

THE North Star MONTHLY

Every Small Town's Newspaper

DANVILLE, VERMONT

GOOD FOR THE WHOLE MONTH

\$1.50

JUNE 2007

Volume 19, Number 2

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Mecca of
Commercial
Composting**



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Father's Day
with a Barbecue**

CIVIL WAR MEMOIR DESCRIBES LIFE IN PRISON

VIRGINIA DOWNS

Luther Burnham Harris was described by the family physician as "tough as a knot, strong as a moose and the courage of an ox." But when he tried to enlist for service in the Civil War in Barton in the fall of 1861, the examining surgeon told him to go home to his mother.

Luther's mother and father understood his eagerness to serve. With no education in rural Vermont beyond eighth grade, the strapping 14-year-old from Sutton was ready to support Governor Erastus Fairbanks's answer to a message from President Abraham Lincoln which asked, "Washington is in grave danger. What may we expect of Vermont?"

(See *At Andersonville* on Page 8)

ANDY'S ROUGH LUMBER

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Please see our ad on page 13

Joe's Pond Country Store to Change Hands



Photo By: North Star Monthly

Ned Moran (right) moved from Norton, MA to buy the Joe's Pond Country Store in December 1987. He met Marcia (center) at the store, and they were married in 1990. Jeff Downs (left) has recently moved to Cabot from Winchester, VA, and he plans to buy the West Danville landmark on May 31.

TERRY HOFFER

When Jeff Downs left Philadelphia he was tired of the sprawl and the spread of commercial development and tired, too, of his emerging expertise as a salesman. Downs had proven his knack for sales in businesses ranging from aluminum siding, tree pruning services, cars and trucks to stocks and bonds, but he found there was more to life than persuading people to buy goods and services.

In July 1982, Downs packed up his family and possessions and moved to a beautiful pastoral community at the head of the Shenandoah Valley in northern Virginia. Winchester is on sacred Civil War soil where Union and Confederate armies met many times in their efforts to control the fertile lands known as the "breadbasket of the Confederacy" and the route of enormous strategic importance where long lines of soldiers passed protected from view by the steep slopes of the Blue Ridge and the Allegheny Mountains.

"In 1982," Downs says, "it was wonderful. Winchester was an hour and a half west of Washington. The sky was clear, and there were no cars." He says that deer were everywhere, and fishing from his home beside the Shenandoah River was something many would envy. Stone walls and old cemeteries lined the roads in quiet dignity, and it was peaceful.

Downs and a friend started a business and opened a record store that would prosper and weather the storms of change and commercial growth for 25 years. They called it EarFood, and a sign on their store window boasted, "Not Some Stinking' Chain Store."

EarFood sold new and used vinyl records, cassette tapes and compact discs and held off the exponential surge of discount store development and even held its own against on-line music and low priced Internet downloads. However, after iTunes, one dominant purveyor of songs on-line, announced its one billionth song sold for 99 cents and after Downs realized that the leap-frogging WalMart, Target, K-Mart, Best Buy, Circuit City, Home Depot, Lowe's and Staples stores had all but swallowed historic Winchester, he put a new sign in the

window. The new sign said, "After 25 successful years EarFood is for sale. Please buy my store so I can move to Vermont, and I'll teach you everything you need to know."

Ten months later, Downs says, a customer read that sign and did buy the business. Downs sold his 1825 farmhouse on ten acres in Winchester and made two trips to the Northeast Kingdom. On the second trip he settled on a log home for sale overlooking Joe's Pond in Cabot, and he wipes tears from his eyes as he tells about the absence of traffic as he knew it in Virginia. He describes his amazement in finding that people use blinkers before they turn and he laughs about an incident at a four-way stop with cars coming from every direction. "Everyone was beckoning for someone else to go first," he says. "I'd never seen anything like it."

Downs said goodbye to his daughter in Washington, DC and set off for the third time heading for Vermont. He arrived with a moving van, his dog and his personal property as the last of the epic Valentine's Day snowstorm fell on the state. After struggling with the moving van in deep snow by the log house Downs had his things under cover. He was hungry and decided to go to West Danville.

Downs loves to describe the sequence of events that followed. "I didn't have any food in the house so I pushed open the door to the

(Please see *From the Bright Lights* on Page 6)

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

Commercial Composting Heads Mainstream

It wasn't all that long ago that people who saved their lawn and garden waste seemed sort of extreme. As a boy I put grass clippings from my summer lawn-mowing job in a compost pile, and my father would sometimes use the resulting half-rotted material in his vegetable garden. I figured it was more about the perpetual hope of the gardener and the process than about the finished product. I can't honestly say that I noticed his tomatoes grew any better planted with grass clippings than neat in the red clay of his garden.

There was a surge of enthusiasm for composting as part of the back to the land movement, which came in with the hippies and the counterculture of the "60's," but even then composting was rarely based upon science, and piles grew bigger and smellier not better. They attracted flies and four legged pests both wild and domestic, and hippies' tomatoes seemed barely better.

Later I became a home gardener myself, and egged on by my father-in-law and his matched set of green thumbs I bought a composting container. It's a black plastic contraption, and at times I have faithfully gathered kitchen and lawn and garden waste and mixed it together. Sometimes I find beautiful black soil emerging from the bottom of the pile, and I gather it up for my own tomato plants. It does make a difference.

Last fall I met Wendy MacKenzie from Peacham who has committed herself to a composting project at the Peacham School, and with students she gathers their cafeteria waste for her homestead garden. The goal is zero-waste in the school cafeteria. The result is a higher level of consciousness about waste management among students and a growing mound of rich compost at MacKenzie's farm. "The real satisfaction," she says, "is seeing the awakening among kids and their families who never thought of this before and knowing that they will take that experience wherever they go." For years I had been missing something, but suddenly I was impressed.

A month ago Marty Beattie described to me the composting plan he adopted at his store beside Route 2 in Danville. [See related article on page 18]. In a collaboration with the Waste Management Districts of the Northeast Kingdom and Central Vermont, Beattie thinks he can divert as much as a ton of food waste from his store every week, and instead of having it hauled and buried in a leak-proof landfill it can be collected and nurtured into a commodity with value. I found the folks at the Highfields Institute in Hardwick where Beattie's compostable waste is going, and after seeing them in action and after holding a handful of rich Highfields compost in my hand I will never again think of the process as odd or extreme.

Highfields Institute turns waste like Beattie's to compost. Further, it transmits information about the process to farms, businesses and schools where willing people with open minds are finding that composting is a significant part of reducing the staggering volume of useable waste discarded in Vermont alone. Beattie, once a truck driver for Rapid Rubbish in St. Johnsbury, says, "Waste is just piled deeper and deeper, higher and higher until the pile tips over and the system collapses."

The system is not extreme, and Town Manger Mike Welch in St. Johnsbury says, "It's an area in which a little initiative can make a big difference as to what's going into landfills."

Tom Anderson, special programs manager with the Central Vermont Solid Waste Management District, says Highfields has spread the word to 14 affiliated schools where more than 6,000 school kids are separating waste materials and understanding that, like turning out the lights at night, this is a way of life.

This is not about weirdoes in their gardens or hippies in the 1960's, but a legitimate objective in any serious planning for commercial or municipal waste management. Claire Stodola is a senior at St. Johnsbury Academy trying to get the Board of Selectmen in St. Johnsbury to take a position of leadership in municipal composting. Stodola has proposed a place and a composting program as an environmentally friendly alternative to waste burial or burning. I hope she finds success and bushels of ripened tomatoes for all.

Terry Hoffer

Cultivating Impartiality

Last month, three young men had their lives changed—again. David Evans, Collin Finnerty and Reade Seligmann, all former lacrosse players at Duke University in Durham, NC, were cleared of the rape, first degree sexual offense and kidnapping charges facing them. The charges arose from events at an off-campus lacrosse team party in March 2006. An exotic dancer hired for the party alleged she had been sexually assaulted by several team members. Durham, Duke University, the Duke men's lacrosse team and, in particular Evans, Finnerty and Seligmann suddenly were the unwanted focus of national media attention. The three young men were suspended from school, their lives publicly dissected by the media.

Prosecutor and Durham District Attorney Mike Nifong (at the time, up for re-election) garnered his own share of media exposure. Portrayed as unafraid to bring to court a case heaped with controversy over race and affluence, Nifong first dropped the rape charges in December 2006, and then withdrew from the case altogether in January 2007, as it became evermore apparent that he had not adequately investigated and verified the allegations against the three lacrosse players.

On April 11, 2007, North Carolina Attorney General Roy Cooper, who had taken over the case from Nifong, announced that, due to a review of the evidence and the conflicting accounts given by the accusing witness, Evans, Finnerty and Seligmann were innocent of the charges against them and the case was dropped. I was surprised by my reaction to this announcement.

As a casual spectator, via the media, of our legal system, I carry the naïve expectation that if charges are leveled against someone, there is probably good justification. In the case of violent crimes such as physical or sexual assault, my sympathies lie with the victim(s). I suspect that I am not alone in these attitudes, which stem from (and are a compliment to) the diligent work done by police and prosecutors. My surprise regarding the exoneration of the Duke lacrosse players stems from the realization that I had not presumed them to be innocent until proven guilty. I had succumbed to "innocent until charges publicized." (Perhaps you can get a sense of this by considering your own response to another high profile case, such as the OJ Simpson trial.) I realized, following Cooper's April 11 announcement, that it was only self-flattery to think I was impartial.

Impartiality must require training to acquire and experience to maintain. Facts can be examined objectively, information and opinions from others heard with an open and balanced attitude. But such a detached, intellectual review requires significant effort to recognize and limit the subtle effects of our inescapable biases and preconceptions—easier said than done. If impartiality is a garden, it is an unending job to keep it free of the weeds of bias and prejudice.

The cautious language used by the media regarding the "alleged" actions of the Duke lacrosse players was insufficient for me to maintain an impartial view. Intellectually, I could acknowledge that the facts of the case were quite unclear. Yet at a more "primitive" level, perhaps driven by an emotional and innate sympathy for victims, I held the "gut" opinion that the three accused were guilty.

The Duke case highlights the frailty of impartiality. I was not impartial, which, fortunately, was completely irrelevant to the outcome. Not so for the prosecuting attorney, whose apparent lack of impartiality resulted in irrevocable changes in the lives of all the principals: accused, accuser and even the prosecutor. I am impressed by this case that when individuals who hold power within our judicial system lose their impartiality, victims abound.

Tim Tanner

THE North Star MONTHLY

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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.

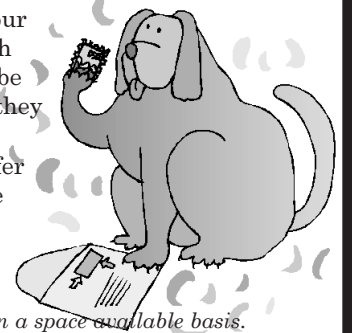
ARTICLES: We don't have a big staff of writers. So we look forward to your sending your writing. If you have questions or ideas and want to ask us first, please call. We'll send our guidelines. No fiction, please.

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:

Catamount Arts

Dear North Star,
Thank you for the great editorial in the current *North Star* about Catamount and its

ABC project. I appreciated the accuracy of your detail and the multiple layers you offer of the benefits to the larger community. Chalk up yet another way you are contributing positively to the area.

Bob Swartz
Chair, Catamount Arts
St. Johnsbury, VT

(Continued on Page 4)

Some Still Seek Acknowledging Almighty God in U.S. Constitution Reports of Indians Murdering White Men Increase in Black Hills

The North Star
"WHERE LIBERTY DWELLS THERE IS MY COUNTRY"
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THE NORTH STAR

June 2, 1876

Church and State - For some years past an organized movement has existed having for its object the incorporation into the United States Constitution an amendment "acknowledging Almighty God as the source of all authority and power in civil government, the Lord Jesus Christ as the ruler among nations and his revealed will as of supreme authority." In this movement many excellent as well as eminent men are enlisted but the great body of the Christian people of the country are satisfied with the Constitution as it is and not in the least inclined to upset the work of the Fathers as seen in the complete separation of the State from Church.

Wood Burned - Last Sunday night some one hundred and twenty five cords of four foot wood were burned on the line of the P&O Railroad near Brickett's mills in Walden. Some 80 cords belonged to the railroad company, the remainder to a Mr. Cate. It is a mystery as to

how the fire caught. Mr. Cate discovered it when it had got under pretty good headway and was unable to quench it.

Accident - Last Saturday evening Aaron Smith, Jr. with a horse and wagon was carrying Mrs. Willard Cook to her home in West Danville and when near Mr. Oderdirk's, while driving moderately the wheel or wheels on one side of the wagon struck a hole in the road. The kingbolt came out and Mrs. Cook was thrown over the dasher to the ground making a somewhat severe wound in the head and injuring one of her arms considerably.

June 9, 1876

An enormous block of granite was being lowered into the foundation of a dock at Haulbowline Ireland. A laborer fell under it unobserved and was crushed into the layer of concrete upon which the stone rested and his body will remain there since the truth was learned too late to recover it except at great expense and trouble.

We have had within a week nice warm rains which has aided vegetation essentially. It is a fine growing time. Grass and other crops look well.

Welcome Drown's family of this village enjoyed on the first of June a feast of maple sugar capped on snow, which was processed from a drift near his house.

H.K. Haviland of this village desires to sell his store and stock of goods, owing to failing health, together with many other articles. They will be sold regardless of the

cost.

Hermon Fisher has a new fashioned barometer in the shape of a tree toad, which he keeps in a glass jar containing at the bottom about three inches of water. When the weather is to be pleasant the toad climbs to the top of the jar on a ladder and before a storm goes down into the water where he remains until there is a prospect of clearing weather. The animal foretells the weather with as much accuracy as a mercury barometer.

June 16, 1876

The Indians - Reports of further Indian depredations in the Black Hills region are being received from several sources. The murders of white men are becoming remarkably frequent. Upwards of three hundred persons have already been killed and the destruction of life it is feared will be large before relief can be afforded by the army. There are now about five thousand white men in the Hills. Gold digging has not proven profitable and the miners cannot stir a mile from the camps without being cut off by the Indians. General Cook is advancing from Fort Fetterman. He reports that able bodied Indians have taken to the plains leaving their squaws and children to be cared for at the agencies.

Wool Market - The price of wool is quite low from 23 to 25 cents per pound for the best fleeces. The great depression in the manufacturing interests of the Eastern States has demoralized the California wool market. Wool is lower in price than it has been since

the settlement of the state and unsheared sheep have sold for as low as one dollar per head. The condition of the California wool market is a marked instance of the dependence of one section of the country upon another.

