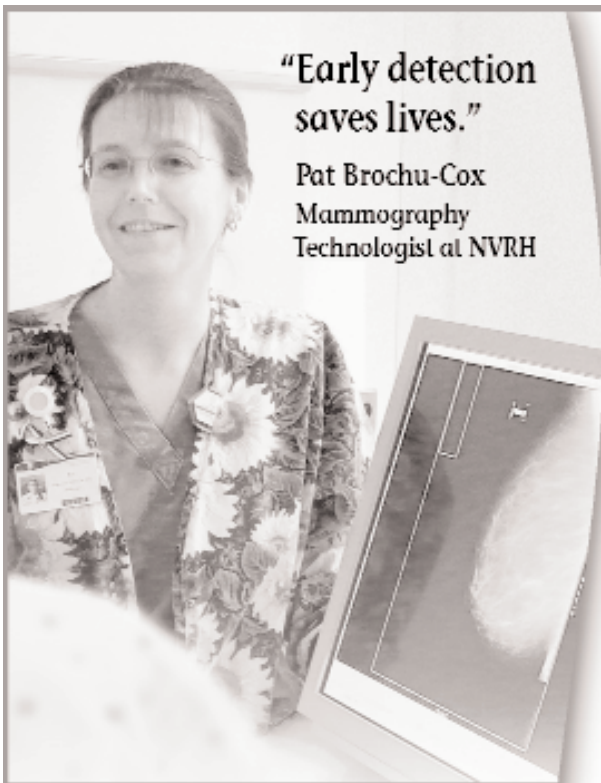
Harkless, Field and their families became close friends, and the circle of enthusiastic North Country bicycle riders expanded as did the business. In 1994 the Shop moved from its original location on Cottage Street across from the Littleton Opera House to a storefront on Main Street. "I'd never had a brother," Harkless says, "and Barry became my big brother, my best friend and mentor. I was his store manager."

In May 2003, the Littleton community was stunned when Barry Field died following a motorcycle accident on the Kancamagus Highway. Harkless says, "We stopped in our tracks - but my parents had both died shortly before that, and I found

myself in some sort of automatic mode pushing on. More than anything, I wanted to make the business work for Barry and his family, and I knew that, with help, the least I could do was run the store." Dave Harkless was 40.

Ten months later, in March 2004, Harkless and his wife bought the business from the Field family, and it has continued to grow. In April 2006 they relocated once again to larger and more accessible space back on Cottage Street near the Ammonoosuc River and not far from the original location. Like any entrepreneur Harkless understands that a business never stops or goes away, but after seeing his father and (three months later) his best friend die prematurely he reaffirmed his commitment to making the most of the experiences and opportunities that come his way.

Last summer Harkless was invited by the Specialized Bicycle Components company to join a company tour with a select group of dealers in Tuscany, and never having been to Europe, he was an easy sell for the trip. Harkless says, "We have done well with Specialized, but, in terms of our volume, we are nowhere near the big shops in the country. I was surprised but honored to be invited. The



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Photo Courtesy of Dave Harkless

Riding with the group was (left) Mario Cipollini, described by Harkless as one of the greatest Italian cyclists in recent history. "In the world of international racing, Cipollini is a rock star," says Harkless. "I'd seen him on television in the Giro d'Italia, the Italian equivalent to the Tour de France..., and I always had the impression that, like many celebrities, he was pretty full of himself. But Mario rode with us through the entire trip. He's gracious and patient. It was like playing a round of golf with Tiger Woods."

group included the Specialized company president, three other company reps and 12 dealers for five days riding with Mario Cipollini, probably the greatest Italian cyclist in recent history."

Harkless says the trip was in great part about networking and sounding out dealers as to the emerging concepts of new products - bicycles and Specialized brand clothing. "They picked our brains," he says. "For five days we talked, we ate and we rode together over the rolling hills and climbed dramatic ascents past ski areas of the Alps." Harkless admits it was pretty choice duty, with at least one professional racer using Specialized products.

"In the world of international racing, Cipollini is a rock star," says Harkless. "I'd seen him on television in the Giro d'Italia, the Italian equivalent to the Tour de France. Over the years as a sprinter he's won 42 stages of the Giro, and I always had the impression that, like many celebrities, he was pretty full of himself. But Mario rode with us through the entire trip. He's gracious and patient. It was like

playing a round of golf with Tiger Woods."

The group followed narrow roads and the highways and byways around Cipollini's home town. Harkless tells about 180° switchbacks and barreling down sweeping "giant slalom" turns, and the opportunity to get to know other dealers from the U.S. The camaraderie was embracing, and the riding was spectacular.

Harkless tells about his sur-

prise in the attitude of Italian drivers and their respect for cyclists. "Drivers will follow and wait for a chance to pass safely. Maybe a little toot on their horn, but it was never a problem especially when they realized our group included one of their national heroes. If we stopped it was like moths to a flame with Mario. People gathered wherever we went. He's an

ambassador, and to have the chance to ride on his wheel [That's bicycling talk for following closely and getting the benefit of the lead rider's air flow.] is something I'll never forget."

In northern New Hampshire as the fall foliage fades Dave Harkless looks out the window of his Littleton office into the distance. He doesn't show emotions easily, but as he talks it is

clear that there are two of his own heroes missing. "If I could do it," he says, "I'd pick up the phone and I'd call Barry and my father and tell them how well the business is doing and about the trip, and they'd get it." Both would understand the depth of the experience of riding through the Alps on Mario's wheel. Harkless has done well, and he is fortunate, and he gets that,



Photo Courtesy of Dave Harkless

Traveling together as guests of the Specialized Bicycle Components company 12 American bicycle dealers rode the highways and byways of the Italian Alps.

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

Hospitality in High Places

TERRY HOFFER

In the spring of 1888, 12 years into the history of the Appalachian Mountain Club, a handful of AMC members sought to promote the creation of one or more alpine huts - refuges like those they had seen or heard about in Europe. At a meeting of the Club that April in Boston the promotion paid off. A resolution was adopted "to build a permanent stone cabin at Madison Spring between Mount Adams and Mount Madison, with sleeping bunks, a stove and the most necessary furniture. Cooking utensils and an ax would be kept there ..."

By the end of the summer the AMC had the first of its huts in the White Mountains. In November, 1888, the Club celebrated construction of a rectangular cabin with stone walls and a roof at a total cost of \$701.65. It was a place of refuge from the well documented dangers of wild weather along the Presidential Ridge. It is also quite likely, but not clear in Club records, that a high mountain camp was envisioned as a place to have fun.

By 1906 the popularity of Madison Spring and crowding at the hut resulted in an addition to the original building. The addition doubled the capacity to 24,

and the AMC appointed a college student on summer vacation as its first "care-keeper." As a result, the frequency of vandalism and thoughtless abuse of the facility tapered off. The care-keeper's presence made it more difficult to chop up the flooring for firewood or make off with the kitchen utensils and the ax. And for the first time a fee was charged as a means of compensating the care-keeper. In 1906 there were 469 guests who each paid 50 cents for the night.

While the hut at Madison Springs was the focus of much of the AMC's early attention and one reason for a surge in the number of trails cut from Randolph and the northeast, there was interest in other locations on, and at a distance of a half day's hike from, Mount Washington.

When two experienced hikers died from exposure in June 1900 as they were hiking the old Crawford Path to Mount Washington the AMC raised money to build an emergency shelter and later, in 1915, a more substantial building with a kitchen and bunks for 36 at the Lakes of the Clouds. The spectacular setting is the AMC's show-place for its mountain accommodations. The Lakes of the Clouds is visible from the area around the



The Lakes of the Clouds Hut on the west side of Mount Washington is the largest and the highest of the eight mountains down from the summit.



Photo By: Lorraine Clough

Bunks in the huts are stacked from two- to four-high in rooms that vary in size from four bunks to 26.



Photo By: Robert C. Kozlow

Mizpah Springs Hut is the most recent addition to the eight White Mountain Huts. Built in 1964 with an architect's design and heavy lifting by helicopter, the structure was built to withstand 200 mph winds and massive snow loads.

summit of Mount Washington and today, sometimes is referred to as the Lakes of the Clouds. The hut holds 90.

Carter Notch, the steep cut between the faces of Carter Dome and Wildcat, is one of the most beautiful settings in the White Mountains with two small lakes surrounded by white birch and balsam fir and splattered by boulders that must have fallen from the steep cliffs either during or after the ice age. There in the U-shaped notch is the third of the AMC huts located well below treeline. The first structure there was a log cabin built in 1904. Many modifications and recon-

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	Elevation	Capacity
Lonesome Lake <i>Family friendly beside a lake.</i> Full Service: Jun 1 - Oct 15 Self Service: Jan 1 - May 28 and Oct 16 - Dec 31	2,760'	48
Greenleaf <i>A mile from the summit of Lafayette with views out over Cannon Mountain.</i> Full Service: Jun 1 - Oct 15 Self Service: May 12 - 28	4,200'	48
Galehead <i>Secluded setting on the fringe of the Pemigewasset Wilderness.</i> Full Service: Jun 1 - Oct 15 Self Service: May 12 - 28	3,800'	38
Zealand <i>Family friendly and located by a waterfall.</i> Full Service: Jun 1 - Oct 28 Self Service: Jan 1 - May 28 and Oct 29 - Dec 31	2,700'	36
Mizpah Spring <i>Southern gateway to the Presidential Ridge and the less frequently seen Dry River Wilderness.</i> Full Service: Jun 1 - Oct 28 Self Service: May 12 - 28	3,800'	60
Lakes of the Clouds <i>Highest elevation. 1.5 miles and 1,200' below the summit of Mount Washington.</i> Full Service: Jun 1 - Sep 16	5,050'	90
Madison Spring <i>Remote setting between Mt. Madison and Mt. Adams.</i> Full Service: Jun 1 - Sep 16	4,800'	52
Carter Notch <i>Between Wildcat and Carter Dome by two lakes and glacial remains.</i> Full Service: Jun 1 - Sep 15 Self Service: Sep 16 - May 28	3,288'	40



Photo By: Lorraine Clough

mountain huts. The setting is spectacular and relatively accessible by a steep trail

ried in by seasonal members of the respective AMC hut crews, and the food was substantial and known to be good. There is lingering folklore about the hutmen (and later hutwomen) who carried loads of supplies on their backs from the nearest point of approach and up to the huts often setting records for the weight of the loads they carried or their time over distance. (Provisions for the Lakes of the Clouds have traditionally been carried down from the top of Mount Washington or at times by train and then across a more level approach from the tracks of the Cog Railway.)

For their setting, the accommodations were luxurious and their popularity among hikers and families grew. In the years that followed World War II the growth accelerated, and planners for the AMC agreed that the distance between Zealand and the Lakes of the Clouds was too far for the sort of continuous day hiking that the huts allowed. A site was selected north of Crawford Notch near the Mizpah spring, and in 1964 an architect's design and helicopters moving more than 17 tons of construction materials resulted in an eighth hut built at the state of the art. With steel I-beams the hut was constructed to withstand 200-mph winds and massive snow loads. It allows for groups of varying sizes and, some say, has a kitchen that was actually designed for its purpose. The Mizpah Spring Hut closed the gap between the huts to the east (Lonesome Lake, Greenleaf, Galehead and Zealand) and those to the west and north (Lakes of the Clouds, Madison and Carter Notch).

During the period of full service the huts and their crews provide family style breakfast and dinner and, by chance, trail food or even hot soup during the day. There are dormitory style bunks and water and septic facilities unique to each location. Hut visitors are generally friendly and always hungry at meal times, and the interaction between hut crews



AMC Photo

The Madison Spring Hut is located at 4,800 feet between Mount Madison and Mount Adams. This is the location of the first mountain hut created by the Appalachian Mountain Club, but the current building was constructed after a fire destroyed its predecessor in October 1940. Renovations and an expansion since allow for 52 overnight hikers.

structions later it is still the easternmost of the AMC huts and the last to be seen by thru-hikers heading north for Maine and Katahdin on the Appalachian Trail.

When the State of New

Carter Notch is one of the most beautiful settings in the White Mountains with two small lakes surrounded by white birch and balsam fir and splattered by boulders that must have fallen from the steep cliffs either during or after the ice age.

Hampshire acquired the property for the Franconia Notch State Park in 1929 a privately owned cabin at Lonesome Lake was included in the purchase. The AMC leased the cabin, and by the summer of 1930 it, too, joined the list of back country huts. Until 1979 the State of New Hampshire saw the property as an opportunity to increase tourism in the area and a tempting destination for campers from the Lafayette Place to swim. For most car campers Lonesome Lake has never been as tempting as planned, but it is

popular as the most easily accessible AMC hut from any highway (It's 1.5 miles from Route 3 to the hut).

Across Franconia Notch is the massive wall of Lafayette, Lincoln, Liberty and Flume. At some point in the mid 1800's a hotel marked the summit of Lafayette. It was accessible by bridge path, and one can easily imagine an evening there watching the sun drop behind Cannon Mountain and Vermont in the distance. By 1875 the hotel was only a stone foundation, but in the late 1920's Col. Greenleaf, a proprietor of one of the grand hotels in the notch below, bequeathed a sum of money to build a hut on the high shoulder of the mountain, a mile below the site of the former summit hotel. Greenleaf Hut was completed in 1929, and a major reconstruction in 1989 created bunks and kitchen space that accommodate 48.

In 1932 the AMC constructed a hut at Zealand Falls and one at Galehead Mountain, seven miles east of Greenleaf Hut, as additional links in the chain of mountain accommodations. Zealand is accessible from Route 302 and the area around Crawford Notch, and is used on a self-service basis in winter as a destination for cross country skiers and winter hikers. Galehead represents the most isolated setting and is thereby appealing for its remoteness and setting on the fringe of the Pemigewasset Wilderness.

With Galehead and Zealand completed there were seven huts with bunks, meals and hospitality for hikers. Provisions were car-

and the guests is as much a part of the experience as the food or the pillow. Hut crews are famous for their homemade breads and elaborate entrees hardly expected beyond the reach of delivery trucks and electrical utilities. Members of the hut crews understand that they are part of a long and exclusive history, and their experiences on the trails and off are often the basis for evening entertainment.

Like live lobsters in Kansas or fresh strawberries in the winter in St. Johnsbury this all comes at a price that makes taking your extended family something to think twice about. A night with full service (on Sunday to Friday)

will cost \$87 each, and on Saturday it's \$96. (Children, AMC members, groups, those staying three consecutive nights or more and those staying during periods of self service pay less.) But like the lobsters and the strawberries - what do you compare it to?

Staying at the huts is an experience and a luxury worth buying. After the lights go out at 9:30, the wind begins to tug at the hut and your knees begin to recover from the hike of the day. It is hard to not think about the opportunity as extraordinary and the hope that memories like these will remain for a long long time.



Photo By: Lorraine Clough

Meals are served family style at 7 a.m. and 6 p.m. Deb Ravenelle (Johnson), Suzanne Tanner (Danville) and Kate Bertolini (Barnet) catch the last rays of sunshine at Mizpah Hut before dinner.

