

THE North Star MONTHLY

Every Small Town's Newspaper

DANVILLE, VERMONT

GOOD FOR THE WHOLE MONTH

\$1.50

FEBRUARY 2007
Volume 18, Number 10

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**They Spent a Year on
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Homeschooling the
Kids and
the Parents, too.**

Professional Table Service Counts



Photo By: Robert C. Jenks, Jenks Studio of Photography

The Hilltopper, also known as the St. Johnsbury Academy Culinary Café, is a working classroom for culinary arts in St. Johnsbury. At The Hilltopper, students learn the high art of table service and fine points of meal preparation. In the foreground students Kristy Johnson (seated) and Jackie Winget work on table service with instructor Sue Libbey while in the kitchen David Pendleton, Instructor Jim Libbey and Caleb Clark prepare food to be served for lunch.

STUDYING CHINESE IS A FULL EDUCATION

ADRIAN DUCKETT

It's not every day that a student who graduated from Danville School becomes an accomplished scholar of the Chinese language. Aaron Balivet, who received his high school diploma three years ago, recently had the experience of living for six months in China. He is a student at Hamilton College in Clinton, NY.

Balivet came back with altered views of both Asian and North American cultures, not uncommon for students who study abroad. He also experienced difficult emotions during his travels, many of which were attributed to being so far from home and being restricted to speaking only Chinese.

The amount of work that Balivet was given was the most rigorous he ever experienced, he says. It was hard to start with, and progressively became harder as the program advanced. "I had difficulty adjusting to the work load in the beginning," he says, "and at times it was frustrating because I never felt like I was on top of things, like there was always something else that had to be done." For his level

(See *Cultural Immersion* on Page 7)

TERRY HOFFER

There are some who would call Sue Libbey obsessive when it comes to dining room setup and service. But there is a reason for the order of life. There's a reason that red lights are red. There's a reason that gravity's pull is down. And there's a reason that some restaurants worry about how close together their forks are placed and that their table servers remember faithfully to "lower on the left and raise from the right."

Libbey is a teacher in the St. Johnsbury Academy culinary arts program, and it is her responsibility to instruct students in the program about the high art of customer service and the fine points that separate the restaurants and those that get it - from those that don't.

Libbey says, "Attention to detail and consistency show that you care. Every restaurant has a style, and that makes a statement. If you want fast food served through the window of your car, you don't expect polished silver and fresh flowers stuffed in the bag. And if you're having dinner at the Mt. Washington Hotel you don't expect a plastic ice tea spoon or a steak knife with a wooden handle on it. The presentation represents the type of food that they serve and what they think of themselves."

Libbey worked in a restaurant right out of high school. "I had a business course," she says, "but my first real job was waiting on tables at the Buck & Doe in Island Pond. [Now gone, the Buck & Doe was a destination for diners from all over New England in the 1970's and 80's. Who could forget the quality (and the quantity) of the food there and the high level of service carefully managed by Buck & Doe owners, Helen and Ronnie Langford?] I learned so much from the Langfords. They taught me about customer service the old fashioned way. Their style was to recognize the importance of pampering customers."

With a growing family of her own, Libbey left that job as a table server, but she never lost her eye for excellent service and attention to detail. Today she is part of the instructional staff at The Hilltopper, the classroom and restaurant operated by St. Johnsbury Academy across from the St. Johnsbury House on Main Street. She is in charge of the dining room.

Libbey is proud of the Academy facility, and from the perspective

of one who learned through on-the-job-training, she says, "I find myself saying, 'O my gosh what a program and what a facility.'" The Hilltopper features a lovely dining room separated from a full service kitchen by enormous glass windows. From any seat in the dining room, customers can watch what is taking place as their food is prepared. Libbey says, "It's a beautiful kitchen." And it is. But her primary responsibility is the dining room.

Libbey says, "I tell my students that when customers come in to this restaurant or any other, it's the table server who they see, and most of the time it's the service they remember. The service is what they notice, and that's why our goal is excellence and uniformity at the side of the table."

The Academy's culinary arts curriculum covers two school years with instruction in baking and pastry making and plenty of attention given to service in the dining room.

Students learn about arranging and setting tables. Libbey says, "The hem on the tablecloth goes down, and forks are separated by the width of your thumb. Chairs are squared away, and the centerpiece is centered on the table. Glasses are spotless and the salt and pepper and sugar containers are full."

Students learn to be pleasant and knowledgeable. "It's important for table servers to be familiar with the menu and able to describe what's on it. There is a bit of salesmanship, but equally important is the need to sympathize with customers on restrictive diets. If what we

(Please See *These Culinary Arts* on Page 6)

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Public Libraries Need Public Support

Public libraries have a lot in common. They are places where books are stored and cared for, where magazines, video tapes and DVD's are available without charge. Libraries have comfortable chairs and good reading lights. And there is a remarkable frequency of potted plants.

Many times I have gone to a public library as a place of information about a particular community. Places like Lunenburg, VT, Hillsborough, NC, Pinedale, WY, Ripon, WI and even Boston, MA all have libraries where nice people stopped what they were doing to find a book that I wanted or answer a question I asked. I'm sure they are all doing that still - looking up from their books, magazines, videos and potted plants to find answers to questions, but with increasing frequency those same people are becoming computer specialists with sophisticated equipment putting electronic and global searches at the tips of their fingers. And as Internet access becomes a necessary service, not a luxury, those nice people in libraries in rural communities with scattered populations find their service more important all the time. Public libraries are community centers, and in states like Vermont they are literal outposts of information.

That's a great thing, but we take it for granted, or at least according to Lisa von Kann, library director at the St. Johnsbury Athenaeum, Vermont and five other states take that completely for granted. There are six states (including Vermont) out of 50 where there is no state funding for public libraries.

Our libraries have countless fund raisers. I'll bet you've supported an annual fund drive, a book sale or a library dinner, and many get special local appropriations at town meeting in March. A few lucky ones have endowments, which offer up precious returns on investments. But Vermont libraries don't get support for their operations from the state's general fund. And in a state with a low population density like Vermont that is a problem. Our libraries need help. We are asking more of them all the time, circulation is growing not shrinking, and libraries aren't balancing their budgets on overdue fines and book sales.

On January 12 Vermont historian and author Howard Coffin joined a group of Vermont librarians and supporters of its libraries to ask the General Assembly in Montpelier for help. Coffin said, "Public funds could not be better spent than in support of our public libraries. [Public libraries] should be able to count on annual state support, earned, of course by demonstrated local support." I think he's right. "Libraries," Coffin said, "preserve and present to us the ever changing intellectual treasures of the world. And in this deeply troubled time we must open minds everywhere."

Vermont libraries are opening minds every day. They should have our help.

Terry Hoffer

Big Numbers

I am impressed by big numbers. I am attracted to figures with more than six zeros. Yet, I really don't understand them. For instance, at age 70, the average human heart will have beat more than 2,000,000,000 (that's 2 billion) times. I know that this is a lot of lub-dubs, yet it is a number so big that I cannot relate it to any experience. I can know it with my head, but not my body.

I know 65 miles per hour from highway driving (OK, occasionally 70-75 mph). I am awed to silence by the fact that we all are traveling faster than 67,000 mph riding on Earth as we circle the sun. I get it when the interval is minutes, days, years, maybe even decades. It becomes fuzzy in my mind at centuries, and totally alien at millennia. I can relate to miles, but astronomical distances are just that - astronomical. The distance across our own Milky Way galaxy is estimated to be 80,000 - 100,000 light years. Considering that one light year is 5,878,499,812,499 miles (arguably too far to walk), this distance is large to even write out in miles. Colossal numbers such as this are typically expressed in scientific notation, where the first few numbers are retained, and the remaining rounded off and expressed as some multiple of 10. For example, the distance of one light year expressed in scientific notation is 5.88×10^{10} . Rendered this way, the figure is easier for me to read, but just as incomprehensible.

Here is another number beyond my comprehension: Lloyd Blankfein, CEO of the investment firm Goldman Sachs, was awarded an end-of-year bonus of \$53.4 million (\$27.3 million in cash and the remainder in stock and options). The largess of this award is not unique. It was a very successful year for the investment industry. The five largest securities firms are reported to have paid out \$36 billion in end-of-year bonuses. Goldman Sachs leads the pack at \$16.5 billion for bonuses, with between \$8 million and \$25 million awarded to each of 11 other top executives.

I am ignorant of what the top executives of an investment firm actually do. I am certain they work hard. Yet, I question what effort or outcome justifies a bonus—remember that this is an additional payment on top of a generous annual compensation package - of \$53,400,000. To me, bonus awards most conveniently expressed in scientific notation should be reserved for accomplishments comparable to, say, developing an industry that converts milk to a fuel that can power automobiles. (What a renaissance that would be for Vermont hill farms.) When the year-end bonus for most American workers is the promise of continued employment, I am disheartened by the magnitude of these recent executive awards. I am unmoved by arguments that these amounts are a very small proportion of the respective firms' annual earnings. They are still very large sums of money, distributed to a few individuals.

Rachel Siegel, in last month's *North Star*, wrote of "...consumers who are weightless, whose seemingly infinite wealth put them beyond economics as we know it." The $\$36 \times 10^9$ (that's \$36 billion) in year-end bonuses paid by Goldman Sachs, Morgan Stanley, Lehman Brothers, Bear Stearns and Merrill Lynch certainly frees the top executives of these firms from the gravitational laws of conventional economics. The inequities of our economy continue.

I suspect that the largess of executive compensation, including the recent year-end bonuses, will continue until there is a substantive change in corporate governance. Given what has been reported by The Corporate Library, an independent organization that reviews the governance and compensation packages of US corporations, the common culture and networking that exists among corporate boards are barriers to change. Stockholders will have a difficult time affecting any changes in board composition or practices when, to my naive eye, it appears that many board directors have little motivation to alter the status quo. At least I can hope that Mr. Blankfein and his equally well-compensated peers, who float beyond the pull of economic gravity, have a philanthropic spirit.

Tim Tanner

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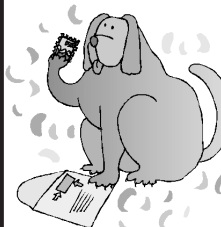
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Write to Us



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

ARTICLES: We don't have a big staff of writers. So we look forward to 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.

Letters to the Editor:

Broadband Access

Dear North Star,
I enjoyed the [January] issue

of *The North Star Monthly*. Your article on the Internet was timely and a bit ahead of Governor Douglas' ideas on making Vermont an e-state with access to broadband.

Bill Marshall
Barnet, VT
(See *Letters on Page 4*)

St. Johnsbury Fish and Oyster Merchant Killed By Horse in Danville War Expected as Indians Gather Ammunition and Arms

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



THE NORTH STAR

February 4, 1876

Sir Daniel Gooch, manager of the Great Western Railway, hopes to be able to run trains at the rate of seventy miles an hour soon. Whew! Who would want to ride at such a rapid rate?

The tariff of first class freight from Boston to Chicago has been advanced by all the lines from 30 to 75 cents per hundred, the Grand Trunk being a party to the new arrangement.

Cash receipts of the Palace Hotel, San Francisco, one day last week amounted to twenty-two thousand eight hundred and sixty three dollars. This is the largest sum ever received in any one day by any hotel in the world for legitimate patronage.

Mr. D.J. Saunders is fixing up some rooms over John Currier's grocery for his shoe shop. He will be all ready for manufacturing the first of next week.

Last week Thursday morning the upholstery building on Eastern

Avenue occupied by Switzer & Eastman was destroyed by fire. Also destroyed was a blacksmith shop near by, which was unoccupied. The stock of Switzer & Eastman was insured for \$2,000, which will cover the losses. The building was insured for \$250.

Dr. Flint's Quaker Bitters are the result of a lifelong study of an eminent Quaker physician of the old school, who has cured thousands of the most distressing complaints. The Quaker Bitters are composed of roots, barks and herbs, many of them obtained from Europe at great expense, gently stimulating the bowels and the whole animal economy. Physicians prescribe regularly for their patients particularly those in advanced life as it strengthens the body and cheers the mind. Melancholy despondency and all nervous affections yield readily to this great tonic. The ladies are delighted with Quaker Bitters for they not only produce a vigorous and healthy circulation but a beautiful complexion. No one can remain long unwell (if curable) after taking a few bottles of the Quaker Bitters.

February 11, 1876

Killed By A Horse - Our community was shocked last Monday afternoon to learn that a man had been found dead in the road just west of the Village. The particulars are as follows: On Monday forenoon a stranger came from St. Johnsbury with a sleigh load of fresh fish and oysters. He peddled his goods through town and at about 1 o'clock started for the west

end of the Village. He went some twenty rods past S.C. Haviland's house where he was found about half an hour later by George Webster, who was on his way to the Green. The man was lying in the road, his sleigh partially tipped over with the horse still attached thereto and in a snowdrift struggling to get free. It is supposed that the man started up the road but changed his mind and attempted to turn back. In doing so the horse got stuck in the snow whereupon the driver got off to unhitch and while thus engaged received several kicks in the head which resulted in killing him on the spot.

The body was taken to the hotel where it was examined by Drs. Durant and Ayer. There was a cut on the man's head and his neck was broken which was the cause of death. A telegram was immediately sent to St. Johnsbury to apprise his friends of the accident. Further investigations show the man came from Trenton, New Jersey last fall. He boarded with Mr. Hendrick. He opened an oyster and fish market on Eastern Avenue and during the last month has run a team to neighboring towns.

Inasmuch as the man seemed to have no relatives or friends to claim his remains, the Selectmen of St. Johnsbury were notified and asked to take the body away and give him a decent interment, but they refused, and the town authorities of Danville found it necessary to take the matter into their own hands and see the burial was properly attended to. This refusal on the part of the Selectmen of Paradise to

bury the unfortunate man or in any way interest themselves in the matter is considered somewhat parsimonious and a good deal mean by the residents of Danville. Had the man left a large sum of money or even died in comfortable circumstances - with a prospect of having something left for the town's treasury - St. Johnsbury's officials would have been after him by extra train and a brass band.

February 18, 1876

Newbury and Thetford boast of six different post offices while Cambridge, Weathersfield, Rockingham and Barnet are each blessed with five. Danville has four.

Snow Blockade on the Pacific Roads - Accounts of snow on the Central and Union Pacific Roads indicate they are enjoying a monopoly of this accompaniment of winter. All trains that left San Francisco for three days were forced to halt before the immense drifts through the valley of the Humboldt, and westward bound trains were stopped at the eastern limit of the snowbound region. The distance blockaded was one hundred and sixteen miles. High winds rendered futile all efforts to reopen these cuts where laborers were employed with shovels. Fifteen of the most powerful engines owned by the company were united behind a plow and reinforced by the momentum of thirty miles an hour, but it was like bucking a pile of sand. Repeated assaults finally made an opening and the track was cleared with the help of several hundred men.

Passengers meanwhile accepted the situation and made themselves as comfortable as possible.

February 25, 1876

Indian War Expected - Dispatches from Omaha say: It is stated by official authorities that the Sioux, Cheyenne and Arrapahoe Indians have been and are yet making preparations for an outbreak in a few weeks. They are purchasing large quantities of ammunition and arms wherever they can get them going as far south as the Indian territory for the purposes. It has been known for some time that the best fighting men had deserted the agencies and were roving to the Big Horn, Powder River and Tongue River countries, concentrating their forces for this war. There are at the agencies and at the reservations only those too infirm or disabled to be of use to the families of the Indians who have left. So far as is known the Indians will likely strike the frontier settlements, and unless something is promptly done, they will do terrible work before they are overpowered.

Old Papers - Duncan Harvey of Peacham has copies of two old papers. One is the Exeter Chronicle published in Exeter, NH dated October 28, 1784. The other is The Green Mountain Patriot issued at Peacham in 1799. The Patriot was printed by Farley & Goss at Peacham for something like ten years when the proprietors moved to Montpelier and founded the Vermont Watchman.

THE North Star MONTHLY



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Letters to the Editor:

(Continued from Page 2)

Bicentennial 1807-2007

Dear North Star,
 Congratulations. I've sent the anniversary issue to several American history teachers I know. *The North Star* encourages both a sense of place and our place in history...It is a gift to us all. Thank you.

Anne Coulter
 St. Johnsbury

Dear North Star,
 Congratulations on the anniversary of your fine publication. I don't always agree with some of your writers' editorial columns, but I always find something worthwhile in each issue.

Pat Moran
 Danville

Dear North Star,
 A wonderful issue. You should indeed be proud. I'm grateful to be within the covers.
 (Columnist) Denise Brown
 Lyndonville, VT

Dear North Star,
 We love *The North Star* and would hate to miss an issue.
 Bob & Linda Morgan
 Millstone Township, NJ

Dear North Star,
 Congratulations to *The North Star* on its 200th anniversary and to Terry Hoffer and the staff for producing such a great paper. *The North Star* grounds me in a way I can't adequately describe.

Reading it feels like coming home.

Van Parker
 West Hartford, CT

Dear North Star,
 May *The North Star Monthly* enjoy another 200 year.

Allan Hobson
 East Burke, VT

Covenant House

Dear North Star,
 Again we are recipients of your generosity and love, and we are very grateful. As I have said many times before the highlight of the year for me is the Vermont Thanksgiving dinner. That feeling grows stronger every year. I hope you realize how much we appreciate the efforts of Janet Wakefield and the generosity of the community.

As in each of the past 19 years, this year everything was wonderful. Please convey our thanks to Janet Wakefield and all those who helped to make the event so much of a success. As requested the leftover funds that were given as a donation will be earmarked to support our construction efforts. I hope they realize how much we appreciate it.

We are proud to include you all as part of the Covenant House New York family of friends.

Bruce J. Henry
 David L. Gregario
 Covenant House
 New York, NY

Helmut Siber Collection

Dear North Star,
 The article [*North Star*]
 (See *Letters on Page 5*)

Thank You North Star

Editor Terry Hoffer has nothing to do with choosing topics for this column. In fact, if he had known I was going to write partly about him, he probably would have told me not to do so. One of the pleasures of writing regularly for *The North Star* is that I have a free rein to select my topics. I have wanted to write a tribute to Hoffer for some time, but the appropriate subject didn't seem to present itself until now.

One has only to read Hoffer's lead editorial and the two pages about Ebenezer Eaton, the paper's first editor and printer, to understand what a daunting task it was to write about the paper's 200th birthday. It had to be a time-consuming and challenging job to research for background material about Eaton's career. When Hoffer started he must have wondered how successful he would be in finding enough information with which to celebrate the bicentennial anniversary appropriately. After all, there is much more to publishing this paper than producing such an article. But succeed he did, and the January 2007 issue ought to be required reading for subscribers and students 10, 100 and 200 years from now.

An interesting reward for me was to read the first edition of the paper, which was finally located at the American Antiquarian Society in Worcester, MA. It was reprinted and included with the January 2007 edition. Imagine the delight folks in Danville must have experienced in 1807 when this first and only weekly newspaper became available for \$1.50 a year, with part payment in produce acceptable. There were no other sources for news – no telegraph and no telephone, only what was in print that could be brought overland by coach, by boat or mail.

With the help of my mother's old magnifying glass, I read a few interesting articles to try to get a feeling for the mood of the country at the time. Perhaps a glimmer of it is reflected in the ambitious purposes stated by the editor in his column, "to amuse and instruct, to disseminate useful intelligence... to comment long upon the utility of an undertaking, designed to inculcate morality, to enlighten community in the best interests of our own state and country, and thereby perpetuate the blessings of liberty and independence... a printer (not like the hireling of a monarch) can with conscientious rectitude heartily support and advocate the principles of a government and its administration, founded and cherished by the wisdom of a free people and with a rational confidence look for their support..."

The text of President Jefferson's message communicated to Congress on December 2, 1806 arrived in time to be printed in full on January 8, 1807 in three and one-half long columns. Does any newspaper today, other than possibly *The New York Times*, publish in full a president's formal speech? The editor proposed including a Congressional diary, for "very few subjects have yet been discussed." This would include discussing "a Bill respecting the prohibition of slaves; a Resolution on Spanish aggressions; a Resolution on altering the laws for the sale of public lands;... appropriations for fortifying the ports and harbors, and for building gunboats."

Foreign news included a description of the battle of Jena that "has decided the fate of Prussia, if not of England and Russia."

An example of the breadth of topics included in the paper was the section of POETRY, reminiscent of what today's paper includes. I particularly enjoyed one that reminded me of my recollection of the old adage that the more that things seem to change, the more they seem to remain the same:

"PRUDENT FOREBEARANCE

Says Damen, embracing his new marry'd bride, When first I entreated, had Mary compli'd, I'd ne'er have wed you, but left you disgrac'd, For none but a simpleton weds the unchaste. That's true, says the fair, but your motives I guess'd, And therefore deni'd your seducing request, I thought if I yielded, you'd woo me no more. But leave me, as Harry left me before."