June 23, 1876

Lyndon - The Wilder Brothers, large paper manufacturers in Massachusetts, have purchased the Great Falls privilege below Halls' mills with 70 acres of land adjoining and will at once erect a paper pulp mill and eventually put in machinery for the manufacture of print paper. The enterprise will require an investment of some \$50,000 and the employment of 30 to 50 hands. The material to be used is spruce which is said to contain better fiber for paper than any other wood yet worked. The mill will work up between one and two millions a year.

Watson Dow got his hand caught in a belt at Geo. Merrill's shop one day last week and was unceremoniously jerked to the top of the room and over a revolving shaft.

June 30, 1876

4th of July - On that memorable day everybody is expected to make a noise and to help do so should call to purchase their fireworks of us. Vertical wheels, Roman candles, mines, bombs, torpedoes, firecrackers, &c. Low prices given to all and reductions on large orders made to those wishing to buy for public or private display. H.K. Weeks & Co's Fourth of July at St. Johnsbury -

Gen. J. L. Chamberlain of Maine, who turned the fortunes of the day at Little Round Top at Gettysburg and the General who received Lee's surrender of the Rebel Army at the close of the war will speak at the Fourth of July celebration in St. Johnsbury. Afterwards and through the evening there will be an illumination of streets and buildings as 500 lanterns of various sizes and designs will be displayed. At the close of the evening there will be a grand display of fireworks.

Notice to Horse Breeders - The subscriber will keep at The Eagle Hotel stable in Danville during the remainder of the season the well known trotting stallion, "Heenan," sired by the Old Morrill Horse and out of the Abial C. Palmer Morgan mare. There is no better stock horse in the Morrill family. All are invited to call and see him. Prices to suit the times. All mares at the risk of their owners. A.D. Smith

Three train men employed by the Central Vermont have been discharged this week because they drank liquor.

Last week, Friday Mr. M. V. Sargent of this town had a large barn raising. The barn is 122 feet long by 40 feet wide, with cellar under the whole. It is believed to be one of the best cellar walls in the county, made of split granite. The work was done by A. G. Danforth of Danville and H. C. Danforth of St. Johnsbury. The barn was put up by W. S. Fisher, a young and enterprising man. All parts of the frame went together like clockwork. It is the largest barn in the town.

THE North Star MONTHLY



Ask us to send him
The North Star
for Father's Day,
and on June 17
tell him what a
great guy he is.

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(Continued from Page 2)

T. Bailey, Painter

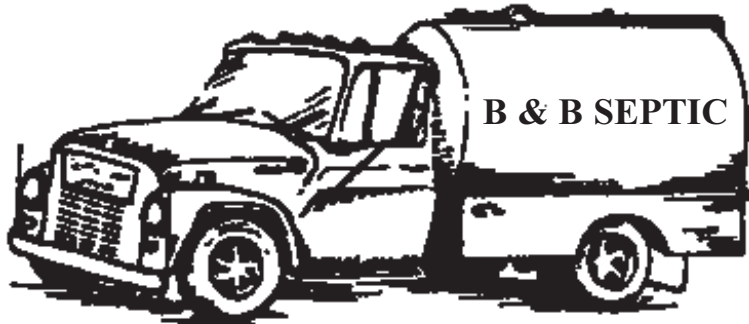
Dear North Star,

I thoroughly enjoy all issues of *The North Star* and most of the time read everything, including the ads, from front to back. One of the best reads for me was your

article about the painter, T. Bailey [April 2007].

I'm neither a particular art lover nor an ocean sailor, but I loved the article. I think the mystery and personal touch you brought to the story were the main elements in my enjoyment.

Dick MacKenzie
Sioux Falls, Ontario



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The Making of Great Presidents

There have not been many "great" presidents. George Washington, Abraham Lincoln, Franklin Roosevelt and Harry Truman are the only ones whom I believe merit that status.

There have been several others who had the capacity to be great but did not quite satisfy the standard in my judgment. Thomas Jefferson and Theodore Roosevelt come to mind. I am sure that other names of presidents would occur to me if I knew more about United States history.

What was it that distinguished between these groups of presidents? I am certainly not the first to suggest that circumstances and events challenging a president make for the difference. The essential ingredients necessary for their greatness were times of great troubles, coupled with the wisdom and tenacity to confront and conquer the challenges, which had great potential for disaster.

George Washington earned greatness by leading the country through its birth pains after serving as the heroic leader in the revolutionary war. Abraham Lincoln is considered great because he managed to keep the Union together. Franklin Roosevelt is great because he led us successfully into World War II at a critical time despite considerable domestic opposition. He also developed a domestic program, which brought peace and prosperity to the country. Harry Truman brought the Japanese phase of World War II to an early close and implemented policies that made for a lasting peace in Europe and Japan.

History does not long remember unchallenged presidents like Warren Harding or Calvin Coolidge. But it criticizes presidents who did not deal well with challenges, for instance Lyndon Johnson, Richard Nixon and George Bush II.

In my judgment, history will be particularly harsh on President Bush. Where our great presidents overcame almost insuperable challenges that confronted them, Bush had thrust upon him the easiest opportunity of all to be a great president. He was not blamed for 9/11, and the nations of the world were ready for him to lead in conquering terrorists, once the full significance of our catastrophe was recognized by them. Instead of following successful traditional intelligence and police methods to catch Osama bin Laden, he invaded Afghanistan and then began his preemptive war against Iraq. The rest is and will be a sad chapter in world history.

Today our nation and the world are in desperate straits, in great part because of policies forced on the world by President Bush. We are viewed as a terrorist nation by much of the world community because of the Iraq war and the president's commitment to dominate economically and politically with the help of our military superiority.

At the domestic level we are saddled with an outsized national debt and an unnecessarily high foreign trade deficit because we import more goods and services than we export. The president has violated the constitution and runs the country with political cronies and conservative ideologues whose incompetence and obsessions have created many of the domestic problems.

Challenges facing the next president will be mind-boggling. He faces the reality of a United States deeply divided politically. For any real progress to be made in addressing the problems, the party in power after the 2008 election will have a mandate to cooperate effectively with the minority party at the congressional and executive levels. A healing and mending of our frayed political fabric is critical.

The days of a foreign policy based on unilateral aggression and domination should be over. Other nations would welcome a "New America."

I wish the power of money would not be as prominent and effective in electing the next president as it has been in the past. It behooves each party to nominate the candidate who can best deal with the predictable challenges. He or she must be able to bring the country together, especially the politicians, as did President Roosevelt. The next president will require the talents of a wise conciliator who will take the time to assemble a competent staff needed to implement carefully established policies. He must be able to muster support among the people so that we will accept the decisions and sacrifices that should be asked and required of us all.

The challenges ahead are substantial enough that future historians may well use the term "great" to describe our next president if he or she successfully implements policies that contribute to peace among nations, and a caring, prosperous and politically stable United States.

John Downs

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Liberal Arts - Why Not Liberal Sciences Too?

Probably the kind of schooling I received would be anathema to most American educators. Growing up in England, I was a student in a highly selective, definitely undemocratic process that sorted children at age 11 and, by testing, placed them in schools of differing academic focus and career paths. The only kind of school choice was for the privileged wealthy who could afford to send their children to private schools. This was a harsh system, but it did not waste intellect. Separating the more academically inclined students at an early age did have benefits for England, a small country that was recovering from a devastating war. I have no personal complaints about the high caliber education provided to me, but I do regret being unready to fully benefit from it. This system has now changed, allowing children of all abilities to attend school together, with gradual selection and guidance during the early years of high school.

Choices within the earlier system were limited and made at crucial points in the transition through school. After a rigorous exposure to English language and literature, English and world history, world geography, sciences, mathematics, Latin, a foreign language, with sports and homemaking skills thrown in for good measure, the great choice had to be made: Sciences or Arts?

All students in my school were headed to university, and at age 15 we had to make choices that would lead us in very divergent paths. Aptitude for science or language was really the deciding factor and so, though I liked history very much, I chose the science path. In truth I have never been sorry. I have been embarrassed! When I first came to the United States I felt ignorant. I knew nothing about American history and government, very little about American literature and general philosophy. The Americans I met seemed to know about all of these subjects. As a tutor to high school students, I soon learned a lot about American history and government, and a love of reading quickly filled in some other gaps.

While developing my basic skills I learned something that I believe is important. I realized how an American liberal arts education denies to students a real appreciation of science, and sets up a kind of mental block against learning about science later in life. I think this is very dangerous in our modern world, and it is also a self-perpetuating problem.

I realize that expert teaching at the college level boosts one's learning of any discipline to a higher level, but acquiring a basis in any arts-related activity is not difficult for most of us. I believe that people who have the interest can easily learn to appreciate art and music. Many people belong to choruses, learn to play instruments and play them in bands and orchestras. Several of my friends are artists, some have degrees in fine arts, and some are self-taught. All of them enjoy what they do and get personal satisfaction and professional success from their art. Many of us gain enjoyment from literature and poetry by participating in reading and discussion groups. Many local historians have acquired much of their knowledge from reading, research and dedicated enthusiasm.

I have noticed that, for most people without a scientific background, understanding basic scientific issues can be overwhelming, almost like hearing a foreign language. I have known some elementary school teachers who were uncomfortable teaching basic science, even to young children. Many adults cannot identify common plants that they see every day. They do not recognize organisms that are beneficial to humans and those that are common pests, "Kill 'em all," becomes the mantra! We need to appreciate the beauty and complexity of our natural world and its delicate balance before we seriously damage that balance.

In a time when cell-phones, i-pods and Blackberries are becoming extensions of our bodies, many of us have no clue how they work. No wonder we are suckers for the planned obsolescence of these and other appliances. The modern world we live in is so complex that it is helpful to understand the basics of science in order to make rational decisions for ourselves, our families and our nation.

Our most serious lack of scientific understanding is about our own bodies. If we had a real understanding of how these fabulous human machines work, wouldn't we take the warnings on pharmaceutical packages more seriously? Would we take a seemingly innocuous medication if we understood the messages about stomach irritation or kidney and liver disease? What about knowing how our bodies metabolize the things we eat, and how diet, obesity and exercise are interrelated? If we had better scientific knowledge, would we be so casual about allowing the government to reduce air and water pollution standards? If we had a better understanding of science, wouldn't we be protesting the pollution of rivers, agricultural land and the oceans? Wouldn't we be skeptical of the safety claims for aging nuclear power plants?

Learning science should be fun and not a mystery, for much of it is about us - who we are as a species; how we grow and develop; how we comprehend and interact with the world around us. There are many activities that would help scientifically challenged adults: museum programs in astronomy, field botany, birding and climate change; hospital programs about many aspects of health and the human body; regular articles about current science issues in popular magazines and newspapers. There are many books such as Viquar Zaman's Life Sciences for the Non-Scientist that help us learn more.

Without basic scientific knowledge we can miss seeing and appreciating so many wonders around us. This really came home to me on a beach in Florida this winter. I was walking at the water's edge collecting shells when I noticed a flash of black moving about 150 yards off-shore: dolphins, big ones, chasing a school of fish. I almost yelled out, "Look, dolphins, diving out there," but just in time I caught myself. How foolish to think it mattered! The people near me were listening to their i-tunes or talking on the phone. Just a few of us on that beach took a moment to watch the wonderful sight. That's just one reason why I ask, "Why not liberal sciences, too?"

Isobel P. Swartz

Garden Tour and High Tea To Benefit Catamount Arts

For many residents of Vermont's Northeast Kingdom, as well as many visitors to the area, summer means warm weather and vacations, but it means, too, Catamount Arts' annual Garden Tour.

This year the Garden Tour, the seventh annual event, will be from 10 a.m. - 4 p.m. on Saturday, July 7, rain or shine.

As an added attraction, this year the tour will feature an English High Tea, organized by the Northeast Kingdom Bed and Breakfast Association.

Participants in the tour will have access to six outstanding gardens. Three are in the village of Barnet; another is in the town of Barnet and two are in Danville.

Specific information, including the names of owners of the gardens and directions to each location will be available to participants at the time that they purchase tickets.

The English High Tea, which will benefit the Bed and Breakfast Association scholarship fund, will include three full courses. The Tea will begin with scones and clotted cream, continue with a variety of sandwiches and end with a traditional English dessert including trifle. There will be two settings for the English High Tea, the first at Noon and the second at 2 p.m. Because of the special preparation needed, tickets to the tea must be purchased by Friday, June 29.

Another special attraction of the day will be a plant sale at Catamount during morning hours of the tour.

Tickets for the day are available at Catamount Arts or by calling (802) 748-2600. Participants may purchase tickets only for the Garden Tour, only for the Tea or a combination ticket for both events at a special and discounted price.



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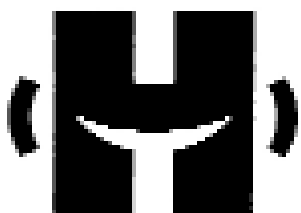


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From the Bright Lights of Washington DC to the Soft Glow of West Danville

(Continued from Page 1)

Joe's Pond Country Store, and I stepped inside. I grabbed a 6-pack of beer, a box of pasta and a can of something, and then I introduced myself to the store owner, Ned Moran. We exchanged How's it Going's, and I said I'm Jeff Downs. I'm going to be a neighbor. Ned asked what I did, and I said I didn't know but something good will turn up."

"I'm going to fix the stuff that needs to be fixed," Down says, "and I'm going to paint the stuff that needs to be painted. I'll find out what people want, and I hope I can provide it."

Moran said, "You want to buy a store?"

Down says, "Three days later I went back and I said, you know,

I think I will."

Downs conferred with his banker, his lawyer and with the business specialist at the Small Business Development Center in St. Johnsbury. Soon he had a business plan and financial projections, and with help from the Vermont Grocer's Association he had an understanding of the permits required.

With approvals in hand and encouragement from everyone he talked to, the salesman from Philadelphia, the entrepreneur from the Shenandoah Valley of Virginia and now the escapee from the megalopolis of outer Washington D.C. has contentment on his face.

"I wanted a better life," Downs says, "and it looks like I've found it."

As we write this, the closing, the actual sale of the business and transfer of the keys from Ned and Marcia Moran to Jeff Downs, is scheduled to take place on May 31. It's always risky to say with certainty that legal and financial matters will all fall into place precisely as planned, but surely the Morans and Jeff Downs are planning on the sale of Joe's Pond Country Store happening soon.