They Hauled Food to the Huts and Opened the Door of Hospitality

TERRY HOFFER

One hundred years ago, in the summer of 1906, members of the Appalachian Mountain Club (AMC) realized that their mountain huts in northern New Hampshire were more than a vision.

Give them a big challenge, lots of responsibility and a small amount of praise and they'd figure out what needed to be done and perform at the highest level.

For eight years the first hut, at Madison Spring, had been attracting increasing popularity.

Most hikers who stayed there respected the facility and the Club's investment, but there were some who tore away at the wood flooring for firewood and some who viewed the meager kitchen equipment as free-for-the-taking. In 1906 the AMC appointed Austin Brooks, a student at Harvard on summer vacation, as its first "care-keeper," and the AMC shifted roles from offering emergency refuge to providing hospitality.

The early records are gone, but Kenneth Swan was Brooks' successor in 1908 and '09. Swan wrote that at 50 cents for the night the accommodations were not excessive for the price. "Bunks were lined with fir boughs, about which the less said the better, and blankets of the shoddy variety were furnished."

Swan also noted that many of his visitors were hopelessly ill-prepared for their hike, and it was he who suggested serving meals at a distance of nearly 4



Photo By: North Star Monthly

Members of the fall hut "cree" at the Appalachian Mountain Club's Mizpah Springs Hut include Emily Hoffer from Danville, VT; RD Jenkinson from North Hampton, NH; Heidi Magario from Voluntown, CT and Andrew Riley from Newton, MA.

miles and 3,500 feet above the road (US Route 2) through Randolph. In 1911, the AMC constructed a separate stone cookhouse at Madison Spring, and the following summer the hut "crew" served 428 meals to guests.

Today with high-flying jet aircraft breaking the sound barrier and hikers carrying cell phones and satellite navigational devices, it's hard to appreciate the appeal of the high huts to women in wool dresses and men wearing long pants and neckties. But appeal the huts did, and the tradition of the AMC hutmen (and hutwomen) was born. With Austin Brooks, Kenneth Swan and their followers the AMC pushed open its door and rolled out the carpet to visiting hikers.

The hut crew (or crew, as its members much prefer) was primarily

responsible for carrying food and other supplies from the nearest road access to the huts and providing some measure of safety and comfort for visitors. (The Lakes of the Clouds has traditionally been resupplied from Mount Washington by means of the steep, 1.4 mile descent from the summit.) For the first half of the 20th century hutmen were frequently seen carrying enormous pack frames with 200-pound propane tanks or boxes of food stacked high over their heads to the huts. The Lakes of the Clouds, for instance, with bunks for 90 required almost daily trips to the summit and back by members of its crew. AMC staff at the base of the mountain purchased, organized and delivered provisions to the summit, and from there they were carried down to the hut.

The other seven remote locations were supplied in similar fashion but from the nearest road up to the huts.

By the mid 1960's the use of helicopters to carry nonperishable supplies including bulk deliveries of flour, sugar, canned food and propane tanks for cooking meant the weekly routine of carrying supplies was less demanding. But, even today, the twice weekly restocking of perishables including produce and fresh meat continues, and members of the hut crews still carry loads to 70 pounds by pack frame from truck to the huts.

No discussion of the AMC and the hut crews would be complete without the mention of and reverence for the giant of giants Joe Dodge. Dodge was from Manchester by the Sea, MA and was appointed hutmaster at the




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AMC's facility in Pinkham Notch in 1922. He was 24. In a combination of genius and understanding of personnel management, Dodge proved that if he gave young men a big challenge, lots of responsibility and a small amount of praise they would figure out what needed to be done and perform at the highest level. Many of those young men viewed Dodge as a father figure, and apparently all respected his leadership. In 1928 Dodge was placed in charge of all of the mountain huts, their upkeep and their staff.

Dodge knew what was required in the way of providing hospitality and what was required in maintaining morale among the hut crews, and it worked. Chris Stewart and Mike Torrey write in their *A Century of Hospitality in High Places* that Dodge understood that hut-to-hut raids (where in the dark of

the night one crew would surreptitiously borrow things from another) were to be expected and beer at the huts wasn't always a bad thing, but hospitality for the guests and the good name of the Club was paramount. Stewart and Torrey quote former hutman "Moose" Damp who wrote in 1940, "Joe Dodge knew how to handle people, how to clamp down on them and how far to let them go. He had a rein on the boys all the time, yet he knew they were having a good time and he let them have it."

After 30 years as hut manager Joe Dodge retired in 1959, but his approach to hospitality first and then to camaraderie among members of the crew remains.

Heidi Magario is the fall hutmaster at Mizpah Springs Hut above Crawford Notch and US Route 302. Mizpah is one of the last two to be open into the fall with full service. Magario is a native of Voluntown, CT and a graduate of the University of Vermont. It is her fourth year as a member of the hut crew, and she is responsible for service to the guests and maintenance of the hut at Mizpah. "It's a sweet job," she says. "Good crew-members are hard workers and fast learners. They know how to find pleasure in scrubbing 60 dishes and how to keep it fun when the fun might be gone. They get along with guests, and they understand that being quirky and funny is part of the routine." Members of the hut crew (including young women and men) serve as cook, accountant, naturalist and concierge providing an experience in the White Mountains like no other.

Beyond being gracious and accommodating Magario can be outspoken and quirky, at times even surly. She laughs with good nature and says, "Each hut has a

personality. It shifts over time as the crew changes, but guests think we are crazy and that's a reputation we try to live up to." Magario figures that during the summer, when a full house of 60 is common, she and her crew carry over 400 pounds a week from the Highland Center parking lot in Crawford Notch to the hut. They scramble over the 2.7 miles and 1,900 feet in elevation gain in "a little over an hour."

Andrew Riley is from Newton, MA, a graduate of Macalester College. Riley is the hut naturalist at Mizpah, and in addition to carrying provisions twice a week and having a place in the kitchen rotation, he gives an evening presentation to guests and leads educational programs for school groups that swarm to the hut in the fall.

Riley says, "The hut crew is an interesting group - there are a lot of New England liberal arts college graduates, and most of us are from families, or had summer camp experiences, where we spent a lot of time in the White Mountains." Riley says the common denominator among the crews is a love of the mountains and pleasure in introducing them to others.

Emily Hoffer is from Danville, VT, a graduate of Bates College. She is cooking on this night in mid October and serving bread, soup, burritos and dessert all made in the afternoon at the hut. It's a great spread, and the guests at Mizpah Spring Hut warm up to it quickly. They clearly appreciate the crew and the food. The meal is all-you-can-eat and appealing to everyone. On this particular night there are 12 guests (from Vermont, Massachusetts, Tennessee, Washington, New Hampshire and England) and a crew of four (one is on a day off).

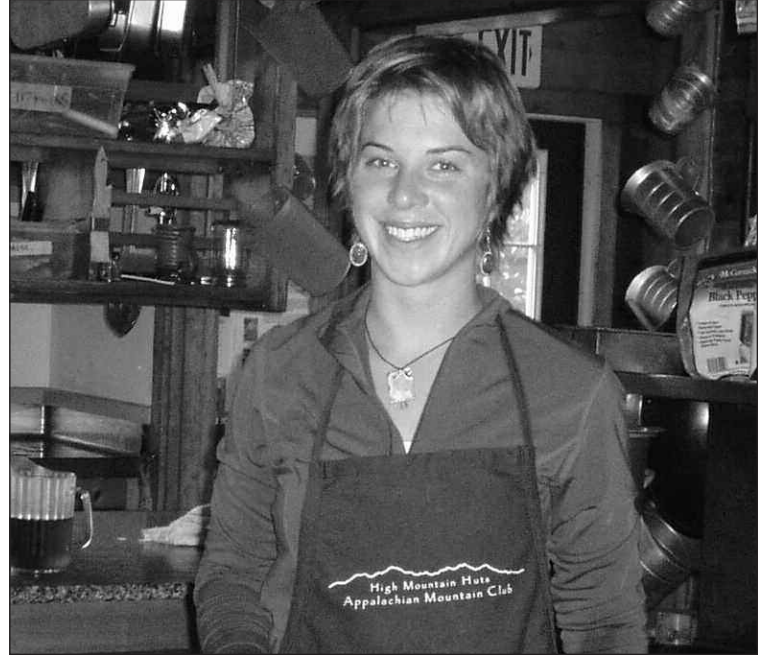


Photo By: Lorraine Clough

It's Emily Hoffer's night in the kitchen at Mizpah Spring Hut. Members of the crew carry fresh food to the Hut twice a week from Crawford Notch, a distance of 2.7 miles and 1,900 feet in elevation gain, to supplement the twice-a-year deliveries of nonperishables and propane by helicopter.



AMC Photograph

Joe Dodge was the Appalachian Mountain Club's White Mountain hut manager for 30 years from 1928 to 1959. Dodge is still described as a giant among giants who knew how to motivate the young members of his extended hut crew to provide hospitality and have fun in the process.

By the end of the October the solar-powered lights at Mizpah Hut will be off and the end of the season clean-up complete. Like Madison, Lakes of the Clouds, Galehead and Greenleaf, the windows will be covered and the doors secured for the winter. Snow will be on the ground to stay.

Lonesome Lake, Zealand and Carter Notch huts will remain open through winter on a self-service basis in which meals are not prepared, but a resident caretaker will keep visitors from removing floor boards or the equipment. Mizpah and the other huts will reopen again in the spring. ★

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Lyndonville

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What's Happening at the Town Hall?

Barnet

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

October 9, 2006

Harvey's Lake Dam – Board discussed remaining choice of two firms for proposed hydrology study at Harvey's Lake Dam. Board met with Milone & MacBroom last week and will meet with Gomez and Sullivan Engineers. A decision should be made shortly thereafter.

Overweight Permit – Board approved overweight permit for Acklin Humphrey to haul wood products.

Driveway Access Permit – Board approved request from Calvin & Cheryl Bunnell for permanent driveway access on Brook Hill Road.

Barnet Landfill Post Closure Certification – Board noted letter from VT Agency of Natural Resources saying its staff has reviewed town's post-closure certification application for the former landfill and find both to be administratively and technically complete. Draft certification must be published by the Waste District.

Grand List – On recommendation of board of listers Board approved two corrections in the 2006 Grand List Book as errors and omissions. These are errors that should not have been in the Grand List as of April 1, 2006.

Fish Ladder at Harvey's Lake – Board authorized Richard Downer to

remove fish ladder at the Harvey's Lake Dam.

October 23, 2006

Harvey's Lake Dam Project – After discussion Board voted to accept proposal from Milone & MacBroom for hydrologic analysis at Harvey's Lake Dam for a fee of \$24,000.

Overweight Permit – Board approved overweight vehicle permit for G.T. Hayward Trucking.

Driveway Access Permit – Board requested from Wayne Berge for driveway access on Groton Road.

Health Insurance – Board read letter from VT League of Cities and Towns indicating rate increase for town health insurance will average 36% depending on specific plan carried by each town.

Tax Map Maintenance – Board signed 2007 map maintenance agreement with Cartographic Associates for \$1,950. The fee is the same as this year. Contract covers updates to all digital maps.

Elderly Housing – Leigh Larocque met with Board to discuss need for elderly housing in Barnet. Larocque thinks there is a need. Ted Faris expressed concern about senior citizens moving into such a site and then creating housing for sale to younger people with school children which in turn raises the cost of tuitioning students to high school. Board agreed to go ahead with survey of community needs.

Property Tax – Larocque asked Board about so-called tax revolt by several Vermont towns to have something done about statewide tax situation with education funding. Faris says he agrees something needs to be done.

Cabot

Town Clerk: Chris Kaldor
Selectboard: Larry Gochey, Caleb Pitkin and Ted Domey

October 4, 2006

UDAG Committee – Andy Leinoff presented a proposed revised Cabot UDAG Plan. Board discussed the investment of funds with the advice of the Union Bank Trust Department and the potential risk and return of investing in securities instead of FDIC insured certificates of deposit. Leinoff explained the intended investment strategy is 40% high grade fixed income securities and 60% equities. Leinoff led a general discussion about merits of the plan. After discussion

Board voted to warn a special town meeting on November 7 to ask voters to adopt the revised UDAG plan. On Leinoff's request that he be given authority to immediately move the existing UDAG funds from AG Edwards, Morgan Stanley and BankNorth NA to the Union Bank for investment by the Union Bank Trust Department, Board requested more time to study the request. No further action was taken.

Dog Complaint – Board discussed a dog complaint from Bonnie Bellavance and directed Chris Kaldor to call Jo Guertin, Cabot Animal Control Officer and to prepare a list of unlicensed dogs.

School Paving – Board agreed to publicly thank Pike Paving for its donation of paving for the drive around the Common, in front of the high school.

October 18, 2006

UDAG Committee – Andy Leinoff asked Board to reconsider transferring existing UDAG funds (currently in AG Edwards, Morgan Stanley and BankNorth accounts) to the Union Bank immediately, prior to vote on UDAG plan revision. After discussion Board took no action.

Town Constable – On request by Juliann Ambroz to budget \$800 for 2007 to provide a radio for Town Constable Kenneth Gokey, Board asked for a written request.

Dog Compliant – Board noted dog complaint letter from Gail and Don Woods dated September 20, 2006. Board voted to notify Hilary Clarkson that her dog will be impounded unless she licenses it immediately and keeps the dog under control at all times. Town clerk will notify Jo Guertin, Cabot Animal Control Officer.

Danville

Town Clerk: Virginia Morse
Selectboard: Marion Sevigny, Larry Gadapee, Rick Sevigny, Marvin Withers and Michael Walsh

October 5, 2006

County Budget – Assistant Judge William Kennedy met with Board to present 2007 county budget. Budget will be up approximately 5% from 2006 but Kennedy expects that to be covered by a surplus from this year. He is concerned by increasing rent charged by the state for the courthouse space. The county gave the courthouse to the state in exchange for expansion and improvements to the

building. The state rents it back to the county, and the rent will be double the first year cost next year.

Road Crew – A large group of visitors met with Board to express concern for an article in *Caledonian Record*, work manual, work at will, rate of pay, work week, overtime, call out, Scott Palmer's vacation pay, Merton Leonard's sick pay and work at home, minutes, mediation, friction in the town work places, work crew resignations, mediation not offered work crew, personnel files moved from vault, distribution of fill, fill on Wightman Road, request to move culvert, trading truck hours with St. Johnsbury Highway Department, conflicts of interest, absence of bids from local contractors, road cost per mile, washout on Kittredge Road, wood purchased from Board member's relative, why wood is purchased, filling wood boiler, two selectmen with sons on road crew, road foreman training, supervision, spending limits, not viewing roads, truck repairs done at Milton, job openings not posted, election of road foreman, tree over road not removed, road conditions worse then ever, union voter list, new position not advertised and town hall call list. Board noted concerns, and will investigate and respond at a later meeting.