There is also an anniversary on February 10 of the founding in Lyndon in 1865 of *The Vermont Union* by Charles M. Chase. Chase and his son John after him, published the newspaper for 76 years. Like *The North Star*, its first edition included wisdom for the ages. A Civil War veteran, Chase was concerned about the political climate at the time. Today's politicians would do well to heed his advice:

"...All are agreed upon one thing – This Union must be preserved. Yet there is such a difference of opinion concerning the means of securing this object, the men desiring the same political result, array themselves on different sides, and treat one another more like deadly enemies than friends. The vocabulary of bad English is exhausted in finding terms of reproach to apply to political opponents. The result of this spirit is to divide and weaken the strength of the loyal States, at a time when every resource is needed."

Residents of the Northeast Kingdom are fortunate that attempts are made today by independent newspapers to perpetuate this tradition of constructively criticizing policies of our leaders.

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Working Women

When Speaker Elect Nancy Pelosi had breakfast with President Bush, shortly after the 2006 mid-term election, the press noted that she wore a suit by designer Giorgio Armani. When Segolene Royal won her party's nomination for the French presidency, a reporter asked, "But who will look after the children?" (She has 4). I have never read or heard mention of which fashion house has had the pleasure of designing clothes for George Bush, Dick Cheney or even Barack Obama. I never heard anyone express concern about whether these fathers are neglecting their parental duties.

So when I spoke with an older female relative about the results of the 2006 election one thing that she said made an impression on me, because it highlighted an attitude that still remains as an undertone in the United States. Referring to Speaker Elect Pelosi she said, "I wish she didn't flaunt her new position so much." I said that I thought that her comment was unfair and that she would have not have made that remark about a man, to which she reluctantly agreed.

Why should we not expect a woman to be excited about being the first female to hold such a high national political position? Do we really still believe that this jubilation is unseemly behavior for a woman? If this is the case then I fear for the aspirations of any female presidential candidate. When will we stop trying to second guess how a woman can do any particular job without it affecting her family, her partner, her own body and its natural cycles and potential for pregnancy? How many men have to put up with such personal scrutiny? Maybe they should have to do so, given the behavior of a few who were recently in public office.

I am very irritated by the prevailing attitude in this country toward women in the professions. While many countries in Europe, Africa and South America elect women to high national public office because of their abilities, we are still in the Victorian age. Many of us parents have educated our daughters to become qualified professionals. We encouraged them to become self sufficient, able to support themselves and to play an equal role in economically supporting a family as well as nurturing it. When women excel at what they do they deserve acclaim not to be castigated for what others assume must be neglect of family duties.

Family life today differs in many ways from what it was a generation ago. Fathers are much more involved in what used to be considered a mother's role. Those of us who were stay-at-home mothers sometimes have twinges of regret that our kind of family life has changed so radically, but the economics of life today are different, and the professional career opportunities for women are much more diverse than they were just a few years ago. Many women with careers in rapidly evolving fields cannot take time out to stay home with a family until the children are in school. If they do, they will literally be "left behind" in their career paths. Juggling a family and a career takes a lot of skill, energy and patience and is worthy of our support and respect. An expensive education is a terrible thing to waste.

If women were to leave the professions, this country would be in dire straits. In law schools 40-52% of students are women, and 30% of practicing lawyers are women; 92.3% of the nursing profession is female; 79% of the teachers in elementary and middle schools are women; 47.1% of medical students in 2004-05 were female, and this number is increasing; there are 160,000 women in the armed services and 15,000 of them are single mothers trying to support their families economically.

On a website devoted to Women's Studies sponsored by the American Library Association, a section devoted to the Association of College and Research Libraries has some interesting categories. Under the section Women in Politics USA there are three headings, two of which are about First Ladies of the U.S., and a third gives brief biographies of women in Congress. In the International section the headings are much more diverse: Women in Decision Making, Distinguished Women of the Past and Present in Government and Politics, Women World Leaders, and the International Directory of Women in Political Leadership. What an embarrassing difference.

So the next time a late night TV wit makes a comment about what shoes Condoleeza Rice wore to meet the President of Iran - if that ever happens - turn off the TV and think about whether she represented our country's national interests, which is really what her job is all about. If we ever have a female presidential candidate, we should focus on her education and governmental abilities and not whether she can bake cookies or wears designer clothes.

Isobel P. Swartz

Letters to the Editor:

(Continued from Page 4)

January 2007] about the preservation assistance grant that the Fairbanks Museum received for its collection of works by Helmut Siber generated considerable interest in other Siber paintings in private collections. We hope to hear of others as well. This exchange of information is valuable not only to the Museum and researchers, but also to the owners of the paintings. We would like to share with them some of the information we received about the care and preservation of these beautiful, unique but fragile works of art.

Isobel P. Swartz
Fairbanks Museum
St. Johnsbury, VT

Sub Zero

Dear North Star,

This morning the temperature was below zero. It was bitter cold yesterday. Our cat loves to be outside, but we kept him in

the house yesterday, last night and the night before yesterday. Some things change and some things don't.

I am excited with my church's Lenten Activities. We shall study God's unchanging love for humanity. Our responses to God's care for humanity will have similar and different expressions. One of our Lenten Activities will be a Bible study. We are inviting other interested people, using study materials from a different source and meeting on Sunday evenings at the United Methodist Church in Danville.

Some things change and some things don't. Everyone is invited. Please pray for all churches in these days when the world is in crisis. Some things never change; God's love abides.

Hank Cheney, Pastor
United Methodist Church
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SUPPLIES

These Culinary Arts Include Arranging and Setting the Tables

(Continued from Page 1)

are offering is, for whatever reason, not suitable then we want to try to provide something that is."

There are some who would call Sue Libbey obsessive when it comes to dining room setup and service.

Libbey is particular about the appearance of her table servers. They must be neat and unobtrusive. There are no bracelets or big earrings. Fingernail polish and other jewelry is not allowed. Clean hands go without saying, but she says it all the time. She expects an appearance and posture that is professional.

Libbey says that she expects customers to be comfortable as though they are dining in her own home. "They should be seated so they are comfortable, and a little pampering is quite okay." She understands that being personable to customers comes with confidence and experience, but

she is always working on that with her students. "They learn to greet customers and to seat them and basically how to be attentive to customers until they are headed out the door."

Libbey says she expects her students to serve without being offensive and confident without being overbearing. How critically important this all seems and how much we miss it when it is gone, but Sue Libbey cringes when she says finally, "My pet peeves are these. I don't want any customer to feel rushed. I tell all my students not to approach the table until the customers are finished, and the worst thing," she says, "is to ask if they want dessert when someone is still eating. They fill water glasses as frequently as it is needed, and they clear dirty dishes when everyone has finished."

Libbey's husband, Jim, is one of the culinary arts instructors in the kitchen, and he, too, knows his way around a restaurant from the back of the kitchen to the front door. With complete admiration and respect for what his wife teaches in the dining room Jim says, "Great service can make up for mediocre food, but great food can't make up for mediocre

service. It's that important." [To be clear, the food served by culinary arts students at The Hilltopper Restaurant is far from mediocre. Prepared with great care and under the watchful eye of program instructors, the menu may represent a classic diner theme or that of an Italian bistro. Sometimes the menu has a less formal family style, and sometimes it features signature dishes of the students themselves. There are always three to five specials and always sandwiches and salads. We have never heard it described as mediocre.]

As to the service, Jim Libbey says further, "Kids just don't interact with people in a respectful manner today. They communicate with each other in sound bites by text message and instant messaging. We have to teach them how to approach people and how to carry on a reasonable conversation. And we do that."

Sue Libbey takes this all very seriously, and she knows that service makes a difference in any restaurant's bottom line. "People like to see nice and neat," she says, "and that's what brings them back."

Last summer one of her students, Spencer McKenna from Monroe, NH, had won the



Photo By: Robert C. Jenks, Jenks Studio of Photography
Sue Libbey says, "The presentation represents the type of food that they serve and what they think of themselves."

statewide competition for table service among culinary arts students in Vermont and entered a national challenge hosted by the National Vocational School Competition in Kansas City, MO. Libbey says, "Spencer had a written test and a practical exam all in the midst of all the other tests being given for plumbers, electricians, air craft mechanics and every other high school technical program you can imagine. It was really something. There among all the other culinary arts programs

and competitors from all over the country Spencer earned a bronze medal. We were so pleased," she says.

And they were all pleased, but in a way it was just another day for the program. There are a lot of graduates of the St. Johnsbury Academy program in culinary arts, and they are good at it. Libbey says, "When my husband and I go out to dinner now and we see our students waiting on table, we are pretty confident, ourselves. Their hands are good hands to be in." ★

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Barbara Riley - Owner

Cultural Immersion in China

(Continued from Page 1)

of study, the program that he attended in Beijing was one of the best. It was led by one of his first-year professors, who is constantly encouraging her students to be more interested and engaged in Asian studies.

"It was definitely weird coming back to the US because Beijing was starting to feel like home."

- Aaron Balivet

All of Balivet's studies involved language. Lessons were divided into four sections of Chinese: modern, media, classical and an independent study.

Modern Chinese is more efficient than the older, classical form, which is more formal and is often seen in media. For his independent study, Balivet did research on dragon symbolism in Western and Eastern cultures. Sometimes, instead of textbooks, he and his fellow students watched films to learn more about spoken Chinese. Overall, the program gives a strong foundation for anything the students wish to pursue more intensively. It forced students to think in Chinese, which as Balivet described, was a blessing as well as a curse. "Not being able to speak more than a word of English could be frustrating, but speaking only Chinese was important because

eventually you speak words without thinking about them - words that you might not have been able to use before."

Balivet says that he found a feeling of accomplishment when he knew the language well enough to make friends speaking only that language. He and the other students were told when they first started that such friendships were important because it allowed the Americans to learn words or expressions or ways of speaking not necessarily included in textbooks. Balivet says he has gone into clubs or other places where westerners are prevalent, and locals are surprised when they hear him speak Chinese so well.

He describes the emotional transition from the time he knew he was going to China until after his return. "It was definitely weird coming back to the US because Beijing was starting to feel like home," he says. "I was surprised at how hard it was to leave."

There are many things he misses about China, from the daily routine to his classmates to the food, but the thing he misses the most he had not anticipated. "I miss speaking in Chinese, something I was not expecting at all."

There were different levels of excitement and apprehension throughout the trip, much like an emotional roller coaster ride. From actually getting on the airplane, first arriving, realizing the amount of work ahead, and then his reluctance to return to Vermont. Nearly all students who travel experience this, just as Balivet described it himself. But for him, the biggest

symbol of missing home was when he craved Western food. "It's funny," he says, "because Chinese food in America isn't that good, and American food in China isn't that good either. But when I ate at this one Western cafe, it really hit me how much I missed home."

Balivet noticed many differences between Western and Eastern cultures, but there were a few that stood out in particular. The Chinese tend to be more reserved or conservative in their display of emotion. Shopping is different from the Western way of doing things. Instead of going to stores and paying fixed prices, one goes to a market and bargains with vendors for their different goods.

But the most difficult thing for Balivet to get used to was the quality of the air. "The most obvious thing was the pollution coming from such a healthy place like New England and then being brought into a heavily polluted city like Beijing. It was a drastic change. But I got used to it, like everything else. Things that I thought were weird in the beginning were normal after six months."

When asked what he remembered most about the trip, Balivet mentioned idiosyncrasies that are unique to China. "Seeing very old people doing Tai Chi and feeding birds while going for walks in the parks were surprising. All of the different foods I tried were interesting, and there were weird things that I fell in love with. Walking the streets for the first time was exciting, and I'll always remember traveling by train to go to Chengdu for vacation. There were so many people in the car sitting and standing, in every inch of space that it would take half an hour to get up to go to



Aaron Balivet Photo

Aaron Balivet, a junior at Hamilton College, stands in front of the entrance to the Forbidden City in Beijing. The Forbidden City, or Gu Gong in Chinese, was the imperial palace during the Ming and Qing dynasties. Now known as the Palace Museum, it is to the north of Tiananmen Square. Despite the challenges of the coursework and cultural differences, Balivet says studying in China was one of the best experiences of his life, and he hopes to go back.

the bathroom," Balivet laughs. "That was kind of ridiculous."

Some things that he learned while traveling he will remember when he travels elsewhere. "It's important to be polite as well as humble, and people in China and the East do not like the obnoxious Westerner. You need to have a lot of patience. The head of our program told us, 'Have a sense of humor while traveling, and remember to be patient.'"

Although he learned something new every day, Balivet says that there are things and places that he wishes he had spent more time with, especially the foods unique to various regions of China. "I think the best part was doing things that I didn't plan on doing but ended up really enjoying. I would like to go

back and do them again."

Balivet says going to China was one of the best experiences of his life, and he is excited about what the future has in store. Like most students who study abroad, the overall experience and the excitement outweighed the troubles of traveling and the emotional ups and downs that come with being away. He talks about traveling to Asia again, on a trip based more on the food, and then perhaps to Europe.

He takes the complexities of travel and studying in a foreign language in stride and he shows no regrets about the experience, and he looks forward to the next one. "I'll go wherever I have the opportunity to go," he says. ★

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Come to the Table

Denise Brown



As I write this, the temperature is 7° below zero. All forecasts point to that reading falling a dozen or so notches lower over night. The harsh winter some of us hoped we'd escape has gripped us at last. Which is why I've been thinking about Brazil lately. Rio de Janeiro, to be precise. Writing out yet another check to keep the oil burner sputtering along while imagining a long stretch of sandy shore. Humming a little, When my baby, when my baby smiles at me ... while ridding the wind-shield of a coat of freezing rain.

There are times in life when an imagination bordering on lunacy comes in handy. Winter in Vermont is one of those times.

While I've never been a real sport about this season, I have grown to love its beauty and welcome - for the most part - its challenges. But I don't ski or snowmobile, and I'm quite short - quilted outdoorwear is not a good look for me. And though I've made an enlightened peace with snow and ice, temperatures below zero will never seem anything less than a karmic punishment.

So I daydream during the deep freeze. My mind heads south in suspension of disbelief.

My actual knowledge of

Brazil is shallow at best. I can't tell you who's mismanaging the government, whether the leading agricultural export is cocoa beans or sugar cane, what's on the bestseller list or magazine racks in Sao Paolo. And the few things I do know seem incongruous - the abject poverty of some citizens on one hand, the highest per capita plastic surgeries in the world on the other. The unearthly beauty of dune trails called bitolas, and the eradication of the rain forest at a savage, profligate rate.

But fantasy images of Brazil persist - sun worshippers in micro thongs, Carnival revelers parading through the streets. Leggy Carmen Miranda reincarnations dancing the samba with piles of plastic fruit on their heads.

Okay, that's probably not done any more. But there remains some cosmic connection between the sun's heat and haute cuisine, the succulent bloom of flesh and fruit alike. And if you travel to Brazil, by air or sea or state of mind, you simply must follow suit.

When you can't face another chicken pot pie or beef stew, it's common sense to turn your eyes toward a cuisine that blossomed from a tropical indigenous cul-

ture and blended with influences of similar warmth and vibrancy - West Indian, African, Portuguese. Foods with ingredients that run toward the exotic - passion fruit, coconut milk, cassava - and with fanciful names as well. "Mother-in-law's Eyes" for stuffed prunes. "Love in Fragments" for a huge cookie that, inevitably, is broken into bits before eating. A custard called, "Young Girl's Delight."

Meals that stick to the ribs aren't common fare in the Brazilian landscape. Appetizer sized dishes and strong, sometimes syrupy drinks often suffice. Small bits of fried meat or fish are dunked in spicy sauces and downed with potent drinks emboldened by cachaca, a sugar cane brandy with a kick like white lightning. All followed perhaps by a satisfying dessert inspired by the Portuguese sweet tooth.

Such a simple menu could do wonders to brighten a gray Vermont winter afternoon. Perhaps even a day in mid-February, when our thoughts are supposed to turn to love, even while we're scattering de-icer across the back steps, searching

for the lost mitten or bringing up still more wood from the basement for the fire.

For fellow dreamers out there, a weather report: It's 75° in Rio. A light rain is falling, but it will pass by morning. Mid-80's through the weekend. And this year, Carnival will be celebrated February 17th through the 20th. Mark your calendars.

Love in Fragments

This is influenced more by a concept than a recipe, and concocted with Valentine's Day (and the baker's ease) in mind. Makes two giant cookies - one to share, one to keep.

- 1 17.6 ounce box brownie mix
- 1 cup flour
- 1 egg
- ¼ cup oil
- ½ stick melted butter
- 2 teaspoons vanilla
- 6 ounces chopped macadamia nuts
- 1 cup white chocolate chips

Preheat oven to 350°. Mix together all ingredients. Turn out dough onto a piece of parchment paper and divide in half. Knead



each half well to incorporate thoroughly.

Roll each half into a ½ inch thick oval, placing a second sheet of parchment on top to keep the rolling pin from sticking. Shape by hand into hearts. Flatten each gently with the rolling pin again, to insure that the cookies are ½ inch thick or a little less. Reshape slightly as necessary. Try to be sure that the white chocolate chips are covered with dough, as they will discolor and burn very easily.

Slide the parchment sheet with the cookie on top onto a baking sheet. These cookies are best baked one at a time in the center of the oven.

Bake for about 15 to 17 minutes, until the cookie is well set and firm. Remove from baking sheet - simply slide parchment with cookie onto a cooling rack. Allow to cool completely before moving the cookie or wrapping it to give away. ✦

Danville Students and Community Members Work on School Lobby Mosaic

Robert Rossel, ceramic artist, will be an artist in residence at the Danville School during the weeks of February 6 and March 26. He will be working with all of the students to create a mural made up of individually designed 6x6 inch tiles. All students in grades K - 12 will participate in the creation of the tile mural, which will be installed in the school lobby in May. Mr. Rossel has been teaching pottery to children and adults for more than 15 years. In addition to creating work for sale and operating a pottery school, he

has been an artist in residence with numerous schools throughout New England.

Rossel's artistic inspiration is generated from his respect and reverence for nature. Weathered rocks, the churning ocean and the changing colors in the horizon fascinate him. The influences of great, old trees and small quiet flowers as well as the vast and expanding galaxy can be found in his work. Spirals and circles are also reoccurring themes, demonstrating the cycles of life and the movement in nature.

Rossel works with a stoneware clay. He uses high temperature glazes on his work, which is fired in a large car-kiln fueled by propane. He uses multiple glazes, applied in layers and often in very unorthodox manners to achieve vibrant and

dynamic colors. This is the same process which Danville students will use for creating their tiles.

Danville parents and friends are invited to a Community Clay Night during Rossel's residency at the school, on Thursday, February 8 from 6 - 8 p.m. Participants will have the opportunity to make their own tile during the evening. These tiles will be sent home as a keepsake after they are glazed. The cost of the tiles for the community evening is \$13. People who are interested in attending are encouraged to pre-register by calling the school at 684-2292. The evening will include demonstrations on the pottery wheel and refreshments. This artist in residence program is sponsored by the Parent Teacher Group and a grant from Marty's 1st Stop - Exxon/Mobil.

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The Unspeakable
by Denise Brown

Denise Brown is a *North Star* contributor with a regular monthly column she calls "Come to the Table." Readers frequently mention her self-deprecating humor and her clear way with words. Since October 2006 Brown has been a welcome and

popular addition to our pages. In her first column Brown gave passing reference to the circumstances of her relocation with three children from Connecticut to Vermont. The particulars are no secret. They dominated the pages of *The Hartford* (Connecticut) *Courant* through much of 1998 as the paper tracked the story of a troubled employee of the

Connecticut Lottery Corporation who, after a medical leave for anxiety and depression, returned to the Newington headquarters of the corporation and killed four executives with a pistol. One was the president of the corporation, Otho R. Brown, husband of *North Star* columnist Denise Brown and father of her three children.

In the months and years that followed Brown, with a bachelor's and a master's degree in English literature and a fascination for the written word, kept a journal. On those pages she wrote of her unfolding personal response to the shattering experi-

ence of the sudden loss of a loved one.

Brown has recently completed a gripping account of that experience from the interruption of life as she knew it by a television news reporter and following the path of her tangled emotions as a young mother and young widow.

Part documentary and part therapeutic self analysis, Brown's book, *The Unspeakable* to be published this winter by the University of Delaware Press, is a search for meaning among the roller coaster ride of human life, sadly but sometimes surely whipped to extremes by tragedy. Brown's writing, as those who are familiar with it will recognize, is full and yet crisp. She describes the personal, spiritual, family, social, political and legal fallout of the killings and the gradual strengthening of her grip on the hope that returns.