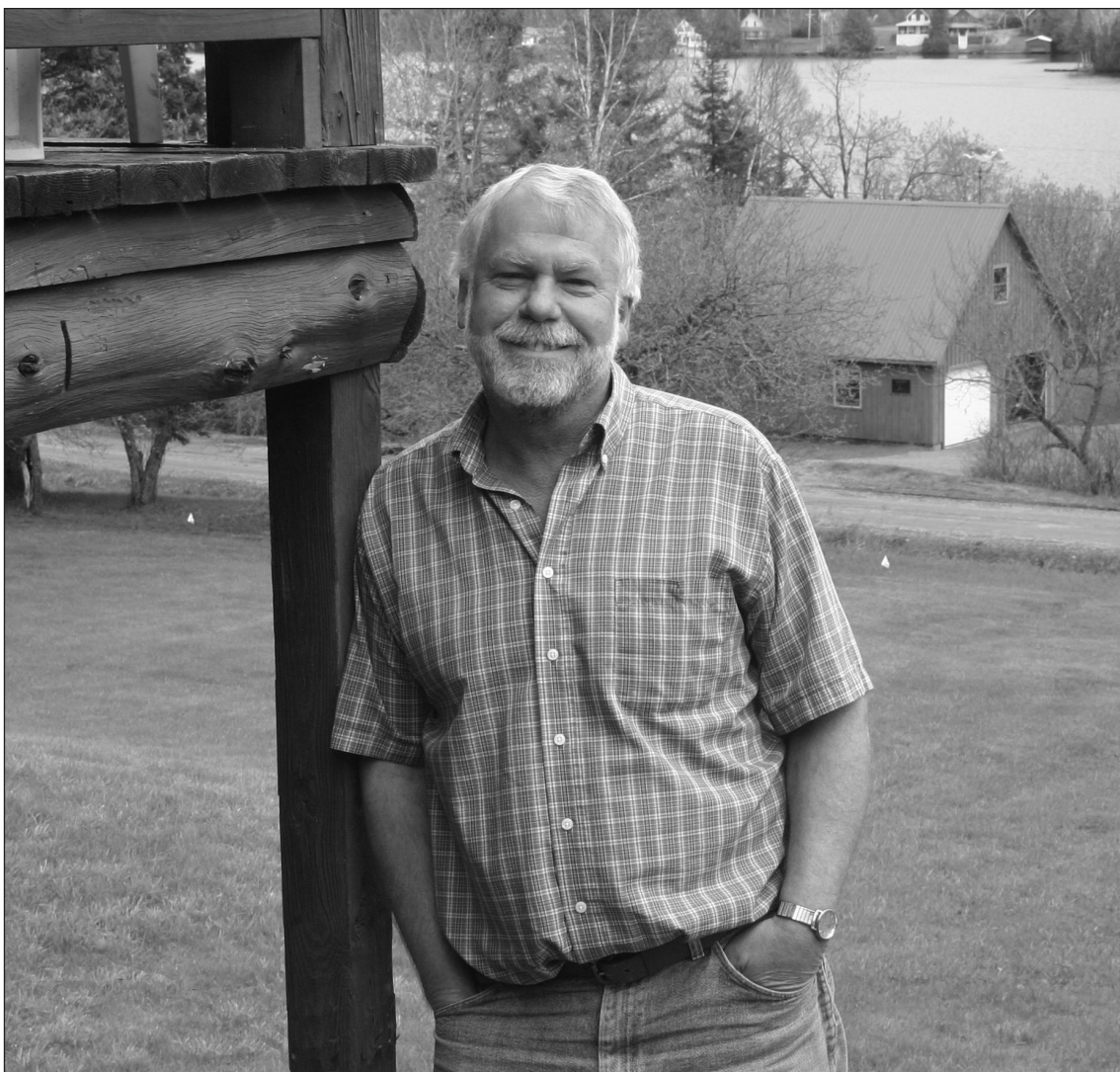


Photo By: North Star Monthly

Jeff Downs moved from the outer fringe of Washington, D.C. to this hill overlooking Joe's Pond, and the change of pace inspired him to buy Joe's Pond Country Store.

"I'm going to fix the stuff that needs to be fixed," Down says, "and I'm going to paint the stuff that needs to be painted. I'll find out what people want, and I hope I can provide it." He's careful about suggesting there will be radical changes, but he understands the popularity of the grill and the luncheonette counter

food service. "I've been in retail for 38 years, and I understand that people often come in just to talk." He says, "I'm willing to listen, and I think I can make food that they'll be interested in having. I'm a good cook - not fancy but tasty."

Downs is used to working long hours, but he plans on keeping the people that currently work for the Morans and simply taking one step at a time. He says, "I miss the buzz of my customers, and I look forward to

being a part of this. I look forward to getting to know the people and figuring out what exactly I can do to make the store a better place. I need to get my feet wet and see which way the water is moving. Ultimately my business plan is to go with it."

On this bright day in May, Down looks out over the water sparkling on Joe's Pond, and he smiles. "I'm where I want to be," he says, "and pretty soon I'll be doing just what I want to do." ★

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Up on the Farm Early

Lorna Quimby



I've been rereading Elizabeth Gaskell's *North and South*. Mrs. Gaskell wrote her novel, about the conflict between laborers and manufacturers, during 1854-1855. At one point her heroine, Margaret, tells a lie. It is a "noble" lie she tells in order to save her brother from trial and death. However, it is a lie, and only after great effort she speaks the untruth. Afterwards, when her questioner has left, she faints.

ner. Not usually, however, because they had not told the truth.

Margaret's lie and the hero's knowledge of that lie are the plot device that bring humility to Margaret and much discomfort to the hero who does not know she has a brother. The heroines in the novels of August Evans, which were written shortly after the Civil War, are also unable to lie. Their efforts to disguise their true feelings disclose those same feelings to the heroes, who then take advantage of the "truthful little darlings."

Louisa May Alcott (Didn't you just know I would get to Louisa at last?) shows the results of lying in *Little Men*. Her young protagonist suffers the inevitable result when, because of his propensity to lie to avoid trouble, he is not believed when he does tell the truth.

And, of course, there's George Washington and the cherry tree, Parson Weems's example of presidential probity. We learned about George in the first or second grade, and, like most people, we totally missed Weems's point: George and his father had the sort of relationship that encouraged truthfulness. From painful experience, we kids knew that our parents would have lambasted the tar out of any child rash enough to confess to such a deed.

So truth was a virtue more often honored in the breach. Events in real life rarely conformed to our small wishes. When I was 5 or thereabouts, I

wandered off to visit school. Deedee left each morning and returned in the afternoon full of the exciting things that had happened. So one afternoon, when I got bored with playing all by myself under the maple trees, I set off on the quarter-mile walk. When I reached the building, I opened the door, entered the hall and then the school room.

"Does your mother know you're here?" the teacher asked.

"Oh, yes," I answered. I felt uncomfortable. Probably my face was beet red.

Deedee suspected that I did not have permission. She lectured me all the way home. But school was interesting and I had had a good time. How does a small one balance costs and benefits?

Although I faithfully (as you can see) read Louisa May Alcott and didn't skip the preachy bits, I was a cowardly custard and, especially when I was being bullied, would say anything to avoid persecution. I never was very good at lying, though. I felt bad, my face grew hot, and, worst of all, I wasn't quick enough to think ahead. Anyone could trip me up.

One time Teeny Petrie and I were at the Library in the Corner. Mr. Hebbelthwaite sold, among other sweets and goodies, bubble

gum. It was a penny a parcel, smelled delightful, and I rarely had to chance to have any. Temptation overcame my small scruples and I stole a piece, unwrapped it and popped it in my mouth.

"Where'd you get the gum?" Teeny asked. "Where'd you get the money?"

"Oh," I answered breezily, "I found a penny on the sidewalk."

Now Teeny knew that if I'd found a penny, I'd have told her all about it, showed it to her.

"You're telling a lie," she accused me, "You stole it!"

All my pleasure in the gum disappeared. I was left with a deep sense of guilt as well as a disposal problem. I couldn't take it home. Ever after, even when I was in high school, I could not go into Mr. Hebbelthwaite's store without thinking of that piece of gum I'd stolen and wonder how I could possibly give him back his penny without convicting myself of thievery. I never did resolve my problem.

So, although I did not faint when I lied, I didn't enjoy the consequences. In the best of all possible worlds, you could confess your misdeeds openly and honestly and people would forgive you. Now I try to be truthful. If I'm asked to do something and it isn't possible, I say so.

And if I've said I'll do something, you can trust me to get it done. It makes life simpler for everyone.

In this 21st century, being truthful seems to be the least of people's worries. Rather than admit a mistake and get on with their work, men and women, who should know better, go to great lengths to create a "spin" that convinces no one that they didn't do something stupid in the first place. And there's usually more involved than a penny piece of bubble gum.

So truth was a virtue more often honored in the breach.

Fainting occurs with regularity in these 19th century novels. At every turn of the plot you find your heroine stretched out on a sofa or flat on the floor. If she has attendants, they rub her wrists, unloosen her collar and administer smelling salts. From her vinaigrette comes the sharp aroma of vinegar or ammonia. Sometimes feathers are burnt before her pretty little nose. The resulting sharp breath brings her back to consciousness.

Elsie Dinsmore fainted on the piano bench, where she sat obediently at her father's behest, because she refused to play the piano on the Sabbath. Whatever their source of discomfort or grief, heroines could be counted on to pass out in a graceful man-



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At Andersonville Prison the Death Rate Was Awful

(Continued from Page 1)

Fairbanks' answer still echoes in the hills of Vermont. "Vermont will do its full duty."

Luther was not discouraged. His second attempt at enlistment was approved by Edwin Stoughton, the newly-assigned Commander of the Fourth Vermont Regiment. Stoughton saw the promise in this five-foot ten-inch energetic boy.

Little did Luther know that a 23-year-old man, who had signed up at the same time in Barton, would become a close friend during their years in brutal Confederate prisons. Edward Varney left his home in Barton when he was 15 to work for E. & T. Fairbanks in St. Johnsbury, and he, too, was eager to serve his country.

The saga of Luther's years in the Civil War came to light shortly after the death of his only granddaughter, Elizabeth "Bessie" Harris Brown, in 1995. Dick Boera, long time treasurer of the Lyndon Historical Society, accompanied a

representative of the Lyndonville Savings Bank, executors of her estate, to her house near Willoughby Lake. There he found her grandfather's memoir, *A Prison Story*, with articles Luther had written and speeches he had given about the 12 battles he had served in and his captivity in nine Confederate prisons.

The result of Boera's discovery is *Luther B. Harris: A Prison Story*, which Denise Brown, writer and English instructor at Lyndon State College, and I co-edited, inspired by Harris family members and their resolve to keep Luther's spirit alive.

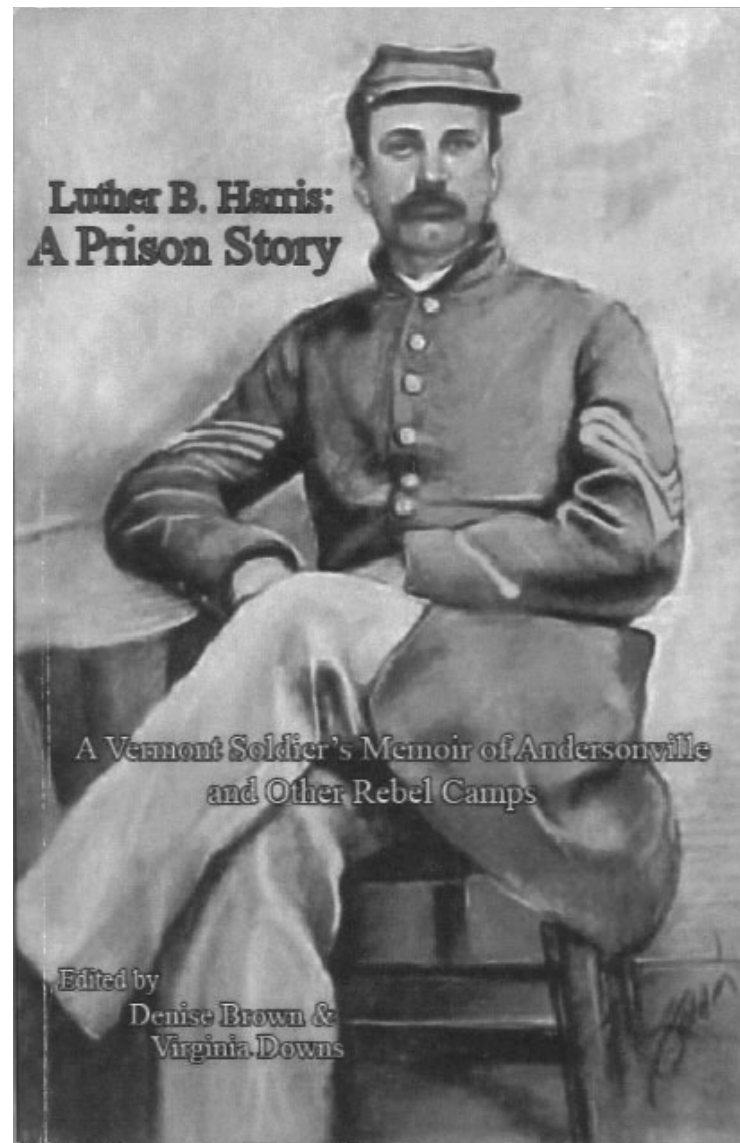
Pauline, wife of Tom Harris, Luther's great grandson, transcribed the memoir, and the original is housed in Bailey/Howe Library at the University of Vermont. Chris Raymond, teacher at Lyndon Institute and curator of the Shores Museum in Lyndon Center, researched the Harris papers and photos that reflect Luther's devotion to Lyndon, the

town he eventually made his home.

Luther's grandson William Spencer Harris wrote an introduction for the book in which he quotes Luther's father, Lucius, a preacher of the Sutton Baptist Church. Harris had written to a sister about his son's battle experiences, "Luther has been well all the time, except he had the mumps lightly. He has been in all the battles along the Potomac and the two battles at Fredericksburg and escaped unhurt. He likes a soldier's life, and is well contented."

For Denise Brown, Lyndon history became an important part of her life. She had moved with her young children a few years ago into what is known as "Daniel Cahoon's haunted house," the town's first two-story house, built in 1798. She quickly embraced the town's past. Her enthusiasm for exploring the memoir kindled my fascination with the story and, as they say, the rest is history.

Luther's memoir reflects his natural tendency to be positive. His observations about survival in the notorious Andersonville prison suggest his stoic New England fortitude. "A large part of the men never walked about the prison or took exercise, they gave up to their feelings and paid little attention to personal cleanliness," he wrote. "All day long they bemoaned their condition. They would have lived longer could they have taken a



Larry Golden, teacher of art at St. Johnsbury Academy, painted Luther Harris for the cover of the book edited by Denise Brown and Virginia Downs.

more cheerful view of it.