Planning Commission – On recommendation of planning commission, Board appointed Kim Prior to planning commission.

Route 2 Reconstruction – On request of VTrans, Board voted to approve plan for sidewalks only on north side of US 2 to Marty's First Stop.

Town Hall – Board voted to authorize use of Town Hall meeting room by Danville Health Center and NVRH for three Tuesday afternoons for a wellness project for seniors, at no charge.

Waste Water Plant – Stub Parker reported that measurements of sludge in sewer plant show a decrease in accumulation since new aerators were installed in 2001.

Road Crew – Board voted to pay for Reg Guertin's luncheon from budget line item. Board accepted Scott Palmer's resignation from the road crew effective September 27 and Reg Guertin's resignation effective September 29.

October 19, 2006

Roadside Mowing – Barbara Moraff-Alonso met with Board to inquire about brush cutting on her property on Harvey's Hollow Road. She reported that the tractor mower cut her flowers and saplings as well as roadside brush. Board agreed the mower described was not a town mower.

School Bus Stop Sign – On request from Roger Pearson that a school bus sign be installed by his house Board agreed to have one installed.

Town Hall – Merton Leonard reported scheduled uses of town hall and his list of equipment needed to cover sprinklers and lights before basketball can be played in town hall. Total cost

of equipment is approximately \$1,000. Board voted to purchase guards described with funds from recreation fund.

Sugar Ridge – Leonard reported no progress in getting traffic study for roads leading to Sugar Ridge development in order to resolve matter of original condition of Act 250 permit. Act 250 office suggests developer place sufficient funds in escrow to pay for installation of one way signs should a traffic study uphold the original findings that roads be designated as one way. Board agreed with escrow account suggestion.

Road Crew – Kevin Gadapee reported winter sand is in place and culvert work and ditching has been done. Candidates for openings on road crew will be interviewed. Board approved Kevin's enrollment in a series of 11 classes at Better Back Roads Management Academy at a cost of \$550.

Responses to Residents at Previous Meeting – During lengthy discussion with residents in attendance Board provided responses to issues raised at previous meeting. Discussion included articles in *Caledonian Record*, procedures and policies as they appear in town's work manual, authorization of Merton Leonard's sick leave, Leonard's role in investigation of employee disputes, road crew morale and recent resignations, location of personnel files, locations of dumping excess fill, requests for culverts, trading truck hours with St. Johnsbury, bids from local contractors, cost of road maintenance per mile, condition of roads and their repairs following heavy rain, source of wood purchased for town garage furnace, perception of conflict of interest among members of Board, role of a road superintendent and the appointed road foreman, spending limits and monitoring of town roads for repair or snow plowing, vehicle repairs by dealer and road crew, procedure for hiring and rehiring employees and the consideration and subsequent vote of employees which rejected proposal to join a union.

Lyndon


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

October 2, 2006

Highway Report – At 73% through year entire highway budget is 63% expended.

Access Permits – Board approved highway access permits for William Chase on Pudding Hill Road and for Steve Perry on Dune Way.

Wind Tower Project – Sutton residents Herb & Rita Dejoia, Brian Kelley and Bob Michaud addressed Board concerning Sutton's ongoing legal actions regarding proposed wind tower project. They are asking for financial assistance from surrounding towns to help pay legal costs of oppos-



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

ing the proposed wind project. They would like Lyndon to join Sutton in a joint filing opposing the project. Board encourages all those willing to make a donation to the cause to do so and authorized Art Sanborn to contact the attorney involved to determine what financial implication of Lyndon's participation in the joint filing would be.

Review of Charter Document for Public Approval – Board will have a special meeting to approve the final merger document on October 4. Then Board will approve the document and sign warning for ballot vote.

Grand List – Board voted to approve grand list changes as recommended by board of listers. The changes will add \$495,856 to town's grand list.

Excess Weight Permits – Board voted to approve excess weight permits for Grant Construction, Acklin Humphrey and Dan Thompson

Legal Issue – Kevin Calkins asked for Mr. Elmes' resignation due to a pending legal issue. Calkins was ruled out of order.

Planning Commission – Board interviewed candidates for the planning commission.

Peacham

Town Clerk: Bruce Lafferty
 Selectmen: Richard Browne, Tim McKay and Gary Swenson.

September 20, 2006

Road Reclassification – Board announced that deliberation of road reclassification would be in "open session." Tim McKay reported on financial implications for proposed reclassification of the roads (Lamprecht Lane, Deweyburg Road, Gracie Drive, Penny Street, Foster Pond Road and East Hill Road) discussed at the August 16 hearing. Board addressed each road individually. The rights of residents to expect access to the roads they purchased land on and the concerns they have about the road reclassifications were discussed in depth by the Board. Board agreed to take no action on any of the following roads and all will remain as currently classified. Jerry Knowlton expressed concern for the manner in which Foster Pond Road is maintained. Board chair and the administrative assistant agreed to meet with Knowlton on September 21 to conduct a "site view" of the roads in question.

Waste Management – Paul Tomasi, executive director of Northeast Kingdom Waste Management District, presented "waste fee analysis" of activity at town's transfer station. Tomasi recommended that, financially and environmentally, the town would do well to 1. purchase trash compactor presently on loan from Cassella Waste Management; 2. retain town's contract with Cassella Waste Management; 3. further reduce

waste management costs by encouraging recycling; and 4. consider paying environmental fee directly to the district instead of to Cassella to lower costs. Board discussed having a weather protection structure placed over the compactor and the supplier install safety decals and guards. Board asked Tomasi to act as intermediary with Cassella Waste Management for contract and financial arrangements.

Road Work – Administrative Assistant Phil Jejer, reported town has requested proposals for the town highway #1 project concepts. Mack Mountain Road work is 90% complete. Board discussed grader work at great length.

Cemetery Funds – Board discussed cemetery funds with town treasurer. Treasurer will pursue cemetery financial status including restricted and unrestricted funds.

Budget Preparation – Board discussed town highway budget.

Insurance – Board noted confirmation of increase in town's liability insurance from two to five million dollars.

October 4, 2006

County Budget – Assistant judges Jim Kennedy and Roy Vance presented proposed Caledonia County budget and answered questions from Board.

Zoning Board of Adjustment – Board discussed zoning board of adjustment budget. Budget will remain unchanged for next year.

Town Ball Field – On request from Duncan Bond for permission to cut some town trees on east side of ball field to clean up the area, Board agreed to consult with tree warden and chairperson of tree board to schedule a site visit.

Road Reclassification – Board discussed reclassification of Lamprecht Lane and Gracie Drive and agreed to schedule a hearing and site visit for Gracie Drive prior to considering changing it from class 3 to class 4. Lamprecht Lane will remain unchanged.

Transfer Station – Board discussed transfer station including a roof for compactor and building material dumpster. Budget for next year will include funds for a concrete pad and roof for compactor and roll off dumpster.

Culvert Installation – Board met with Craig Marcotte who presented a previous Board agreement to supply Marcotte with a 5'- 6' culvert not to exceed a cost of \$2,000 in order to improve access to his property. After conferring with town attorney for assurance that agreement was valid, Board agreed to culvert purchase.

Village Road Engineering – Phil Jejer reported he will contact an engineering firm to negotiate a bid for village road engineering concept.

Town Vehicle – Board discussed leasing a new midsize pickup truck and asked town clerk to provide a report on administrative assistant's mileage

cost for use of his personal vehicle for town business.

Foster Pond Road – Based upon site visit to Foster Pond Road with Dick Browne, Phil Jejer, Jerry Knowlton and Pat Blackmore, Board agreed that remediation is appropriate and Foster Pond Road is to be shaped up.

Cemeteries – Board discussed cemeteries. Clerk agreed to investigate cemetery accounts to determine what funds are available for maintenance and care. Board will invite Cheryl Stevenson, cemetery sexton, to discuss her responsibilities and future plans for cemeteries.

Tree Work – Board reviewed tree work financial proposals and will contact David Jacobs about implementation plans for cemetery and town tree work.

St. Johnsbury

Town Manager: Michael Welch
 Town Clerk: Sandy Grenier
 Selectboard: Dale Urie, Bryon Quatrini, Dale Urie, Reg Wakeham, Gary Reis and Jerry Rowe.

October 10, 2006

Grand List Amendments – On recommendation of town clerk and treasurer Board voted to approve various amendments to 2006 grand list as a result of lister error or change in homestead status.

Tax Sale – Board voted to authorize town manager to assign its interest in a mobile home for the amount of \$500. The assignment will transfer any interest the town had by virtue of being the only bidder for the property at a tax sale.

Parking Committee – Mike Welch reported that ad hoc parking committee recommended that Board endorse the concept of doubling parking fees in downtown St. Johnsbury and that parking revenues and expenses be monitored by downtown improvement commission. After considerable discussion Board voted to increase hourly parking meter rate to 25 cents; to have downtown improvement committee review revenue and expenses at least annually; and to put increased rate into effect on January 1, 2007.

Meeting with School Board – Town manager reported that school board is interested in meeting with selectboard and Board agreed to dates of December 4 and January 12 to do so.

Waterford Land Posting – Mike Welch reported a request from a

Waterford property owner to post St. Johnsbury town-owned land in Waterford. Bryon Quatrini and Dale Urie will visit the property.

Recycling – After discussion of several requests to improve the town's recycling program Mike Welch reported that he would work with Ed Magnus as a recycling committee to develop options for Board consideration.

Fire Station – Town manager reported that additional soil borings will be conducted as a means of investigating feasibility of Rossi lot on Concord Avenue as a possible location for municipal station.

Liquor License – Board approved catering permit for Black Bear Grill and Tavern

North Slope Village Subdivision – Town Manager reported he received a fax of an Act 250 Hearing Recess Order from Robert Audette. The Act 250 Commission expressed concerns about lack of sidewalks and adequate landscaping for the proposed subdivision. Manager is planning on meeting with Audette and development review board to review options that may be feasible to improve pedestrian access within the proposed subdivision.

Combined Sewer Overflow Project – Board voted to sign grant agreement with USDA for \$300,000 grant for the Cliff Street and Hastings Hill CSO Project.

South Main Street – Town manager reported South Main Street in vicinity of Academy will be open for traffic on October 11. Topcoat and guardrails still need to be installed, and road will be closed for a short time when that work is done.

Truck Route – Board signed letter to secretary of transportation regarding a waiver request to use Interstate System to replace truck route through St. Johnsbury Academy and St. Johnsbury School campus.

Walden

Town Clerk: Lina Smith
 Selectboard: David Brown, Perley Greaves and Douglas Luther

September 26, 2006

Church Water Supply – Betty Hatch updated Board on fall foliage festival and if Board had tested water at the church and town garage. Board had scheduled an inspection of the spring but it was postponed because of rain. Board will follow up on this.

Town Clerk – Town clerk noted she has caught up with her work load and will return to her regular hours.

Road Work – Dave Brown reported that work on Ferguson Hill and Coles Pond has been completed. The road crew is currently working on Houston Hill to finish the last project through Better Backroads for the year. Town received \$18,757.30 (75% of project cost) for work to date.

Two more projects have been approved on upper and lower Coles Pond road for next year.

Board of Listers – Board accepted resignation from Dan Lamont as a lister with regret. Board agreed to advertise the open position, and if no one can be found to fill the position other options for the appraisal work will be explored.

Dow's Crossing – Board discussed a resident request that Bridge #31 at Dow's Crossing be taken down for safety reasons. The State department of transportation will consider doing so if the Board recommends it. Board will seek public comment and decide whether to vote for it at the next meeting.

Insurance – Board discussed values of town property for insurance purposes.

Road Crew – Dave Brown reported road crew's camera was not working. A digital camera will be purchased to replace the old one.

Budget – Board reviewed budget.

October 11, 2006

Dow's Crossing Railroad Bridge – After discussion Board took no action on request for removal of Dow's Crossing railroad bridge.

Houston Hill – Dave Brown reported that work on Houston Hill is on schedule and should be completed this week.

Board of Listers – Board discussed vacancy on board of listers after Dan Lamont's resignation. No one has offered to fill the position. Board will meet with listers to find a candidate for the opening.

Walden Mountain Road – Board relayed a letter of commendation for the road crew for summer work on Walden Mountain Road and acknowledged the great work done through the summer.

Noyestar Road – Dave Brown reported that contractor working on Noyestar Road bridge repair offered to install steel guardrails for an additional cost of \$1,000 or replace the cables. Board voted to replace the

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My Grandmother and Her Books

BETS PARKER ALBRIGHT

Grandmothers are very special people. Grandfathers too, of course. I get such a kick out of seeing my younger friends blossom anew as they take on their roles as grandparents. The glow they emit is distinctive and wonderful.

I have never written about my own grandmother, but now, long years after her death, it seems important to say something about the part she played in my life. It was from the time when I was just old enough to

visit her on my own to the time of her death when I was 14.

Alice Holden was one of four sisters, the only one who had children and grandchildren. Her husband did well in the coal business as vast quantities of coal were shipped to the east coast to fuel steamships crossing the ocean. Edmund Holden died in his late 40's, leaving his wife with two sons and two daughters. His widow lived in the large house which he had built on Riverside Drive in New York City to house his collections and family. Alice decided

that she wanted to live in the country. She bought a piece of land in Westchester County, some 60 miles from the city. Her brother-in-law owned adjoining land, and they both had frontage on a lovely small lake.

Grandmother built her house, which she called 'Wingfield,' on a hill above the lake, and there she settled to stay. Her sons lived in the city, and she prepared bedrooms for her two daughters in the house. Neither of them married, and they spent a good deal of their time in the country.

Grandmother (there was never any question of calling her "Granny") was not a cozy, cuddly person, but she cared very much for her family. She was eager to have me and my brother visit frequently. My parents were divorced, and Grandmother did not care for my mother. She took it upon herself to spend serious time with me and my brother.

When we were at her home we played all sorts of games, including word games that she made up and enjoyed sharing with us. One of our favorites was "Word Families," which kept us going during meals or by the fire in the evening. A typical word family would be 'Mr. and Mrs. Furter and their son Frank.

We were never bored or rest-

less because we were always involved in activities where we learned without realizing we were learning. There was a large dictionary on a stand in the living room. If we didn't understand a word or couldn't spell it, we had to look it up. The next thing you knew, you were reading about another word on the same page, and so on.

Grandmother created a real library at one end of the living room with her husband's books. When she realized that most of the books were too mature for us, she put those that her children had grown up with on shelves we could reach. There were fairy stories and adventure stories, books of games and puzzles and pictures of all sorts of foreign places.

Grandmother was never a teacher, but she had a way of making learning fun. She was a dignified lady, but when we played charades she really got into the act. I'll never forget her on her hands and knees barking like a dog.

Through her we became aware of interesting things about relationships. Grandmother had a chauffeur, named Hanford, whom she sent to collect us in the city and drive us to Wingfield. We were fond of Hanford, and when he was alone with us we took turns sitting up front with him. He would remove his smart chauffeur's cap and chat with us. As we approached Wingfield we switched seats and he put on his cap. We could have our secrets in several directions and not upset anybody.