The content of her writing is highly personal. Her style allows the reader to practically experience the pace of her breathing as it shifts with the urgency of the moment and the weeks and the months that follow.

No one knows how he or she might respond in a similar situation, and no one in their right mind would seek advanced training for such an experience, but after following Brown's description and analysis of the event and herself, any reader will turn to the question of "What if ..."



Photo By: Steve Legge
Denise Brown

Brown's *The Unspeakable* is a courageous work, a description of the anguish and the search for one woman's recovery of her dignity and self confidence following the murder of her husband and three others.

The Unspeakable is not a long book, but at 125 pages it is a combination of John Grisham, Steven King and psychological case study. This is a book prime for discussion in any book group and one that no reader will put down without forever having changed the way that she (or he) walks the walk of her own life. Whether walking head down in despair or looking up in the radiance of life's great pleasures - your footsteps will forever fall differently after reading Denise Brown's *The Unspeakable*.

Terry Hoffer

Are We Held Hostage by Winter Weather?

BETS PARKER ALBRIGHT

In our beautiful state of Vermont there is usually no "if" about winter's coming. It simply arrives, sometimes earlier, sometimes later, but winter is part of what makes this place special - vast expanses of snowy fields and forests and ski slopes crowded with eager folks well-equipped with the latest in Alpine wear.

It would be nice to be appreciated year round for other attributes than snowy slopes.

One thing I'm sure of is that there is less snow than there used to be. When I came here some 50 years ago, there were huge drifts, and roads were often blocked. Schools had "snow days." Some times the snow was so deep the wing plow couldn't make a dent in it. A big dozer would charge the bank from the middle of the road to push the snow out into the field. Kids used to love to walk along the top of the snow ridge thrown up by the plow as they made their way down to the four corners to catch the school bus. Snow was a sure thing, all right.

This year, in the first week of January, we headed south to Massachusetts to visit a friend

for a *Twelfth Night* celebration. When we left here there was only a dusting of snow on the ground. By the time we reached Rutland even the dusting was gone. There was not a soul to be seen there on the great ski slopes. Parked beside countless inns and hostels were a few hopeful cars (probably belonging to staff) but nothing that looked promising for a Vermont winter bonanza. We stopped at one place we knew for lunch. Ours was the only table occupied, and the waitress said there were few bookings. There was no sign of snow.

We drove on south and found green fields and full streams but no snow, even in the Berkshires where we spent a pleasant weekend. When we came north a few days later, the weather was sunny and mild and still snowless. It's now past the middle of January, and it does look and feel a little more like winter. We've picked up a few inches of snow, and the temperature is flirting with zero for the first time. There are a few snow machines around. So - winter does still exist, and perhaps our area will benefit.

However, it is clear that our climate is changing. There's no dismissing the pictures we see of mountains of ice breaking off and crashing into the Arctic Ocean. That's climate change, not just the extremes of a normal cycle. As a part of that, Vermont's winter economy will have to change to one that does not count on a blanket of snow for its stability.

I'm sure the more visionary among us see that we must be more resourceful and emphasize different activities to draw visitors to Vermont at this time of year. It would be great to find that we can create original and attractive ways to take advantage of what we do have in abundance - gifted and talented people. How about craft shows that are not just summer affairs, special hiking events tailored to the season and indoor events like drama groups and musical events. Even study groups of all sorts and programs of art, song and dance. We have great numbers of talented folk from all sorts of backgrounds, as well as the natural background of our beautiful hills and lakes. Do we really have to be held hostage by the weather for what we can offer?

Vermont is always beautiful, and Vermonters are special folk, friendly and welcoming. It would be nice to be appreciated year round for other attributes than snowy slopes. Snow and winter sports are great, but we should be able to appeal in other ways as well.

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Grand View Apartments Make a Great Choice for Less Complicated Living

Hank Balivet was ahead of his time. A longtime summer- and eventually year-round-resident of Danville, it was he who proposed construction of an apartment complex to be maintained for senior citizens in Danville as a place for modern, safe, comfortable and modestly priced housing. That was in 1965.

"The apartments are well run and well maintained, and at \$325 a month it's hard to argue with the price. They are conveniently located and perhaps most importantly," Ziobrowski says, "they are local."

Balivet was familiar with the possibility of financing for such a project through loans from the federal government, and it was he who first suggested the idea to the Men's Club of the Danville Congregational Church.

The Men's Group investigated the financing and discovered that the government was less than enthusiastic about financing the project of a single church, but an ecumenical group, or one with a diversity of religious interests, might have more success.

The Men's Group expanded to include members of the Danville Methodist Church and the Queen of Peace Catholic Church, and a nonprofit corporation Danville Senior Citizens Housing (DSCCH) was born. A building plan and construction budget for ten apartments was prepared by Gordon Wood, and the venerable Farm Home Administration (FHA) agreed to consider an application for a 50-year construction loan.

A committee including Albert Palermo, Paul Sevigny, Margaret Hare and Claude Thompson repre-



Photos By: North Star Monthly

Tom Ziobrowski (left) is chair of the board of trustees of the Danville Senior Citizens Housing, Inc., and Marge Greaves (center) is the clerk. George Cahoon (right) does much of the maintenance and painting of the Grand View Apartments. Built in 1967 the ten one-bedroom apartments are in Danville.

sented the ecumenical group of incorporators, and with a building design and a site selected they advertised for construction bids. A brief note in Danville's 1968 Town Report says that the bid opening date arrived and none of the contractors were willing to submit a bid within the budget.

The committee asked for more money from the FHA and readvertised. Finally the group accepted a bid from Greenwood Homes of St.

Johnsbury for construction of ten one-bedroom units for a total of \$110,000, and seven months later in June 1967 the project on Grandview Avenue was completed.

On a Sunday afternoon that same month some 800 people attended the grand celebration of the official opening. Project President Paul Sevigny described it as the first project of its kind in Vermont and only the second in New England. There were ribbons to cut, people to thank, speeches to make and FHA dignitaries from Montpelier to Maine.

In July 1967 Harry and Clarissa Carr were the first tenants, and by August a year later the ten-unit building was fully occupied. The monthly rent was \$100 including heat, lights, water, sewer, trash collection and maintenance of the grounds.

With substantially volunteer labor and frugal financial management the DSCCH committee was able to maintain the apartments and the building and keep its monthly rent low. DSCCH contin-

ued to operate in great part with volunteers and managed to accrue a significant bank balance after a parcel of land, donated by a tenant, was sold and Central Vermont Public Service identified a 25-year overcharge and provided a hefty reimbursement.

In the fall of 1988, after much discussion, the DSCCH trustees decided that it would be in the best interests of the project to make the final payments of the two mortgages early and thereby step out from under the guidelines established by FHA.

Tom Ziobrowski is currently chair of the DSCCH board of trustees and says that FHA was always cooperative, but there were times that bureaucratic traditions got in the way of small town independence. For instance, he says, "Paul Sevigny often told the story that FHA kept pushing to have the original gravel parking area paved. He went ahead and paved it. The next thing the board knew was that FHA wanted to know why it hadn't been asked for approval for the paving."

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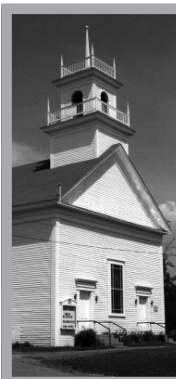
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On February 1, 1989, 28 years ahead of schedule, a payment of \$78,318.55 reduced the FHA loan balances to zero. The monthly rents were raised from \$175 to \$215 per month. Some tenants were then (and some are now) subsidized in the form of rental assistance by the Vermont State Housing Authority.

As DSCH Treasurer and Manager Gordon Bess wrote in a report to the 1989 Danville Town Report, with repayment of the loans the corporation was able to establish its own policies for operation "without restriction by any government agency." DSCH did, however, remain committed to the Federal Fair Housing Act providing housing without discrimination and to management practices and rental rates consistent with those necessary to maintain the apartments for low and moderate income tenants.

In 1989, the eligibility requirements were such that a tenant's 1. income (individual or couple) be less than \$23,000 per year. 2. An applicant must be 62 or older, 3. have reasonably substantial connection with Danville by virtue of present or past residence, and 4. have the ability to live independently in that neither nursing nor other medical care services are provided.

In 1991 the trustees of the corporation adopted the name Grand View Apartments. In 1998 the monthly rents were raised to \$250, and the annual report to the town noted that changes to the guidelines had been made and, further, that the most significant policy change was to permit pets weighing less than 25 pounds.

In 2001 the rent was raised again to \$275 a month, and tenant eligibility was revised to requiring low income, a connection with the community and seniority on the

waiting list. The next year the rent was raised to \$300. Currently it is \$325.

Ziobrowski says, "People don't leave the Grand View Apartments because they don't like them. The apartments open up when a tenant dies or someone moves to a place with more care - maybe closer to family."

There is waiting list of about 20 names, he says, but when people are called and asked if they are ready to move it is not always a change they are ready to make. Ziobrowski says that at the time of the most recent vacancies the trustees called up and down the waiting list in search of someone willing to leave their current residence and move.

"Anyone interested," he says, "should put their name on the list. Even someone who is interested and finds their income is above the guidelines should consider adding their name as their income could change and conceivably so could the guidelines. [DSCH income guidelines are currently \$25,000 for one person and \$27,750 for two.] "The apartments are well run and well maintained, and at \$325 a month it's hard to argue with the price. They are conveniently located and perhaps most importantly," he says, "they are local."

Ziobrowski is proud of Danville's Grand View Apartments just as Hank Balivet and the original Men's Club must have been in 1967. "They are a nice size and they certainly could make life easy for someone trying to maintain a place of their own." It's hard to predict what exactly will happen on the waiting list at any given time, but anyone interested should write Grand View Apartments, PO Box 55, Danville, VT 05828 and ask to have their name added to the list. ★

Getting Off the Treadmills

VAN PARKER

It isn't uncommon these days for people to own treadmills or have exercise bicycles in their homes. It must be convenient on a snowy or rainy day to go and "work out" in the comfort of your own home. These devices have undoubtedly helped a great many of us keep in shape. If your physician recommends a stress test, as happened to a member of my family recently, you can take the test either at the doctor's office or in some nearby facility. I certainly am not minimizing the health benefits of this stationary but vigorous form of exercise.

I guess my problem with treadmills, exercise bicycles and so forth is that, when in use, they don't take us anywhere. One of the delights of taking walks is that you are always moving. Even though the route may be familiar it's always a little different. Walking on our road in North Danville is not the same in late April as it is in mid May or late October. The scenery changes almost day to day. Walking is different near our suburban cottage in West Hartford, CT. The landscape is more manicured. The only animals you can count on

seeing are gray squirrels. It may not be a long walk but it feels like you're getting somewhere. Not just standing in place.

One of the most depressing movies I've seen is called "Groundhog Day." For the people in that movie Groundhog Day, supposedly predictive of the end of winter, just kept repeating itself. The same events happened all over again. One Groundhog Day followed another. Nothing new ever happened. Nothing ever changed. The weather didn't change. The people didn't change. Everybody made the same mistakes they'd made the day before.

Probably almost all the resolutions people make this time of year have something to do with change or with getting off a treadmill. Articles in this paper have told the stories of people who have moved here from other places to make a new beginning or in other ways are seeking to reinvent themselves. Sometimes stepping off a treadmill involves making a change of location or job. Sometimes it means looking at your situation in a new way.

Visitors to the Gulf Coast, usually on a work project, speak of the huge physical and human

damage caused by hurricane Katrina and made worse by the inept efforts of some government agencies. But the same visitors, usually sponsored by church groups, seem to come back re-energized. One spoke of the people they met in Mississippi as "very grateful" and "very poor." Another marveled at the dedication of the members of a church who were feeding thousands of people. An article began with the headline "How Strangers Became Family in the Wake of Hurricane Katrina." Strangers becoming family! That's an example of getting off a treadmill. It shows some motion. And it's just the opposite of the "nothing changes" theme of the Groundhog Day movie.

While volunteering in the Emergency Room at a Hartford Hospital, I stopped to say hello to an elderly woman who had just arrived, accompanied by several family members. The relatives all looked a little sad and worried, but the patient didn't appear worried at all. She had a sparkle in her eyes, a kind of joyful and mischievous twinkle. "You can't keep an old Greek down," she told me. She obviously couldn't walk very far but this woman was not on any kind of a treadmill. She had the zest of an adventurer. No standing in place for her.

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Bob Sargent Steps Out of Retirement to Lead North Danville Baptist Church

TERRY HOFFER

Bob Sargent is easy to talk to. He has a quiet way, but he laughs easily, and it seems sincere when he does. After serving in two wars for the United States military (once as a machine gun-carrying Marine in Korea and a second time as an Air Force chaplain in Vietnam) and a career stretching for more than 30 years as a Congregational minister, he's learned a lot about listening and quietly offering help.

"It's good to have someone with experience and familiarity for the community."
- Dick Strifert

Since August, Retired Pastor Sargent has been interim pastor at the North Danville Baptist Church, and on January 18 at the church's annual meeting he was invited to become its permanent (but part time) leader.

Dick Strifert is a church deacon and head of the committee to find such a pastor. Strifert says,

"It's good to have someone with experience and familiarity with the community. Bob is focused, and he cares, and we are pleased that he has found time to visit those who have been unable to get out and come to church. He connects with people of all ages, and he gives great sermons. It was no surprise that the vote of the congregation was unanimous."

Bob Sargent is the son of congregational pastor. He was born in Lowell, MA into what he describes as a "Faith household." His father had second thoughts about watching his children grow up in the city, and in 1938 he (Sargent the elder) accepted the call to relocate from Massachusetts to St. Johnsbury and the South Congregational Church.

Sargent says, "I admired the man, and he was a strong influence by example, but I never thought about being a minister. We went to church whether we wanted to or not. To this day I hear people talk about my father. They loved him, and we all enjoyed being here."

Sargent graduated from St. Johnsbury Academy in 1949, and after a year in business college

he joined the Marines. Following basic training and preparation for the infantry he was assigned to the First Marine Division in Korea. "I got shot at, and I shot back," he says with mesmerizing understatement. For a young man of 20 it was far from the Plain in St. Johnsbury.

In one particularly violent firefight the First Marines had advanced farther north, closer to the demilitarized zone between South and North Korea, than any other line of American forces.

"Our artillery was firing from behind us pounding away at the opposition as we were making our way forward." All of a sudden, and for whatever reason, the overhead artillery rounds were coming at a very different range, and the support fire turned to "friendly fire."

"I was almost blown up by our own rounds coming from the rear. People around me were dead, and all of a sudden I realized that, whatever had happened, my faith had made a difference. I guess that's the way things happen," he says softly, "but that night I said to myself 'When I get out I'm going to seminary.'"

Sargent was released from the Marines in 1954, and he entered the Bangor (ME) Theological Seminary. It was a program, at the time, particularly suited to people without undergraduate college experience. He had seven years of theological study including three years serving three small churches in Searsport at the head of Penobscot Bay. In 1961 he was ordained with a bachelor's degree and a master's degree in divinity.

For five years Sargent served as pastor at a church in Tilton, NH and remembers joining with members of the parish in the civil rights march from Selma to Montgomery, AL with Martin Luther King Jr.

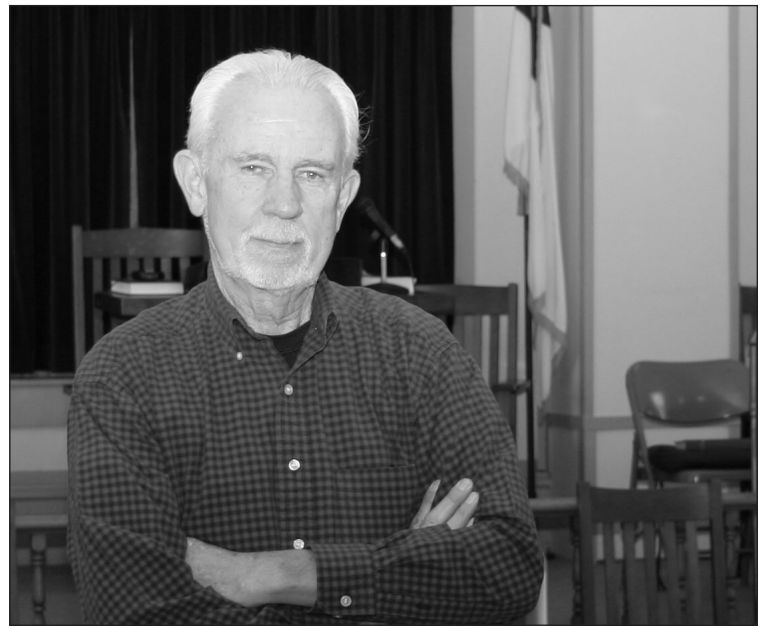


Photo By: North Star Monthly

Bob Sargent a long-time Congregational pastor has recently agreed to be the permanent part time pastor at the North Danville Baptist Church. "I think this is a good fit," he says. "I like to think I understand people in a small town and the way that they think. I feel very fortunate about this, and I think they do, too."

In 1966 Sargent was inspired by his own experience in combat to find the means to serve American troops in Vietnam. He was given the rank of captain in the Air Force chaplaincy corps and assigned to a base at Cam Ranh Bay. "I held services, visited people to the Cam Ranh Bay hospital and I just listened to people who wanted to talk."

Hearing Sargent describe the experience it was obviously rewarding for his one-on-one contacts, but he says that what really made the assignment worthwhile was a fortuitous meeting with a Baptist missionary and their collaboration to build an orphanage. Using men from Sargent's chapel they constructed a facility to house Vietnamese orphans of the war. "When I left at the end of 12 months there were 80 children there as residents and a very capable Vietnamese staff."

Sargent was released in 1969 and returned to his wife and three children in New Jersey and then to a church in Centerville, MA on Cape Cod.

In 1974, much like his father before him, Sargent and his family decided that northern New England had much to offer over the hot sand and traffic congestion of Cape Cod, and with an opening in St. Johnsbury they

moved north, and Sargent became pastor of the North Congregational Church.

A year later Sargent and his wife were divorced, and despite the disruption, a year later, he married Elizabeth Pearl of Danville and stayed on as pastor of the church.

In 1980 they adopted a wonderful young daughter, Carrie, and by 1981, Sargent says, "It was time to move on..." He was called, this time, to a church in Goffstown near Manchester, NH. There they stayed until 1992 when he retired from the pulpit and turned once more to the Northeast Kingdom.

"There was never any question about where we'd relocate," he says, and now they have settled on a hillside in Danville surrounded by farmland and with views over St. Johnsbury into New Hampshire.

The Sargent's home adjoins the Pearl farm where Liz Sargent was raised, and the setting is a comfortable one by any measure. Sargent has stayed busy as an active member of the community and enjoyed it, but when the opportunity presented itself to serve as interim pastor at the North Danville Baptist Church he realized that it was more than a casual calling. "It's what my

(See Bob Sargent on Next Page)



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Up on the Farm Early

Lorna Quimby



The poet Shelley asked, "If winter comes, can spring be far behind?" In Vermont, the answer is, "Yes!" Between winter and spring we have Mud Season, and spring is far, far away.

During my first year of commuting to Groton, I learned to cope with whatever the Vermont winter threw at me. Now came the thawing and freezing that brought sugaring and eventually spring. It also brought mud to the dirt roads.

Greater love has no man than one who goes courting during Vermont's mud season.

In the beginning, there were only a few soft patches here and there on the back road to Groton. Dad's Ford coupe chewed through them in first gear. Then larger stretches presented deep ruts. Which ruts were the correct set, I'd wonder. The answer was not long in doubt. The correct ruts bounced the car through soft areas. The wrong ones would be

so deep that gravel in the middle scraped the bottom of the car. If the ruts were too deep, the car was stuck. The unlucky driver had to jack up the car. Rails from the road side were inserted under the wheels. Properly installed, the rails stayed in place and the car would move forward. Improperly placed, rails flew backwards or sideways and, in Dad's case at least, caused a blue stream of colorful curses.

South-facing slopes thawed, drained and dried out first. Level, shaded areas were the last to settle down. The stretch of road between Eddie Bailey's and the Groton Peacham line was one of the worst. Spicer Main, the RFD carrier, was the only other driver on that road. One night, the Ford ground in first gear for several miles, barely made it through several mud holes. I collapsed with a sigh of relief when I finally parked in the garage.