"A few days before we arrived, a movement was organized to establish a system of government and police ... If some weak one was being robbed, and should cry 'raider,' those of us who joined the movement were to rush to his help ... After the system got well at work the government was com-

plete, the weak were protected perfectly, and crimes were punished."

Luther wrote of escaping one dark night, using a rope made from bits of cloth and leather to climb the stockade wall. "At daylight my cord dangling from the stockade informed the guards that someone had gone and the hounds were put on my track... I took refuge in a small tree. As the dogs came up they formed in a circle around the tree, about twenty feet from it, and began to howl." Luther was taken before Andersonville's notorious commandant, Captain Wirz.

"He spoke English with some difficulty and, used the expression for which he afterward became famous for, 'That when he first came to this country he thought the American Eagle one fine bird, but now he thought it one d---d buzzard.' He gave me a talk on prison

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JUNE
 19 - Tri-City Valleycats
 20 - Tri-City Valleycats
 21 - Tri-City Valleycats
 25 - Oneonta Tigers
 26 - Oneonta Tigers
 27 - Oneonta Tigers
 28 - Lowell Spinners
 29 - Lowell Spinners
 30 - Lowell Spinners

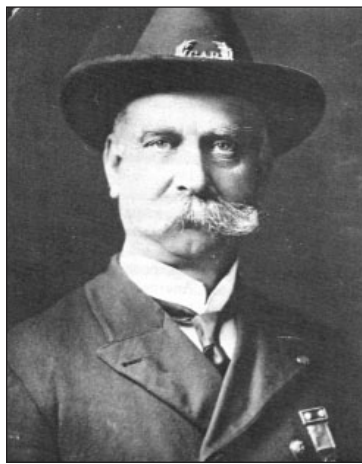
JULY
 7 - State College Spikes
 8 - State College Spikes
 9 - State College Spikes
 11 - Mahoning Valley Scrappers
 12 - Mahoning Valley Scrappers
 13 - Mahoning Valley Scrappers
 20 - Jamestown Jammers
 21 - Jamestown Jammers
 22 - Jamestown Jammers
 30 - Hudson Valley Renegades
 31 - Hudson Valley Renegades

AUGUST
 1 - Hudson Valley Renegades
 5 - Tri-City Valleycats
 6 - Tri-City Valleycats
 7 - Aberdeen Ironbirds
 8 - Aberdeen Ironbirds
 9 - Aberdeen Ironbirds
 22 - Staten Island Yankees
 23 - Staten Island Yankees
 24 - Staten Island Yankees
 25 - Brooklyn Cyclones
 26 - Brooklyn Cyclones
 27 - Brooklyn Cyclones
 30 - Oneonta Tigers
 31 - Oneonta Tigers

SEPTEMBER
 1 - Lowell Spinners
 2 - Lowell Spinners
 3 - Lowell Spinners
 4 - Lowell Spinners

Ticket Prices:
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Luther Harris, in 1904, pictured in his Grand Army of the Republic uniform.

side the country.

When I was a student at Lyndon Institute, I became friends with Luther's twin grandchildren, Spencer and Beverly, fellow members of our school orchestra. They lived in the grand brick house, which had been their grandfather's home before his death in 1913, ten years before they were born. A short distance from their home was the small park with the Florentine Boar Fountain, which their grandfather admired on a trip to Italy and had shipped home. Luther achieved great success as a farmer, breeding Hereford, Devon and Aberdeen-Angus cattle and Shropshire sheep and enjoyed foreign travel.

1874, but not for long. A fellow Post Office Department employee and friend, who had advanced to Superintendent of the Railway Mail Service in Washington, D.C., offered Luther a new adventure. The friend, Theodore N. Vail, had, and wanted Luther's assistance in 1879."

Luther and Olive and their three sons moved to New York City where he worked as a contractor for AT&T services. Three years later they returned to their native state. Soon after Luther and his family settled on their hillside farm in Lyndon Center, Mr. Vail came to visit them, exclaiming that he had not felt better in years. In his customary fast-thinking style, the day before he left he asked Luther to proceed with arrangements for him to buy the adjoining farm. He had plans to raise cattle as his friend was doing so successfully and build a mansion. The two men had settled in town just in time to enter into a surge of activity as the nearby village had become a cyclone of activity. Lyndonville, incorporated in 1866, had a new industry of railroad shops, and was having a building boom. A new high school had been chartered in 1867. Helping to fill the town's endless needs became almost an obsession with Luther and T. N. Vail.

A kindred spirit was my grandfather, Gilbert Campbell of Sutton, who must have hero-worshipped the old Luther Harris as a Civil War veteran from his town.

The two took turns serving as president of the new Lyndonville bank, trustees of Lyndon Institute and together headed up the building committee for the new Cobleigh Library. The ever-generous Vail was always there to give donations.

Luther was in many ways a man larger than life. By pulling

together contemporary newspaper articles on his career, his speeches on the War, family photos and correspondence as well as his moving memoir, we hope to provide a full picture of the hero and community

leader and the challenging, changing times in which he lived. The book is available at Green Mountain Books in Lyndonville and Box Car and Caboose in St. Johnsbury. ★

discipline, said it was my business to get away and his to catch me, and that I was to go back and try again."

The last day in prison, as Luther visits Edward, now in the prison hospital, he muses about his friend. "Edward seemed to rouse up and take an interest in affairs, joked some when his companion searched his head, in his final efforts to annihilate the vermin. The surgeon gave strong assurances that Edward would gain, though he thought it would be many years before he would be well, and it was doubtful if he ever quite recovered."

In a Massachusetts newspaper clipping found among the Harris family papers, Edward Varney's experiences are recounted. "At this place [Andersonville], the death rate was awful. Mr. Varney was taken sick with scurvy and suffered untold miseries... He would have died had it not been for the kindness of Luther B. Harris, now a prosperous farmer of Lyndon Center, who cared for him as a brother during his entire prison life."

During the time that I was growing up Luther Harris was one of the few names we heard at Memorial Day services when honor was paid to the Civil War veterans whose graves in Lyndon Center were decorated. He had made a name for himself in 1898 as Vermont's Commander of the Grand Army of the Republic. It was he who chose Montreal for the state convention, the first time the Vermont G.A.R. had convened out-

He gave me a talk on prison discipline, said it was my business to get away and his to catch me.

In Spencer's introduction, he wrote about his grandfather's life following the war. "On September 11, 1867 he married a local girl, Olive Powers. In 1869 the expansion of the railroad service appealed to him, and he was able to get an appointment as a Route Agent of the Post Office Department. His service took him to Promontory, Utah, and other mid-American locations. He was away from home and Olive, but his pay was good and he sent adequate money back to her ... He later worked with the Chicago, Burlington and Quincy Railroads, as well as Southern Pacific.

"Luther returned to Vermont in



DORIS STEBBINS PUBLISHES HER WRITING

Doris Stebbins, a long time contributor to the pages of The North Star and currently a resident of the St. Johnsbury Health and Rehab Center, had a book signing as part of National Nursing Home Week festivities. The book signing event was on May 14 with many friends and family joining her.

Stebbins has been a writer for much of her life and has written for Herb Quarterly, Organic Gardening, Horticulture, Better Homes & Gardens, Women's Day, Women's Comfort and Mother Earth News as well as The North Star Monthly. After Stebbins renewed her interest in writing at a poetry workshop she decided to compile and publish her writings. According to the Health and Rehab Center there are standing orders for more copies beyond the initial supply following the book signing. Doris Stebbins may be contacted at St. Johnsbury H&R, 1248 Hospital Drive #B25, St. Johnsbury, VT 05819.

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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.

Ann Lemmon Is Trained in Classical Homeopathy

AMY EHRLICH

Migraine headaches, depression, sprains, high blood pressure, colds and flu, cancer, grief, asthma, alcoholism, indigestion. In her practice of classical homeopathy Ann Lemmon has treated people with all these conditions and more. The important word though is "people."

Ann explains that homeopathic medicine deals with the whole person. "As a homeopath, you're not just working on the physical problem but on the emotional things that make us sick. Causes of ill health can be emotional and in the past, but it's just as direct as getting hit on the head with a coconut."

Ann first became interested

in homeopathy when she and her husband, Harry Gorman, were living in Kilkenny, Ireland. In the United Kingdom classical homeopathy is so widely accepted and practiced that it's covered by medical insurance. Millions of people, including members of the Royal family, use homeopathic medicine as a matter of course. Ann was suffering from arthritis in November 1993, and a friend who was studying homeopathy in Dublin persuaded Ann to come for a consultation with her teacher, Lloyd Symthe.

"For two hours they asked a lot of odd questions and made notes. Then they gave me a remedy right then and there. It was one drop of liquid on my tongue. I've since found it was

aurum, made from gold. Shortly after I walked out of Lloyd's office, I began to feel better. I started to move my neck around, and it didn't hurt. By Christmas my arthritis pain had subsided, and I said to myself, 'I have to learn how to do this.'"

Homeopathy was developed by Dr. Samuel Hahnemann in Germany in the late eighteenth century. It became increasingly popular in countries around the world. Until the 1920's an estimated 25% of Americans used homeopathy, and some older Vermonters may treat themselves with "home remedies" even now.

Classical homeopathy is based on "the law of similars," in which the substance that has caused or mimics the symptom can be used to cure it. The same principle is common in conventional medicine, for example in antidotes and vaccines. To stimulate a healing response in homeopathy, the smallest possible dose of a remedy is used. Paradoxically, the more diluted a homeopathic remedy is, the stronger it becomes.

Remedies are prepared by a process called "potentization" in which the substance is vigorously shaken as well as diluted to



Photo By: North Star Monthly

Ann Lemmon is trained in the practice of classical homeopathy, a system of medical treatment first developed in the 18th century. Homeopathy saw the peak of its popularity in the United States in the 1920's, yet it continues to be widely accepted and sought out to this day in the United Kingdom.

increase its potential for healing. Different potencies of a substance are used depending on the kind, degree and duration of the condition being treated. But in all cases, because the remedies are so diluted, homeopathy is safe and without toxic

city, side effects or drug interactions.

The practice and philosophy of homeopathy made total sense to Ann. In January 1994 she began taking Lloyd Smythe's three-year course. It was organized for distance learning. Every other weekend Ann made the two hour trip from Kilkenny to Dublin; the rest of the time she studied remedies and potencies at home. She worked hard to catch up with the other students, who had started in September, and she prevailed

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MAKING SENSE OF INVESTING

upon a few friends and neighbors with stubborn health problems to come for a consultation with Lloyd, as she had done herself.

“Causes of ill health can be emotional and in the past, but it’s just as direct as getting hit on the head with a coconut.”
- Ann Lemmon

By studying, and by watching and working with her teacher, Ann gradually learned the skills of a homeopath. Most important among these is focused listening. The first time new patients come in, the practitioner will “take their case,” interviewing them for one to two hours. Patients describe their symptoms, medical history and state of mind. Each detail is considered important – the quality of pain, the time of day it occurs, when the pain began and under what circumstances. For example there are more than 100 remedies for indigestion so to find the right one, the problem needs to be made as specific as possible.

“I go over everything,” Ann explains. “All the aspects of the patient’s physical health, from head to toe - diet, environment, family history of illness, the person’s history of illness. Causes of emotional stress - anger, anxiety, fear - and how these affect the person physically.”

“I’m taking in all this information and trying to come up with one remedy that covers the most important things the patient has told me. The pieces of information are called rubrics, and the person’s group of rubrics are how we arrive at a remedy for that individual.”

As the homeopathic practi-

tioner investigates an individual’s case, one remedy will begin to come up again and again, and this is the one that is chosen. “The purpose of the remedy is to stimulate the person’s vital force – the will and the energy to make the body repair itself and return to a natural state of balance and health,” Ann explains.

Today homeopathy is often used as a catchall term for holistic or alternative treatments. But the practice of classical homeopathy requires individualized treatment of each patient and a remedy selection tailored to the unique symptomatic profile of the individual. People especially confuse homeopathy with herbal medicine because natural substances are used in both. But, Ann says, homeopathy has more in common with acupuncture or the laying on of hands because like them it deals with energy blockages and releasing energy for healing.

At the end of the first visit with its lengthy interview, Ann usually gives the patient the remedy she has chosen; though sometimes she needs more time to study the rubrics of a case. She buys her remedies in liquid form from a pharmacy in

England and puts them on sugar pills. It seems hard to believe that a small number of tiny round white pills, not much bigger than the head of a pin, could actually heal someone but they do.

“Sometimes the person is cured in an instant,” says Ann. “For example in acute illness, like having the flu or burning your hand. But in chronic illness and especially as you get older, things become more complicated both emotionally and physically. Then it takes more time, perhaps a few visits, for the practitioner to find the right remedy and the right potency.”

“It’s easier to treat children and animals because their cases are simpler rather than being a constellation of conditions. I remember treating a six-year-old boy with chronic ear infections. His mother wanted to put him on antibiotics, but I told her to give me just an hour. I gave him a remedy of belladonna, and in five minutes his pain was gone.”

When a person comes to see Ann, a second appointment is made for a month later. It might take that long or longer for the remedy to take effect, or sometimes another condition arises.

According to Ann, “Some people need several different remedies over a period of time but not at the same time. It’s like peeling away an onion. As the presenting condition improves, underlying conditions may then need to be treated.”

Ann Lemmon has an office at 357 Western Avenue in St. Johnsbury with hours on Tuesday and Thursday. You can call (802) 274-2350 for an appointment. This summer she is planning a course in homeopathic first aid. It will cover the philosophy of homeopathy and

remedies for burns, sprains, wounds and similar emergencies.

She emphasizes that she is not a doctor and does not diagnose medical problems. “You learn to use the remedies from the homeopathic medical repertory, but actually the art of homeopathy is quite intuitive. I read the signals that the body is sending out and watch as a picture of the individual begins to form. I see homeopathy not as a quick cure, but as a process of working with the person in a partnership to restore health.” ✦

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String Worth Saving

Bill Christiansen

We are in the middle of another year. June marks the beginning of the third quarter of the annual cycle. June contains the "longest day of the year." We all know this is not true, since all days contain about 23 hours and 56 minutes.