When the time came, it was difficult to return to life in our city apartment, where we could not go and play outside by ourselves. I imagine it was hard for

our mother when we complained about being in the City. We had to be tactful and not enthuse too much about the fun we had had at Wingfield.

I was talking about books. It was Grandmother who instilled in us the deep love of reading and the fact that books were treasures to enjoy and care for. You didn't leave a book open and face down when you weren't reading it - or leave it on the grass when you'd been reading under a tree.

I realize how fortunate I was to have such varied places to be and people to be with. It all contributed to learning to get along with whatever the scene was. We could love and enjoy people who did not necessarily love or appreciate each other. We learned when to share our feelings and when to play innocent. This was the way life was, and it could be enjoyed in different ways and on different levels.

Books provided knowledge and escape and delights and glimpses in many directions. How fortunate we were to be surrounded by them. Those visits to Wingfield were where my lifelong love affair with reading and writing began. Thank you, Grandmother.

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St. Johnsbury Academy Winter 2006-2007 Sports Schedule

Boys Basketball ~ Varsity and Junior Varsity Varsity Game follows JV Game			
December			
5	North Country	H	5-6:30
12	Spaulding	H	5-6:30
19	@ Essex	A	5-6:30
21	@ Brattleboro	A	5-6:30
28	@ Hartford	A	5-6:30
January			
4	Brattleboro	H	5-6:45
6	@ Rutland	A	1-2:30
9	CVU	H	5-6:30
12	Mt. Mansfield	H	5-6:30
16	@ North Country	A	5-6:30
19	@ So. Burlington	A	5-6:30
23	Hartford	H	5-6:30
26	@ Spaulding	A	5-6:30
30	@ Mt. Mansfield	A	5-6:30
February			
2	@ CVU	A	5-6:30
6	Colchester	H	5-6:30
9	Rice	H	5-6:30
12	Essex	H	5-6:30
16	So. Burlington	H	5-6:30
20	Burlington	H	5-6:30

Girls Basketball ~ Varsity and Junior Varsity Varsity Game follows JV Game			
December			
5	@ Mt. Mansfield	A	5-6:45
8	@ Bellows Falls	A	5-6:45
12	@ So. Burlington	A	5-6:45
18	Spaulding	H	5-6:45
21	@ Rutland	A	5-6:45
27	Essex	H	5-6:45
January			
3	Rice	H	5-6:45
5	@ North Country	A	5-6:45
8	Brattleboro	H	5-6:45
11	@ CVU	A	5-6:45
13	Rutland	H	1-2:45
19	@ Burlington	A	5-6:45
23	@ Spaulding	A	5-6:45
25	Essex	H	5-6:45
29	@ Rice	H	5-6:45
February			
1	North Country	H	5-6:45
5	Mt. Mansfield	H	5-6:45
8	CVU	H	5-6:45
10	@ Brattleboro	A	5-6:45
13	Burlington	H	5-6:45

Girls Basketball ~ Freshmen			
December			
4	SHS	H	5:00
7	Essex	H	5:00
9	@ Mt. Mansfield	A	1:00
13	@ SHS	A	6:00
16	BHS	H	1:00
18	@ Hartford	A	6:30
20	@ Lyndon	A	5:00
28	@ Essex	A	5:00
30	CVU	H	12:00
January			
6	North Country	H	5:00
11	@ Burlington	A	5:00
15	@ CVU	A	4:00
17	Hartford	H	5:00
18	Lyndon	H	5:00
20	Mt. Mansfield	H	12:00
23	@ North Country	A	5:00
25	MMU Tournament	A	6:00
SJA v BFA (St. Albans)			
27	MMU Tournament Finals		6:00
29	Lyndon	H	5:00

Hockey			
November			
29	Peoples	H	6:00
December			
2	Milton	H	7:00
6	@ Lyndon	A	6:00
9	@ North Country	A	4:00
13	Hartford	H	6:00
16	@ Woodstock	A	7:30
20	@ Montpelier	A	8:00
23	@ Northfield	A	8:00
27	Lyndon	H	6:00
30	Mt. Mansfield	H	6:00
January			
3	Stowe	H	6:00
6	@ Colchester	A	6:20
13	Burr & Burton	A	4:30
17	@ U-32	A	6:00
19 & 20	Woodstock Tourney	A	7:30
27	@ Brattleboro	A	4:45
31	Mt St. Josephs	H	6:00
February			
7	Middlebury	H	5:00
10	Harwood	H	7:00

Gymnastics			
December			
15	@ Middlebury	A	2:30
16	@ So. Burlington	A	12:00
Holiday Invitational			
20	CVU	H	6:00
28	U-32	H	2:00
January			
6	Randolph	H	3:00
10	@ Randolph	A	7:00
18	@ Essex	A	7:00
February			
3	South Burlington	H	6:00
9	@ Milton	A	7:00
17	Slate Championships at Essex	A	2:00

Wrestling			
December			
2	North/South Duals @ Spaulding	A	11:00
6	Middlebury, Colchester	H	6:00
9	St. Johnsbury Early Bird	H	9:30
14	Essex, Randolph	H	6:00
16	Bow, NH	A	9:30
20	CVU, Harwood	H	5:30
29,30	Middlebury Invitational	A	2:30/9
January			
4	Mt. Abe, Vergennes	A	6:30
6	Newfound	A	10:00
10	White Mt. & MMU	H	6:00
13	TBA		
19,20	Essex Classic Invitational	A3:30/10:30	
23	Randolph	A	7:00
27	Colchester Invitational	A	10:00
February			
3	Mt. Anthony Duals	A	10:00
6	Spaulding	A	6:30
10	NVAC Tournament @ Vergennes	A	10:00
18	JV States @ Spaulding	A	TBA
23,24	Varsity State Tournament @ St Johnsbury	H	6/10:00

Nordic Skiing			
December			
12	Peoples Academy @ Peoples		4:00
16	Essex @ Smuggs		2:00
29	North Country @ Mt Hor		11:00
January			
4	Montpelier U-32 Relays @ Montpelier		3:30
6	CHS @ Trapps		10:30
11	Stowe @ Stowe		3:00
16	Middlebury @ Breadloaf		10:00
20	Lamoille @ LUHS		11:00
26	So. Burlington @ Sleepy Hollow		4:00
30	BFA @ Sleepy Hollow		4:00
February			
4	North Country @ Newport		10:00
10	Lyndon/St J @ Burke		10:00
13	North Country @ North Country		5:00
17	BHS @ Bolton Valley		10:00
22	BFA/BFAF @ Bolton		10:30
State Championships			
26	MAU @ North Country		10:30
State Championships			
Host is underlined			

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Nature Speaks

I saw the geese today.
I heard their mournful cry
And looking far above
I saw the chevron, high amid the clouds.

I have to see them, spring and fall.
For me, a rite of passage
That celebrates the seasons' turn.
And if I don't ... perhaps some awful fate awaits!

Their strident calls by day or night
Match my inmost feelings.
In fall, regret, a touch of melancholy,
But in the spring, relief and jubilation.

Amazing travelers, courageous, steady,
Their journeys driven from within.
An overt sign that Nature speaks
To all who choose to listen.

Isobel P. Swartz

North Danville Afternoon Tea Room Reopens

SUE STRIFERT

On November 3, the Friday
Afternoon Tea Room located at
the North Danville Baptist
Church will open for the third
season.

The Tea Room will be open
on Fridays from November
through March from 2-4:00 p.m.
Donations are accepted for the
Church renovation fund.

Please join us for tea, coffee
or hot chocolate. We have scones
with choices of jam or lemon
curd, cookies, muffins or quick
breads.

Tables for 10 are set with
china, linen and silver. However,

dress is casual and everyone is
welcome.

Visitors include men, women
and children who come from a
wide area. Hardwick, Concord,
Littleton, Monroe, Greensboro
and folks from many other towns
spend time at the Tea Room. So
plan to join us and make new
friends.

The capacity of the Tea
Room is 30 so please call (802)
748-4096 and speak to Sue

Strifert if you plan to bring a
group for tea.

The Tea Room will be closed
on November 17 as the church
will be preparing for the annual
bazaar to be held the next day.

We hope you will join us
some other Friday for an hour or
two of good food and fellowship.
Hope to serve you soon.

Danville Methodists Launch Bible Study

HANK CHENEY

On a beautiful fall afternoon
four people from the Danville
United Methodist Church gath-
ered at the hillside farm of Martha
Lutz in Greenbanks Hollow and
marveled at the glory of creation.
We expressed a common desire to
begin a study of the Bible and
share the experience with those
interested from any church or
community. Martha has had experi-
ences with an interdenomina-
tional "Community Bible Study"
program in Colorado.

Community Bible Study
presently has over 77 study
groups worldwide. It provides an
excellent curriculum and has pro-
grams for adults, teens and
youth. There will be an introduc-
tory meeting for the Community
Bible Study on Sunday
November 12 at 7:00 p.m. at the
Danville United Methodist
Church. Curriculum and descrip-
tive materials will be available.

Refreshments will be served. All
are invited to join us and learn
more about this opportunity to
study the Bible.

For more information please
contact Rev. Hank Cheney at
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Martha Lutz at 684-3963.

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Winter 2006-2007

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

BOYS BASKETBALL (JV/V)

- December
1 Lyndon @ Hazen, 6:00/7:30
4 Peoples @ Lyndon, 5:30/7:00
7 JV Lyndon @ Montpelier, 6:00
9 V Lyndon @ Bellows Falls, 7:30
12 V Lyndon @ Bellows Falls, TBA
14 Lyndon @ Montpelier, 6:00/7:30
18 JV Lyndon @ Montpelier, TBA
21 Lyndon @ Randolph, 6:00/7:30
28 Hazen @ Lyndon, 5:30/7:00
January
3 Lyndon @ U32, 5:30/7:00
5 Hartford @ Lyndon, 5:30/7:00
12 Lamoille @ Lyndon, 5:30/7:00
19 Lyndon @ Oxbow, 6:00/7:30
24 Lyndon @ Thetford, 6:00/7:30
26 Harwood @ Harwood, 5:30/7:00
31 Montpelier @ Lyndon, 5:30/7:00
February
2 U32 @ Lyndon, 5:30/7:00
7 Lyndon @ Lamoille, 6:00/7:30
9 Randolph @ Lyndon, 5:30/7:00
14 Oxbow @ Lyndon, 5:30/7:00
16 Lyndon @ Hartford, 6:00/7:30
20 Lyndon @ Harwood, 5:30/7:00

GIRLS BASKETBALL (JV/V)

- December
5 Lake Region @ Lyndon, 5:30/7:00
7 Lyndon @ Rivendell, 6:00/7:30
9 Hazen @ Lyndon, 1:00/2:30
13 Lamoille @ Lyndon, 5:30/7:00
16 Lyndon @ Enosburgh, 1:00/2:30
19 Lyndon @ Hazen, 6:00/7:30
21 U-32 @ Lyndon, 5:30/7:00
27 Lyndon @ Montpelier, 6:00/7:30
29 Oxbow @ Lyndon, 5:30/7:00
January
3 Lyndon @ Lake Region, 6:00/7:30
5 Lyndon @ U32, 5:30/7:00
9 Lyndon @ Harwood, 5:30/7:00
13 Stowe @ Lyndon, 1:00/2:30
23 Lyndon @ Lamoille, 6:00/7:30
27 Randolph @ Lyndon, 1:00/2:30
30 Rivendell @ Lyndon, 5:30/7:00
February
1 Montpelier @ Lyndon, 5:30/7:00
6 Lyndon @ Oxbow, 6:00/7:30
8 Randolph @ Lyndon, 6:00/7:30
13 Harwood @ Lyndon, 5:30/7:00

FROSH BASKETBALL Boys

- December
2 Missisquoi @ Lyndon, 12:30
7 Lyndon @ Peoples, 7:30
11 Harwood @ Lyndon, 5:30
16 Randolph @ Lyndon 12:30
20 SJA @ Lyndon, 7:00
22 Lyndon @ Lamoille, 7:30
27 Lyndon @ Hazen, 6:30
30 Lyndon @ Lake Region, 12:30
January
4 U32 @ Lyndon, 7:00
6 Lamoille @ Lyndon, 12:30
8 Lyndon North Country, 6:30
13 Lyndon @ Harwood, 3:15
20 Spalding @ Lyndon, 12:30
22 Lyndon @ U32, 7:00
24 Peoples @ Lyndon, 7:00
29 Lyndon @ SJA, 6:30
February
3 Lyndon @ Randolph, 2:30
5 North Country @ Lyndon, 7:00
9 Lyndon @ Missisquoi, 6:30
12 Hazen @ Lyndon 7:00

FROSH BASKETBALL Girls

- December
2 Missisquoi @ Lyndon, 11:00
7 Lyndon @ Peoples, 6:00
16 Randolph @ Lyndon 11:00
20 SJA @ Lyndon, 5:30
22 Lyndon @ Lamoille, 6:00
27 Lyndon @ Hazen, 5:00
30 Lyndon @ Lake Region, 11:00
January
4 U32 @ Lyndon, 5:30
6 Lamoille @ Lyndon, 11:00
8 Lyndon North Country, 5:00
20 Spalding @ Lyndon, 11:00
22 Lyndon @ U32, 5:30
24 Peoples @ Lyndon, 5:30
29 Lyndon @ SJA, 5:00
February
3 Lyndon @ Randolph, 1:00
5 North Country @ Lyndon, 5:30
9 Lyndon @ Missisquoi, 5:00
12 Hazen @ Lyndon 5:30

ICE HOCKEY

- November
29 Lyndon @ Rutland vs MSJ, 5:00 p.m.
December
2 Lyndon @ Peoples, 5:00 p.m.
6 SJA @ Lyndon, 6:00 p.m.
9 Lyndon @ Ledy vs Colchester, 6:20 p.m.
13 Lyndon @ Norwich vs BHS, 6:30
15 Lyndon @ Norwich vs Northfield, 6:30 p.m.
20 Harwood @ Lyndon, 6:00 p.m.
23 U32 @ Lyndon, 7:00 p.m.
27 Lyndon SJA, 6:00 p.m.
30 Lyndon @ Milton, 12:30 p.m.
January
6 Harwood @ Lyndon, 7:00 p.m.
10 Brattleboro @ Lyndon, 8:00 p.m.
13 Lyndon @ Middlebury, 8:00 p.m.
20 Lyndon @ Stowe, 6:00 p.m.
24 North Country @ Lyndon, 6:00 p.m.
27 Peoples @ Lyndon, 7:00 p.m.
February
1 Lyndon @ Essex vs MMU, 7:15 p.m.
3 Lyndon @ Burr & Burton, 7:00 p.m.
7 Woodstock @ Lyndon, 7:00 p.m.
10 Lyndon @ Montpelier, 8:00 p.m.