Going around by South Peacham was not an option. There were muddy sections on the road by Charlie Stuart's, another between Stoddard's and McPhee's. The road on the flat by the South Part school house and through the swamp below our house was so bad that the milk truck picked up Dad's cans of milk in the left-hand field beyond the school. Dad used the

doodle-bug to transport milk to the pick-up spot and also, if Mother ran out of some necessary groceries, to run to Bert's store in South Peacham.

"If I can make it out to Groton tomorrow, I'm going to park the car by Davidson's turn," I told Dad. He agreed it was the only thing to do. Farmers getting ready for sugaring would not want to spend time pulling our car out of the mud, to say nothing about possible damage to the car's oil pan and other vital parts.

The road was frozen in the morning, so I steered the car carefully between the ruts and reached the main road. That night I parked in the wide space where the road by our Old Place met the blacktopped road between Groton and Peacham. Slinging my pocketbook over my shoulder, I started up the steep road.

Davidsons had been sugaring. I could follow the tracks made by the equipment for gathering sap. Water ran in the ditches beside the road and coursed down the ruts, cutting more deeply into the side hill. There was the scent of thawing ground, the sound of chickadees' spring song. A soft breeze cooled my face. At the top of the hill, the tracks made a sharp turn to the left away from the road, through the sugar place. The land tipped toward the north, and I found winter again. The remains of snow drifts covered most of the road. I had to pick my way so the snow wouldn't go over my boots. The soft breeze turned into a chill north wind.

I stopped to get my breath and gazed at the view I loved so well: Cow Hill and Lookout Mountain, darker shades of blue against the sky; Burke and the mountain around Lake Willoughby faint outlines far to the north. There was a path when I reached the Old Place. The home place came into view, the barn, the house with the woods behind. Smoke

curled from the chimney. Soon I could warm my cold hands.

From then on until the roads settled down and were honed by the road crews, we walked back and forth over the hill. I had to get up a half hour earlier to compensate for the extra time I needed. After a long day inside the office, I enjoyed the walk, breathing the fresh air, watching the changes in the season, hearing the different songs as the birds returned. Mornings, however, were not so enjoyable. I would be sleepy, the ground was hard underfoot or slippery, and I couldn't spare the time to look off. At night or on a Saturday, when Dad and Mother had to go to St. Johnsbury, they made the trek. And when Patty and I wanted to go to a movie, there was another trip.

The hike in to get us and return us home was a challenge to the young men who courted Patty and me. (Girls don't seem to be "courted" these days and what fun they miss.) At the time, Dick lived on a dirt road in the north part of Peacham and worked for Ralston-Purina in St. Johnsbury. He, too, had to leave his vehicle on a main road and walk home. When we had a date, he drove to Peacham from work, parked, walked to his home, ate supper, walked back to his truck, drove to where he could park by Davidson's turn, walked over the hill to get me, walked back down the hill. Then we'd go somewhere. Sometimes we enjoyed a

ball game or a play at Peacham Academy. Sometimes we went bowling or roller skating. Sometimes we saw a movie and then had sundaes at Parker's Drugstore. We'd end the evening with another walk over Davidson's hill.

One night, as we returned up the hill in the dark, I stopped and gave a scream.

"What's wrong?" Dick asked. "Something just ran over my foot!" I said.

Dick turned on the flashlight and directed its beam to the side of the road. There, scuttling away under last year's brown leaves, was a small brown muskrat.

After Dick left me at home, he returned to his truck and reversed the whole process. Greater love has no man than one who goes courting during Vermont's mud season. Dick says he couldn't go courting now if he wanted to. He doesn't have the energy.

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Bob Sargent Named Pastor at North Danville Baptist Church

(Continued from Page 12)

experience and training have been all about, and I enjoy it," he says.

Sargent will be part time, leading Sunday services, visiting the homebound and others who would benefit from his thoughtful consideration. He says, "The church has very capable deacons and other volunteers who don't need me at all their meetings or to organize their Sunday School. I may be something like 10-12

hours each week, but if someone is sick or if anyone needs me I'll be there. People have accepted the responsibility of running the church and that's part of its strength. I'm very happy to watch that continue.

"I think this is a good fit," he says. "I grew up in a small town. I like to think I understand people in a small town and the way that they think. I feel very fortunate about this, and I think they do, too." ★

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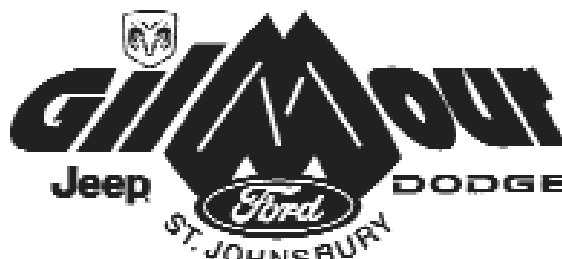
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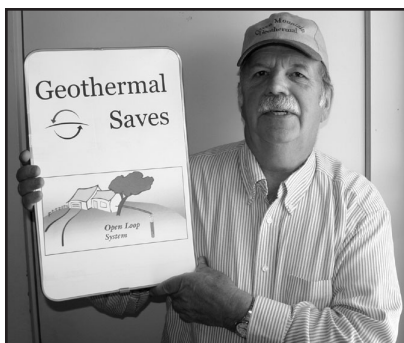
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High School Writers' Conference To Be at Champlain College in May

Organizers of the Young Vermont Writers' Conference (YVWC) at Champlain College invite Vermont high school students to apply for the annual conference. From May 25-27, 2007 the annual workshop will be a chance for dedicated young writers to meet others who share the passion for telling the stories of their lives. Writers at the conference study the craft with some of New England's most celebrated authors and teachers.

On Champlain's hillside campus in Burlington, students will participate in intensive workshops in fiction, songwriting, creative nonfiction or poetry. They'll exchange and cri-

tique manuscripts, share work with the YVWC community and hear readings from members of the faculty.

Among the many activities, students will hear poetic performances by The Vermont Poetry-Jazz Ensemble and slam with The Breathing Poetry Project. They will have the opportunity to present their own writing at open-mic sessions and hear from keynote speaker Nancy Means Wright, author of 13 books of fiction, poetry and non-fiction. After sharing and improving their work, participants will receive an anthology of YVWC student writing.

Applications must be post-

marked by March 15, 2007, to be considered. The all-inclusive fee for the 2007 Young Vermont Writers' Conference is \$150. Ten merit scholarships will be awarded among the applications.

Participants stay in Champlain's Victorian-era resi-

dence halls and use the resources of the state-of-the-art campus, which boasts an innovative Professional Writing program. Meals are taken alongside faculty in the campus dining hall.

Application forms, including

specific requirements for writing sample submissions, are available from English teachers and librarians at Vermont high schools or by contacting YVWC Coordinator Karen Hendy at (802) 865-6451 or hendy@champlain.edu



February

- 2 The Acting Company presents *Jane Eyre*, Flynn Center, Burlington.
- 2 Orpheus Chamber Orchestra, Hopkins Center, Hanover, NH. (603) 646-2422
- 2 Lissa Schneckenburger, Middle Earth Music, Bradford.
- 2-8 *Shut Up & Sing* (2006, US) [NR] Director: Barbara Kopple & Cecilia Peck. The Dixie Chicks, from the peak of their popularity as national-anthem-singing darlings of country music and top-selling female recording artists of all time, through the now infamous anti-Bush comment made by the group's lead singer Natalie Maines in 2003. Catamount Arts, St. Johnsbury. (802) 748-2600.
- 3 Johnny Clegg, Opera House, Lebanon, NH.
- 3 Willie Edwards Blues Band, Middle Earth Music, Bradford.
- 4 Jazz on a Sunday Afternoon, Catamount Arts, St. Johnsbury.
- 6&7 Ann Galjour's award winning solo play, *Hurricane*, Hopkins Center, Hanover, NH. (603) 646-2422.
- 8 Tim Grimm, Middle Earth Music, Bradford.
- 9 The Amity Front with The Toughcats, Middle Earth Music, Bradford.
- 9 Foundation Hip Hop, Alexander Twilight Theater, LSC.
- 9 Playwright Actor Anne Galjour presents *Hurricane*, Flynn Center, Burlington.
- 9 Love & Chocolate with Catamount Arts, North Congregational Church, St. Johnsbury.
- 9-15 *The Aura* (2005, Argentina) [R] Director: Fabian Bielinsky. An ordinary man caught up in a web of accident and mistaken identity. The unnamed man suffers from epilepsy. On a

- hunting expedition he accidentally shoots another man who was involved in a plot for a casino heist. The reversals and shocks that follow are enwrapped in suspense and uncertainty with the reliability of perception and the nature of fate always in doubt. Catamount Arts, St. Johnsbury.
- 10 Ned Rothberg's Sync with Strings, Flynn Center, Burlington.
- 10 Josh Lederman y Los Diablos, Middle Earth Music, Bradford.
- 10 The Stockwell Brothers, Alexander Twilight Theater, LSC.
- 10 Northeast Kingdom Classical Series: The Paris Piano Trio; South Congregational Church, St. Johnsbury. (802) 748-8012.
- 10 Barbary Coast Jazz Ensemble with guests Jimmy Bosch, Ray Santos and Giovanni Hidalgo. Hopkins Center, Hanover, NH.
- 13 Irish Music at the HOP with Altan and singer/songwriter Paul Brady. Hopkins Center, Hanover, NH.
- 15 *Vagina Monologues*, Alexander Twilight Theater, LSC.
- 15-17& 21-24 George Bernard Shaw's *Arms and the Man*, Hopkins Center, Hanover, NH.
- 16 Savion Glover's Broadway National Tour and Classical Savion, Flynn Center, Burlington.
- 16 Panashe, Middle Earth Music, Bradford.
- 16&17 Dartmouth College Glee Club present Gilbert & Sullivan's *Iolanthe*, Hopkins Center, Hanover, NH.
- 17 HopStop Family Series: Poppin' Puppets and *The Spirit of the Rainforest*, Hopkins Center, Hanover, NH.
- 17 Oneside, Middle Earth Music, Bradford.
- 18 Falcon Ridge presents The Dust Poets / Jason Spooner

- Trio, Middle Earth Music, Bradford.
- 18 Dartmouth Wind Symphony, Hopkins Center, Hanover, NH.
- 16-22 *The Fountain* (2006, US) [PG-13] Director: Darren Aronofsky. Traveling through deep space as a 26th-century astronaut, Thomas begins to grasp mysteries that have consumed him for a millennium. Three stories converge into one truth, as Thomas of all periods - warrior, scientist, and explorer - comes to terms with life, love, death and rebirth. Catamount Arts, St. Johnsbury.
- 18 Jazz on a Sunday Afternoon, Catamount Arts, St. Johnsbury.
- 20-21 Broadway's National Tour and Hairspray, Flynn Center, Burlington.
- 21 Dartmouth College Gospel Choir presents A Celebration of Life, Hopkins Center, Hanover, NH.
- 23 Dartmouth Chamber Singers present Baroque & Classical Connections: Music of Scarlatti & Mozart, Hopkins Center, Hanover, NH.
- 23- **March 1** *Volver* (2006, Spain) [R] Director: Pedro Almodovar. A gently surreal tale of a deceased matriarch who has moved in with her sister, a woman growing senile who appreciates help around the house, especially with baking. The ladies live in a Spanish town where men die young, and women spend weekends cheerfully polishing and tending their graves, just as if they were keeping house for them. Catamount Arts, St. Johnsbury.
- 24 Dartmouth Symphony Orchestra presents PDQ Bach, Hopkins Center, Hanover, NH.
- 27 World Music Percussion Ensemble and Return of the Night Air, Hopkins Center, Hanover, NH.



Champlain College Photograph

Students at the annual writers' conference at Champlain College share work with other participants.

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No Small Potatoes

Vanna Guldenschuh

What's in a name? Like - Vanna's Famous Old Fashioned Yellow Cake? It is "old fashioned" because it has roots in a classic early 1900's recipe; it is "Vanna's" because I have tweaked it enough to earn a place in its title; it is "famous" because almost every one who eats it becomes a fan; and it is "yellow" because I use a neighbor's fresh orange yolkeggs.

This cake enchants people and trumps most dishes served at even the most gourmet of meals. This is what people remember about dinner. It has occasionally been embarrassing for me to receive so many compliments on this cake and of course everyone wants the recipe. Well, the secret is finally out, and wait until you see how easy it is. I am sharing it with you on this month of Valentine's Day so you can make a famous cake for your sweetheart.

Here is the lowdown on making any "from scratch" butter cake. Pay attention to the techniques. It is important to do things right so your cake will be the perfect texture.

● **Have your ingredients at room temperature.**

The butter will not disperse enough fat-covered air bubbles throughout the sugar if it is too cold, and if it is melted it will just make a mess.

The eggs will not form the proper emulsion for a fluffy and creamy mix if they are too cold.

The milk will almost curdle the mix at cold temperatures. Do not heat it up or it will melt the entire mix.

● **Use the proper sequence of events.**

Beat the butter and sugar together first till light and fluffy. Beat in each egg separately, at least a minute for each egg. This makes a wonderful emulsion.

Then alternate the dry ingredients into the butter mix with whatever liquid you are using (usually milk) at a low speed or by hand. Just mix until well blended, but do not beat at this stage.

● **Use good ingredients like real vanilla extract, real butter, high quality cocoa or chocolate for chocolate cakes and double acting baking powder without aluminum. The results will make the extra cost worth it.**

This recipe makes enough batter for 2-nine inch cake pans. It can be doubled or tripled, made into cupcakes or a Boston Crème Cake and it stands up to having many layers put on top of each other for a wedding style cake. It freezes well especially if you put on a light layer of frosting before you put it in the freezer. It keeps well at room temperature for 4 or 5 days. There is nothing in this cake that will spoil, so I don't recommend putting it in the refrigerator - just cover it.

For Valentine's Day cook it in a heart-shaped pan and decorate with raspberries, make cupcakes and food color the frosting pink with little cinnamon hearts on top or just make a classic round cake and decorate with roses and shaved chocolate. It will always taste great.

Vanna's Famous Old Fashioned Yellow Cake

The Amaretto buttercream frosting on this cake is the perfect

foil. If you absolutely need chocolate you can use your favorite chocolate frosting, but first give it a try with this frosting.

- 3 cups unbleached flour
- 3 teaspoons baking powder
- ¼ teaspoon salt (just a pinch)
- ½ lb. + 2 tablespoons butter at room temperature
- 2 cups sugar
- 2 teaspoons real vanilla extract
- 2 eggs - room temperature
- 1½ cups milk - room temperature

Preheat oven to 350° - if you have a particularly hot oven make it 325°.

Butter and flour 2 nine inch cake pans - don't be shy with the butter.

In a medium sized bowl whisk together the flour, baking powder and salt. Set aside.

In a mixing bowl cream the sugar and butter together until they are light and fluffy. Add the eggs one at a time - beating for a full minute after each added egg. Add the vanilla and beat until it is incorporated into the emulsion. Add the flour mix and the milk alternately at a low speed or by hand. You don't want to beat the mix at this stage. When the ingredients are well-combined give the bowl a few stirs with a spatula to make sure the sides of the bowl are well mixed. This is a thick batter - but if it seems impossibly thick to you add a little more milk.

Pour the batter into the floured and buttered pans, and place in the preheated oven. Let it cook for about 30 minutes and check for doneness by inserting a toothpick or small knife into the center. The cake should be slightly browned and pulled away from the sides of the pan. Your finger should not be able to make an

Vanna Reveals the Secret Recipe

indentation in the top if you press down on the cake. Put it back in for 5 minute intervals if it is not done.

When done let the cakes cool for about 10 minutes before taking them out of the pan. Put them on two separate plates covered with wax paper to finish cooling. When they are just warm to the touch I like to put a very light coat of the buttercream frosting on them. It melts into the cakes and keeps them moist until you frost them. Let them cool completely, and then frost.

I like to make this cake a day ahead of time because the flavors seem to deepen. Just cover it and store at room temperature; it doesn't like the refrigerator.

this liquor - just get one of those little nips they sell at the liquor store.

- ¾ lb. softened butter
- 1½ lbs. confectioner's sugar
- 2 tablespoons Amaretto liquor
- 2 tablespoons heavy cream
- 1 teaspoon real vanilla extract

With an electric mixer beat the butter for a minute or two. Add the confectioner's sugar slowly at low speed until it is barely combined - if you don't do it slowly it will be all over your kitchen walls. Add the Amaretto, cream and vanilla. Beat for about 3 or 4 minutes or until it becomes light and fluffy. If you don't feel it is thick enough you can beat in a little more sugar and conversely if it is too thick beat in a little more cream.

This frosting is very versatile. You can color it and pipe it through the various tips of a pastry bag. It holds any decoration on top of the cake, and it never breaks down or melts off the cake.

Amaretto Buttercream Frosting

Since Amaretto is the cordial of lovers, this is a great frosting for a Valentines Day cake. You don't have to buy a big bottle of

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T. N. Vail – Industrialist, Gentleman Farmer and Doting Grandfather

VIRGINIA DOWNS

As I grew up in Lyndonville the flag atop the Vail mansion on its hill cast an aura of magic. I have memories of biking to the Speedwell Farms grounds with my friends when the building was empty long after the death of the great T.N. Vail, peeking through the windows, imagining spirits haunting the vast corridors.

The memory returned recently when I read in a magazine that it was 100 years ago this year that

Theodore N. Vail was summoned back to New York City to work his magic on reviving the AT&T Company, the telephone company he had served as its first president. The company was sliding into financial ruin in 1907.

As a young man in his 30's Vail had revolutionized the United States Railway Mail Service, establishing the first fast service between Chicago and New York. Knowing of his success, pioneers in the telephone industry sought his help. In 1887 at age 40, his next challenge was

to transform the struggling Bell Telephone Company into the mighty American Telephone and Telegraph Company.

Vail had met a Civil War veteran from Lyndon when they were working together for the railway mail service in the west. Luther B. Harris became a close friend and was later drafted by the powerful industrialist to help in his telephone venture. Vail found himself drawn to Harris's description of his Vermont farm with its mountain views.

In February of 1893 Vail accepted Harris' invitation to visit his home in Vermont. During the first morning in the Harris home Vail proclaimed that he had enjoyed the best night's sleep he had known for years. He told his host that he must have such a place to come to for relaxation. By the end of the brief visit, in typical Vail speedy and efficient style, he had arranged to have his friend purchase for him a 250-acre farm adjacent to the Harris land.

Lyndon was on its way to becoming a thriving business community, encouraged by the vision of a man who must have been among the first "flatlanders" to fall in love with the peace and beauty of this hill and valley town.

In 1907, when Vail was 60, the SOS call came to return to the AT&T helm in New York City. Vail agreed but chose to do most of his work at home in "The House," as he affectionately called his mansion in Vermont. When it was necessary to go to New York, his coachman Will Aldrich would transport him to the Lyndonville railroad station, an unforgettable sight for those of my grandparents' and parents' era who watched the horse-drawn carriage on the streets of Lyndonville. They thought of its



The Vail Mansion dominated the hill over Lyndonville through most of the 20th century. It was built piecemeal, starting with the original Bigelow farmhouse, which Vail purchased in 1893. The south tower - the south one - was added, and construction continued on as Vail expanded. The property expanded to make room for the modern Lyndon State College campus. On October 1, 1907, as if fighting its destiny, the sturdy building broke five steel cables before crashing.

owner as the town's royalty. There were famous friends, too, seen being transported for personal and business visits to the mansion on the hill. President William Howard Taft was one of them as was George B. M. Harvey, who later became the American Ambassador to the Court of St. James.

Meanwhile, Vail's mansion was fast reaching a total of more than 150 rooms. Parties and clambakes were festive affairs. The farm had grown to 2,500 acres, with blooded cattle, horses and Welsh ponies to delight young visitors.

My grandfather, Gilbert Campbell, became a friend of Vail through serving community needs, starting in 1896 when the Campbell and Blodgett insurance office housed Lyndonville's first public library book collection. Along with Harris and many oth-

ers they raised money enough to make possible the building of Cobleigh Library in 1906.

Vail, Harris and my grandfather were among those who served as trustees of Lyndon Literary and Biblical Institution, the forerunner of Lyndon Institute. In 1912 when the school fell on hard times, Vail took on full responsibility for its operation. He gave the commencement address to my father's class in 1914 and to my mother's class in 1916.

Vail's largess for the town of Lyndon seemed boundless. He gave finances for an agricultural school for boys and a home economics program for girls at the Institute. Seeing a need for growth in the dairy market he joined a group of others to set up the Lyndonville Creamery. He was director of the Lyndonville Fair, the forerunner of the County



Photo courtesy of Katherine Marsters Hurd
T.N. Vail was a wealthy industrialist who socialized with the world's rich and famous, but behind it all was a man with a soft spot in his heart for his grandchild, Katherine Marsters Hurd.