The reality is that the first day of summer contains the same number of hours as the rest. What is really being talked about is the day with maximum hours of daylight. More precisely, we are talking about the moment when the sun appears to reach its northernmost point and for a moment appears to be directly over the imaginary line we call the Tropic of Cancer. This will happen at 8:26 a.m. Eastern Daylight Savings Time in the northern hemisphere on June 21. This will be the first day of winter in the southern hemisphere.

As to the 4 minute variation from the 24-hour day, your clock is built to register 24 hours every 23 hours, 56 minutes. However, this discrepancy adds up over the

course of a year, totaling 1,460 minutes per year, or 5,840 minutes over 4 years. This four-year total works out to be 24.3 hours, which is partly corrected by a leap day every four years. You may notice that this over-corrects the problem so that every now and then we skip a leap year. Often, throughout history, things got so messy we simply changed the calendar.

Once he settled into an agricultural lifestyle man found time-keeping a necessary challenge. Before the days of calendars, farmers depended on someone to keep track of time and announce their finding to the rest of the world. This was usually done by "priests," and the announcement was often in the form of a holiday.

The four seasons were easy for the priests to calculate, by measuring the relationship between daylight and darkness. If you were a few minutes off in your calculation, it didn't really make any difference. You could

make the correction on the next announcement. The farther north you are located, the greater the difference between daylight and darkness. For people living at or near the equator, the variation is almost imperceptible. Since you can grow crops year round, it is not of great importance what season you are in.

Before the days of calendars, farmers depended on someone to keep track of time and announce their finding to the rest of the world.

As people moved north, keeping track of the seasons became more important. While quarters of the year were useful and effective near the equator, in the northern areas that division was too coarse. So the year was divided further into eighths. The winter eighth-mark was February 2, Ground Hog Day. The spring mark was May 1, May Day. The fall mark was Halloween. As you have noticed, I skipped summer. The mid-mark would be in August, and we seem to have lost that holiday. It would be a day near the first of August. Farmers could keep

track of the yearly cycle by the holidays.

Looking at almanacs from the years early in the 19th century, there were two things that were of great moral interest to writers; weeds in the garden and sleeping after the sun had risen. Year after year, these were the topics for June. For example, in 1825 the almanac gives this advice, "Now attend to sheep-shearing, Bleed your oxen and turn them out to grass. Do not neglect your garden; but weed your early beets and sallads (sic). Sow carrots &c. For winter. Set out more cabbages and hoe your early ones."

In 1828, the advice was "Look well at your garden and see that your tender plants are not overtopped and robbed by noxious weeds."

In 1826, "Rise with the sun and go about your business and then you will be prepared to leave it at his going down. To sleep all the forenoon, and in consequence, to work till midnight, is poor economy; but to sleep all the forenoon, and do nothing for the remainder of the day is poorer."


In 1829, "Those persons, almost without exception, who have lived to a very advanced age, have been distinguished as early risers, and it is very generally admitted that no habit contributes more than early rising, to our health and happiness." The section continues, "Why do we waste so many of the sweetest,

most delightful and invigorating moments of each day upon our pillows? Turning upon our bed as the door turneth (sic) upon its hinges?"

In 1822, a very different piece of advice was given. It reads, "Whenever I speak of the fair sex it is with hesitation and diffidence. And when I consider that their mismanagement may, in nearly all cases, be traced to some defect in our own, I am inclined rather to admire than censure their conduct. Yet still I am confident that there are the Xantippe, and who seem to delight in vexing and tormenting their inoffensive husbands. Tongues are certainly the worst beasts that are allowed to run at large."

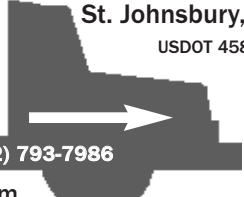
For the people of the 21st century, keeping accurate time is almost an obsession. We not only want to know what day it is, but the time to the closest second.

I wear a watch that is synchronized with the atomic clock in Colorado. Several times a day, the watch picks up a radio signal from the atomic clock and resets itself. The watch is then accurate to a fraction of a nanosecond. There is a button you can press to see when the last transmission was received. We have a wall clock that uses the same technology. What does this technology do for me? Very little. I know my watch is correct, but I can still be late for appointments.



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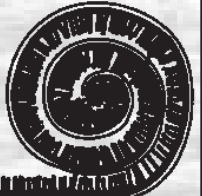
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Come to the Table

Denise Brown



The eatery choices were slim in late spring far on the northern coast of Maine. Having already enjoyed the fried had-dock and pork chop dinners at the busy family restaurant two villages over, we decided to try a storefront joint that optimistically called itself a pub.

"Bikers Welcome," read the sign in the window, in letters 20 inches high.

Half the place was devoted to pool tables; the other half, an L-shaped bar. Shelves behind it held a cacophony of bottles. A few booths rounded out the seating.

Three out of four pine-paneled walls were adorned with glossy posters of semi-clad, well-endowed women of unquestionably free spirit, straddling equally well-endowed motorcycles built for equally free spirited men, who perhaps disdained helmets for themselves or any sort of protective garment for their passengers. A handwritten sign on the popcorn machine instructed bar patrons to help themselves.

My companion brought back a bowl to the table and then another. Beer arrived, held aloft by a waitress who bore no closer resemblance to the air-brushed women of the posters than I. Before our \$6 pizza was served, the mugs were empty.

We set the popcorn aside. "Makes you thirsty," my friend commented. "So you drink more."

"That is the point," I agreed.

Oh, but it tasted good. The crunch and salt, washed down with the cold ale, another handful, another swallow. Rinse and repeat.

We need salt, of course; we need to consume a certain amount to replace what is lost each day. How much is a topic of medical debate, but our bod-

ies cannot do without it, without that fundamental fusion of water and salt, to keep the heart and lungs agitating, the blood flowing. Water and salt.

Or, perhaps, beer and popcorn. But we live in strange times.

Brought up on Cheese Doodles, learning early the pleasure of satisfying the craving for salt, our diet now loaded with sodium-heavy snacks or gourmet calls for the latest gray or pink or lavender Fleur de Sel, even the fittest among us are cautioned to cut back. Makes a body long for a culinary Dan Rather standing strong at the edge of the cutting board, urging, "Courage."

According to Mark Kurlansky, the story of salt is the story of mankind itself. In his book, *Salt: A World History*, the author charts wars and trade routes both ancient and modern, the culinary quests and global campaigns waged to procure this seemingly simple substance. Who knew that Elizabeth I furrowed her pale forehead with worry over English dependence upon French salt, or that the human body contains enough of the stuff to fill several shakers? It's a fascinating book.

As early as 6,000 BC, Kurlansky writes, the Chinese were harvesting salt from Lake Yuncheng, which lies in a dry, mountainous northern province.

By 800 BC, they evaporated sea water for the salty residue. And nearly 2,000 years ago, natural gas was piped to the surface from deep wells through bamboo tubing, to fuel "boiling houses" in which pots of brine were simmered to leave the salt behind.

He notes salt's association with fertility in many cultures, its ancient use as a talisman against impotency, its prohibition in certain sects to squelch sexual desire.

But back to popcorn, beer and the girls on the bikes. Kurlansky introduces his history with a bit of a tease: Jungian psychologist Ernest Jones' assertion that the human obsession with salt is "subconsciously sexual." He notes its association with fertility in many cultures, its ancient use as a talisman against impotency, its prohibition in certain sects to squelch sexual desire.

The discussion is illustrated with a woodcarving from 1157, of women sprinkling their husbands' nether regions with salt, presumably to enhance performance. A kinder, gentler custom, variations on which abound, involves gift of bread and salt to

the owners of a new home, to ensure, one might infer, plenty of all sorts.

Perhaps it's time we mention poor Lot's wife, that nameless creature from Genesis, who looked back upon burning Sodom and Gomorrah and, for her disobedience, was turned into a pillar of salt the remnant of tears and sweat, the elemental substance of sex and sin and suffering.

Wouldn't a cold beer go good right about now?

Salt and Pepper Grissini

To offer a recipe for salted breadsticks might seem a bit unsubtle. I simply can't help myself. Inspired by *The Gourmet Cookbook*.

- ¾ cup flour (or a mix of whole wheat and white)
- 1 package rapid rise yeast
- 1 tablespoon melted butter
- 4 tablespoons warm water
- ¼ teaspoon salt

- 1 beaten egg
- 1 to 2 teaspoons Kosher salt
- 1 to 2 teaspoons coarse cracked black pepper

Place first five ingredients in the bowl of a heavy duty mixer fitted with a dough hook. Blend together on slow speed until well mixed, then knead on medium low for 5 minutes, until the dough is smooth and elastic. Add a little more water or flour if needed. Allow to rest for 10 minutes. Preheat oven to 350°.

To form the grissini, roll the dough into a log about 10 inches long. Slice into 10 pieces, and slice each in half. Roll each piece into thin breadstick, about 8 inches long. Place on parchment lined baking sheets.

Brush each breadstick with a bit of beaten egg. Sprinkle fairly lavishly with salt and pepper. Bake about 15 to 20 minutes, rotating baking sheets midway, checking their progress. When golden brown, remove from oven. Slide parchment off the baking sheets and allow the breadsticks to cool.

An excellent snack, or accompaniment to soups and salads.

Denise Brown lives in the Northeast Kingdom. Her memoir, The Unspeakable, was published by the University of Delaware Press.

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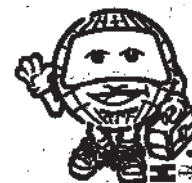
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We're Not Getting Older, We're Getting Better...
 Yes! ... I guess ... but ... better at what?
 I think I knew the answer once, then I forgot.
 (Is this a sign of "getting better?" I bet not.)

I'm better at forgetting, that's for sure.
 Fitting names to faces is a chore,
 And if I set my morning coffee down at eight
 I might not find it until evening - late.

There's something about schedule planning, too.
 If I don't make a list and hold it tight,
 I won't remember half the things I meant to do.
 Is this just me? You laugh? It's true for you?

I wonder, though, if you would still agree
 We're better at a few things. Let me see ...
 Some of us are better on the courts
 With children grown and time for racquet sports.

Others serve a much improved cuisine.
 They cook for joy now ... (They know what I mean.)
 I'm better in the garden, though I need
 To concentrate, so I'll know what to weed.

Like life, a garden is profusion:
 Rife with good and bad, and much confusion.
 I like to kneel, or sit - to spare the knees -
 And pause before I share the work of earth, and air, and trees.

I think this might be it, one small improvement:
 To stop sometimes, to take no action, make no movement:
 Better not at working, doing, seeing
 Or remembering, God knows, but ... maybe ... being?

Reeve Lindbergh

Reeve Lindbergh Talks about Childhood and the Future at Newport's Goodrich Memorial Library on June 6

Author Reeve Lindbergh will describe her childhood family memories and discuss her view of the future in a presentation at the Goodrich Memorial Library in Newport on Wednesday, June 6.

The talk, "Forward from Here," is part of the Vermont Humanities Council's First Wednesdays series and takes place at 7:00 p.m.

Lindbergh, daughter of author Anne Morrow Lindbergh and aviator Charles Lindbergh, will share thoughts on her childhood and her life today. Lindbergh, who has often described her inheritance as "words as wings," will describe her family's legacy and recount

stories from her memoirs, in which she wrote about caring for her ailing mother and growing up as the daughter of an American legend.

Lindbergh is the youngest of Charles and Anne Morrow Lindbergh's children. She moved to Vermont after graduating from college in 1968. She is the author of two family memoirs, *No More Words* and *Under a Wing*; two novels, *Moving to the Country* and *The Names of the Mountains*; *View from the Air*; and numerous children's books. She is honorary chairman of The Charles A. and Anne Morrow Lindbergh Foundation.

The Vermont Humanities Council's First Wednesdays

series is held on the first Wednesday of every month from October through May. This particular event, however, was rescheduled from an earlier date. The diverse lecture series, featuring speakers of national and regional renown, comes to the Newport, Vermont-Stanstead, Quebec area for the first time in 2006-07; sites alternate between Goodrich Memorial Library in Newport and Stanstead College in Stanstead, Quebec.

For more information, contact Goodrich Memorial Library at (802) 334-7902, Stanstead College at (819) 876-7891 or the Vermont Humanities Council at (802) 262-2626.



June

- 1 Brook Williams, Middle Earth Music, Bradford.
- 1-10 Burlington Discover Jazz Festival. (802) 863-7992.
- 1-7 *Into Great Silence* (2005, Germany) [NR] Director: Philip Gröning. Filmed inside the Great Charterhouse monastery, high up in the French Alps with conditions: no interviews, no commentary, no music except for the monks' own chants and no team - just the director himself. Like "watching a gently flowing stream"... "nothing seems to happen but everything comes to pass." Catamount Arts, St. Johnsbury. (802) 748-2600.
- 2 The Screwtops, Middle Earth Music, Bradford.
- 5 Ozoamati, Higher Ground, South Burlington.
- 6 Reeve Lindbergh, Goodrich Memorial Library, Newport. (802) 334-7902.
- 8 Goat Broke Loose, Middle Earth Music, Bradford.
- 8-14 *Grbavica: The Land of My Dreams* (2006, Bosnia) [NR] Director: Jasmila Zbanic. Film portrays a mother who lives with her 12-year-old daughter in Sarajevo's Grbavica district. The

- neighborhood, heavily damaged and then used as an internment camp during the Yugoslav wars of the 1990's, is still undergoing reconstruction. Ultimately a "shattering confession of maternal love and hatred, the legacy of a generation of women who, day after day, bear their wounds and shrug them off in the name of the future." Catamount Arts, St. Johnsbury.
- 9 Tarbox Ramblers, Middle Earth Music, Bradford.
- 9 Shana Morrison, Ascutney Mountain Resort.
- 10 Jackson Browne, Barre Opera House.
- 15 Brian Johnson with "Electron Theory: The Stuff of Being," Flynn Theatre, Burlington.
- 15-21 *After the Wedding* (2006, Denmark) [R] Director: Susanne Bier. A Danish aid worker in Mumbai is fiercely committed to helping the orphaned children who adore him. He is a driven man who has channeled personal demons into his missionary zeal and is invited back to Copenhagen to meet a billionaire hotelier who hints that he might bankroll the whole project. Catamount Arts, St. Johnsbury.
- 17 Jazz on a Sunday Afternoon,

- Catamount Arts, St. Johnsbury.
- 22-28 *The Page Turner* (2006, France) [NR] Director: Denis Dercourt. Mélanie, a butcher's daughter and self-possessed young woman who insinuates herself into the household of married concert pianist Ariane and becomes indispensable in the crucial role of page-turner at piano recitals. Catamount Arts, St. Johnsbury.
- 22 Gully Boys, Middle Earth Music, Bradford.
- 23 Jason Spooner Trio, Middle Earth Music, Bradford.
- 29-July 5 *The Namesake* (2006, India) [PG-13] Director: Mira Nair. In Calcutta, circa the 1970's, Ashoke and Ashima agree to an arranged marriage and to starting their new lives in Manhattan. It's a struggle. The birth of their son, Nikhil, intensifies the cultural clash. Catamount Arts, St. Johnsbury.
- 29 Cobalt Blue, Middle Earth Music, Bradford.
- 29 Wilco, Shelburne Museum, Shelburne.
- 30 Johnny A, Higher Ground, South Burlington.
- 30 The Kind Buds, Hartford Band Shell, White River Jct.
- 30 Mark Legrand and His Lovesick Bandits, Middle Earth Music, Bradford.