NORDIC SKIING

- December
12 @ Peoples, 2:00 p.m.
16 @ Smugglers (Essex), 10:00 a.m.
29 @ Mt. Hor (NCU), 10:30 a.m.
January
4 @ Montpelier Relays, 3:30 p.m.
6 @ Trapps (Colchester), 10:30 a.m.
13 @ Breadloaf (Middlebury), 10:00 a.m.
20 @ Cricket Hill (Lamoille), 11:00 a.m.
February
3 @ North Country, 10:00 a.m.
10 @ Burke Trails (Lyndon), 10:00 a.m.
13 @ North Country Relays, 5:00 p.m.
17 @ Bolton (BHS), 10:00 a.m.
22 @ Bolton (BFA), State FS, 10:00 a.m.
26 @ Prospect Mt. (MAU), 10:00

ALPINE SKIING All meets start 8:30 a.m.

- December
18 @ Burke Mt. (Lyndon)
22 @ Bolton (SBHS), 5:00 p.m.
January
4 @ Burke Mt. (SJA)
12 @ Stowe (Spaulding)
22 @ Smugglers (BHS)
25 @ Jay (NCU)
February
2 @ Smugglers (Essex Invite)
3 @ Smugglers (Essex Invite)
9 @ Mad River (Har)
14 @ Jay (NCU)
16 @ Bromley (B&B)
20 @ Smugglers (Essex) Girls Dist.
23 @ Mt. Ellen (Har) Boys Dist.
March
5 @ Burke Mt. (LJ/SJA) Girls State
8 @ TBA Boys State

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Boys High School Basketball

- December
1 Friday Concord @ Danville 7:00
6 Wednesday Danville @ Blue Mountain 6:00/7:30
14 Tuesday Hazen @ Danville 6:00/7:30
16 Saturday Danville @ Stowe 1:00/2:30
19 Tuesday UCA @ Danville 7:00
28 Thursday Blue Mountain @ Danville 6:00/7:30
January
2 Tuesday Danville @ Whitcomb 6:00/7:30
5 Friday Danville @ Williamstown 6:00/7:30
9 Tuesday Richford @ Danville 5:30/7:00
13 Saturday Northfield @ Danville 1:00/2:30
19 Friday Pine Ridge @ Danville 7:00
22 Monday Danville @ Lake Region 6:00/7:30
24 Wednesday Winooski @ Danville 5:00/6:30
3 Wednesday Danville @ Peoples 6:00/7:30
February
7 Wednesday Stowe @ Danville 6:00/7:30
9 Friday Danville @ Hazen 6:00/7:30
12 Monday Danville @ Northfield 6:00/7:30
14 Wednesday Danville @ Richford 5:30/7:00
17 Saturday BFA Fairfax @ Danville 1:00/2:30
20 Tuesday Williamstown @ Danville 6:00/7:30

Girls High School Basketball

- December
2 Saturday Thetford @ Danville 1:00/2:30
5 Tuesday Concord @ Danville 6:00/7:30
7 Thursday Danville @ Blue Mountain 6:00/7:30
13 Wednesday Danville @ Richford 5:30/7:00
20 Wednesday Danville @ BFA 5:30/7:00
22 Friday Danville @ Stowe 6:00/7:30
27 Wednesday Richford @ Danville 5:30/7:00
January
3 Wednesday Winooski @ Danville 5:00/7:00
5 Friday Lake Region @ Danville 6:00/7:30
12 Friday Northfield @ Danville 6:00/7:30
17 Wednesday Enosburg @ Danville 5:30/7:00
23 Tuesday Danville @ Peoples 6:00/7:30
25 Thursday Danville @ Williamstown 6:00/7:30
27 Saturday Blue Mountain @ Danville 1:00/2:30
30 Tuesday Hazen @ Danville 6:00/7:30
February
1 Thursday Danville @ Enosburg 5:30/7:00
3 Saturday Danville @ Northfield 1:00/2:30
6 Tuesday Williamstown @ Danville 6:00/7:30
8 Thursday Danville @ Hazen 6:00/7:30
13 Tuesday Stowe @ Danville 6:00/7:30

Middle School Basketball

- January
4 Thursday MSG Danville @ Stowe 5:00/6:15
MSB Stowe @ Danville 5:00/6:15
10 Wednesday MSG Danville @ Hazen 4:30/5:45
MSB Hazen @ Danville 4:30/5:45
12 Friday MS 8th Danville @ Barre Town G 5:00/B 6:15
15 Monday MSG Danville @ Williamstown 5:00/6:15
MSB Williamstown @ Danville 5:00/6:15
23 Tuesday MSB 8th St. J @ Danville G 5:00/B 6:15
26 Friday MSG Twinfield @ Danville 5:00/6:15
MSB Danville @ Twinfield 5:00/6:15
31 Wednesday MSG Stowe @ Danville 5:00/6:15
MSB Danville @ Stowe 5:00/6:15
February
1 Thursday MSG Williamstown @ Danville 5:00/6:15
MSB Danville @ Williamstown 5:00/6:15
5 Monday MSG Hazen @ Danville 5:00/6:15
MSB Danville @ Hazen 5:00/6:15
9 Friday MS 7th Barre Town @ Danville G 5:00/B 6:15
14 Wednesday MSG Danville @ Twinfield 5:00/6:15
MSB Twinfield @ Danville 5:00/6:15
21 Wednesday MSB 7th Danville @ St. J G 5:00/B 6:15
7th precedes 8th
17 Saturday MSG/B Hazen Tourney
24 Saturday MSG/B Hazen Tourney
March MSG/B 7th & 8th Rotary Tournament

Letters from the Past

When writing was a necessity and an art

Lynn A Bonfield



In September 1885, the Peacham Academy (Established 1797) began a campaign to raise funds for a reconstruction of the old building. A solicitation to alumni and friends of the Academy went out signed by a committee that included Nellie Bunker (1844-1911), the preceptress and wife of the principal, Charles A. Bunker (1840-1932). Nellie and "Bunk," as Charles was nicknamed, began their work at the Academy in the fall of 1867, and by 1885, they were well into their long careers, known and respected by many.

Nellie wrote to alumnae, Lucy Ella Watts (1847-1915), a Peacham native then working in Minnesota, to proudly announced the total pledges of \$2,000 collected for the remodeling. Peacham was experiencing other changes as well. Nellie noted the installation of a telephone and street lights, a new district school at the Corner and repairs made to the Congregational and the Methodist churches. (The Methodist Church is now incorporated into the Town Hall.) "Sleepy Peacham," as the town was often described in earlier times, was a label that no longer applied. In closing, Nellie gave news of Lucy's nephew and niece, David and Elsie Choate names familiar to the West

Barnet-Peacham community well into the 20th century.

Peacham, Vt., Nov. 10, 1885.
Dear Friend Ella

Your very prompt reply, and gift to the Academy was received Friday last, but owing to school duties, I have been unable to answer before this evening. I need not tell you that your gift was thankfully received. We have now about \$2000.00 pledged and our courage is strong.

There does seem to be a very warm feeling towards the old Academy. I have been surprised at the interest manifested here in town. Sometimes one is tempted to think that Peacham is fast asleep, and content to dream of what the fathers accomplished in days gone by. But when it considered the past summer, that the condition of the school really affected the town, there was a stirring most remarkable to witness. This has been a hard year in various ways.

The ladies formed a society two years ago for the purpose of repairing the church. You would never recognize the latter if you were to see the inside, as the walls are completely changed above and below. A new carpet is down, and we feel as if much had been done. Our work fired the zeal of the Methodist sisters

and their church is now thoroughly done over.

Then a telephone has been introduced and a new school-house built in the Corner district. Now a new society has been formed for the improvement of the village streets and surroundings. Street lamps are to be put up very soon and so the march of improvement goes on.

Wish I could tell you that we grow more lovely in character, more Christian in spirit, as the years roll by; but that would be a stretch of the imagination. We still have a rumble and a jumble and a roar over every undertaking.

Then we proceed to business. David Choate, your nephew, is in school this term. His grandfather is quite exercised over his mechanical turn of mind, and wishes to have him attend some school where he can pay particular attention to the mechanical arts. His tastes are entirely in that line. Little Elsie is a very agreeable little girl and is much like her mother in looks. She promises well in every way. Mr. Choate brags about "our baby" and I don't wonder.

You will think I am wound up never to run down. But I am down here at the bottom [side and top of page] of my sheet. Mrs. Merrill & Miss Eastman [sisters Miriam (1816-1895) and Sarah (1818-1895)] charge me to be sure and give you their love. Of course, Bunk and I do not leave ours out. We would like to hear from you again and wish you pleasant hours in your present home. Peacham people claim you still.

Yours Sincerely,
Nellie Bunker

The original of this letter remains in family hands; the editor has a photocopy. Letters in this series are transcribed with no changes to spelling, punctuation, or capitalization. Editor's additions are in brackets. ★

Lost (But not Forgotten) Vermont Ski Areas

The St. Johnsbury Historical Society and the Vermont Ski Museum will present a program on St. Johnsbury's lost ski areas. You are invited to share your memories or memorabilia of St. Johnsbury's ski tows (including the 13 Ski Club, Fairbanks Mountain and Lincoln Street) on Thursday, November 9, 2006 at 7:00 p.m. at the Fairbanks Museum.

Since its opening in 2002, the Vermont Ski Museum has sought information on Vermont's Lost Ski Areas. Much of the initial research on ski areas was done by the New England Lost Ski Areas Project, an Internet-based project (www.nelsap.org) documenting closed ski areas in New England, New York and part of Canada.

A "lost" ski area is defined as an area that operated with a mechanized tow. NELSAP provided assistance for the Vermont Ski Museum in designing an exhibit for the Museum's opening in August 2002.

The Museum has taken this documentation a step further, with the aid of local historical societies and communities, by putting together comprehensive histories of the now-defunct areas.

Each year at the annual Vermont History Expo in Tunbridge the Museum unveils five more chronologies. The following areas are included in the current inventory: Altow/Cemetery Hill in Norwich; Burrington Hill in Whitingham; Glenn Skiff Farm in Cambridge; Dutch Hill in Heartwellville; Harwood Union High School in South Duxbury; Hogback Mountain in Marlboro; Pinnacle Park Skiland in Waterbury; Putney School in Putney; Richford Lions Club in Richford; Ski Bowl in Bellows Falls;

Sterling Tow in Craftsbury; Underhill Ski Bowl in Underhill; Valley View in Barton; Waterbury Village Area in Waterbury; Chamberlin Birch in Newport; Northfield's ski areas; Foot of the Mountain in Waitsfield; Mountain Top in Chittenden; and Blueberry Hill in Goshen. Geographically, these areas represent the entire state and offer diverse histories of the efforts to provide neighborhood and community skiing.

The purpose of Memory Night is to collect objects and stories that describe the areas. Items such as old posters, photographs, films, jackets or hats, trail signs, patches, pins or brochures, tickets and other memorabilia are important in reconstructing the history as are stories about the area's founding, epic ski days, spectacular spills on the trail, exciting lift rides, favorite trails, memorable days on the job and people or characters affiliated with the specific location.

Documentation of the lost ski areas is an ongoing project. The information gathered will be put into a computer presentation and incorporated in the current exhibit.

The Museum is pleased to continue its celebration of the Northeast Kingdom's ski history by focusing on St. Johnsbury. Some in the community remember Dick Collins, who grew up in St. Johnsbury and is heading the project.

The Vermont Ski Museum's mission is to collect, preserve and celebrate Vermont's skiing history. This project is part of the fulfillment of the mission. The small ski areas served a predominantly local community, and they bred generations of enthusiastic skiers. Stories of these areas and their expansion, employees, volunteers, ownership and ultimately their closure are an important part of Vermont's unique history.

If you have information to share please contact Dick Collins (802) 253-2801 or Meredith Scott, Vermont Ski Museum curator, (802) 253-9911. ★

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VPR Program Schedule

MONDAY - FRIDAY	SATURDAY	SUNDAY
6 A.M. BBC World Update (5 to 6 a.m.)	6 A.M. Classical Music	
7 A.M. Morning Edition with Mitch Wertlieb	7 A.M. Only a Game	Sunday Bach
8 A.M. Classical Music with Walter Parker	8 A.M. Weekend Filmmaker	
9 A.M. Military Report with Steve Delaney at noon	9 A.M. Car Talk	On the Media
10 A.M. (Wednesday) Weekend Edition	10 A.M. Wait, Wait... Don't Tell Me!	Studio 360
11 A.M. Performance Today with Fred Child	11 A.M. Interlude	A Prairie Home Companion
12 P.M. Fresh Air with Terry Gross	12 P.M. Saturday Afternoon at the Opera with Peter Fox Smith	All The Traditions with Robert Hesnik
1 P.M. All Things Considered with Neal Chamoff	1 P.M. All Things Considered	
2 P.M. (Monday) Monday Morning with [unclear]	2 P.M. A Prairie Home Companion	From the Top
3 P.M. (Tuesday) Tuesday Morning with [unclear]	3 P.M. From the Top	Classical Music
4 P.M. (Wednesday) Wednesday Morning with [unclear]	4 P.M. Companion	Say Yes
5 P.M. (Thursday) Thursday Morning with [unclear]	5 P.M. This & That	This American Life
6 P.M. (Friday) Friday Morning with [unclear]	6 P.M. My Place	Sound and Spirit
7 P.M. Living on Earth with George Thomas	7 P.M. Hearts of Space	Classical Music
8 P.M. Specials	8 P.M. Classical Music	
9 P.M. Classical Music		
10 P.M. Classical music overnight		
11 P.M. Classical music overnight		
Midnight		

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Photo By: North Star Monthly

A Fresh Look for the Old Church

Members of the Caledonia County Work Camp crew in St. Johnsbury have painted the Danville United Methodist Church on the Danville Green. Rev. Hank Cheney says, "Without the work camp's low cost labor for non-profit organizations the price would be prohibitive for this vital but small congregation." Each day that painting takes place church members bring home-made baked goods to express their appreciation for the work in progress. The congregation will have an appreciation luncheon after the job is completed.

Radon Testing – Why You Should Care

ISOBEL P. SWARTZ

Radon is a word often confused with "radar," "radium" and "radio." Radon is the name of a chemical element occurring in nature. It is a radioactive gas formed by the radioactive breakdown of uranium in the rocks of the earth's crust. This gas passes through cracks and fissures in the rocks, through the pores in the soil and eventually into the atmosphere. There is a normal and low level of radon in the air around us. Radon is important to us because more than 15,000 lung cancer deaths a year in the United States are attributable to radon. It is the second leading cause of lung cancer in this country.

If radon gas escapes from the ground beneath a building it may enter that building through cracks in the basement floor or foundation walls below grade. This will happen more readily if there is a slight negative air pressure in the building causing suction on the soil beneath. Warm air rising up through the building or use of air circulating fans can cause this to happen.

Because radon is radioactive its atoms are unstable, changing over a short time into other elements that are also unstable, until a stable form of the element lead remains. This process is called a decay chain.