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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.



Lyndon State College Photograph

th century. According to Dick Boera of Lyndonville, the mansion was built in 1883 following his visit to the area. That summer, the first of the two expanded the size of his much admired home. Ultimately, Boera says, the mansion expanded from 250 acres to 2,500. In 1974, condemned as unsafe, it was dismantled, that year, under a veil of fog, the grand old Vail Mansion was demolished, crumbling to the ground.

Fair so popular to this day.

Arriving at Speedwell Farms in 1918, on the eve of Vail's 71st birthday on July 16th, writer Albert Bigelow Paine began a visit that resulted in his biography of Vail, *In One Man's Life*, still favored by scholars of the era. He wrote, "I had at this time never seen Mr. Vail, as he greeted me in the entrance hall, the light on his snow-white hair, his great rosy face smiling a welcome. I thought him the largest man I had ever seen. It was not that he was so tall - a trifle more than six feet, I think - but he had grown stout and stood so straight and carried his weight so well, that he somehow seemed to tower above those of his own stature. I believe that it was not really his physical proportions at all. It was his vigor, and more than that, the lofty intellect which one could not fail to realize from the moment of first

acquaintance."

He wrote of Vail's character, "... I should like to make clear ... something of the almost childlike simplicity in private life of this man, known to the public as one of the world's great captains, head of its foremost industry. To those who knew him but slightly he sometimes gave the impression of being austere, unapproachable, a sort of business czar. He was, in fact diffident, easily embarrassed, reluctant to meet strangers ... He was easily moved, and his eyes filled at the relation of any dramatic or pathetic circumstance. Romantic and soft-hearted, full of good humor, with a tendency to mischief (blushing with confusion if detected in it), he never seemed more than a boy - a big child, in fact - to those of his intimate daily circle."

Paine's perceptions of Vail

made my interview of the great man's granddaughter take on new meaning. I met Katherine (Kay) Marsters Hurd in her 66th Street apartment on New York's east side 15 years ago. Mrs. Hurd's mother, Kate, was in fact the daughter of William Vail, T.N.'s brother, who died in 1904. A year later, Vail had mourned the death of his wife, Emma, and two years after that his only son, Davis, who died of typhoid. Kate Vail had come to live with her uncle to keep him company and help manage his city and country households. Kate married Vail's executive secretary, Arthur Marsters. Before her first child, Katherine, was born, Vail convinced Kate that she should be formally adopted as his daughter so that her children could have a Vail grandfather.

During our visit, Mrs. Hurd pointed to a miniature walnut desk and chair, which Vail had custom-built for her, replicas of his own furniture. He doted on his first grandchild. Family albums are thick with pictures showing her as a small girl on Vail Hill, riding in pony carts driven by coachman Aldrich and patting the farm's Welsh ponies under the watchful eye of William Johnson, the butler.

"I think of him as a kindly man," she said. "I remember he often wore a skullcap, sort of a little cardinal's hat, in red velvet. He had a red and white bib he would put on to make me feel better when I fussed about having to wear mine.

"I remember sitting on Grandfather's lap and smelling his whiskers," she said. "I guess it was a coffee and whipped cream smell." It was a morning ritual for her to join Grandfather Vail in his private den for breakfast. He would give her a taste of his whipped cream with a tiny spoon.

Recalling the smell of the farm's greenhouse, she said, "It was sort of damp, fruity and exotic." She said there were banana trees, palms and jungle flowers, grapes, peaches and plums, raised for stately dinners for such visitors as President Taft and financier J. Pierpont Morgan, she said. She remembered July 16th

birthday celebrations. "Neighbors brought gifts of fish, frogs, chickens and fruit. Professional musicians entertained. There was a long procession of Vail animals, featuring the season's new colts, passing in review before the mansion."

It will always be a reminder of a golden age when a great American made dreams come true for the town he adopted as his own.

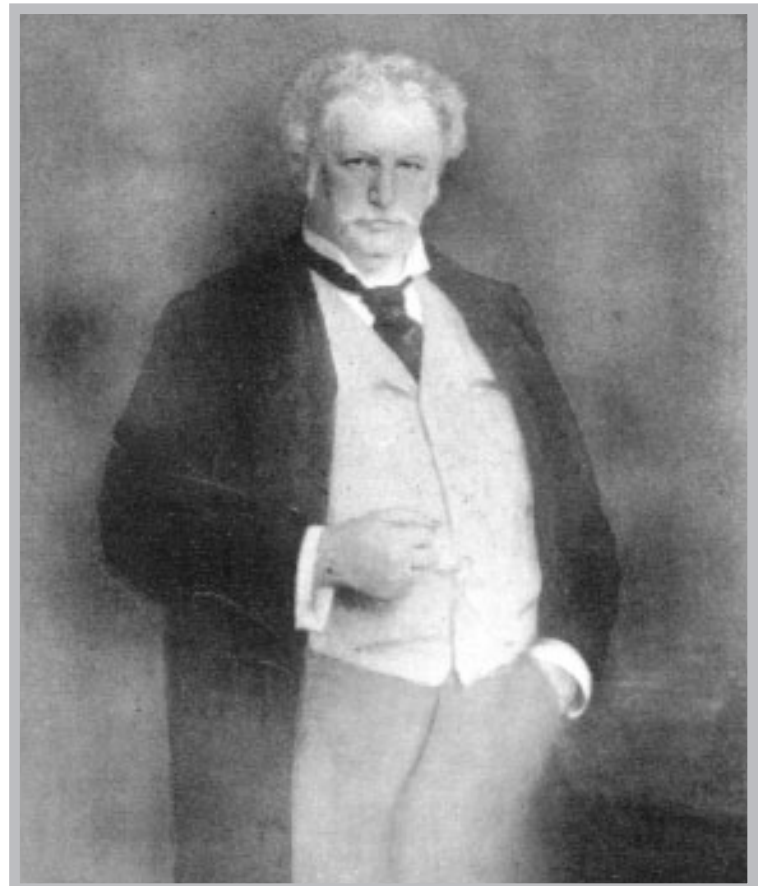
Mrs. Hurd revealed that her grandfather weighed 300 pounds. "He had scales in the breakfast room, and if he weighed over 300 pounds he wouldn't have more than one helping of pancakes."

When Mrs. Hurd was a few months old, she was taken by her grandfather and parents to wit-

ness one of America's great moments. Her grandfather Vail's dream was about to come true: his vision of transcontinental telephone communication. It was January 25, 1915, and ceremonies were unfolding simultaneously in New York, San Francisco, Washington and at Jekyll Island, GA, where the Vail family group had assembled. There occurred a mild disagreement between Vail and Kate Marsters.

"My grandfather wanted me to be the first person to call through the lines," she explained to me with amusement, envisioning herself as an infant babbling into the telephone. "My mother thought, 'I will not have my baby be the first one to cry across the continent.'"

For those of us who grew up in the magical presence of Vail's mansion, its memory will never fade. It will always be a reminder of a golden age when a great American made dreams come true for the town he adopted as his own. ✦



Theodore N. Vail in his elder years when he spent as much time as he could on Speedwell Estates during his second period as president of AT&T. Portrait appeared in *Successful Vermonter* in 1904.

Save the Date:
Saturday, February 24, 2007
Roast Pork Supper
North Danville Baptist Church
in North Danville

MENU: Roast pork, stuffing, mashed potatoes, gravy, coleslaw, glazed carrots, applesauce, rolls, dessert and beverage.

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Less Is More on This Cell Phone

CARROLL COLBY

My grandmother never ate a hot dog, and she never touched Coca Cola. Didn't like them. She had simple tastes, and in fairness I want to say that she was a post-war baby (Civil War that is) born in 1876. She saw the introduction of the electric light, the telephone and the radio, and in October 1929 she had a son in college and a daughter in high school when the bottom fell out of the stock market. She and her ways were of the Great Depression. When she went to market, fast food and soda pop weren't on her shopping list.

It's a phone and little more.

Were she alive today I'm sure she'd brush aside cable television and broadband Internet access, and she'd have no truck with cell phones. Part of me is completely sympathetic.

Not long ago I was struggling with a cell phone to get a signal and make a call when I realized I was surrounded by much younger people with their cell phones. They were talking, playing games, checking the weather forecast,

sending text messages and taking pictures - all while I tried to call home.

Cell phones have surfed on the high wave of technology, and they allow information to flow at a pace and level of sophistication that would astound Alexander Graham Bell. It was Bell who, on March 10, 1876, leaned towards the microphone on a crude transmitter and uttered, "Mr. Watson - Come here. I want you." My grandmother was born three weeks later.

Those were simple times, and the simplicity must have been beautiful.

So what I have been looking for is a system for phone calls with, as we have come to say, no bells and whistles. I can't believe I said that. I never wanted a bell or a whistle - just a telephone - no cameras, no games and no Instant Messages, thank you. I've been looking for a phone that someone like my grandmother could embrace as a means of calling family and friends or calling for help in an emergency from almost anyplace beyond the walls of her apartment. I have this vision of her sitting on a park bench calling to say she will be late coming home because she wants to watch the last of the sunset. I am certain she wouldn't call to make an E-Trade

to adjust her portfolio or check for DVD's on her Netflix account.

And I found it. It's a phone and little more.

The Jitterbug is made by Samsung for GreatCall. Obviously designed and marketed with senior citizens in mind, each of the two Jitterbug models could teach us all something about the loss of simplicity and beauty. By the standard of clamshell phones, which barely fill the palm of your hand, these are big. At 4 by 2 by 1 inch and 4½ ounces the Jitterbugs have a sense of belonging. On the outside you'll see the time and date - clearly. Flip one open and you'll hear a dial tone. There's a rubber cushion to isolate speaker from outside noise and, I'd bet, even accommodate ears with

hearing aids.

The power button is marked, get this, "On/Off," and the phone's number is printed on the phone. Backlit keys are big enough to see quickly and use easily. Either phone can store and remember up to 50 numbers in a call list ready for easy dialing.

The difference between the two models is this: The Dial has a full 12-button keypad (numbers 1 - 0 and * and #) and Up and Down arrows and Yes and No buttons. The OneTouch has Up, Down, Yes and No but no numbers. Instead there are two extra large buttons marked "Operator," "911" and a third that can be customized to read "Home," "Friend," "Tow" or "My Choice."

The Dial model is great for those who find modern cell phones too small or too darned complicated. It has big buttons and clear text on the screen. It will dial a stored number or allow the user to dial a new one on its keypad.

The OneTouch could be perfect for emergencies and the simple process of staying in touch - a quick call home to report a schedule change from a park bench, for instance. The easy access phone list will let you call your most frequently dialed numbers, and there is a 911 button to use in an emergency. The "Operator" button connects you to a live GreatCall operator, who calls you by name and will connect your next call, update your call list or look up a number.

The GreatCall operator is part of the beauty of the service. The operator provides hand-holding for even the simplest functions. Never will a well meaning friend say, "Think of it as a computer ...



The Jitterbug phone represents a giant leap forward in simplicity and elegance in the world of communication technology, where information flow can be ever so complicated.



with successive menus, multiple icons and [I think it's taking my picture] ..."

GreatCall is a mobile virtual network operator, which like any wholesale dealer buys and resells things. GreatCall's products include Jitterbug phones and bundles of minutes of phone time to resell to customers.

The Jitterbug Dial or OneTouch phones, that's the instruments themselves, cost \$147. Bundles of phone time are available in several sizes. The Simple Emergency Plan, for \$10 a month, covers any 911 call, and any other call is billed at 35 cents per minute. The Simple 30 Plan, at \$15 a month, allows 30 minutes of calling with any additional calling time billed at 35 cents per minute.

Additional time may be purchased in advance at a cost that ranges from 13.3 cents to 25 cents per minute depending on the number of minutes in the bundle. The bigger the bundle the lower the price per minute of phone time.

Jitterbug phone time is sold in an annual plan with payment for the year in advance. And to clarify, each time you speak to the operator five of your prepaid minutes are deducted from the balance in your prepaid account.

Sure, I know you can get more time for less money if you are willing to flail away in the more competitive end of the cell phone market where games, pictures, weather reports and extended service contracts all lurk, but there is something truly elegant about the simplicity of the Jitterbug.

I'm pretty sure I would never have gotten anywhere with my grandmother in a conversation about hot dogs or Coca Cola, but I almost think I could have held her attention with a Jitterbug.

Interested in the phone and the current plans offered by GreatCall? See jitterbug.com on your computer, and think of this as a great way to help your relative or friend who doesn't have one.


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“Grandpa has a dog and he’s bringing it to Oregon.”

Barbara and Bob Sicard of Walden enjoyed for some time a lifelike doll that appeared to most passersby as a live black dog in their yard. There at the Sicard’s home beside the Cahoon Farm Road as it approaches the Walden School their “dog” was moved daily much to interest and amusement of people heading to the school.

“What a well behaved dog,” and “What’s his name” were the sort of comments often heard. In August the black dog named Rex left with Barb’s brother from Oregon on a transcontinental adventure. Recently we heard this report.

January 9, 2007
Chiloquin, Oregon

To: Sister Barb & Brother-in-law Bob Sicard in Walden, VT
From: Brother Bob Bissell in Oregon

Journey of a Dog Named Rex

I am certain that people in the neighborhood around Noyesville and Walden Village have seen a black dog in the yard of Bob and Barb Sicard. “Rex” looked so real, and every few days he would be standing in the grass at a different location.

Until August of 2006 Rex had a pretty normal life. Then along came Barb’s brother, Bob,

from Oregon. I was raised just up the Cahoon Farm Road until wandering off to Alaska. I really wanted to purchase a dog like that one to take home to Oregon, because all we had were cats. Because Rex was so dog-gone real like, I knew it would be nice in my yard. Well, none were to be found so on the eve of my departure, my brother-in-law Bob, gave to me his dog. I was surprised and I was happy for the gift but I was saddened to know just how much the Sicards and the people from Walden would miss seeing him or looking for his new location.

Anyway, Rex was buckled into the car, a window seat, and grandson Travis and I headed for Virginia. Travis called my wife, Bonnie, and said “Grandpa has a dog and he’s bringing it to Oregon.”

Her reply is unprintable, but it meant, ... Don’t Do It.

To be brief, we cleaned the car in Virginia, then were off to the beaches of South Carolina for some metal detecting. It was pretty hot, so, “On the road again,” like Willie Nelson, with the dog buckled in the passenger seat and sort of looking to his right, I would notice passing cars with drivers gawking and smiling at Rex. Because of their inattention to their driving I changed his name to WRECKS.

The dog didn’t read, and it still sounded the same to him.

One memorable time was near Kansas City. I was in a restaurant and saw a crowd of people pointing, looking and laughing. They had spotted the “doggy in the window” enjoying the sun while I enjoyed my food. Note: The dog didn’t gain weight on this trip, but the driver did. Ha, ha.

Anyway, after 21 states and many miles, Wrecks and I finally reached Oregon. My wife and others were thankful he wouldn’t be chasing cats and that he is so easy to care for.

He asked to come inside for the winter, and to that we agreed. Now his days are just spent staring at the bear rug or having cats race around him.

I think I have noticed a bit of sadness in him because he misses the Sicard’s home and their yard in Vermont. Sometimes it’s difficult to make a long move and change homes. Who should know that better than me.

So, neighbors in Noyesville, don’t be surprised someday to see that Wrecks, oops Rex, finds his way back to Walden. I know that is where he really belongs. So until later folks, Brother Bob is signing off.


Take care, Bob Bissell



Photos Courtesy of Barbara Sicard

Above: Bob Bissell of Chiloquin, OR (left) and Bob Sicard of Walden discuss the long road ahead with their lifelike dog named Rex. Below: Between Vermont and Oregon the trip wound along the eastern seaboard for some metal detecting on the South Carolina beach. Rex seemed pleased with the result.

Union Baptist Christian School



Friday, February 9, 2007
5-7 p.m. Cost: By Donation

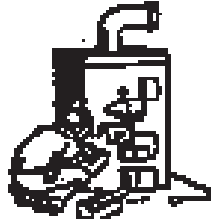
And
Baked Goods Auction
Auction starts at 6:45 p.m.
Maurice Chaloux, auctioneer

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684-3389 office
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Sunday Worship
and Fellowship 9:30 a.m.
Sunday School During Worship Service

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Institute
for Traditional Crafts
CALENDAR
February-March 2007

Wool Rug Hooking
February 24, 9 a.m. - 1 p.m.
& March 10, 9 a.m. - 1 p.m.
This two-part workshop presents the fundamentals of rug hooking using stripped wool. A perfect way to warm a winter weekend.

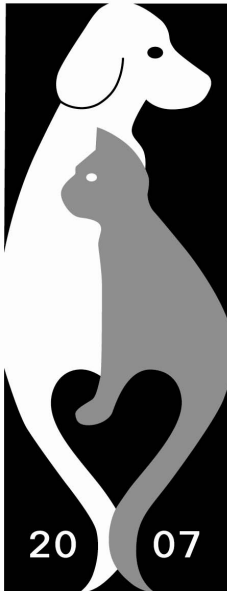
Apple Tree Pruning and Grafting
March 17, 9 - 11 a.m.
Ken Parr is known for his grafting skills, developed over 30 years of growing and studying apple trees. This meeting is a primer in grafting skills that enable participants to understand pruning and care of an apple tree.

Decorative and Practical Baskets
March 24, 9 a.m. - 3 p.m.
Decorative and practical baskets using traditional methods and local materials is the focus of this course, taught by Sterling College professor Jeff Bickart.

History and Demonstration of Soap Making
March 31, 9 - 10:30 a.m.
Jean Temple, creator of Jean Elizabeth’s Soaps & Co. explains the history of soap making and demonstrates techniques to make soaps using natural plant ingredients.

Call Shannon Anderson at the Museum (802) 748-2372 for fee information and to register. Space is limited, and registration is required. All courses are taught at the Fairbanks Museum, 1302 Main Street, St. Johnsbury.

DO IT FOR LOVE




February is Spay / Neuter Month

Spaying or neutering saves lives and money by reducing the number of homeless animals who have been abandoned; frequently due to “too” many pets in the home. Spaying and neutering are not unnatural but humane and as vital to your pet’s overall well-being as routine physical examinations.

For a \$40 discount toward the spaying or neutering of your pet(s), send an self addressed stamped envelope to:

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PO Box 4054
St. Johnsbury VT 05819



Discount coupons are redeemable at: Companion Animal Care, Danville Animal Hospital, North Country Veterinary Clinic, Ryegate Small Animal Clinic, St. Johnsbury Animal Hospital or Donald Steen Animal Hospital.

What's Happening at the Town Hall?

Barnet

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

January 8, 2007

Brock Cottage – Bob Zita met with Board to discuss status of former Brock Cottage at Harvey's Lake beach. Board discussed uses of the building and value of the land with and without the building. Board agreed to discuss matter at town meeting.

Harvey's Lake Dam – Board read letter from Jonathan Wood, commissioner of Department of Forest, Parks and Recreation about request for extension of project to rehabilitate dam at Harvey's Lake. Letter suggests that such a request for an amendment would not be appropriate at this time.

Town Budget – Board approved review of budget to be presented at town meeting.

Town Meeting – Board discussed warning for town meeting.

Transfer Station – Board discussed the need for communication from transfer station in case of an emergency.

January 23, 2007

Town Garage – Board met with Road Foreman Maurice Gingue to review information on costs for a new town garage.

Town Vehicle – Maurice Gingue reported he is waiting for prices on a new dump truck.

Barnet Landfill – Board discussed letter from Vermont Department of Environmental Conservation referring to a No Exposure Certification for conditional exclusion from requirements of the Multi-Sector General Permit at the closed and covered Barnet landfill.

Transfer Station – Town Treasurer Bill Hoar reported Barnet Transfer Station took in \$35,985 in fees during 2006 while spending a total of \$39,746. Cost for disposal of rubbish and hauling came to \$35,807. The balance was as attendant wages.

Town Meeting – Board reviewed warning for town meeting.

Cabot

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

January 12, 2007

Personnel – After discussion about a letter from Cabot Fireman's Association, and letters from a member of Cabot Ambulance Service and from director of Vermont State Police all regarding Ken Gokey, first constable and the Cabot Ambulance Crew

response to an accident, and following executive session with Ken Gokey, no action was taken.

Cabot Skylighters – After review of request from Cabot Skylighters about class 4 roads, legal trails and discontinued roads, Board agreed to have Mark Codling and Rikk Taft join Larry Gochey as a committee to study ancient roads in Cabot.

Town Meeting – Board discussed budget and warning for town meeting.

VT Coalition of Municipalities – After discussion Board agreed to not join VT Coalition of Municipalities.