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The Cork & Bottle

Gerd Hirschmann

Drink it or hold it? This is not poker we are talking about. It's wine, and given a choice I'd rather drink than standing around with my wine holding it.

But the often asked question is about holding wine in a cellar, much like holding money in a bank. You rarely touch either in actuality, and for those who firmly believe in holding they tend to think of it as investing.

It is about aging wine, vintages and investing with the purpose of holding it before selling the bottle(s) at a profit. Many famous wines become more valuable with age, as long as they are held in a setting with controlled temperature and humidity.

The true wine enthusiast, however, will likely hold the bottle until it's ready to enjoy, as many high tannin wines do get better with age. But by far the vast majority of wines are to be consumed within a year of the vintage. A very few, a small proportion, will benefit from being kept for more than a few years.

The aging process is pretty complex and includes a chemistry that is poorly understood. In simple terms, tannins soften, but while doing so the fruit recedes and the wine begins to dry out. Some extra complexity may develop. Acidity will act as a preservative and stays pretty much the same, but it will soften and integrate differently with changing complexity with age.

Many older wines have disappointed their investors. While the complexity that can come with bottle age may satisfy, an unappealingly thin texture will disappoint.

Many like the thicker, more muscular texture that comes with younger wines. Firm tannins are no problems, if there's enough fruit.

People new to wine often fill their cellars with wines that traditionally benefit from extended cellaring and leave them there

without checking at regular intervals. The danger is that you may end up with a cellar full of mature wines that you don't like. Try a few really old wines: if you like them, by all means subject your wines to a long sentence in the cellar.

And if it is a better investment to sell later, it sounds like a good deal as long as the wine does not turn sour. Ultimately it is the risk of the person who opens the bottle. Aged, old bottles cannot be returned like the current ones you buy for consumption now in your wine store.

It seems to be an unspoken assumption in wine circles that every sophisticated or able taster likes the taste of older wines, but this is actually not the case. The fact that many wines are usually dead and buried by the time they are drunk seems overlooked by the people who age them. The

implication is clear: the older the wine, the better.

Age is often overrated in wines. A small proportion does benefit from extended bottle maturation, and even fewer require it. And it is these few, which benefit magnificently from extended bottle age that cause people to associate age in a wine with quality.

In cellars across the globe there likely languish a huge numbers of bottles of wines that would have been much better enjoyed by their owners if they were consumed in their youth. And while some clearly enjoy the characteristics of old wines, there are probably equal numbers who genuinely prefer wines that are more youthful, thus making a mockery of the improbably precise projected drinking windows prescribed by some critics.

Ultimately, who knows how long you are around to enjoy the wine, you might as well do it while you can. To me drinking wine seems more appealing than holding it.

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

Vermont Days at State Parks

Saturday and Sunday, June 9 and 10, are "Vermont Days" for 2007. This is the weekend to celebrate the arrival of summer and enjoy a free sample of Vermont's fishing, state parks and historic and cultural resources. All Vermont State Park day areas, state-owned historic sites and the Vermont Historical Society Museum will be open at no charge.

"June 9 is Vermont's Free Fishing Day, the one day in the year when residents and nonresidents may go fishing without having to purchase a fishing license," says Wayne Laroche, commissioner of the Department of Fish & Wildlife. "It's a great opportunity to take the family fishing and create memories to last a lifetime."

Vermont's 284 lakes and over 7,000 miles of clear streams offer the greatest variety of high quality fresh water fishing in the Northeast. Contact the Vermont Fish & Wildlife Department, 103 South Main Street, Waterbury, VT 05671-0501 or by telephone (802) 241-3700 for a copy of their *Fishing Guide Map* to find out more about Vermont's fishing opportunities and to plan your trip.

Vermont Days are a chance to discover a new part of Vermont or reconnect with a favorite place you haven't seen in a while. This year more activities and special events have been added, including live music, Vermont dairy products and artist demonstrations and performances at selected state parks and state-owned historic sites. Locations and events are open and free to all, residents and nonresidents alike.

Check for details on the weekend and for information on Vermont's fishing, state parks and historic sites at www.vermontdays.vermont.gov

Ninety-five Cents on the Dollar Post Office Devalues its Stamps

Away! You've had your fifteen minutes of philatelic fame. The USPS wants more money for every letter sent. Your faces will be gone, and to us it seems a shame, But you'll have to move aside and let some others pay the rent.

Hammerin' Hank is gone, and National League's Mel Ott. "You're out" they said to Campanella, Superman, Green Lantern and the whole DC Comics lot. And on that list we also find scat singer Fitzgerald, Ella.

You all expired on the fifteenth day of May, Even Mickey Mantle at the bat, Longfellow, Garland and Sugar Ray, Some diplomats and the Chinese New Year rat.

Gone with the wind is Oscar winner Hattie, And Katherine Porter (Ship of Fools): we're glad you were alive. Like the old, the new stamp price will drive us batty; Quick, now, how many stamps can be bought for dollars, five?

And what about these stamps, denominations thirty-nine and thirty-seven? With a wish for peace you can send two ounces with an Eid and a Dreidel, Put on more dough for the USPS Chapter Eleven. But "Our Wedding" with a two-cent stamp sets a tone a bit ephemeral.

Augmented Reagans, flags and Purple Hearts: those don't really matter. But your friends are going to notice; you know they surely will, Those old snowflakes and Madonnas on your yuletide first class letter: Put those stamps on church donations and your monthly mortgage bill.

But add two cents.

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Canterbury Inn Sees Older People in Better Health

Wanda Waugh is the administrator of The Canterbury Inn on Cherry Street in St. Johnsbury. Known in the business of health care as a Level III residential care facility, The Canterbury Inn has, since 1987, been home to hundreds of people with needs for various levels of care.

By virtue of its state-issued license The Canterbury Inn has space for 42 residents. Currently the Inn is full, and as Waugh says, "If I had three times the rooms I could fill them all."

care and medications are provided under a nurse's general supervision. Aides provide housekeeping, transportation and assistance in daily activities including eating, walking, bathing and other personal care, but full time nursing care is not available.

Not far away on Prospect Street in St. Johnsbury, the Sunset Home is a licensed Level IV home, where neither nursing care nor nursing overview are available, but meals and transportation are provided for a resident population with a slightly higher level of independence.

A Level II or more traditional nursing home, like the St. Johnsbury Health and Rehab Center or the Pines in Lyndon, provide complete, full-time nursing- and often permanent-care for residents. The St. Johnsbury Health and Rehab Center is licensed, too, as a Level I facility, where short term rehabilitative care is available for those recovering from surgery or other hospitalization.

As the bulge in the general population known as the post World War II baby boom gets older, this vocabulary will become increasingly important to

As Waugh says, "Long life doesn't seem to follow economic patterns." Nor does long life follow patterns of geography.

Residents of Level III homes are relatively independent. At The Canterbury Inn residents are provided three meals a day and nursing overview such that their



Photos By: North Star Monthly

Wanda Waugh (left) is a graduate of St. Johnsbury Academy and a registered nurse with a degree from the Vermont College of Norwich School of Nursing. She is the administrator of The Canterbury Inn in St. Johnsbury. Her husband, Bill, is The Canterbury Inn's driver and the general assistant for all manner of duties both large and small.

a larger and larger number of people. But even today it is the parents of baby boomers who are facing the need for care that was once provided by extended families at home. People are living longer and their need for some form of care is increasing. The choices for care are not what one might expect in the 21st century.

A fortunate few will find their way to a place like Kendall in Hanover, NH or Wake Robin in

Shelburne, VT where a full spectrum of "continuing care" and a contented lifestyle can be chosen for the end of one's life. People who are the beneficiaries of continuing care find those places comfortable and comforting but by any measure very expensive.

As Waugh says, "Long life doesn't seem to follow economic patterns." Nor does long life follow patterns of geography. That is to say that the needs of some-

one in St. Johnsbury could be very much like the needs of someone in Hanover or Shelburne, but the available solutions by virtue of price and place are very different.

One of the options available in St. Johnsbury is The Canterbury Inn, and at \$2,127 per month it is far less than continuing care facilities and considerably less than the average cost, that's \$5,900 a month, for a bed in a double room in a Vermont Level II nursing home. Residents eligible for Medicaid reimbursement pay less.

Waugh is the first and only administrator through the 20-year history of The Canterbury Inn, and the smoothness of operations and gratitude expressed by residents and their families is due in part to her effectiveness and attitude. She has an easy laugh and a sense of patience that is well known.

Waugh says, "We take the worry away for our residents, and, if it's what they want, we'll take the responsibility away as well." She says, some residents are very independent and travel,

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It Could Have Been Worse - Much Worse

BETS PARKER ALBRIGHT

Our human mind seems to be constructed with memory “cupboards” for good times, bad times and simply ordinary ones. Obviously revisiting the happy times gives the most pleasure, but I find that reviewing the very difficult times, now and then, has real value.

When I think back to a time that was difficult, even painful, I find myself thinking, “That was tough, but I survived, and I think what I went through was a valuable part of my growing and learning experience.”

Recently, I was lying awake in bed, and I found myself well back in time. I was 11- or 12-years old and living in New York City with my mother and stepfather. My brother was off in boarding school. It was the time of the Great Depression in the city.

Former CEO’s were selling apples on street corners. My best friend’s father, bankrupt, jumped to his death from the George Washington Bridge. There were many stories that were sad.

My stepfather was a banker with a large company centered in Europe, with a branch in New York. Something went very wrong at the European end, and the New York branch folded

overnight. My stepfather had great difficulty handling the shock of suddenly being unemployed. My strong-willed mother sublet our comfortable apartment and moved the three of us into a much smaller one in a less desirable part of the city, and we managed to just get by. My bedroom was a tiny room with a single window that opened onto a shaft, which extended from attic to basement.

One cold midwinter night I woke up with smarting eyes and stinging throat – my room was full of smoke. I ran to warn my mother and stepfather. We pulled coats on over pajamas and slipped our feet into shoes, then stumbled down the twisting stairs and onto the street. Smoke was pouring from the building, and there was already a crowd on the sidewalk. A fire engine appeared. It was obvious that we could not go back indoors. My mother found an empty cab for us, and we rode to a friend’s house.

The next day I was sent off to school, protesting that my coat reeked of smoke and that I had not slept very long or very well. At school I was, to my surprise, something of a heroine for having alerted my family and gotten us out before smoke inhalation did us in.

My memory is not too clear

about the events that ensued. I believe I was shipped off, not unwillingly, to my dotting grandmother in Westchester until my mother could reorganize us. I’m sure we returned to some semblance of normality, but I have never forgotten the experience, and of course I’m grateful for having survived.

Experiences like ours with the fire, and having to leave our home, gave me appreciation of the plight of those who were homeless, and a conviction that I could cope reasonably well with difficult times. What happened to me, however scary and inconvenient, was not to be compared with the lives of countless homeless, even hopeless, people of the world, with no light at the end of their tunnel.

Sometimes as we observe certain people we are amazed that they seem to have charmed lives in which nothing appears to go wrong – they are on top and thriving. But even for them, life is marked by ups and downs that we don’t know about. We appreciate our own ups and cope with the downs. Often we learn more from tough times, as we experience love and help from unexpected sources, and we are glad we can help others in difficult times of their own.



(L-R) Martha Clifford (b. June 13, 1902), Marjorie Ward (April 26, 1906) and Helen Smith (June 27, 1905) are the senior residents of The Canterbury Inn. Collectively they say that the food is good and the people are like family. It’s a very comfortable place to look back over the stretch of 100 years or so.

while others, for whatever reason, are essentially limited in their explorations to the companionship of The Inn. “Generally,” she says, “they don’t dwell on their condition. They are interested in life and active to the extent that they are able.”

Twenty years ago the Canterbury Inn opened with three residents, and Waugh admits, “We struggled at first, before people knew about us.” She says, “There were those who would have done anything to keep their family member at home, but they felt safe with us and ultimately comfortable having that family member here. Our history and the confidence of our residents and their families speaks pretty clearly as to how we’ve done.”

Waugh double checks in her files and then says, with no small astonishment, “We have three residents who are over 100-years old. In the 20 years we’ve been here this is the first time that has happened.” Maybe it’s the staff, she says, and maybe it’s the place, but maybe it’s just that we are all living longer. She looks up from her files again and laughs, “These people are full of life, and the last thing they would do is sit around and feel sorry for themselves. They are interesting, and they’ve had interesting lives. What they seem to share is a state of being at peace with themselves and not being afraid of

whatever is next.”

Waugh says, “We used to have a much higher turnover,” and she struggles to find an explanation. “People seem to be older when they get here but also in much better health.” Today Waugh has a waiting list of 14 and no openings planned. She says, “If residents cooperate and they are willing to be cared for there is no reason for them not to stay to the end. We aren’t geared to be everything for everyone, but we try.”

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Penny Penniman vividly recalls the care that was prescribed for cataract patients when she was training to be a nurse at Brightlook Hospital in 1943. “A patient arrived the day before surgery and was put in bed with sandbags on each side of his head. The surgery was done under general anesthesia and when he returned to the nursing floor, the sandbags were put back in place for another 24 hours before the patient was released.”

Penny herself had a cataract removed last year by Dr. Ted Houle at NVRH. “I arrived at the hospital at 6 a.m. and I was sitting in my living room by 10 a.m. I talked with Dr. Houle during the surgery and now can see better than I have in years.”

With less invasive surgical techniques and improved anesthesia medications, some day surgery is now the norm, to the point that 95% of the surgeries and procedures performed at NVRH last year went through our day surgery unit. To prepare for the future, we are creating a completely new day-surgery facility. With the help of the community, we will build a 7500 square-foot

ambulatory surgery unit that will be located directly across from our operating rooms. The space is designed to optimize patient comfort and privacy, as well as nursing oversight. It will accommodate 16 pre- and post-operative patients in a variety of rooms, beds and recliners. The plan includes a large waiting room, as well as space where surgeons can speak with family members privately. The new ambulatory services unit is one of the key projects within our capital

campaign, pride>progress>people: Building a healthier future for the Northeast Kingdom. To support this important project or to learn more about the campaign, contact Jim Flynn, NVRH’s Director of Development, at 748-7516 or j.flynn@nvrh.org.