As the decay chain proceeds, energy and charged particles of two sizes are emitted. The larger charged particles are called alpha particles and these are what cause damage to delicate living cells. The problems with radon are that it is a radioactive gas; it breaks down quickly; and the elements in its decay chain are solids.

When we breathe radon and air into the lungs part of the radon is immediately exhaled with the next out breath. The rest, having started its decay process, is now in the form of radioactive solids trapped on the cells of the lung

tissue. Alpha particles emitted from these unstable atoms bombard the cells of the lung tissue causing DNA damage and the potential for cancer formation.

It is clear that lowering exposure to radon in homes, schools and the work place is important to lung health. This is why radon testing is so important.

The only way to know how much radon is present is to test. This can be done very simply and at no expense. The Vermont Health Department and the Fairbanks Museum have been awarded a grant from the United States Environmental Protection Agency to offer free testing services. After testing you will know whether the radon level in your home is within the normal range

or if it is too high. Changes to a building to lower the radon level are called mitigation. Many changes are simple and not expensive. So for your health, and that of your family, testing for radon is something to care about.

For a free radon test kit call Patricia Swartz, radon program specialist at the Fairbanks Museum & Planetarium at (802) 748-2372. The Vermont Department of Health also has information about Radon and how to test and protect your home; call the Department of Health at (800) 439-8550. For more information about radon or to order a test kit on-line check the Museum's web site at: www.fairbanksmuseum.org/education_radon.cfm ★



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The cornucopia, a curved horn overflowing with a variety of foods, takes us back to the Greeks. It derives from the Greek myth of a goat-nymph who cared for Zeus as an infant. When one of her horns broke off, Zeus gave it the power to become filled with whatever foods the possessor wished.

In Latin the mythical horn became the cornu copiae or horn of plenty. Since the original myth invites us to fill the cornucopia with whatever foods we wish, why not fill it with varieties of the three Native American foods that saved the Pilgrims from starvation and contributed to the pleasure of their first Thanksgiving?

Corn is probably the most important of the three. The story of corn's domestication is lost in prehistory, but well before the earliest Europeans reached the Americas, natives of Central and South America were eating domesticated varieties.

Trade networks spread corn north and east, eventually all the way to New England. By the time the Pilgrims arrived, corn was a well-established food crop among the natives they encountered.


Beans followed corn. When tribes that were growing corn discovered that a certain wild legume eaten together with their corn offered a better food than corn alone, different cultural groups began to develop different beans from the same ancestral plant. Kidney, pinto, navy and green beans are all varieties of one species. When the Pilgrims arrived in Plymouth, succotash and baked beans were regional specialties.

The Native Americans' third contribution, squash, was also among the early domestications. The wild plant was probably first gathered for its edible seeds, but then someone noticed the flesh had potential too. The seeds, when planted, sometimes produced mutants that were plumper and sweeter tasting than the wild squashes. From that discovery came all our common squashes, including the pumpkins enjoyed by the Pilgrims.



Imagine your Thanksgiving cornucopia filled with as many different kinds of corn, beans and squash as you wish. How many delicious dishes can you create to thank the Native Americans for their gift of these three now abundantly available foods? Thanksgiving is celebrated on the fourth Thursday in November, this year the 23rd. The date can range from November 22 to November 28.

www.naturesalmanac.com



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No Small Potatoes

Vanna Guldenschuh

On this most American of holidays, Thanksgiving, let us pay homage to the sweet potato. Native Americans were growing sweet potatoes when Columbus arrived, and we should rediscover this great source of vitamin A, beta carotene, fiber and minerals. This very versatile and nutritious vegetable lends itself to both sweet and savory dishes – bake it, mash it, grill it, candy it, scallop it and even put marshmallows on top of it.

The word yam and sweet potato are used interchangeably, although the true yam is a very distant relative to the orange fleshed sweet potato that we know. Yams belong to a different genus, are drier and starchier, have a growing season almost twice as long and need a tropical or subtropical climate to thrive. The word yam comes from the African ‘nyami’ and is an important food source in many parts of the world.

Some of my favorite recipes for sweet potato are:

Plain Baked – Rub on a little olive oil and bake in the oven.

Scalloped – See the Nov. 2004 North Star for Scalloped Hubbard Squash and use sweet potato.

Charcoal Broiled – Cut into ¼ inch rounds, brush with olive oil and grill outside. When done sprinkle with a little salt, pepper and sugar to serve.

Soup – There are several sublime soups I make with sweet potatoes. One uses curry (Indian), one is spicy hot with rum (Caribbean) and one is with maple syrup (New England), but that is another column.

Do not refrigerate sweet potatoes. It creates a hard core and

gives an off flavor to them when cooked.

The following recipes are examples of the versatility of this vegetable.

This is a great bread to serve

Sweet Potato and Cranberry Quick Bread

on Thanksgiving Day or with leftovers the day after. Make a delicious sandwich of turkey, cranberry sauce, stuffing and a light coat of mayonnaise on this bread (It's great toasted) or simply serve it with turkey soup.

- 1¼ cup flour (unbleached – all purpose)
- 1 tablespoon baking powder
- Pinch salt
- Pinch nutmeg
- 2 teaspoons cinnamon
- 1 cup sugar
- 1 cup chopped walnuts or pecans
- ¾ cup dried sweetened cranberries
- 2 eggs – lightly beaten
- ½ cup applesauce
- 1 orange – zest and juice
- 2 tablespoons rum or bourbon (optional)
- 2 tablespoons maple syrup
- 2 tablespoons cream or milk
- 1 cup cooked and mashed sweet potato

Prepare the sweet potato. I find the microwave is a good way to cook sweet potatoes for this purpose, but you can bake or steam them as well. Use any kind of leftover sweet potato even if it has sweetener or flavoring in it. Mash, let cool and set aside.

In a large mixing bowl, whisk together the flour, baking powder, salt, nutmeg, cinnamon and sugar. Set aside.

Grate the skin of one orange into a medium mixing bowl, and squeeze the juice on top – no seeds please. Add the chopped nuts, cranberries, applesauce, cream, rum, maple syrup, eggs and mashed sweet potato. Stir until well combined.

Add the wet ingredients to the dry and stir until mixed – do not beat this together.

Pour into one greased and floured large loaf pan or use two smaller ones. I prefer the smaller ones. It seems to cook better and gives you the option of freezing one of the loaves whole.

Cook for 1 hour and 20 minutes in a 350° oven. This is a dense bread and you need to check for doneness. If a toothpick inserted in the center comes out clean it is done – if not let it stay in for another 10 minutes. This bread freezes well and keeps unfrozen for a few days if wrapped. It is a good make ahead recipe.

This is a wonderful dessert to

Sweet Potato Cake

serve with pumpkin pie on Thanksgiving Day and can be a great ‘what can I bring’ item for your host. It has a hint of cayenne pepper to enhance the flavor, and this combination of sweet and hot will have many guests going back for seconds.

- 3 cups flour – unbleached, all purpose
- 3 cups sugar
- 4 teaspoons baking soda
- Pinch nutmeg
- 1 tablespoon cinnamon
- 1 teaspoon ground cayenne pepper
- 1½ cups canola oil
- 4 eggs

- 1 tablespoon vanilla
- 2 cups grated raw sweet potato
- 1 cup finely chopped raw apple (done in the food processor if possible)
- 1 orange with zest and juice – about ½ cup juice
- 2 cups chopped walnuts or pecans

In a large mixing bowl whisk together the flour, sugar, baking soda, cayenne, nutmeg and cinnamon. Beat in the canola oil, eggs and vanilla. In a separate bowl combine the grated sweet potato and chopped apple with the zest and juice from the orange. Add the chopped nuts. Combine the wet and dry ingredients and pour in 2 floured and greased 9 or 10 inch cake pans.

Cook in a 350° oven for about 1 hour. The cake should spring back in the middle when done. Cool in the pan for about 20 minutes and then on a rack.

You can make two single layer cakes or one spectacular double layer cake. This freezes and keeps well. It can be made to this point or even frosted a day or two beforehand. Leave it covered in a fairly cool place. Neither the cake nor the following frosting needs to be refrigerated. This is handy on Thanksgiving where refrigerator space is at a premium.

This is a perfect foil for this

Simple Butter Cream Frosting

dark cake. It is easy to make and is wonderfully spreadable.

- 2 pounds confectioners sugar
- 1 pound softened butter (room temperature)
- 3 tablespoons cream (or half & half or amaretto or triple sec liqueur or orange juice)
- 1 teaspoon vanilla

Put the butter in a mixing

bowl and whip with an electric mixer. Slowly add the confectioners sugar with the vanilla and whatever liquid you are using. When it is well combined beat on high for a minute or two. It is that simple. You can make this frosting a day or two ahead. You can leave it out or store in the refrigerator. If you refrigerate it – make sure that you take it out a few hours before using it so it will be at room temperature and spreadable when you use it. It is hard to soften this icing in the microwave without melting it – and once you have melted it you have to start all over.

This is a great way to combine


Oven Roasted Sweet Potatoes and Pearl Onions

two traditional Thanksgiving items in one pan – the sweet potato and the pearl onion. It is easy, low in fat and very tasty.

- 4 cups raw sweet potato cut into small to medium chunks
- 1 bag frozen pearl onions
- 1 tablespoon granulated white sugar
- 1 tablespoon salt
- 1 tablespoon pepper
- ¼ cup olive oil (might need a little more)

Combine the sweet potato, onions (can still be frozen), salt, pepper and sugar in a bowl. Coat lightly with the olive oil and toss.

Empty onto a flat tray and arrange so there is only one layer. Do not mound up. Put into a 375° oven for 20 minutes. Turn the vegetables over with a spatula and put back in the oven until nicely browned and soft – about 10 or 15 more minutes. Put in a bowl for service. This dish can be served at room temperature.



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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.



Walden Hill Journal

ELLEN GOLD

November 3, 2005 - November has begun much more "user friendly" than the month of October. A touch of Indian Summer gave us the needed dry days to finally get our wood in. Dahlias are safely out of the ground, our compost bin emptied onto the garden. The porch swing is stowed in the bulkhead, and our car is wearing its winter tires. It's late in the season to be doing these chores, but as usual, weather dictates in Vermont.

November 6, 2005 - The sun found a hole in the clouds and is beaming down a moving ray of light that sweeps across the valley. So far, November is providing the mild, dry weather we missed in October. We're reminded that it is indeed November by the 4 o'clock sunsets and the sounds of hunters in the woods. Temperatures in the 50's and even 60's in St. J have given time to finish fall chores. I still need to cut back the asparagus stalks but will wait for them to lose their green. Without our massive woodpile on the drive, we now have a clear view of the field, especially when driving in at night. A deer's eye shine and leaping movement greeted us on our return from the first concert on the classical music series.

November 7, 2005 - I took a pre-lunch walk along Kittredge Road or should I call it boulevard now that the town has widened it for drainage and plowing. The wind felt like November, but the sound of gushing streams is like spring. All the culverts are staked out and seem to be functioning well, keeping the water running under the road instead of over and washing it out. Colder days are moving in, so I spent the afternoon cutting back the still green asparagus, adding wood ash and topping the bed with composted grass clippings. Jeff dug and replanted one of the small cedar trees we've been nursing for several years. It's grown quite nicely and is now helping fill in where another cedar had died.

November 11, 2005 - 22° this morning with hazy sun filtering through gently falling snow. There's about an inch on the ground. This time it's a real snow with swirling flakes, not the heavy wet gloppy 10 inches that surprised us in October. This is a mesmerizing snow, varying from snow showers to flurries, with globe-shaker snow in between. Floating, swirling and drifting, the snow varies in intensity and speed, constantly changing at the will of the wind. Deer hunting season begins this weekend. The snow blanket will give hunters some tracking advantage and help soften their footsteps as well. We'll use caution outdoors, donning our blaze orange jackets and hats.

November 13, 2005 - Three evening grosbeaks in their elegant formal attire, have dressed

up for a Sunday morning visit to the bird feeder. Some snow remains on the ground as do four robins who have not headed south. It's still a mixture of confusing signals as far as the seasons go. Today, however, is the Danville Town Band's annual harvest concert which marks the end of the season for the band and a beginning of holiday festivities. With Jeff's Burlington concert next weekend and Thanksgiving to follow, we're feeling that November has not only arrived but is quickly moving to December and holiday happenings.

November 18, 2005 - After a day of heavy rain and near record-breaking high temperatures, we're back to winter. A fresh, fluffy layer of snow covers the ground with flurries drifting in the filtered sunlight. Blue jays, chickadees, muted goldfinches and the occasional nuthatches are busy at the feeder. I had cut down the sunflowers and left their large heads lying under the feeder pole. The birds seemed to have done a thorough job of removing those seeds. I've rehung the suet basket and hope that the woodpeckers will go for the suet and not peck on the more delicate shad branches nearby. We'll keep a vigilant look out and remove the suet if it just attracts trouble.

November 20, 2005 - I caught a brief binocular view of a pileated woodpecker working his way around the maple tree by the brook. There are ample, large, rectangular holes in several trees on Walden Hill Road, but seeing the perpetrator is a rare occurrence. The large size of the bird, its clinging landing and pointed bright red head, make the pileated easy to identify, even from a great distance.

November 24, 2005 - Snow yesterday and more today sets the scene for a Vermont Thanksgiving. Unfortunately snow is still falling, which will make traveling cautious, but we'll go slowly and enjoy the wintry feeling as we head "Over the River and Through the Woods" to our Tampico, 3-family feast. The spicy aroma of



Photo By: Jeff Gold

When the sun rises over the White Mountains there is a new light cast on the gathering storm.

pumpkin pie fills our house. It's Jeff's mom's heirloom recipe and is part of our addition to the dinner. Single-digit readings on the thermometer last night as the skies cleared and a cold front moved through.

November 26, 2005 - A reluctant sun brings out the sparkle in the snow. Glitter on fresh white is a beautiful sight to brighten up dreary November. The holiday shopping season got underway yesterday with a busy workday for us at the Artisans Guild. Our 6:30 ride home was dominated by a bright Venus, picking up orange at the western horizon. Wisps of Northern lights flowed up from the ground like curling, pulsating, smoke as we headed up Walden Hill. Warmed-up Thanksgiving leftovers put the perfect cap on a full day.

November 29, 2005 - It looks like deer have visited us sometime last night or early this morning. Several neat, single line tracks led across the field to the garden, which is trampled and churned as the deer dug the remaining bits of kale and chard. The lawn nearby got a similar treatment of digging to uncover the grass. They must have spent quite some time grazing and churning before continuing in another single-line track into the woods. I made my own trail into the woods and found myself in a

magical winter wonderland. Trees hung heavy with fresh snow. No breeze had disturbed mother nature's masterpiece. Even though I wore my blaze orange, I didn't dally long. It's the last day of deer season, and hunters will be intent on making the most of their final hours. Snow will make tracking easy, but the amount of snow makes it slow-going and quite a workout in the woods.