Danville

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

December 21, 2006

Mobile Methadone Clinic – Board met with Alan Aiken, director of Mobile Methadone Clinic and reviewed plan to have mobile clinic at Danville Health Center on trial basis. Clinic will dispense methadone at Health Center parking lot for approximately 30 minutes a day at 8 a.m. on weekdays and 9 a.m. on weekends. Expected number of patients is around 10-12 per day most of whom are already receiving services at NVRH location. Patients would all be enrolled in methadone program, attend classes regularly and have an appointment to receive services. Board agreed to trial run provided that Aiken visit residential neighborhood around Health Center and inform people of the program, answer any questions they may have, and return to next meeting on January 4.

Dog Kennel – After executive session to discuss a complaint about operation of a dog kennel at Jo and Reg Guertin's, no action was taken, however Rick Sevigny and Marvin Withers will visit the kennel next week and Merton Leonard will call Humane Society for their inspection report.

Road Crew – On Kevin Gadapee's request Board voted to allow road crew to cut some trees at wood dump so wood pile can be pushed back and filled. Any burnable wood will be used at town garage.

Town Hall – Leonard reported a request from Area Agency on Aging to use town hall one afternoon a week for 10 weeks for ballroom dancing lessons at no charge. Board voted to not make town hall available at no charge in conflict with rental policy.

Lamoille Valley Rails to Trails

Committee – Board appointed Merton Leonard to serve on board of directors of Lamoille Valley Rails to Trails Advisory Committee.

Oneida Road – After discussion Board voted to write Giles on Oneida Road instructing them to remove stakes in road right of way by their house, which have become a hazard.

Budget Review – Board reviewed budget.

Personnel Wages – After executive session to discuss personnel wages, Board voted to set wages for 2007 with a 5% increase for full time employees, less 2½% of the cost of health insurance, and 3½% increase for part time employees.

January 4, 2007

Mobile Methadone Clinic – After discussion with director of mobile methadone clinic, Board voted to allow operation of the mobile van with approval of Northern Counties Health Care from Danville Health Center Parking lot on a two month probationary period.

Dog Kennel Complaint – Board discussed inspection of Jo Guertin's kennel. Rick Sevigny and Marvin Withers reported dogs appeared fed and generally healthy. Merton Leonard reported Ann Kimball of Humane Society confirmed kennel is in compliance with health standards even though some of the housing may be a little innovative.

Road Matters – Kevin Gadapee reported road crew has been working on ice and mud problems and cutting brush and doing work on town garages.

Building Permit – On request of Sharon and Dwight Lakey Board voted to extend building permits on Sugar Ridge Development for a period of six months.

Town Hall – On recommendation of Merton Leonard Board voted to have income from town hall rental fees go into town hall building fund for maintenance and upkeep.

Budget Review – Board discussed year end financial reports. Highway and general funds were under budget. However, delinquent taxes are causing a problem of cash flow.

Personnel – After executive session to discuss applicants for a part time handyman position Board agreed to seek additional information from two applicants.

Town Employee Wages – After discussion about manner of previous vote on wage increases Board voted that town clerk and full time staff will receive 5% increase in salary, less 2½% of cost in health insurance. Part time employees receive 3½% increase. Road Crew will receive 5% salary increase,

less 2½% of the cost of health insurance. Town will pay for uniforms and pagers. Road foreman and town administrator will receive a 5% increase, less 2½% of the cost of health insurance.

January 11, 2007

Fire Department – After presentation by Keith Gadapee Board approved budget for fire departments totaling \$25,450 for 2007.

Snow Machine Trails – Phil Gimli-Mead advised Board that VAST is considering changing hours of rail-trail operation to 6 a.m. - 11 p.m. from current 8 a.m. to 10 p.m. and requested Board not support the request in Danville. Board agreed and advised Merton Leonard to advise VAST of its decision.

Budget Review – Board discussed preliminary highway budget and class 3 summer spending, proposed Brainerd Street project, proposed Harvey's Hollow bridge work and paving grant. Board discussed general fund budget adjusting proposed North Danville School roof replacement, Sheriff patrol time, and other adjustments to lower budget by \$21,000. Board reviewed wastewater treatment plant budget.

Personnel – After executive session Board voted to hire Bob Larose and Wayne Gadapee as part time co-handyman at a rate of \$12.50 per hour.

Parking on Town Roads – Board discussed vehicles parked in the traveled portion of Library Road near Hooker property and voted to send a letter to Mr. Hooker advising him to remove vehicles.

January 18, 2007

Road Crew – With wintry change in weather road crew has worked at keeping roads clear and vehicles maintained for service.

Budget Preparation – Board reviewed preliminary highway budget figures and some suggested reductions to budget. Board agreed to keep Peacham Road repaving and discussed various budget categories.

Conservation Commission – Board appointed Susan Blow to conservation commission.

Lyndon

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

December 28, 2006

Highway Report – Highway budget is 89% expended at 96% through year.

Development Review Board – Board accepted with regret resignation of Louis Josselyn from development review board.

Wastewater Permit – Board noted expected sewer usage at new day care facility at Industrial Park to be 4,125 gallons per day and approved facility's wastewater permit with a fee of \$3,000.

Budget Review – Fire Chief Greg

Hopkins discussed need for up to \$150,000 for a new rescue truck. Grant money of \$50,000 is available as is financing of \$100,000 for ten years. Board discussed a separate article for the borrowing on warning for town meeting. Board discussed various other budget documents.

Development Review Board – Development review board is recommending an additional late fee for permits filed after project completion. Board voted to table discussion and wait for recommendation from zoning administrator.

Zoning Violation – Board voted to table discussion of George Austin's zoning violation while waiting for further information from zoning administrator.

National Guard – Board voted to adopt resolution proposed by John MacLeod in support of the Guard and Reserve.

Oscar's Lot – Board approved current expense loan agreement with Community National Bank for renewal "Oscar's Lot" debt.

January 8, 2007

Lyndon Rescue – Board appointed James C. Gallagher and Bruce James as representatives to Lyndon Rescue.

Development Review Board – On recommendation of Justin Smith for development review board, Board voted to establish late fee of \$15 for building permits received after completion of project.

Reappraisal Proposal – Board approved proposal from New England Municipal Consultants in amount of \$46,600 for reappraisal work in 2007 to be ready for 2008 grand list.

Budget Review – Board reviewed 2007 budgets. Board agreed Village should only contribute 64% of net police budget since Village taxpayers also pay into town's general fund. Net effect would be that Village taxpayers pay 70% of police budget.

Catering Permit – Board approved catering permit for Ruth Neborsky for an event at LI on February 10.

Paving Estimates – Art Sanborn presented estimates for paving of York Street, Cross Street and Chamberlin Mill Road.

Sewer Contract – After executive session to discuss sewer contract, no action was taken.

Board Member Resignation – Robert Elmes resigned from Board effective immediately. Board accepted resignation with regret and thanked Elmes for his efforts on town's behalf.

Peacham

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

December 20, 2006

Cemetery Funds – In response to

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

Lister Becky Jensen's inquiry about audit of cemetery accounts, Board reported auditors have not yet submitted a proposal. Discussion of cemetery accounts followed.

Town Reappraisal – Jensen reported Town's common level of appraisal calculations arrived from the State. Board requested that Listers investigate availability of appraisal firms and solicit proposals from them should an appraisal be required.

Snowmobiles on Town Roads – Board discussed application from Bayley Hazen Snowmobile Club for access to town highways during winter. Board noted requirement that roads used by snowmobiles be properly posted by Club and voted to approve request.

Transfer Station – Board discussed compactor enclosure at transfer station and contract for services with Cassella Waste Management.

Emergency Generator – Board discussed emergency generator grant and asked for additional financial information.

Town Budget – Board discussed 2007 town budget.

January 3, 2007

Transfer Station – Board discussed transfer station compactor contract with Cassella Waste Management. Dick Blair reported compactor enclosure is working well.

Vermont Trails Grant – David Jacobs reported application to be submitted to Vermont Trails program. Board authorized Dick Browne to sign application letter on Board's behalf.

Cemetery – Board received 2007 preliminary cemetery budget figures for 2007.

Road Crew – Phil Jejer reported road maintenance continues, and repair work has been done on grader and dump truck.

Emergency Generator – Board discussed emergency generator and decided to table idea due to constraints of time and expense.

Town Audit – Board discussed possibility of town audit in 2007. Board discussed audit of cemetery accounts. Board asked town treasurer to print cemetery balances and journal entries since December 31, 2005.

Budget Review – Board suggested meeting with town treasurer and town auditors to discuss town finances, fund structures, reconciliation, surpluses and current investments. A "contingency and opportunities" line item was added to 2007 budget for emergencies, matching grant funds and other unforeseen events. Item will be added to general expenses budget heading and be for \$10,000.

Town Meeting – Board discussed articles for town report.

Legal Matters – After executive session to discuss legal matters Board

approved Assurance of Discontinuance and Settlement Agreement between Town and State of Vermont as recommended by town's attorneys.

Pre Town Meeting – After discussion Board decided not to have a pre-town meeting this year.

St. Johnsbury

Town Manager: Michael Welch

Town Clerk: Sandy Grenier

Selectboard: Dale Urie, Bryon Quatrini, Dale Urie, Reg Wakeham, Gary Reis and Jerry Rowe.

January 8, 2007

Budget Preparation – Board reviewed various worksheets for 2007 budget for highway, police and fire departments.

Highway Fund – Board met with Highway Superintendent Larry Gadapee and discussed work on Portland Street bridge, streetlight and street tree project on Railroad Street, various road and sidewalk projects, equipment replacement including a 10-wheel dump truck, capital improvement plan items and personnel. Board discussed further cooperation between highway department and water department and Board interest in consolidating the two.

Police Department – Board reviewed police budget with Chief Richard Leighton including personnel, gasoline use, fund transfers from parking fund to special services fund and the funds in reserve for future equipment replacement.

Fire Department – Board reviewed fire department budget with Chief Troy Ruggles. Board discussed personnel costs for overtime, expenses for gas and oil and for equipment replacement. Board noted that no expenses or estimated expenses are included in the budget for a new fire station facility.

Special Appropriations – Board agreed to have agencies requesting first time funding and those requesting an increase over the 2006 appropriation make a presentation to Board.

Board Appointment – Board appointed Jim Impey to fill vacant positions on tax stabilization committee, industrial park board and Jay-Lyn revolving loan fund board.

St. Johnsbury Center Sidewalk Project – Mike Welch reported town received a draft report on preferred alternative for a sidewalk pedestrian path through St. Johnsbury Center.

Town Meeting – Board discussed possibility of having an informational session at town meeting for purpose of discussing special appropriation articles. Board discussed having such a session at beginning of town meeting or before regular budget articles and agreed to let voters decide at time of the meeting.

Exempt Properties – Mike Welch reviewed information provided by Property Valuation and Review relative

to locally voted exemptions. Peter Whitney and Caroline Lockyer are reviewing all exempt parcels and will make recommendations to Board regarding them. Town manager noted that town may need to present voters with decision as to whether or not to approve property tax exemptions.

State Buildings Payment – Town manager discussed a recent memorandum about payment in lieu of taxes (PILOT) for state buildings. He reported that when asked why State did not include an amount for special assessment district in the PILOT payment for the Courthouse, the response was that it should. The building had been miscoded, and correction will appear in future payment calculations.

Fire Station – Mike Welch reported soils information has been received for fire station site and architects are updating cost estimates. Board discussed possible timing of a bond vote and agreed it would not possible to have it at March 2007 town meeting.

Recreation Fund – Board discussed asking voters to approve money to eliminate deficit for recreation fund. Mike Welch offered to provide further information on options for refunding debt.

Personnel Grievance – Following executive session to discuss a grievance with Bradley Reed, Barron Gilding and Troy Ruggles, Board voted to uphold decision of Fire Chief Ruggles and deny grievance.

January 10, 2007

Special Appropriation – Linda Fogg, of St. Johnsbury Works, advised Board that St. Johnsbury Works is seeking a \$25,000 appropriation from town. Board discussed organization's budget and inquired how funds requested would be spent. Rob Levine and Tina Wood met with Board to discuss a special appropriation request from the American Red Cross for \$2,000. Levine reported Red Cross is facing a \$200,000 deficit and the organization has reduced its staff and payroll while continuing to meet its responsibilities.

Planning & Zoning – Priscilla Messier reviewed budget for town planning and zoning. Messier reported town plan grant is complete but there is a new grant of \$5,000 to administer review of Ancient Roads process and recommended legal fees portion of the budget be increased to \$8,000.

Town Clerk & Treasurer – Sandy Grenier reviewed budget for office of town clerk and treasurer. Board discussed office being short one full time employee and possibility of a part time replacement.

Economic Development – Joel Schwartz reviewed economic development budget.

Town Road, Gordon Mills Way – Town manager reviewed request from EHV that a portion of Gordon Mills Way be discontinued. After discussion Board voted to proceed with discontinuance of road as requested, provided that EHV pays costs incurred by town to do so.

January 15, 2007

Dispatch – Mark Gilleland met with Board to review 2007 proposed budget for dispatch, including equipment needs and personnel.

Recreation – Board discussed budget for recreation department including its continuing deficit, fees from individuals and surrounding towns and amount of time director spends on fundraising vs. programming.

Reserve Funds – Town manager reviewed projected balances of reserve funds.

Personnel – Board discussed various recommendations by Dale Urie to eliminate personnel and personnel costs and to set a hiring freeze of full time positions. Town manager agreed to review adjustments recommended by Board and develop estimates of their budget impact.

St. Johnsbury Works – Town manager presented a draft letter of support for Board consideration submitted by St. Johnsbury Works. Letter is to be submitted with application for a Preserve America Grant. Board requested further information on budget, grant amount, use of funds and requirement for matching funds.

Walden

Town Clerk: Lina Smith

Selectboard: David Brown, Perley Greaves and Douglas Luther

December 27, 2006

Budget Preparation – Board reviewed various budget worksheets and discussed budget for 2007.

Road Crew Purchases – After discussion Board voted to buy more culverts totaling about \$3,600 and to buy 750 yards of stone at \$6 per yard.

Generator – Board discussed funding for an emergency generator at the school. Dave Brown will confer with school board.

January 9, 2007

Generator at School – Bill Half, chair of the school board, met with Board to discuss putting question of buying a generator on school district warning or town warning at town meeting. Half

explained that on school warning purchase becomes eligible for state-aid to education funding, and associated wiring will be paid with state aid if roof replacement article passes. Board agreed to have article on school district warning.

Paving and Culverts – Dave Brown reported state funds will be available for paving and culverts but amounts are not yet determined.

Lister – Julie Gallivan has declined appointment to board of listers. Position will be posted again.

Town Clerk – On request of Diane Cochran Board discussed an article on town meeting warning to change town clerk's term from one year to three. Board voted to not put such an article on warning.

Budget Preparation – Board discussed proposed budget for 2007.

January 23, 2007

Elected Offices – Board noted list of positions to be filled by election at town meeting and discussed petitions received from candidates.

Coles Pond Sledgers – After discussion Board approved request from Coles Pond Sledgers to use sections of Nicholson Road, Cobb Road and Keene Road.

VT Coalition of Municipalities – After discussion of letter from VT Coalition of Municipalities, no action was taken.

Solid Waste District – Board noted Ted Jacques resigned as representative to solid waste district. Board will post position.

Moderator – Roger Fox noted a workshop for moderators in February. Board encouraged him to attend. Town will pay fee.

Emergency Services – Perley Greaves discussed emergency services organizations and concern for declining membership on fast squad. Board agreed to invite president of fast squad and fire chief to discuss this.

Town Meeting – Board discussed warning for town meeting.

Overweight Permit – Board approved overweight permit for Cabot Creamery.

Alcohol Related Fatality – Board approved request from VTrans to place a sign at site of an alcohol related fatality ¼ mile west of Richards Crossing.

January 26, 2007

Town Meeting – After discussion Board voted to change amount to highway equipment fund from \$60,000 as previously approved to \$40,000. Board approved two articles for warning, which were accompanied by petitions with 5% of registered voters as signers.

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\$ Follow the Money
by Rachel Siegel

"In Corporation We Trust"

In 1600, Queen Elizabeth I of England chartered the British East India Company, which is widely credited as being the first modern corporation. The Company was formed to profit from the exploration and colonization of Asia. Colonization is an expensive and risky business, requiring a large capital investment in ships and supplies, with several years' wait for a return (of the ship and of the profit), and a large amount of risk in the meantime.

Corporations were a solution to a very real problem: the amount of capital – and risk – needed to finance ventures had simply outgrown the resources of a sole owner or a partnership. The corporation was a way to structure a business to attract investment by dividing ownership into relatively small, tradable pieces. That meant that any one owner would have to invest

only a piece of the financing and bear only a piece of the risk. He would be able to recoup his investment and unload his risk at any time by simply selling his shares, although he might incur some loss or gain in doing so. It is much easier to raise a lot of capital by having many owners each invest a little, than by finding a few owners that will each invest a lot.

Thus, the modern corporation was born. With industrialization, mechanization and mass production, the need for capital only increased, and the corporate structure became more and more popular. Without it, it is hard to imagine the railroads, shipping or manufacturing companies that compelled 19th century economic growth. Mass production, mass transportation and mass consumption would not have been possible without mass financing.

Adam Smith foresaw a flaw in the corporate structure as early

as 1776 in *The Wealth of Nations*: "The directors of such [joint-stock] companies, however, being the managers rather of other people's money than of their own, it cannot well be expected, that they should watch over it with the same anxious vigilance with which the partners in a private copartnery frequently watch over their own..."

In more recent years, corruption and "corporate greed" have caused us to question the legitimacy of this structure. Management seems too able to channel too much of the corporate profits towards managers, and away from employees or even shareholders. Corporate governance seems too weak in too many cases, with managers ending up with too much control of corporate decisions.

The highly publicized, grossly uneven compensation in corporations is seen as not allowing enough opportunity for enough of us to accumulate wealth. Corporate structure is seen as aggravating the differences between the return on labor and the return on capital, causing the growing income inequalities that we see as a failure of fairness and of our economy – markets work

best, after all, with more participants, and income disparities limit or exclude participation...

Yet, corporations have also democratized capital markets by making ownership accessible to the masses. Mass financing created mass investment: anyone can own shares... and does. Ownership of shares of corporate stocks – and thus of the property or wealth that they represent – is much more widespread now than at any time in history. Most of us own shares, either directly or through a retirement fund or insurance policy. Employees are routinely encouraged to buy shares through discounted purchase programs, or are given shares as compensation – and not just CEOs with option packages, but millions of regular line workers, such as the "Wal-Mart millionaires" of the 1990's.

Not only can we invest, but we can choose how to invest, and therefore companies must compete for our capital. That competition brings all the benefits of innovation and efficiency that are a foundation of our market-based economy. The masses of investors decide where the seed monies for our economy are to be planted as they vote with their

portfolios, and thus is our capital most efficiently distributed through the chaotic democracy that is the open market.


Return on capital is, and always has been, greater than the return on labor (it is called "capitalism" after all); it is much more profitable to invest than to work. The opportunity to invest is critical to having widespread participation in the economy, which is critical to having a successful economy. If only the rich or the royal were able to invest, to own, and to share in profits, as was the case before the corporation, there would be much less economic efficiency – and opportunity – for the rest of us.

If only the rich or the royal were able to invest, to own, and to share in profits, as was the case before the corporation, there would be much less economic efficiency – and opportunity – for the rest of us.

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.

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String Worth Saving

Bill Christiansen

Numerous articles have been written about ice harvesting. The articles are usually about small harvesting operations on ponds, where work was undertaken by means of simple tools, and ice was cut with a hand-powered saw. While this was common in many locations, there were at the same time large commercial ice harvesting operations.

In the 1930's and through the end of World War II, ice-boxes were common in our homes. Through the winter, food was placed on an outside porch, and winter acted as its preserver. When warm weather arrived, ice was necessary, and I remember watching it delivered to homes and restaurant kitchens and put into the icebox as a way to preserve food. Following World War II, refrigerators became the norm.

I remember the iceman coming in his truck with large blocks of ice in the back. With an ice pick, he chipped off a chunk of ice from a bigger block. The smaller piece was shaped and sized to fit our icebox. With a pair of ice tongs, he weighed the chunk on a scale. He wore a rubber covering over his back, and using the tongs he swung the chunk over his shoulder and started off to the icebox, somewhere inside the customer's house.

Although the refrigerator ended much of the residential business for the ice man, ice was still used to cool milk on farms and in the local dairy. Farmers stored and transported milk in metal cans, and these were cooled wherever they waited to be moved to the

dairy.