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TERRY HOFFER

Marty Beattie is nobody's fool when it comes to running a business. Known as Marty's First Stop beside US Route 2 in Danville, his store has grown since 1990 from a modest convenience store to a popular deli and regional grocery with gas pumps where cars and trucks wait in line for parking.

Beattie is quietly understated about the success of his business, but a recent change in his operating procedures has gotten him talking about environmental impacts and long range changes that he hopes to make in our collective and enormously wasteful habits of rubbish disposal.

Beattie has been recycling paper, cardboard, bottles, cans and plastic for a long time. His waste Fryolater oil is collected, saved and ultimately converted to biodiesel fuel. However, it was recently that he found a means to recycle food waste from his store into composted soil. This seems to be a change that hits particularly close to home for someone raised on the dairy farm that still straddles the road less than a quarter of a mile away.

Beattie says, "It's the right thing to do, and it's the right way to manage a business."

Data published by the US Department of Agriculture shows that 96 billion pounds of edible food were lost by American retailers, foodservice and consumers in 1995, and nearly 40% of that total was fresh fruits and vegetables and fluid milk. In Vermont alone (according to data from 2002) the Department of Environmental Conservation estimates that 21% of its waste stream is food waste. That figures to be 95,000 tons of food scraps or more than a half a million cubic yards buried every

year at landfills.

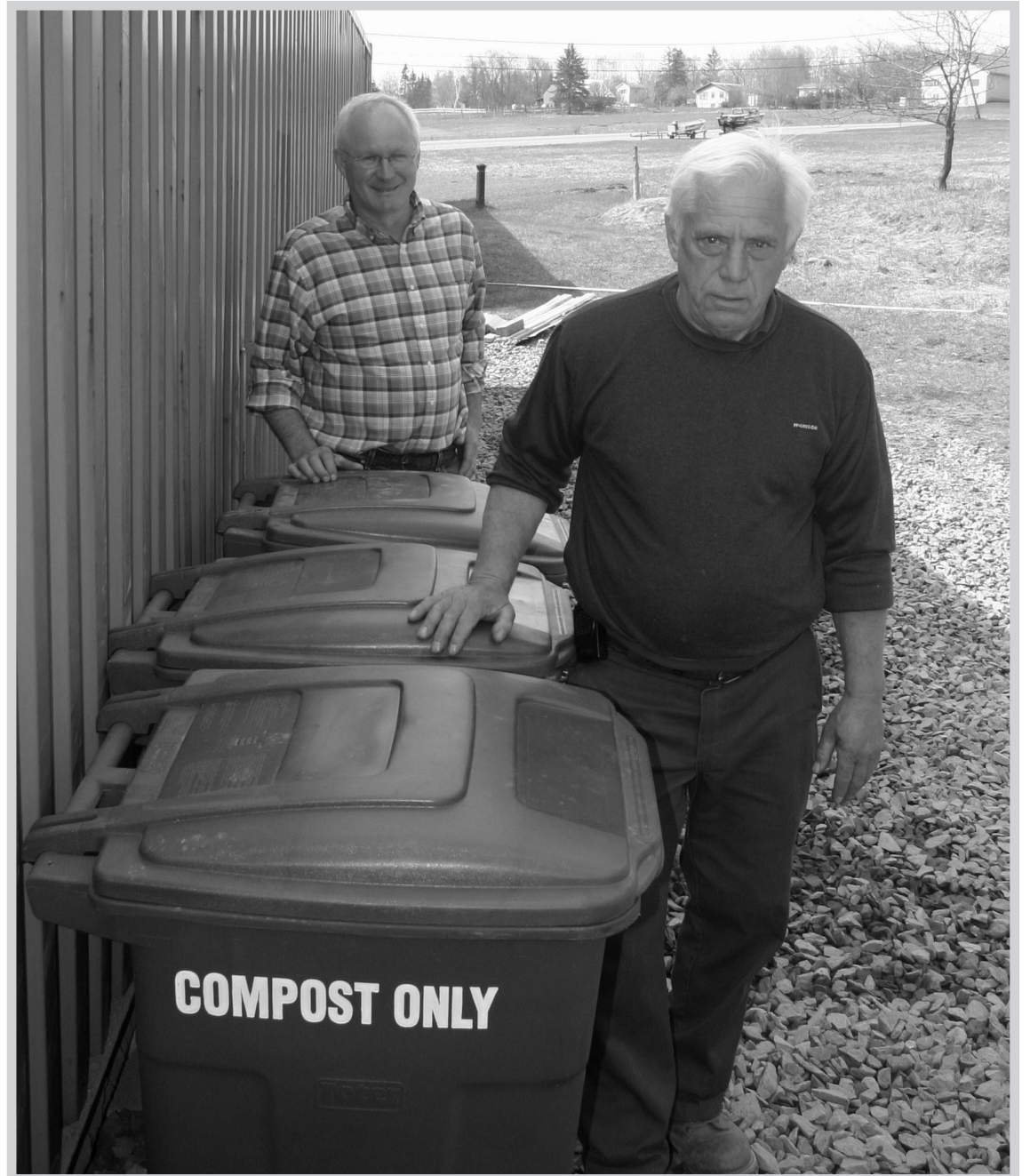
And Beattie, who once was a truck driver for Rapid Rubbish in St. Johnsbury hauling waste to the regional landfill in Bethlehem, NH, says, "Solid waste is just piled deeper and deeper, higher and higher until the pile tips over and the system collapses."

Through a collaboration with the Central Vermont Solid Waste Management District (CVSWMD) and the Highfields Institute of Hardwick, Beattie is having his food waste converted into compost - that's gardeners- and farmers-gold.

Each week Beattie is recovering more than a thousand pounds of food waste, which is collected and stored at his store in portable containers and then taken to Hardwick where it is screened, composted and turned into a valuable commodity. Beattie estimates that as his volume increases with coffee grounds and waste from fresh produce and seasonal deli salads his total may reach a ton a week, a sum that in the past was buried in a landfill.

Tom Anderson is the CVSWMD special programs manager. Anderson says, "People have had a basic understanding of composting for a long time, but there is a disconnect when it comes to meaningful scale. We haven't always understood the cycle, and a lot of us still think that you put your kitchen waste into some sort of magical container in the evening and you pull out beautiful composted soil the next morning. It doesn't work that way, and it really doesn't work that way on a large or commercial scale."

On the site of a former hilltop dairy farm in Hardwick the Highfields Institute is operating a commercial composting facility for Beattie's food waste and that



Photos By: North Star Monthly

Marty Beattie (rear) and Mike Robinson see the process of composting food waste from Marty's First Stop in Danville as good business. Beattie says that his combined recycling efforts have reduced the total volume of his solid waste by about 60%. Composting of food waste is his latest addition in a continuing and statewide effort to reduce the volume of waste from Vermont buried at landfills.

from other businesses and schools in the area.

Tom Gilbert is a certified compost specialist with a degree in sustainable agriculture and certification from the Orono Compost School of the University of Maine. He has 20 years of experience in agriculture and composting and is a full-time staff member of the Highfields Institute. Gilbert says, "Highfields provides technical assistance and information for farmers and waste districts as to material handling and best management practices. This is a research and development lab with services for testing and training."

Anderson says, "It's a tremendous resource for waste management thinking on any level.

"All the New England

Culinary Institute restaurants do this as part of standard procedure, and at 14 affiliated schools there are about 6,000 kids who are separating waste materials in their cafeterias and understanding that, just like turning the lights out at night, this is a way of life."

Anderson says, "School kids pick it right up, just like they did when they started recycling. It's part of their culture, and they understand that it's quite okay to have a system that works better than the old one and one in which less stuff is buried at the landfill."

Marty's First Stop is a demonstration project for the CVSWMD and a feasibility study for commercial applications. Anderson says, "We provided posters, 48-gallon rolling containers, an analysis of how smoothly the process is working and estimates of the costs and benefits involved."

Gilbert estimates the cost for waste disposal from a location like Marty's to be \$100 a ton plus transportation. At the Highfields composting facility in Hardwick there is a "tipping fee" of \$30 a ton for compostable food waste. Gilbert is hesitant to project a dollar savings for Marty's, but finally he says, "A business of the size and scale of Marty's ought to save conservatively more than \$1,000 a year, plus whatever savings can be found in renegotiating its contract for its solid waste disposal."

Anderson says that CVSWMD has worked on similar projects with 42 businesses, and only three dropped out and all for reasons that had nothing to do with costs or procedures.

Beattie figures that by virtue of his recycling paper, cardboard, glass, cans, plastic and now his food waste, his total volume of solid waste has been slashed by 60%. He says, "There are a lot of places that just shove it all into a compactor and don't even try to do it any other way."

"At 14 affiliated schools there are about 6,000 kids who are separating waste materials in their cafeterias and understanding that, just like turning the lights out at night, this is a way of life."

Beattie says there is an added labor factor, but there has been little resistance to his change in the standard procedure. "It's got to be done one way or another," he says, "and it's just a matter of doing it correctly." Marty's has Food-Waste-Only containers inside and outside his store, and Beattie agrees that at the end of the day - how difficult can it be to separate carrot tops from coffee cups.

Anderson is clearly pleased by the progress with schools and businesses like Marty's, but he can turn philosophical about the much larger ecosystem in a second. "We





Tom Gilbert (left), programs director and board member of the Highfields Institute in Hardwick and Tom Anderson, special programs manager with the Central Vermont Solid Waste Management District, are convinced that composting food waste is an important step in Vermont's reduction in the stream of solid waste buried in landfills. At this site in Hardwick they gather compostable waste, mix it and allow it to age with other organic matter and then offer it for sale to farms and gardeners.

need to stop wasting food in its production and preparation," he says. "And we need to stop thinking that the only good tomato is one without any blemishes, and maybe there was something to it when our mothers told us to clean our plates."

Anderson says, "If food can't be used in the form of primary consumption, we ought to be able to find other uses - redistribution to other places where food is less plentiful, industrial processes or animal feed." Anderson cites chickens as the ultimate portable

food processing factories. He stands in Hardwick surrounded by piles of slowly composting soil, and he laughs, "Chickens would walk all over this stuff having a field day, eating well and laying eggs in return.

"Finally," he says, "there is the opportunity to compost and literally recover the energy that would otherwise be buried under ground. There are gaps at each step in the system, and we are trying to raise the awareness and improve the decision making to minimize waste of any kind at the landfill."

Gilbert says his part of the process takes time but it works. "Because of all the variables including the material's bulk and density, its temperature and moisture content, its carbon to nitrogen ratio and its texture and structure, the waste hauled in from Marty's and other locations is blended with other organic matter including manure, wood chips, sawdust, leaves or hay. It is tended and monitored carefully, and it will be ready to go, ready to sell, in about nine months. It's an ecological process in an environmental community, and we just can't buck some of the variables, some of the subtleties of the real world around us." Ultimately the composted soil will be sold to small farms and home gardeners for \$35 a cubic yard.

"Ninety percent," Gilbert says, "stays within 20 miles."

Today Highfields enjoys the benefit of grant funding from foundations and private corporations and sponsorship by the Northeast Kingdom Waste Management District as well as the district in Central Vermont.

Gilbert says, "There's an efficiency of size, but we want to keep this system manageable. It is about zero waste management, and we never want to find ourselves thinking about some part of the process as something we'll deal with later."

Gilbert is on the staff and a member of the board of directors

for the Highfields Institute. "The organization," he says, "started in Greensboro in 1999 to preserve Vermont's agricultural soils, its watersheds and agricultural economies through on-farm composting. Three years ago the demonstration and research site was moved to Hardwick, and the hope is to expand the outreach and training for individuals and businesses and to offer it as a model for comparable rural locations." Gilbert imagines the organization being profitable and thereby self-sustaining in two to three years. ★

Farmers' Markets



Danville Farmers' Market (starts June 6)
On the Green, US Route 2
Every Wednesday: 9 a.m. - 1 p.m.

St. Johnsbury Farmers' Market
On Pearl Street behind Anthony's Diner
Every Saturday: 9 a.m. - 1 p.m.

Come meet new and old vendors at this weekly community event and support local farmers. Take home spring vegetables, baked goods and other foods, crafts and of course lots of flower and vegetable bedding plants for the garden.



What's Happening at the Town Hall?

Barnet

Town Clerk: William Hoar
 Selectboard: Ted Faris, Stanley Robinson and Jeremy Roberts

May 14, 2007

Zoning Violation at Harvey's Lake – Joe Mangiapane met with Board and expressed concern over a zoning violation in which Bruce Ellison's son has placed a dock on land between Mary Mangiapane's property and that of the Ellisons. On advice of attorney, Board directed zoning administrative officer to send a notice to Ellisons indicating violation of the zoning ordinance and their need to seek a variance for dock. Dispute can be aired in front of and resolved by zoning board of adjustment.

Road Paving – On recommendation of road foreman and after review of bids (Pike Industries: \$60.77 per ton and Blaktop Inc.: \$62.75 per ton) Board accepted proposal from Pike Industries to pave section West Barnet Road from Park & Ride area to Barnet School. Pike's total estimate is \$68,000.

Roadside Mowing – Board agreed to hire David Wilkins to mow roadsides.

Access Permit – Board approved access permit for Paul Edmondson at 746 West Main Street in West Barnet.

Overweight Vehicle Permits – Board approved overweight permits for Murray Transport, William Pinkham, and Donald Moore Jr.

Passumpsic River Cleanup – On request of William Warren, working on his capstone project at St. Johnsbury Academy, Board agreed to allow for free disposal of waste collected in Barnet section of Passumpsic River, not including tires.

Harvey's Lake Fireworks – Board approved Harvey's Lake Association request to have annual fireworks display on July 14. Jan Sherman asked if any town funds were available for boat monitoring program. Board indicated there are not. Board also discussed consideration of a fee for people coming to public beach for annual fundraising barbecue. After considerable discussion, Board instructed beach committee to open beach on barbecue date free to all.

Dental Insurance – Board noted town's increase in dental insurance by 7.6% as of July 1.

Fuel Oil and Diesel – Treasurer William Hoar noted that he discussed prebuying fuel oil and diesel fuel with current supplier-Fred's Propane & Gas. Because of price instability, price will be set in August to be effective September 1. Town will continue to receive fuel from Fred's at rack price +10 cents per gallon until September 1.