November 30, 2005 - Record high temperatures, rain and very strong wind have erased our Thanksgiving snow and brought a mini mud season. We're seeing temperatures in the 50's with Burlington topping out in the 60's. A cold front is moving in and promises to place December well back into winter. November is ending on an overcast dreary note, living up to its shady reputation.

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I Wish I Knew Who to Call ...

DIXIE BURNS

There survives in Vermont a proud population that holds fast to the belief that the most powerful form of local communication is word-of-mouth. These same folks know a good thing when they've tried it, and this age-old method of connecting, person to person, telling and listening, passing along information or organizing support for others, if not always the fastest, is the one that works best.

In today's automated, high-

speed, push-the-button no-the-next-button world, many Vermonters cling to human connection; an individual's voice with all of its inflections and potential for personal assurance. Although neighbors are home less than before and the old church membership is dwindling, the village store, the town library or the mechanic's garage are still places where information is discussed and distributed. People need talk. They always will.

This is the belief of the diehards who curse, sometimes

loudly, the automated phone system, which puts them on hold or instructs them to push one button for one thing and another for another - or that asks that they tell a digital voice quickly and clearly just what it is they want. Often, for these folks the question goes unanswered, the need is unmet, the connection unmade, because in frustration they hang up and wait until the next time a friend or relative stops in for a chat.

Dial 2-1-1, and get the answer to your question about utility assistance, dental and health care, legal and human services, employment counseling or any other information you need.

Word-of-mouth has it that there is a new service available in Vermont; a free, statewide information and referral service for health and human questions, and there is a human voice at the end of the line.

The word is spreading quickly, partly because Mary White, an Avon Representative in this area for over 20-years, a friend and confidante to many who await her



Winona and Melvin Nutter, residents of Barnet and retired farmers, will weather the weather with a bit more ease this winter. The Nutters are both 85. Their daughter's call to 2-1-1 led to valuable assistance provided by agencies and other service providers who take the health and well-being of Vermonters so seriously.



Photos By: North Star Monthly

Dixie Burns (right) is the resource specialist for Vermont 2-1-1 in Vermont's Northeast Kingdom. In a recent conversation between Burns and Mary White of Barnet (left) about the 2-1-1 program in Vermont, White expressed concern for her parents and their need for weatherization in their Barnet home. A call to 2-1-1 led to a referral to the NETO weatherization program, and the hoped-for improvements were made.

Vermont 2-1-1 is a free telephone referral service where operators provide information on utility assistance, dental and health care, legal and human services, employment counseling or nearly any other information callers may need.

monthly visits with happy anticipation of talk about family, community and beyond and partly because Dixie Burns, regional resource specialist for the Northeast Kingdom, or more simply put, the local talker, are doing their jobs.

Dixie Burns, is a retired teacher and longtime outreach volunteer in Barnet. Recently Burns was tacking up an informational poster about 2-1-1 at the Barnet Village Store, a local grocery-deli-good coffee hot spot where locals exchange a "few" words, when Mary White happened by. "What are you up to these days, Dixie?" she asked. "Don't see you much any more."

A brief, enthusiastic explanation of the 2-1-1 service led White to ask if perhaps 2-1-1 could help her help her folks. "I just don't know who to call," she said with dismay.

When White left for home, she had two new and important bits of information; a simple three digit number to dial and an assurance that she would get someone to talk to when the call was answered.

And call she did. A human voice answered her 2-1-1 call, and she says, it is the cat's meow, or the "next best thing to sliced bread." The friendly, trained call specialist, who sits in Burlington with a wealth of health and human services information at her fingertips, referred White to an agency that would change her parents' living conditions dramatically and ease her own troubled mind before another winter set in.

NETO! That's right, Northeast Employment & Training Organization, a regional agency that provides no-cost home weatherization for quali-

(See *When in Doubt* on Next Page)

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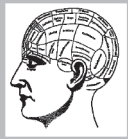


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Ask the Shrinks

Alice S. Kitchel and Burton Zahler

Dear Shrinks,

Could the two of you write something about the plight of so many young couples that struggle so painfully when one of them returns after many months in a combat zone? We keep hearing of the many separations and divorces.

Worried for our service personnel

Dear Worried,

Most of what we have to say will probably just seem like common sense.

First of all, consider how stressful any long separation would be for a couple during the early years of their marriage.

Imagine that something benign like a job or education causes one of them to be thousands of miles away for an extended period. Both the distant spouse and the stay-at-home spouse will experience events (like a job change, a new neighbor or having to buy a car) that cause them to start changing, even if subtly. These changes occur largely offstage.

When couples live together there is the opportunity of continuously accommodating (changing) to match and understand what happens to the spouse. Extended separations erode any chance of changing together. Sexual tension and loneliness also increase the difficulty of the situa-

tion. On top of that, think of the daydreams of the separated couple; each hoping to pick up the relationship where they left off, each hoping the other hasn't changed too much, neither recognizing that they themselves have changed.

Long separations are difficult to manage under any circumstances. Now add the fear and anxiety of both members of a couple when a spouse goes away for an extended period of time to a combat or possible combat situation in a hostile environment. The heightened fears and anxiety add to each spouse's load, and the more extreme experiences, especially of the spouse overseas, add to the degree that each will inevitably change.

There is also a real possibility that upon return, the service person may be affected by the trauma of war. This could express itself in three ways; by re-experiencing

traumatic events, by physiologic distress such as anxiety, irritability or hyper-vigilance, or by avoidance, such as not wanting to drive in traffic because of fear of explosive devices.

Extended separations erode any chance of changing together.

Of course, there is also a possibility of sustaining a life changing physical wound. These all add up to form tremendous hurdles and challenges for a young couple to face.

We do have some simple (common sense) suggestions that may help to ease the difficulties of these young couples that you are worried about. First of all,

become aware of the dynamics of the situation. Know what to expect because of living apart for a long period of time. Next, develop a support network with family, friends, service and veterans groups, churches and so forth. And finally, talk, talk, talk, about what is going on in life; thoughts, feelings, dreams, fears and so on.

We are also glad to note that all soldiers returning from assignments are screened for depression, substance abuse and exposure to trauma during their deployment. They have access to a combat stress-control team. Both psychotherapy and medication are available to veterans experiencing difficulties. The current wise and helpful approach of the armed forces is that combat stress is a normal part of combat experience.

Burton Zahler and Alice S. Kitchel each have a private practice in St. Johnsbury.

When in Doubt Call 2-1-1

(Continued from Page 30)

fied applicants with priority for senior citizens and disabled persons, was what White heard, and Jeff Hall, weatherization expert at the St. Johnsbury office, was the man who helped White's parents receive the services they so desperately needed.

This winter Melvin and Winona Nutter, lifelong residents of the Northeast Kingdom and retired farmers, will weather the weather with a bit more ease, thanks to their daughter's call and to the agencies and service providers who take the health and well-being of Vermonters so seriously.

Vermont 2-1-1 can't pretend to solve everything for everyone, but in this instance, the 2-1-1 call was the first step towards a new furnace, roof and chimney repairs, blown-in insulation,

replacement windows and repair and repainting of the exterior siding.

The emotional relief for a worried daughter is hard to measure, but the value to an aging couple who can remain safely in their own home, hopefully for years to come, is understood by all who aspire to live independently on the home place until the end.

Mary White is spreading the word, and when word about something as sweet and simple as Vermont 2-1-1 gets out, and when the source of the information is a trusted friend and neighbor, there is no stopping the flow of information. In this case, Vermont 2-1-1 proved itself, and the word was passed on. So, where did this come from, and did the wind just blow it in?

The truth is that a group of forward thinking Vermonters with

vigorous imaginations and a belief in our abilities "to improve lives by mobilizing the caring power of communities," brought us Vermont 2-1-1. The United Ways of Vermont understood the value of a system of information and referral to reconnect fellow Vermonters, who were increasingly isolated and excluded from the services available to maintain and enhance the quality of their lives.

Every United Way chapter in Vermont supported, both ideologically and financially, the creation of Vermont 2-1-1 as a statewide system of referrals for free and confidential information for Vermonters.

Just imagine all of the good old-fashioned talk that went into this effort and all because people understood the human need, in



this digital age, to hear the slow, comforting voice of someone offering help.

Dial 2-1-1, and get the answer to your question about utility assistance, dental and health care, legal and human services, employment counseling or any other information you need. It's free, and a trained human operator is waiting.

As regional resource specialist for the Northeast Kingdom,

Dixie Burns is responsible for gathering information for the central database and maintaining, through continual revision, accurate and up-to-date material for 2-1-1 call specialists. She travels the roads of Caledonia, Orleans and Essex Counties, spreading the news of Vermont 2-1-1 to town officials, pastors, teachers, healthcare providers and anyone who will listen. For further information, call her at (802) 338-1502. ★

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New construction, remodeling, custom work, residential & commercial. Dennis Laferrere, 525 Wightman Rd, Danville, VT 05828. (802) 684-3606. FAX (802) 684-3628.

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Stuart V. Corso, D.M.D.
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American Society of Dowers
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Click & Clack Talk Cars

Diesel v. Gas Engines

Dear Tom and Ray:

I am looking to buy a car soon and thinking about getting a diesel, because of their great

gas mileage. I know a thing or two about cars, but I'm not a professional mechanic yet, as I'm still in high school. I've heard that it's much more expensive to change the oil in a



Lyndon: Larger 1999 double-wide home with remote-operated gas fireplace. Three bedrooms with two full baths. Master BR has master bath with Jacuzzi, stand up shower and double vanity. Open kitchen, living and dining room with utility and laundry off kitchen. Level quiet lot on Eastern Avenue in Lyndonville.

\$109,900

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diesel than a gasoline engine. Is that true? Thanks, Phil

RAY: In general, yes. Diesel engines are harder on oil than gasoline engines. They run dirtier, and the oil gets filthy faster because soot blows by the piston rings into the crankcase.

TOM: So, most manufacturers of diesel engines recommend that you change a diesel's oil more frequently than you need to change it in a gasoline engine.

RAY: Secondly, there's more oil to change in a lot of diesels. Most diesel engines hold one and a half to two times as much oil as their gasoline counterparts. So, for instance, if you're changing the oil in your Dodge Ram with a gasoline engine, you'll need seven quarts of oil. If you have the Cummins diesel engine, you'll need 12 quarts.

TOM: Finally, there's the type of oil the engine uses. Lately, more diesel-engine manufacturers have been switching over to synthetic oil, because it

lubricates better and can go longer between changes. That's why the Jeep Liberty Diesel's oil needs to be changed only every 12,500 miles. An improvement, right?

RAY: Sure. But here's the rub: Synthetic oil costs four times as much as regular, old, dinosaur oil.

TOM: So, while you might have to change the oil on your diesel Liberty only every 12,500 miles, it's going to cost you 80 or 90 bucks to have someone drain your crankcase and refill it with 6.3 quarts of synthetic oil.

RAY: The specifics vary from manufacturer to manufacturer, and even from car to car. For instance, the VW Jetta recommends synthetic oil for both the diesel AND gasoline engines it offers. And the oil-change intervals for the two types of engines are identical. So we can't give you an absolute answer that will be true for every diesel engine.

TOM: But do the math, and

ask some questions before you go diesel. Ask which type of oil is recommended, the oil capacity and the recommended oil-change interval. You'll probably get better mileage with a diesel, but in most cases, some of that savings will go toward covering higher oil-change bills.

Get Tire Wear Checked Pronto

Dear Tom and Ray:

My husband and I share a 2002 Subaru Baja, which we love. We often drive it on tough four-wheel-drive roads in the mountains and deserts of Southern California, and it has never let us down. However, I have noticed that the side-walls of the tires are becoming worn, and in one place, the black "rubber" coating has been scraped away and a white underlayer is exposed. This patch is about an inch by a half-inch, close to the outside edge of the tire. My husband and I disagree about the seriousness of this. He thinks the injury is cosmetic and should be ignored. I think it is serious and could result in the tire de-laminating on the highway or somewhere in the remote outback. Since he is the one who looks after the car, I really cannot insist on new tires. However, I am worried. Could

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(802) 748-9543

"Real Estate for The Real World"

Danville Senior Action Center

November Meal Schedule

November 2 - Cheeseburger Pie, Coleslaw with Pineapple, Confetti Rice, Apple Crisp.

November 7 - Chicken with Ziti, Broccoli and Carrots with Alfredo Sauce, Orange Juice, Scones, Fruit Cup.

November 9 - Pot Roast, Carrots, Potatoes and Onions, Wheat Rolls, Tomato Juice, Pumpkin Pie.

November 14 - Guest Chef: Kate Beattie, Chicken And Biscuits, Peas & Carrots, Sweet Potatoes, Maple Cream Pie. Library Day.

November 16 - No Meal. Game Supper.

November 21 - Salmon Patties on Wheat Roll with Hollandaise Sauce, Steamed Broccoli and Baby Carrots, Brown Rice with Vegetables.

November 23 - Thanksgiving Dinner 12:30 p.m. All are invited. Call for Reservations and join us without the need to cook a big dinner for yourself.

November 28 - Meatloaf, Mashed Potatoes and Gravy, Homemade Bread, Winter Squash, Fruit Cup.

November 30 - Buffet. Library Day

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 \$3.50 for guests 60+ (Others \$4.50) is appreciated.

you put my mind at ease? - Daphne

RAY: No, we can't, Daphne. I'll tell you a little story. One time, I had a terrible ringing in my ears. And after a week or so, it was driving me crazy.

TOM: So he goes to the hospital, and he sees a world-famous eye, ear, nose, throat and wallet specialist named Dr. Patel. Dr. Patel does a thorough examination and asks my brother a bunch of probing questions. And then he announces his diagnosis, which is that my brother has tinnitus: ringing in the ears.

RAY: And I say: "Tinnitus? What causes that?" And he says, "Well, Raymond ... it could be nothing." Then a look of excitement lights up his face and he adds, "Or, it could be a brain tumor!"

TOM: That's the story with your tires, Daphne. It could be something cosmetic, or your tires could be falling apart.

RAY: When a tire has raised white letters, those are often produced by building up several layers of rubber, then buffing off one layer and exposing a white layer of rubber below. So that would be the "it could be nothing" explanation.

TOM: On the other hand, there are white-colored structural elements in there, like the carcass ply, which is the polyester "ribcage" that holds the whole thing together. And there are the steel belts themselves, which would look more metallic or shiny, but could appear to be

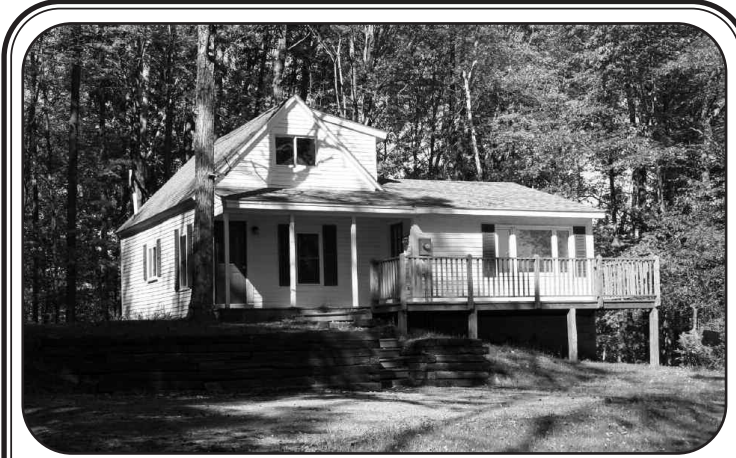
white. Those are the tire equivalents of brain tumors. Those would need to be addressed immediately.