Milk cans were placed in a tub of water with ice floating around. The ice supply had to be replenished just about every day. Often the tub had spring water flowing through it, and the colder the water, the longer the ice could last. The requirement that cans could no longer be used, and milk had to be stored in a bulk tank, ended the ice business for good.

I remember the iceman coming in his truck with large blocks of ice in the back.

Commercial ice harvesting started near the end of January and went through most of February. The cutting field was about 50 feet or so off shore, in about six to eight feet of water. The cutting and harvesting was in front of the icehouse. The icehouse was a building about 60 by 100 feet on the base and about 60 feet high. A crew of about 40 men worked to cut the

ice and fill the icehouse.

Trucks were driven out onto the ice to the cutting site and loaded with blocks of ice. A loading dock was constructed so the blocks of ice could be pulled out of the water, onto the dock and the bed of the truck.

The ice was cut into blocks with a circular saw driven by an old automobile engine mounted on a sled. Two men pulled the sled along, and the whirling saw cut a scarf into the ice. The saw was set to cut to a depth that left about an inch of ice uncut. Parallel cuts were made in long rows about 24 inches apart. Then cuts were made at right angles to the first, about 3 feet apart. After these cuts were made, men with long-handled chisels broke off long slabs of blocks by driving their chisel down into the saw scarf. These long narrow "trains" were pushed through the water and toward the icehouse, using long handled pike poles. As the train of ice blocks neared the icehouse, another man with a chisel broke up the train into individual blocks.

The icehouse had a long ramp, which extended into the lake. At each "floor" a section of the ramp could be removed so the blocks of ice could slide through the opening and into the building. Once a floor was filled, boards were used to cover the opening in the ramp, and another opening was creat-

ed higher up the ramp. A winch with a cable was mounted on the ground, under the ramp. The cable ran to the top of the ramp and then down the ramp to the water.

One of the workers hooked the cable to about six blocks of ice and with the winch pulled them up the ramp. The workman rode up the ramp on the last block of ice. The blocks would slide up the ramp and drop through the opening and into the building. The rider could hop off the last block and pull the cable back down the ramp to load up another group of blocks.

Men inside the building directed the blocks of ice onto a flat floor. This process continued, floor upon floor, until the building was full to the roof with blocks of the ice.

Once the building was full, men spread loads of sawdust on top and down the sides of the pile of ice for insulation. The ice was sold and distributed through the following summer for milk cooling and for people to use in their "ice boxes."

Once the main icehouse was filled, the dairy company filled other icehouses around the neighborhood. Farmers often had small icehouses on their own farms, and if there was a surplus of ice they were filled as well. Trucking ice to these various locations was good winter employment.

In the summer, the ice man went to the icehouse to buy blocks of ice for distribution.

Often the open water where the ice was cut and removed re-froze during the night. The first task in the morning was to breakup the new layer of ice and move it out of the way. On some days the wind blew and a blanket of snow formed along the ice. This blown snow could hide the ice edge, and it was not unusual for some worker to fall in. The unlucky fellow was fished out with a pike pole and sent to shore to dry out and warm up. While people falling into the water was a hazard of the operation, I never saw a truck break through.

In summer, we spent many a hot afternoon in the top of the icehouse, burrowed down into the sawdust where it was wet and cool. This was a summer gathering place for local boys.

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Walden Hill Journal

ELLEN GOLD

February 2, 2006 - Ground Hog Day. The rising sun has found enough of a break in the clouds to spread an early morning glow across the mountains, highlighting wisps of clouds here and there. I certainly haven't observed any large rodents out for a midwinter stretch. I did however, see a skunk out foraging in the snow a few nights ago. Our relatively mild weather continues with temperatures hovering in-between 20 and 30 degrees. A later sunset and the mere beginnings of a lingering twilight bring the promise of lengthening days.

February 3, 2006 - More rain today, washing away our thin blanket of snow. We're having a tough time this winter hanging onto snow cover. We did get out for an invigorating snowshoe yesterday afternoon as we headed across Gore Road for a crystal palace view. From the grandeur of the frosted hills to the minute icing on individual burs, our eyes encountered dazzling views. The sun was just beginning to set, adding a warm orange glow as we headed home.

February 4, 2006 - Took a bit of a slushy snowshoe on our trail, which is interrupted by bare ground and water. I noticed 2 to 3

inch snippets of spruce needles, profusely littering the ground. Perhaps the squirrels are nibbling them off for the sap. Chickadees are beginning to trill and warble a bit in between their usual squawking. They're assuring us that the seasons are moving along. Sunshine this morning helped to loosen the remaining ice on the drives, which Jeff then shoveled and added some wood ash for better traction. It was a bit of a slippery walk to the mailbox this morning but my trusty ski pole saved the day.

February 6, 2006 - 7 o'clock and the sun just crested our hilly horizon, turning the gray clouds purple, pink and finally a shooting ray of hot, glowing orange. Sunrise is just south of Mt. Washington, a considerable northward journey since the winter solstice. A dusting of snow covers the muddy mess of a road left from yesterday's heavy rain. Fortunately the rain also brought down the remaining ice on both drives. The weather doesn't seem to be able to make up its mind what to do today. I was standing in the midst of a snow shower, casting a shadow.

February 16, 2006 - We're back from a cool but very sunny week in Florida. It was a nice, relaxed visit with Mom and an

interesting view of tropical flora and fauna in the various wetlands. Loxahatchee was celebrating its annual Everglades Day, and we went there to enjoy the festivities. Highlights included a birds of prey talk featuring a live great horned owl, tiny screech owl, a magnificent red-shouldered hawk and the beautifully plumed kestrel. We also participated in a reptile walk along the marsh trail with views of several alligators, a firsthand up close view of three snakes expertly displayed by the staff "snake handler," who only sustained one bite, and several interesting and varied turtles. We also got a look at a frog, disappearing down the throat of a small blue heron and a close-up view of a stalking great blue heron. If you look beyond the shopping malls, there's much of interest to experience in sunny Florida.

February 17, 2006 - Frigid air from the north is clashing with warmer southern air, creating winds gusting around 40 mph. Heavy, driving rain did an excellent job of window washing before changing to snow flurries. Wind sculpted, turbulent clouds are rapidly moving by, bringing holes of clearing sky here and there. Lots of open ground looks more like mid-March than mid-February but hopefully an inch or two of snow will fall to bring back our winter landscape. Temperatures are supposed to dip below zero for the next few days so any snow cover will help protect the trees and bushes as well as be pleasing to the eye.

February 18, 2006 - Minus 10° and dropping. That's quite a change from temperatures in the 40's only yesterday. We've been jolted back into winter. A hint of



Photo By: Jeff Gold

"From the grandeur of the frosted hills to the minute icing on individual burs, our eyes encountered dazzling views."

sunshine gave the false impression of a more hospitable day than it actually was. A quick trip to fill the bird feeder was all it took for me to appreciate the severity of today's temperature and dangerous wind-chill. Even with the afternoon sun hitting the thermometer, temperatures continued to fall. As the days lengthen, the cold definitely strengthens.

February 22, 2006 - A light dusting of snow over the past two days has helped cover most of the bare spots, but some ground continues to peek through in the field and woods. I'm still using snowshoes, not for any depth of snow but to give purchase on the solid, slippery ice hiding underneath the thin snow cover. I saw some interesting tracks in the field and woods. A single line of small, fairly closely spaced tracks appear to be either a fox or cat. The individual impressions were not clear enough to distinguish between canine or feline. Another long track with paired imprints were almost certainly made by a fisher cat. A long grouse trail had several parallel scratch lines on one

side, probably from dragging an injured wing. And of course, a frenzy of snowshoe hare tracks "abound" throughout the woods. Moosewood trunks are beginning to turn deep purple, an indication that sap is on the rise.

February 26, 2006 - 7° below with bright sunshine and several inches of fresh, white, fluffy snow. It's finally beginning to look and feel like winter. We haven't yet had a large snow dump, but there's still hope with March and April remaining. Two very fluffed up bluejays are pecking away at the suet with chickadees darting in and out, snatching their single seeds from the feeder.

February 28, 2006 - We're ending February in the deep freeze with temperatures hanging steadily around -10° for the past few days. On the plus side are longer days with earlier sunrise, which helps to warm the window glass before we're up and ready to open the window quilts. Even at 10° below we are able to rely solely on the warmth of the sun and give the woodstove a daytime rest. Decisively longer afternoons provide lingering twilight with rich colored sunsets, beautifully enhanced by the snow. Reflective oranges and soft purples spread and glowed for 20 minutes or more in the eastern sky last evening. The frigid, clean night air brought out sparkling, star-studded skies with the Milky Way spreading a night beacon across the heavens. Whew, I just went out to fill the bird feeder and get the mail. The wind continues to whip down the hill, adding its weight to the Arctic weather that's settled in. Winter has taken a firm hold during this longest short month of the year.

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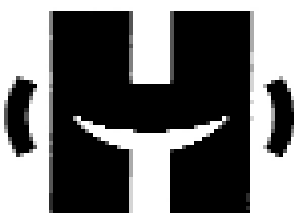
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Ask the Shrinks

Alice S. Kitchel and Burton Zahler

Dear Shrinks,

I am involved in a very painful situation. My boyfriend of three years just had an awful shock. His mother ran away from the family and is now living with another man in another state. My concern is my boyfriend's response. "Fred" is drinking much more and I think he may be taking other drugs. When I try to talk to him about this he dismisses me, and last night he yelled at me in front of our best friends (a first!). In the last week he's missed work twice and I'm worried he's going to lose his job.

I've been trying to be supportive during this time. I worry that I might lose Fred, but mostly I'm puzzled by the big changes in his behavior. I never saw him drunk or high before his mother left. He has the reputation of being a fine and reliable worker. If you have any ideas about what's going on please help.

Puzzled in New Hampshire

Dear Puzzled,

We have ideas but can't be sure without more information. By considering the questions that we pose, we hope that you will gain more understanding about Fred's problems. How long has Fred's strange behavior been going on? If it is for a short time, it may be that he will work out of this funk soon. It is possible that Fred is trying to cope with a welter of mixed and painful feelings by self medicating.

We want to note that a normal emotional response to Fred's situation would include sadness, anger, fear and guilt. If this has been going on for a while, this event may have stirred deeper issues, and he may benefit from some counseling to get back on track. In that case, there is no way to know when, or whether, he will stop behaving this way.

Does Fred talk with you or anyone about what this means for him? What has Fred's relationship with his mother been

like? What has his relationship with his father been like? His mother's abandonment of the family may have particular significance for him. Also, he may be disturbed about his father's role or plight in this situation as well.

Another way of viewing the way Fred is acting would be to think of it as arranging for his outside life to be as confusing and out of control as his inner life. Some people find the lack of congruence between their inner and outer lives deeply upsetting. Often they (unconsciously) operate to bring them into alignment no matter how messy or disturbing this may be.

Another perspective that might help is to consider that although his mother's behavior appears to have come out of the blue, she may have acted similarly in the past, but on a smaller, less dramatic scale. Fred may be affected by acts that he has unconsciously dreaded for a long time.

Alice S. Kitchel & Burton Zahler each have a psychotherapy practice in St. Johnsbury ★

Flashback

We walked, today, across the snow-less fields,
Warm sun at our backs in this the strangest winter.
Perhaps it's climate change, or just a happenstance,
Reprieve for mind and body when the days are short.
I glanced ahead and, almost instantaneously,
Felt the jolt, deep down inside, disorienting me.

Here now, there when?

A deep embedded recognition, of what?
A sloping field and tree-line, a touch of light and color,
A fleeting sense of being there
And knowing where I'm going.
Three thousand miles and fifty years ago.

This is more than memory, that replaying mental video,
Constantly in action, constantly storing images.
This is deep rooted and profound.
Like stepping back in time just for an instant.
Nothing moves; the frame is frozen;
Too soon the mind adjusts and what was then, is now.

I don't know where or if I ever saw that scene.
A place I scarcely glimpsed, an image only in my mind,
Conjured up to illustrate a story in a book?
But there it is, a doorway into time
If only for a moment, unbidable,
Profound, yet somehow reassuring.

Isobel P. Swartz



Pope Notes

Dee Palmer,
Library Director

With the New Year comes a new slate of trustees at the Pope Library. We welcome Laurel Stanley, Henretta Splain and Shirley Richardson to our board. New board members join Chairperson Cheryl Linsley, Vice Chair Debbie Bixby, Treasurer Suzanne Tanner, Diane Webster and Guil Kitchel. Laurel, Henretta and Shirley fill the positions formerly held by Skip Gray, Sara Heft and Kim Prior to whom we are very grateful for their hard work and support on behalf of the Library. Our trustees are an extremely dedicated, committed group who also function as our primary fundraisers. I look forward to another year of working with them all.

Our next Vermont Humanities Council book discussion is *La Tour Dreams of the Wolf Girl* by David Huddle. In this richly drawn novel about life, art and the

intriguing connections between them, Art Professor Suzanne Nelson becomes fascinated with Georges de la Tour, the 17th-century French painter famous for his sympathetic depiction of peasants. But as she discovers in some

newly available source material, La Tour's actual conduct with peasants appears to have been violent and unscrupulous. Those conflicts in La Tour's character form the thematic center of the novel while also mirroring the disconnects in Suzanne's life. This discussion will take place on Wednesday, February 28 at 7 p.m. led by scholar Suzi Wizowaty. Books and schedules are available at the Library. Please join us.

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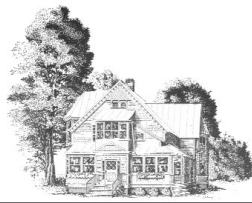
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On the Road in a Bluebird

SANDY RAYNOR

It's been eight years since his life-changing adventure, which landed him at a desk in the Northeast Kingdom. Now living beside Joe's Brook in a house with his wife and two children, Patton Hyman commutes to Karmê Chöling, in Barnet. He heads up a department there called Tail of the Tiger, formed

two years ago, as a result of an enormous interest expressed by people seeking alternatives to stress or destructive habits. The department provides services for those who want the benefits of quieting their minds and greater calm in the workplace.

Hyman had been a partner in a well-known (Atlanta, GA) law firm for nearly 28 years. By the time he and his wife, Carol,

hatched a plan to resign from the firm and take a year to travel with Sarah and Andrew, their elementary school-age children, Hyman was ready to trade in his three-story home and old southern neighborhood for a 36-foot long motorcoach and the open highway. That was in 1997.

While the concept might sound romantic and irresponsible for a man in his position, Hyman had been mulling over the idea of change when he realized how little time he had to spend with his daughter and son. So he and Carol began shopping for a motor home.

They found a lightly used one called a Bluebird Wanderlodge and renamed it the Blue Garuda after a mythological Tibetan hawk. Since the vehicle was built for two, they renovated it to sleep two more.



A second-hand Bluebird Wanderlodge was their home on the road for 11 months.



Hyman Family Photographs

Former Atlanta attorney Patton Hyman wanted more for his family than urban America. Enroute to a better place he and his daughter, Sarah, (above) and (at right) his son, Andrew, and wife, Carol, set out on the highways and biways of America. After 11 months and 20,000 miles they put on the brakes one last time and stopped beside Joe's Brook in Barnet.



When you study geology, history, botany, astronomy and painting Alaska is not a bad classroom.

cence before the trip got under way. As it turned out, they saw barely half of the destinations they planned.

The big house in the old neighborhood sold before it was on the market. One evening, former neighbors asked them point-blank if they wanted to sell, as the house was their dream, and they wanted so much to live there.

Perhaps, Hyman says, it was an omen their intentions were blessed. By summer, all three floors of the house were emptied onto the lawn for a yard sale. For two days, customers roamed in and around the place, and most of the items were gone in 48-hours.

Since Hyman had agreed to work at the firm until year's end, the family lived in a rented house until then. Once Christmas had passed and New Year's toasts were made, the family climbed aboard the Blue Garuda, anticipating their dream as a reality. Thirteen year old Sarah had a harder time than Andrew embracing the plan, mourning her girlfriends left behind and unhappy at the prospect of being cooped up with her younger brother in the coach.

One hundred miles from Atlanta, on their first night out, the first mishap occurred while they approached the plant where Bluebirds are manufactured. Hyman and his wife had thought it wise to have the entire vehicle inspected and necessary repairs made prior to setting out.

Stuart V. Corso, D.M.D.

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DANVILLE SCHOOL

2007 Schedule

Athletic Director: Merlyn Courser CAA

Boys High School Basketball

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

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

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	MS 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

VPR Program Schedule

MONDAY - FRIDAY		SATURDAY	SUNDAY
6 A.M.	BBC World Update (5 to 6 a.m.)	Classical Music	
7 A.M.	Morning Edition with Mitch Wertlieb	Only a Game	Sunday Bach
8 A.M.		Weekend Filmm	
9 A.M.	Classical Music with Walter Parker	Car Talk	On the Media
10 A.M.		Wait, Wait... Don't Tell Me!	Studio 360
11 A.M.	Military Report with Steve Delaney at noon	Interlock	A Prairie Home Companion
NOON	(Wednesday) Weekend Edition	Saturday Afternoon at the Opera with Peter Fox Smith	All The Traditions with Robert Rosnik
1 P.M.	Performance Today with Fred Child		
2 P.M.	Fresh Air with Terry Gross		
3 P.M.	All Things Considered with Neal Charnoff		
4 P.M.			
5 P.M.			
6 P.M.			
7 P.M.			
8 P.M.			
9 P.M.			
10 P.M.			
11 P.M.			
MIDNIGHT			

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As Hyman geared down, nearing the gated factory entrance, two women in the guard-shack started waving wildly. Carol looked into her rear view mirror, to see the family car, supposedly hitched to the back of the coach, moving alongside.

The tow bar had broken loose, and the car plowed into a chain link fence. Andrew, 9, had seen nothing like this except in computer games, but he joined the rest of the family in thinking this was less than a magnificent start to the trip.

As Patton Hyman geared down, nearing the gated factory entrance, two women in the guard-shack started waving wildly.

The two-week delay altered their schedule such that they ventured around the Everglades and went scuba diving in the warm waters around the Florida Keys before heading west to the Mardi Gras in New Orleans.

Both parents had planned a routine of home-schooling with books and workbooks purchased before their departure. However, these were abandoned in favor of studying the exceptional sites they visited, providing the stimulation and accuracy of the actual experience.

Hyman and his wife created their own schedule of research and written reports for their youngsters. Sarah taught Andrew and her father painting with watercolors, and the whole family studied geology, history, botany and astronomy.

The highlight of the adventure was visiting Alaska, with bald eagles, glaciers and magnificent Mt. McKinley (Denali), which they toured by float plane.

But four people traveling together for a year in the confines of a motor coach is a chal-

lenge, and the children sometimes voiced disapproval during the months of intimate life on the road. Andrew and Sarah began calling the experience the "trip from Hell" and labeling their family "trailer trash."

As the Hymans drove across the landscape, the kids often slept in the back, missing the transformations the land offered and unusual sights out the windows. ("Hey, kids, come up here and look at this!" *Silence*.)

Yet today Sarah, the college student, and Andrew, the high school senior, credit their parents' vision for the travel, saying it was the best thing they ever did.

Eleven months and 20,000 miles later, there was another part of this plan, to drive north and begin the process of settling in Caledonia County. Carol and Patton wanted their children to finish growing up in an area different from urban Atlanta, to know a broader spectrum of people from all walks of life and to live in the countryside.

From the place beside Joe's Brook in Barnet the children flourished, and their parents have enjoyed making new friends and taking part in the life of a new community.

Both are avid readers and long-time meditation teachers, and Patton has finally found time to follow his passion as an amateur classical pianist. He continues his profession as a lawyer (substituting estate planning and business transactions for the former role as a commercial real estate attorney), working from a home office, as well as putting in a full work-week at Tail of the Tiger.

Hyman has a twinkle in his eyes, a signal to others that he finds his life very satisfactory. This is a man who is contented and enjoys the benefit of a peaceful mind. ★



The Cork & Bottle

Gerd Hirschmann

Why doesn't the wine taste as good as it did yesterday? Have you ever asked yourself that question and not known the answer? Here is a look at a number of possible explanations.

If your wine is still in the same bottle, it probably went flat due to contact with air. The aroma lost its vigor, the wine lost its liveliness, just like a slice of bread left on the counter overnight. Wine is after all a living thing. Besides the obvious, there may be other reasons, even if you open a new bottle the next day, it may not taste the same as the one before.

The bottle could be from a different vintage, it could have been stored in a bad place. Possibly it came from a different barrel before the wine was bottled. Or maybe you had something different for lunch before you tasted the wine.