RAY: So, one thing to look for is the texture of the white material that's been exposed. If it's exactly the same texture as the rest of the tire's exterior rubber, that increases the likelihood that it's just another layer of rubber.

TOM: But if the texture is any different, if it has any kind

of fibrous feel or if you see any crisscrossing material, you may have exposed something much more important.

RAY: The bottom line is that you need to take it to a mechanic or tire professional you trust, and find out exactly what's been exposed. See if you can get a more definitive opinion than the one Dr. Patel gave me. And by the way, my tinnitus went away a few days later and never came back. ★



ML#2618771 This country cottage has recently received extensive renovations and is in like-new condition. There are new windows, roof, well, septic, kitchen cabinets and deck, and the inside is all freshly painted. It's on 2.5 acres on a maple tree lined road with good privacy and nice views to the south. Ideal property for a starter home, hunting camp, snowmobile get-away or a peaceful second home in Vermont. Also a good home from which to send your high schoolers to St. Johnsbury Academy, in a school choice town.

\$159,000



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● Don't miss this rare opportunity to own 98.5(+/-) acres of unspoiled beauty in the Northeast Kingdom. This land has a little of everything...Over 3000 ft. of road frontage, approximately 35 acres of rolling fields, the balance being mixed woodlands with a year-round brook, beaver pond, and wildlife galore. Whatever your dream may be, you can make it happen here. MLS# 2603217 priced at \$279,000.

● A 60 (+/-) acre lot just out of Danville Village, offering panoramic views, perk tested, utilities, road frontage, open fields, woodland, and wetlands, all for \$150,000. MLS# 2620127

● MLS# 2608358 is a nice terraced lot bordered by a brook, VAST trails, and access to acres and acres of state-owned land. Views of the eastern mountain range with cutting. High School choice. Priced at \$49,000.

● This new listing in Cabot has loads of potential, with over 2100 ft. of frontage on Rt. 2, a nice little meadow bordering Molly's Pond for fishing and kayaking opportunities, and a growing woodlot for future income. Limitless possibilities on your own 41 acres for only \$49,900. MLS # 2620413.



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West Barnet Senior Action Center

November Menu

November 1 - Autumn Stew, Biscuits, Tossed Salad, Pineapple Upside Down Cake.

November 3 - Buffet.

November 8 - Pot Roast of Beef, Mashed Potatoes, Cole Slaw, Buttered Carrots, Assorted Breads, Brownies.

November 10 - Liver and Onions, Mashed Potatoes, Mixed Vegetables, Dark Breads, Pudding.

November 15 - Corn Chowder, Tuna and Egg Salad Sandwiches, Carrot and Raisin Salad, Fruited Jell-O.

November 17 - Roast Turkey, Mashed Potatoes, Stuffing, Squash, Cranberry Jelly, Homemade Rolls, Cook's Choice Dessert.

November 22 - Salmon Pea Wiggle, Pickled Beets, Biscuits, Peaches and Cream.

November 24 - Meal Site Closed

November 29 - Hot Hamburg Sandwich, Mashed Potatoes, Copper Penny Salad, Ice Cream.

Meals served at West Barnet Church. All meals served with a beverage. Reservations not required. Suggested donation of \$3 per meal is appreciated. Phone (802) 633-4068.

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You can have it all: MLS#2617720

- * 1868 Cape farmhouse - carefully restored, 7 rooms, 3 bedrooms, 2 baths.
- * 2,200 sq. ft. post and beam "barn" guest house (built in 1984+/-) w/full kitchen, bath, bedroom, heat.
- * 22 acres including 8+/- acres of open farmland - great for horses or personal driving range.
- * Country location w/easy accessibility to St Johnsbury or Montpelier.
- * A unique property in an excellent location - a rare find.

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Start your search here.



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MLS# 2617148 Enjoy Joe's Pond views from either of the two porches on this immaculate and fully furnished camp. With 128-feet of water frontage and a 24-foot dock, there's plenty of room to play. Many updates include new copper plumbing, wiring, bath and kitchen flooring and a marble shower. Great time to purchase and be ready for next summer on The Pond. **PRICE REDUCED: \$279,000**



MLS# 2619646: Experienced craftsmanship and quality materials combined to create this spacious 3-bedroom, 3 1/2 bath home on a hillside in Danville. This beautiful, brand new home features a 450+ sq. ft. master bedroom suite with a 3/4 bath and walk-thru closet, first floor laundry with half bath, walk-in pantry, formal dining room, and den with atrium doors to the full length deck. The kitchen has red birch cabinetry, ceramic tile flooring and a convenient work island. The home is sited on 19.8 wooded acres with charming Vermont views only 3-miles from town. This home is ready to bring your furnishings and move right in. **A must see priced at \$299,500**

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AROUND THE TOWNS



COMMUNITY CALENDAR

Daily - The Northeast Kingdom Artisans Guild Backroom Gallery exhibit: EarthWorks: Clay Sculpture by 6 Vermont Artists through November 18.

Mondays - Story Time, St. Johnsbury Athenaeum Youth Library, 10:30 a.m. (802) 748-8291.

Mondays - Story Time, Pope Library, Danville, 10 a.m. (802) 684-2256.

Mondays - Just Parents meet with concerns for drugs and kids, Parent Child Center, St. Johnsbury, 7 p.m. (802) 748-6040.

1st & 3rd Mondays "Six O'Clock Prompt," Writers' Support Group, 6 p.m. St. Johnsbury Athenaeum. (802) 633-2617.

Tuesdays - Baby & Toddler Story Hour, Cobleigh Library, Lyndonville. 10 a.m. (802) 626-5475.

Tuesdays - Bridge Club for all experience levels, Cobleigh Library, Lyndonville, 6:30 p.m. (802) 626-5475.

Tuesdays - Cribbage Tournaments, 6 p.m., Lake View Grange Hall, West Barnet. (802) 684-3386.

Wednesdays - Preschool Story Hour, Cobleigh Library, Lyndonville. 10 a.m. (802) 626-5475.

Wednesdays - Read 'n' Stuff, Cobleigh Library, Lyndonville. 3:30 p.m. (802) 626-5475.

Wednesdays - Ordinary Magic. Meditation for Life, St. Johnsbury Shambhala Center, 17 Eastern Avenue, 6-7 p.m.

Thursdays - Introduction to Computers, Cobleigh Library, Lyndonville. 10 a.m. (802) 626-5475.

Thursdays - Danville Town Band Rehearsal, 7 p.m., Danville School auditorium. (802) 684-1180.

3rd Thursday - Caregivers Support Group, Riverside Life Enrichment Center, 10 a.m. (802) 626-3900.

Fridays - Read and Weed Book Club, Cobleigh Library,

Lyndonville. 3:30 p.m. (802) 626-5475.

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 p.m. (802) 626-5475.

3rd Saturday - Breast Cancer Support Group, Caledonia Home Health, Sherman Drive, St. Johnsbury, 10 a.m. (802) 748-8116.

November

1 First Wednesday Lecture Series with Amherst Professor Ilan Stavans and "On Dictionaries: Words and What They Say About Themselves." 7 p.m. St. Johnsbury Athenaeum. (802) 748-8291.

1 First Wednesday Lecture Series with Poet and Novelist Julia Alvarez and "Saving the World." 7 p.m. Goodrich Memorial Library, Newport. (802) 334-7902.

3 New Traditions Community Supper, 5, 6:15 and 7:30 p.m. Cabot United Church. (802) 426-3281.

4 Men's Ecumenical Breakfast, Methodist Church, Danville, 7 a.m. (802) 684-3666.

4 Scrabble Club, St. Johnsbury Athenaeum, Noon - 4 p.m., (802) 748-8291.

4 Sawmill Tour and Wood Grading Workshop at LaBranche Sawmill in Coventry with NorthWoods Stewardship Center, East Charleston. 9 a.m. - 3 p.m. (802) 723-6551.

4 CPR refresher Course, 8-9 a.m. and 4-5 p.m. IROC, Derby. (802) 334-8511.

4 Community First Aid and CPR training, 9:15 a.m. - 4 p.m. IROC, Derby. (802) 334-8511.

5 Concord Booster Club Christmas Bazaar, 10 a.m. - 3 p.m. Concord Dickson Gymnasium. (802) 695-1356.

5 NEK Audubon Campers' presentations from Hog Island and potluck supper 5 p.m. (802) 748-8515.

5 Full Moon Owling, NorthWoods Stewardship Center, East Charleston. 6:30 p.m. (802) 723-6551.

6 NEK Audubon informational

and planning meeting; 4:30 - 6 p.m. Fairbanks Museum classroom. (802) 748-8515.

7 Election Day

9 Fall Sports Awards Night and Ice Cream Social, 6:30 p.m. Danville School Cafeteria. (802) 684-3651.

9 Invasion on Our Beeches with Dave Houston, NorthWoods Stewardship Center, East Charleston. 7 p.m. (802) 723-6551.

9 Film discussion following 7 p.m. film at Catamount Arts, St. Johnsbury. (802) 748-8813.

10 Sacred Circle Dance, Danville Congregational Church, 7-9 p.m. (802) 684-3867.

10 Danville-S-Skimo Club meeting, Danville United Methodist Church, 7 p.m.

11 VETERANS' DAY

12 Sunday Speaker Series with Rabbi Edward Boraz and Dartmouth students describing their trip to Auschwitz and Lunna and their recovery of history from a Jewish cemetery, 3 p.m. Beth El Synagogue, St. Johnsbury. (802) 748-3711.

15 Wilderness for Vermont and New Hampshire, with Leanne Klyza Linck, NorthWoods Stewardship Center, East Charleston. 7 p.m. (802) 723-6551.

15 A Polar Bear's View of Climate Change, 4 p.m. Lyndon State College. (802) 626-6426.

15 A Polar Bear's View of Climate Change, Fairbanks Museum, St. Johnsbury. 7 p.m.

16 Danville Game Supper, 5, 6, 7 p.m. United Methodist Church

18 *Digital History: Using 21st Century Technology to See into the Past* with John Miller, NorthWoods Stewardship Center, East Charleston. 10 a.m. - 2 p.m. (802) 723-6551.

19 NEK Audubon trip to Maine coast to see wintering waterfowl. Meet at exit 44 on I-93 at 6 a.m. (802) 626-9071.

23 THANKSGIVING DAY

24 Sacred Circle Dance, Danville Congregational Church, 7-9 p.m. (802) 684-3867.

29 Book Discussion: *Blood of the Prodigal* by P.L. Gaus, 7:30 p.m. Pope Library, Danville. (802) 684-2256.

See also the Arts Around the Towns Calendar Page 14

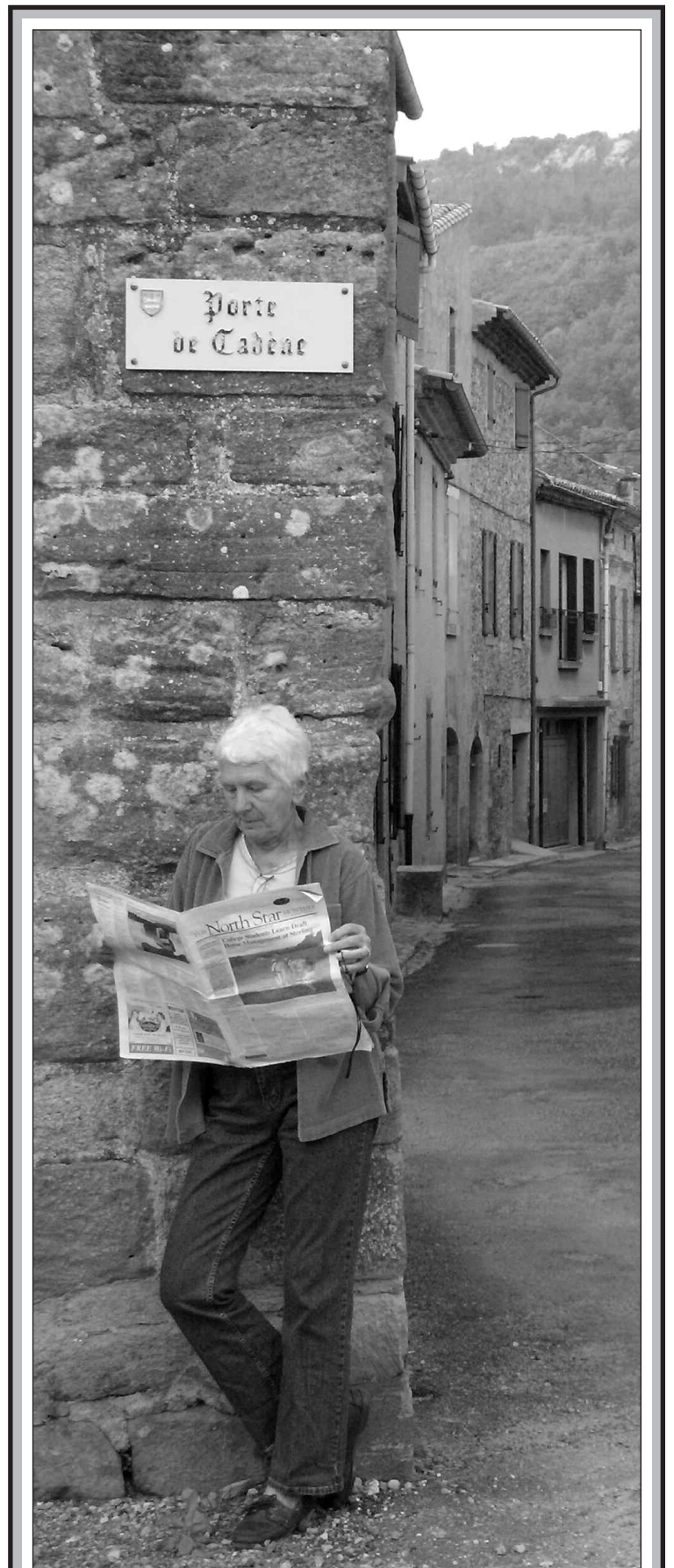


Photo By: Robert Swartz

Isobel P Swartz and her husband, Bob, were in Provence and southwestern France for 10-days in October. Rarely far from the latest issue of The North Star she found a moment to read news from Vermont outside the entrance to Alet les Bains. The delightful old town includes ruins from the 12th century expansion of an abbey and its Notre Dame cathedral.

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