Maybe you enjoyed the bottle with a friend who just bought a new set of glasses, perfect for the wine you were drinking. Now at home you unknowingly use wrong glassware. This might sound a bit fussy, but in order to appreciate a fine wine, a decent glass is an absolute essential. There are few things more frustrating than having to drink a great Barolo from a coffee cup or an ornate cut crystal glass better suited to be a flower vase.

Another reason could be corked wine. The biggest frustration for wine drinkers is opening a bottle that has been saved for years, only to find it to be corked. Of course, the wine is by then no longer available in stores for replacement. And bearing in mind that some 2-7% of all wines are ruined at the source by cork-borne contaminants, it is unsettling to imagine how many bottles in the wine rack will turn out to be spoiled this way.

It could be incorrect serving temperature. Again, this might seem a bit fussy, but the serving temperature of wine is crucial. At different temperatures, sweetness or bitterness are perceived differently by the tongue. Thus a California chardonnay might taste flabby and sweet when served at room temperature but lively and rich when chilled. And when it is ice-cold, it might taste like nothing at all. Reds served too warm can taste unfocused and unstructured, yet when too cold, might taste bitter and tannic.

How about disturbing odors? There is nothing worse than standing next to someone wearing too much fragrance, when you actually try to smell the aroma of the wine. Smells can be distracting. I wouldn't want to try a fine wine beside someone smoking or surrounded by the smell of burning incense or scented candles.

Speaking of being fussy, poor lighting conditions can make a difference, too. You actually gain a lot from seeing the color of the wine when drinking it.

What about bad mood or bad company? Let's not dwell on it. Fortunately, most wine drinkers are fun to be around.

Unless of course they have a bad cold. There are few things more detrimental to enjoying wine than someone sneezing. When you have a bad cold yourself, you simply can't enjoy wine the same way.

It is time to abstain, or switch to cheap supermarket bargains, as your taste buds won't notice the difference.

But you may never be safe from thoughts that might impair your wine drinking pleasure. Knowing it is the last bottle can temper the joy of uncorking that bottle from the cellar, realizing there will be no more of this vinous treasure later on, especially if it is next to impossible to get another one. But you may argue this to be even more reason to enjoy that last bottle, and I must say, I would agree.

When it comes to drinking wine, the best motto is still: Don't worry. Be happy, and drink good wine with good friends. Cheers!

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



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Lyndon Institute Athletic Events Winter 2007

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

BOYS BASKETBALL (JV/V)

February
2 U32 @ Lyndon, 5:30/7:00
7 Lyndon @ Lamoyille, 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)

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 Girls

February
3 Lyndon @ Randolph, 1:00
5 North Country @ Lyndon, 5:30
9 Lyndon @ Missisquoi, 5:00
12 Hazen @ Lyndon 5:30

NORDIC SKIING

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.

February
2 @ Smugglers (Essex Invite)
3 @ Smugglers (Essex Invite)
9 @ Mad River (Har)
14 @ Jay (NCU)
16 @ Bromley (B&E)
20 @ Smugglers (Essex) Girls Dist.
23 @ Mt. Ellen (Har) Boys Dist.
March
5 @ Burke Mt. (L/SJA) Girls State
8 @ TBA Boys State

FROSH BASKETBALL Boys

February
3 Lyndon @ Randolph, 2:30
5 North Country @ Lyndon, 7:00
9 Lyndon @ Missisquoi, 6:30
12 Hazen @ Lyndon 7:00

ICE HOCKEY

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.

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St. Johnsbury Academy Winter 2007 Sports Schedule

Boys Basketball ~ Varsity and Junior Varsity
Varsity Game follows JV Game

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

Gymnastics

February			
3	South Burlington	H	6:00
9	@ Milton	A	7:00
17	State Championships at Essex	A	2:00

Nordic Skiing

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/BFAE @ Bolton State Championships		10:30
26	MAU @ North Country State Championships		10:30
Host is underlined			

Girls Basketball ~ Varsity and Junior Varsity
Varsity Game follows JV Game

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

Hockey

February			
7	Middlebury	H	5:00
10	Harwood	H	7:00

Wrestling

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

Host is Underlined
Go Hilltoppers!

Click & Clack Talk Cars

About Oil Changes

Dear Tom and Ray:

You guys are great. Thanks for all your knowledge and insights. My question: My vehicle's manufacturer suggests changing the oil every 5,000 miles. If I were averaging a speed of 60 mph for that 5,000 miles, it would take just over 83 hours to reach that mileage. I have installed an hour meter on my vehicle so that I know to change my oil every 83 hours. Does the manufacturer figure in

idle time (caused by heavy traffic and such)? I drove an 18-wheeler for 11 years, and idle time on a big rig is astronomical. That is when I came up with this crazy question. Am I actually crazy, or overprotective, or do I simply have too much free time on my hands? - Dale

TOM: All of the above, Dale.

RAY: Actually, you're not crazy. Five thousand miles is the manufacturer's estimate of when the oil will need changing, based on the average person's driving and idling time. But it's just that:

an estimate.

TOM: And you're right. The time your engine spends idling certainly does contribute to the breakdown of the oil. Which is why vehicles that idle a lot, like 18-wheelers, taxis and police cars, get their oil changed more frequently than your car does.

RAY: If you look in your owner's manual, you'll see that they change the estimate if you use your car abnormally.

TOM: Does living in your car constitute using it abnormally?

RAY: Yes, but not with regard to oil life. Your owner's manual probably lists two different oil-change intervals. One is for "normal" duty, the other is for "severe" duty. Severe duty is defined as operation in extremely hot or cold weather, towing or using the vehicle like a taxi (stopping, starting and idling a lot). And the severe-duty oil change is more frequent, to account for that extra wear and tear.

TOM: Even better than those estimates, a number of cars' com-

puters now actually calculate when the oil needs to be changed. They do it based on an algorithm that takes into account idling time, engine temperature and driving conditions. So your idea is perfectly logical, Dale. It's just another way to estimate oil life.

RAY: But you might be overdoing it a bit. It would take you 83 hours to reach 5,000 miles if you were driving at 60 mph. But you're not driving at 60 mph all day, every day. If you were, you'd have a hell of a time getting out of your driveway without wiping out your mailbox and your neighbor's tulips.

TOM: Assuming you do a normal mix of highway and city driving, it would probably take you more like 100 to 125 hours to reach 5,000 miles.

RAY: I'd recommend that you go with 100 hours, Dale.

TOM: Based on what algorithm?

RAY: Based on the number 100 being easier to remember than 83.

Knitting in a Car is a Game of Chance

Dear Tom and Ray:

As a car passenger is it safe to knit in a seat with an air bag? My husband says I shouldn't, but I want to know for sure. - Kim

TOM: Well, it's safe unless you have an accident that deploys the air bag, Kim. Depending upon which way the needles are pointing when the air bag goes off, they could either be tossed into the back seat or speared into the seat back, by way of your thorax.

RAY: So if you really want to be safe, you have to sit in the back, like Grandmas do with their knitting needles.

TOM: It would be nice if someone made knitting needles out of some sort of firm rubber, with perhaps a short, hardened point. That way, they'd bend in an accident, rather than spear somebody. But I haven't seen anything like that yet.

RAY: And by the way, it's nice that your husband is worrying about you, Kim. My wife keeps suggesting that I take up knitting in the car, and she keeps buying me "Battle Tested" hardened steel needles.

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Danville Senior Meal Site


February Meal Schedule

February 1 - Meat Loaf with Peppers and Tomatoes, Mashed Potatoes and Gravy, Peas and Carrots, Homemade Wheat Bread, Apple crisp.
February 6 - Baked Fish, Lemon Rice, Whole Wheat Rolls, Carrots, Clementines, Pineapple Juice.
February 8 - Chicken Parmesan, Multigrain Spaghetti with Marinara Sauce, Garlic Bread, Broccoli Salad, Cantaloupe. Library Day.
February 13 - Cream of Broccoli Soup and Saltines, Crab Salad on Lettuce and Tomatoes, Whole Wheat Rolls, Orange Juice, Fruit Cobbler.
February 15 - Pepperoni or Vegetable Stromboli, Pasta Salad with Broccoli, Black Olives and peppers, Clementines.
February 20 - Lasagna, Spinach Salad with Mandarin Oranges, Garlic Bread, Pudding.
February 22 - Chicken and Broccoli with Ziti, Whole Wheat Biscuits, Orange Juice, Tossed Salad.
February 27 - Buffet


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Walden Recreation Is Very Much Alive

BETTY HATCH

A lack of snow this winter has folks howling about not being able to ski or snowmobile. "No fun times," we hear and "No recreation in the area." The conditions are not perfect, but it looks like it might get better.

Young people growing up on a farm years ago, never lacked for exercise as there were woodboxes that needed filling and calves that needed to be fed. There were always chores for kids to do. If they could get a gang of neighbor kids together for a game of tag or "kick the can," they were entertained and happy.

Visiting and card games kept older folks busy, but soon movies called folks to bigger places for entertainment. Organized baseball teams for young folks and town teams for young men came into being. Recreation Committees were formed in towns to keep people amused. Walden was no different than the rest, and a Little League baseball team was organized by Michael Johnson, with help from Peter Crosby, in 1973. They had no home field so they practiced at the tennis courts by Joe's Pond. Some home games were apparently played at the Audet Sawmill field. Newspaper clippings and reports in the Walden Town Reports give an idea of how and where the events took place.

"The Walden Recreation Committee was formed May 8,

1979. The first meeting consisted of electing officers and listening to ideas and recommendations on recreation facilities from two representatives of the State Recreation Department." They immediately began to consider purchasing property for a recreation field.

Because the Little League team was in place, a Pee Wee team for 6 to 9 year olds was organized. All the kids got to play and learn the rules of the game, and better days were ahead.

Part of the old sawmill property was purchased on June 6,

1980 from Arnold and Bonnie-Lou Martin, and Walden had its recreation field. The field was used for picnics, barbecues and field days. Throughout the years, the baseball field was built, and in later years a soccer field was marked out. Dugouts, fences, a scoreboard and a snack bar have been added.

The firehouse at the Heights was used by the committee in 1982 for a Halloween Party for the children with many prizes being given. The Heights School Theater Group presented "Feudin' Mountain Boys" as part of the entertainment. Witch Wagon calls were made and prizes awarded after the party. Lorraine and Reginald Cochran, Hazel Hodgdon, Debbie

Bucknam and Jane Kappler were in charge. New uniforms were purchased for both teams.

Seventh and eighth grade boys at the Heights were interested in basketball, and a team was organized in 1990, which played for several years.

In 1994, businesses purchased new uniforms for the Little League team. Each shirt had the name of the business on the back, and the kids were proud to be representing that town business.

With the opening of the new school building, the school has taken over the basketball and baseball teams. In 1996, the recreation committee agreed to reorganize and the group has always been interested in raising money for sports programs.

A soccer program was organized in 1996. Soon more children were interested, and teams for boys and girls were organized to keep the team numbers smaller and for the children to be able to get playing time. This year, there have been three multi grade co-ed teams.

There are five basketball teams including a co-ed team from 3rd and 4th grades, coached by Hope Lakus. From the 5th and 6th grades there is a boys' team

coached by Karen Mosher and a girls team coached by Ruthellen Doyon with games to play through January and February. Kelly Greaves is coaching the 7th and 8th grade boys and Kathie Menard the 7th and 8th grade girls. Each of the 8th grade students look forward to playing on a team when they get to high school.

A large group of parents and friends are always on the sidelines to cheer them on.

The Recreation Committee has received an appropriation from the town each year since 2000, its members are still busy raising extra money for dues and tournament fees, equipment and certificates for players. Busy schedules are set up for each team, and the young people are happy with their playing. A large group of parents and friends are always on the sidelines to cheer them on.

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MLS # 2631968 Great fixer-upper for the project lover in you! This home is within walking distance of Danville Village, has village water and sewer, and a nice lot. Large living room and eat-in kitchen. First floor laundry and bath. It has newer windows, furnace and water heater. Call today for an appointment. \$75,500

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- * 1.2 acre commercial lot
- * 11,000 cars per day traffic count
- * \$32.00 per square foot

\$208,000



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BEGIN REALTY ASSOCIATES

West Barnet Senior Action Center

February 2007

February 2 - Buffet.

February 7 - Hot Hamburg Sandwich, Mashed Potatoes, Buttered Carrots, Cole Slaw, Brownies.

February 9 - Roast Turkey, Stuffing, Potatoes, Cranberry Jelly, Peas, Homemade Rolls, Jell-O.

February 14 - Baked Chicken Legs, Mashed Potatoes, Spanish String Beans, Sauerkraut Salad, Dark Breads, Cake with Frosting.

February 16 - Baked Beans, Hot Dogs, Brown Bread, Cottage Cheese with Fruit, Grapenut Pudding.

February 21 - Chop Suey, Carrot and Raisin Salad, Muffins, Mixed Fruit Cup.

February 23 - Baked Fish, Mashed Potatoes, Mixed Vegetables, Assorted Breads, Peaches and Cream.

February 28 - Hamburg and Macaroni Soup, Tossed Salad, Biscuits, Ice Cream.

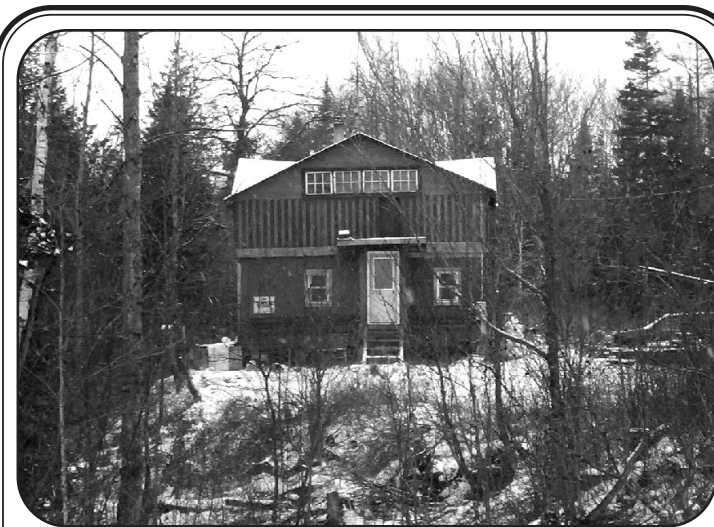
Meals served at West Barnet Church. All meals served with a beverage. Reservations not required. Suggested donation of \$3 per meal is appreciated. Phone (802) 633-4068.



Lyndon: Well maintained 2 (possibly 3) bedroom, 2 bath home on 1 +/- acre with fabulous views. This property has newer roof and a new den or bedroom. Enjoy country living within minutes of town. Must be seen to be appreciated. \$79,900

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ML#2630693 Attention hunters and snowmobilers! This rustic, log-sided camp is just what you've been looking for. Listen to the intersecting brooks that surround the cabin or explore the ten acres of land teeming with wildlife. All the major necessities are in including septic, water and power. You can add your own finishing touches to this private getaway in the heart of the Northeast Kingdom. \$80,000



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AROUND THE TOWNS



COMMUNITY CALENDAR

Daily - The Northeast Kingdom Artisans Guild Backroom Gallery in St. Johnsbury.

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.

2nd Monday - Cancer Support Group, NVRH Conference Room A, 4 p.m. (802) 748-8116.

Last Monday - Alzheimer's Support Group, Caledonia Home Health, Sherman Drive, St. Johnsbury. 7 p.m. (802) 748-8116.

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.

2nd & 4th Tuesday - Bereavement Support Group, Caledonia Home Health, Sherman Drive, St. Johnsbury. 5:30 p.m. (802) 748-8116.

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.

3rd Wednesday - Cardiac Support Group, NVRH, 6:30 p.m. (802) 748-7401.

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.

February

- 1 Full Moon Snowshoe, Northwoods Stewardship Center, East Charleston, 7 p.m. (802) 723-4705.
- 2 Contradance, Danville town hall with Union Suit Hull's Victory String Band, 8 p.m. (802) 563-3225.
- 3 Winter Tracking for Signs of Wildlife, Northwoods Stewardship Center, East Charleston, 9 a.m. (802) 723-4705.
- 3 Men's Ecumenical Breakfast, Methodist Church, Danville, 7 a.m. (802) 684-3666.
- 3 Scrabble Club, St. Johnsbury Athenaeum, Noon - 4 p.m. (802) 748-8291.
- 4 NEK Audubon trip to Champlain Valley South of Burlington, Meet at West Danville park and ride, 7 a.m. Register by calling Tom Berriman at (802) 626-9071.
- 5 NEK Audubon Informational and Planning Meeting, 4:30 - 6 p.m. Fairbanks Museum. (802) 626-8265.
- 7 First Wednesday Lecture Series with Dartmouth Professor Edward Bailey and "How the Romans Invented Themselves." St. Johnsbury Athenaeum. 7 p.m. (802) 748-8291.
- 8 West by Southwest Book Discussion Series with *Bless Me, Ultima* by Rudolfo Anaya, Cobleigh Library Lyndonville. (802) 626-5475.
- 8 Global Warming: *Inconvenient Truth*, Screening and Discussion, Northwoods Stewardship Center, East Charleston, 7 p.m. (802) 723-4705.
- 8 Film discussion following 7 p.m. film at Catamount Arts, St. Johnsbury. (802) 748-8813.
- 9 Sacred Circle Dance, Danville Congregational Church, 7-9 p.m. (802) 684-3867.
- 9 United Baptist Christian School, Spaghetti Supper and Auction 5 p.m. (802) 748-4952.
- 10 A Stroll through the Snow with Steve Maleski of the Fairbanks Museum, 8-10 a.m. South Danville. (802) 748-2372.
- 15 Global Warming Changing Course with Barbara Duncan of Vermont Earth Institute, 7-8 p.m. Fairbanks Museum, St. Johnsbury. (802) 748-2372.
- 16-19 Great Backyard Bird Count with NEK Audubon. (802) 626-9071.
- 17 Introduction to Ice Fishing on Island Pond, Northwoods Stewardship Center, East Charleston, 9 a.m. (802) 723-4705.
- 18 Pancake Brunch with Coles Pond Sledgers, Walden Church, 10:30 a.m. (802) 563-2060.
- 20 "Public Health Implications of Climate Change" with Kim Knowlton, 7-8 p.m. Fairbanks Museum, St. Johnsbury. (802) 748-2372.
- 22 West by Southwest Book Discussion Series with *House of Sky* by Ivan Doig, Cobleigh Library Lyndonville. (802) 626-5475.
- 22 Global Warming Changing Course with Barbara Duncan of Vermont Earth Institute, 7-8 p.m. Fairbanks Museum, St. Johnsbury. (802) 748-2372.
- 23 Sacred Circle Dance, Danville Congregational Church, 7-9 p.m. (802) 684-3867.
- 24 Annual Kingdom Classic Wild and Wooly Ski and Snowshoe Race, Northwoods Stewardship Center, East Charleston, 10 a.m. (802) 723-4705.
- 24 Fairbanks Museum program: Wool Rug Hooking with Sue Longchamps, 9 a.m. - 1 p.m. and continued on March 10, Fairbanks Museum, St. Johnsbury. (802) 748-2372.
- 25 NEK Audubon trip to Champlain Valley Islands. Meet at West Danville park and ride at 7 a.m. (802) 626-9071.
- 28 Fairbanks Museum program: "Review of the Modern Apple" with Ken Parr of East Burke, 7-8 p.m. Fairbanks Museum, St. Johnsbury. (802) 748-2372.
- 28 Book discussion: *La Tour Dreams of the Wolf Girl* by David Huddle. 7 p.m. Pope Library, Danville. (802) 684-2256.



Patti Duval Photograph
 Patti Duval is a registered nurse whose experience has been primarily in neonatal care. In December she joined her niece and nephew on their trip to China to adopt a baby girl. Between scheduled appointments and periods of waiting there was time for sightseeing. Here at Hunan University in Chungshaw, Province of Hunan, and in front of an enormous statue of Chairman Mao Tse-Tung, Patti takes a few minutes to read The North Star. Since then Patti has returned to Saratoga Springs, NY, and the new family has returned to Baltimore. All are doing very well.

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Save the Date:
Saturday, February 24, 2007
Roast Pork Supper
North Danville Baptist Church in North Danville

MENU: Roast pork, stuffing, mashed potatoes, gravy, coleslaw, glazed carrots, applesauce, rolls, dessert and beverage.

By Reservation only. Servings begin at 5 p.m.

EAT IN or ORDER A DELIVERED TAKE OUT
 Adults - \$10; Children 12 and under \$5
 Preschoolers - Free

Must be reserved by Tuesday, February 20, 2007.
 Call Betty @ 684-2183 or Judy @ 748-8519
 Or for take-outs delivered in Danville and St. Johnsbury area call Roy @ 684-3488.

Benefit of North Danville Baptist Church Handicap Access Fund