Cabot

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

April 25, 2007

Solid Waste District – Based upon John Grosvenor's former employment with Central VT Solid Waste Management District, Board agreed to terminate his appointment as town representative to district board.

Coit's Pond – On request of VT Agency of Natural Resources, Board agreed to approve letter of support for a fishing access at Coit's Pond.

Danville

Town Clerk: Virginia Morse
 Town Administrator: Mert Leonard
 Selectboard: Marion Sevigny, Denise Briggs, Doug Pastula, Marvin Withers and Michael Walsh

April 19, 2007

Mobile Methadone Clinic – Alan Aiken met with Board to answer questions about methadone treatment program and use of mobile van at Danville Health Center. Aiken reported program is working in St. Johnsbury and Newport and agreement with those towns is that program will seek other sites for van.

Road Crew – Road Foreman reported seasonal work is underway as well as recovery from storm damage. On Kevin Gadapee's request, Board approved road crew attendance of Municipal Expo in Barre on May 9 for \$10 each and approved backhoe training for Harold Hatch on May 4 for \$30.

Stanton Road Wall Damage – After review of photographs of stonewall on Stanton Road, Board agreed to reply to wall's owner that damage was not related to snowplowing and town does not repair damage from snow.

Peacham Road Paving – After review of bids for paving on Peacham Road: Goman Group, \$94,095; Blacktop Inc., \$92,412; and Pike Industries, \$81,813; Board accepted bid from Pike Industries.

Town Hall Furniture – On recommendation of Merton Leonard, Board voted to buy six new tables and 100 additional chairs for second floor of town hall.

Liquor License – Board approved renewal of liquor licenses for Creamery Restaurant and Joe's Pond Country Store.

Curbside – Board signed various curbside permits.

Town Highway Plan – Board approved state assessment of town highway plan.

Design Review Board – Following request of design review board and

Zoning Administrator Linda Leone, that James Deshone be reinstated as chair of design review board and executive session, Board voted to uphold its original decision to accept Deshone's resignation. Board also invited members of design review board to next meeting and to make its recommendation on applications for board from James Ashley and Alan Manning.

May 3, 2007

Personnel – After executive session to discuss appointments to development review board including Selectboard's decision not to reappoint James Deshone to DRB and DRB's declination of accepting Jim Ashley, Board tabled a request from Alan Manning to be a member of DRB until his pending permit application has been settled. No other action taken.

Forest Fire Warden – Kathy Decker of VT Department of Forest, Parks and Recreation reported that with no forest fire warden currently appointed in Danville burning permits cannot be issued. Notices will be posted accordingly.

Road Crew – Road foreman reported road crew has gone to summer hours, and seasonal road work continues. On road foreman's request as to procedure for hiring summer contractors, Board directed him to continue as before buying materials at best price and hiring contractors and equipment as necessary. Board voted to seek applicant for road crew opening.

Town Green – Board voted to allow Farmer's Market and installation of directional signs to North Church on Green as in the past.

Liquor License – Board approved liquor license for Joe's Pond Country Store.

Curbside – Board approved curbside for Franklin Hovey II on the Joe's Brook Road.

Audit – Board approved agreement with Corrette Associates for audit.

North Danville Community Building – After review of six bids for work on North Danville Community Building, Board agree to modify specifications and ask for new bids.

Scrap Metal – When Rodger Pearson asked why he did not get scrap metal from bulky day collection Mert Leonard noted that Pearson would have to obtain contractors liability insurance.

Ball Field Parking – Board discussed parking limitations at town ball field and agreed to see what changes may be made.

May 17, 2007

Fire Warden – Board appointed Jason Crocker fire warden and Jeremy Withers deputy fire warden.

Road Crew – Road Foreman reported grading continues although some roads have been slow in drying out. Garage yard configuration has been modified to expand parking at ball field. Board discussed foreman's recommendation to purchase new boiler and culvert washer and requested other prices. Board discussed winter sand bids: Calkins Rock Products of Lyndonville, \$4 per ton at the pit, and Kirk Fenoff Excavating of Danville, \$4 per yard. After discussion

Board voted to accept price from Kirk Fenoff Excavating.

Town Hall – Board approved revised town hall rental agreement and approved selling old town hall wooden seats during Danville Fair.

Conservation Commission – Board approved request from conservation commission to host town forest celebration.

Sheriff Patrol – Board approved hiring sheriff for weekly patrols.

Planning Commission – Board appointed Nancy Lewis to planning commission.

North Danville Community Building – After review of bids for work on North Danville Community Building, Board voted to check references of some bidders.

Lyndon

Town Clerk – Lisa Barrett
 Selectmen: Martha Feltus, Kevin Calkins and Kermit Fisher

April 30, 2007

Highway Report – Board noted highway report. At 31% through year, entire budget is 20% expended.

Paving – Board discussed paving South Wheelock Road, McGoff Hill, or Darling Hill should town receive \$150,000 in paving grant money.

Ice Arena – Board noted Lyndon Area Sports Association has received tax exempt status. Kermit Fisher will represent Board in drawing up management agreement for use of the building.

Excess Weight Permits – Board approved excess weight permits for Harold's Concrete, Kelley-View Farm, Gil's Construction, Marion & Brent Newland.

Junkyard Permit – Board approved junkyard permit for Charles Murray & Son.

Mattock's Park – Board noted Maddox Park will have its name spelled correctly and be known as Mattock's Park.

Walk-a-Thon – Board approved Riverside School's request for a walk-a-thon with arrangements to be approved by police chief.

Access Permit – Board approved access permit for Brian Richardson onto Fall Brook Road.

ATV's on Public Highways – Board conducted public hearing for comment on consideration of use of ATV's on Cold Hill Road, Vermont Drive and Fall Brook Road. After considerable comment Board agreed to consider plan further at another meeting.

May 14, 2007

Highway Report – Board reviewed highway report of May 4. At 35% through year, budget is 21% expended.

Tax Anticipation Loan – Board voted to accept bids of 3.9% for tax anticipation loan and revenue anticipation loan from Union Bank.

Access Permit – Board approved access permit for David Allard onto Stark Road.

Highway Financial Plan – Board approved annual highway financial plan.

Green Up Day – Lisa Barrett reported 5,580 pounds of trash removed from Lyndon's roadways by nearly 100 volun-

teers on Green Up Day.

Excess Weight Permit – Board approved excess weight permit for James Hayes Construction.

Liquor License – Board approved liquor license, including outside consumption permit, for Downing Wellness Center.

Lyndon Area Sports Association – Board voted to guarantee loan to Lyndon Area Sports Association in amount of \$57,000 with 5 to 10 year term. Funds will be used to insulate the building.

Health Officer – Board appointed Lorraine Matteis as town's health officer.

Development Review and Planning – Board held joint educational meeting with development review board and planning commission to clarify roles, rights and responsibilities of each group.

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

Peacham

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

April 18, 2007

Emergency Response Plan – Emergency Management Coordinator Jerry Senturia presented information on Peacham's emergency response plan. Senturia stressed importance of documenting storm damage. By means of multi-municipal damage assessments, towns can be eligible for FEMA assistance.

Fire Department – On behalf of fire department, Senturia described his planned trip to West Virginia to evaluate a 2003 rescue vehicle as possible acquisition for fire department. Board authorized Jerry Senturia and Aaron Morton to use town's 2007 Ford Ranger truck to travel to and from West Virginia to evaluate vehicle.

Conveyance of Real Estate – Board discussed request that a 1987 deed to Scott's land be reconfirmed to correct a technical oversight and voted to publish notice prepared by Scott's attorney.

County Road Conditions – Residents from Peacham and Groton met with Board to express concerns for poor condition of County Road. Board agreed road conditions would be reviewed. Board discussed need for priorities and projects list for roads and an enhanced management system to track road issues. Board discussed assigning each Board member a share of town roads to monitor personally. Board also considered additional planning and documentation about road conditions and a management structure in the absence of administrative assistant.

Cemetery Deed – Board approved cemetery lot deed to Alison Wieting Hall.

Road Crew – Tim McKay reported road conditions and work thereon. Town has rented an additional grader for one week to be operated by administrative assistant.

Mack Mountain Road – Board reviewed concerns about Cabot end of Mack Mountain Road and town's responsibility for snow plowing.

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

Personal – Board discussed personnel policies.

Insurance – Board discussed insurance policies.

Waste Management – Board reviewed Casella Waste Management contract.

Peacham School – Board discussed proposal from Cathy Browne and a work group, known as “School as is With Variations,” that Board consider additional town uses of school facility as a source of additional income for school and that town’s economic committee seek grant money for school.

Town Gym Policy – Board discussed procedures for use of gym, issuance of keys and inspection of the facility.

Forest Fire Warden – Board accepted with regret resignation of Frederick Stevenson as forest fire warden and appointed Neil Monteith as replacement.

Memorial Day – On request of Mel Reiss, chair of Memorial Day festivities, Board approved allocation of \$200 for Hannaford’s Volunteer Fife and Drum Corps of Underhill at town’s annual Memorial Day program.

May 2, 2007

Cemetery – Cemetery sextons, Cheryl Stevenson and Ron Craig, reported on information from a VT Cemetery Association seminar. Gary Swenson will discuss with town attorney possible addition to current cemetery rules and regulations. Board discussed tree trimming.

Road Reclassification – Board adopted Onion Point Road and Gracie Drive reclassification findings as presented.

Road Conditions – Phil Jejer, reported April snowstorms were hard on town’s road equipment. Repairs have been made. Board discussed possible summer paving projects. Gorman Brothers will do road crack sealing work. Summer work includes additional stone, new culverts and ditching for Peacham Pond Road and The Great Road. Board will monitor priorities for scheduling and actual road work.

Personnel Policy – Board discussed personnel policy including exempt and nonexempt status.

Waste Management – Board discussed Casella Waste Management contract and will have town attorney review it.

National Incident Management Systems – Board adopted resolution for National Incident Management Systems designating Board chair to sign the resolution.

Old Town Hall Office – Board voted to support Peacham Community Housing proposal for Old Town Hall Office project.

Zoning Violation – Board agreed to hire law firm of Axelrod & Adler to prosecute town’s claim against Kathleen Curtis and certain zoning violations at Peacham Pond.

May 11, 2007

Paving Projects – Board met with Norman Patenaude of Pike Industries and discussed paving projects and resurfacing gravel roads.

Road Crew – Phil Jejer reported on his interview with an applicant for road crew. Board agreed to have Jejer negotiate job offer.

St. Johnsbury

Town Manager: Michael Welch

Town Clerk: Sandy Grenier

Selectboard: Jerry Rowe, Daniel Kimbell, Bryon Quatrini, Gary Reis and Dale Urie.

April 23, 2007

Liquor and Tobacco Licenses – Board approved liquor and tobacco licenses for Tavern on the Hill, O’Shea’s Motel, Co-Co Mart, St. Johnsbury Food Co-op, Sodexho at Athenaeum on May 5, Porter & Craige and Kingdom Convenience. Further, Board discussed violations of tobacco sales laws at Landry’s Drug Store and voted to review Landry’s tobacco license in six months, require that Paul Ravel complete required training with Officer Cote and that if another violation occurs Landry’s license will be suspended for 90 days.

Planning Commission – After executive session Board appointed Pamela Smart and Robert South to planning commission.

Reappraisal – Board met with Town Assessor Peter Whitney and Caroline Lockyear of VT Appraisal Company and reviewed schedule and procedure for reappraisal.

Water System Master Plan – Board met with Robert Dufresne to review plan for water system improvements. Dufresne described scope of existing system and requirements for improvement, provisions for fire protection, booster pump stations and replacement and maintenance of existing water tanks at Overcliff, industrial park, Higgins Hill and the South Tank. A new tank should be installed in Breezy Hill area. Dufresne outlined costs including current projects, resolving deficiencies, improving system reliability and provisions for future growth at \$44.4 million. Board discussed priorities, sources of funding and improvements at water treatment plant.

Water Sewer Rate Adjustment – After town manager’s presentation of utility rate proposal from finance committee and discussion of impacts of proposal on high volume and low volume users Board voted to make adjustments to proposal and consider adopting change at next meeting.

Union Bank – Board authorized Sandy Grenier to vote on its behalf for town-owned shares of Union Bank stock.

May 14, 2007

Municipal Composting – St. Johnsbury Academy senior Claire Stodola presented recommendation to Board to start a municipal composting service.

Recreation Department – Daniel Kimbell presented \$1,600 proceeds of Spring Rib Run fundraiser to recreation department.

Liquor License – Board approved outdoor consumption permit for American Legion.

Memorial Garden – On request of St. Johnsbury Academy student Aleda Boomhower Board voted to authorize a memorial garden in South Park.

Adams School Playground – On request of recreation department director Joe Fox, Board agreed to proceed with

purchasing playground equipment for Adams School playground area. Total project cost is \$28,115, and \$6,780 remains to be raised. Board supported ordering equipment as long as specific plan for raising balance is presented to Board.

Tax Sale Process – Following presentation on status of delinquent taxes, Board voted that if any delinquent property taxpayer does not have a payment agreement (scheduling payments due by November 16, 2007) in place by May 18, 2007 then taxpayer will be added to list of delinquent taxpayers to be scheduled for tax sale.

Union Bank Stock – After presentation by Sandy Grenier as to value of town’s Union Bank stock Board agreed to liquidate stock, over a period of time, and use proceeds for one-time capital expenses as recommended by town manager.

Bridge Report – Larry Gadapee reviewed inspection, inventory and appraisal report of town-owned bridges. Gadapee reported most bridges are in fair-to-good condition. Iron Bridge in St. Johnsbury Center will be closed through the season for replacement. Board discussed future work on Portland Street bridge including funding and possibility of repairing at least one pedestrian stairway.

Three Rivers Transportation Path – Board met with members of committee working on Three Rivers Path and discussed easements, construction schedule and various options including a route around St. Johnsbury Academy property. Board member Reis said it is time to stop the “analysis paralysis” and start construction. Total expenses are \$562,000 to date. Board voted to hold a public information meeting on changes in the project.

Main Street Bike Route – On recommendation of Alan Boye, Board approved purchase of up to 10 signs at an estimated cost of \$500 to define a bike route along Main Street.

Water and Sewer Rates – After considerable discussion Board voted to increase two lower water block rates, effective July 1, to \$1.91/1,000 gallons, and increase higher block rates to \$1.45/1,000 gallons to be phased in over a 12 month period as recommended by finance committee. Board also voted to increase sewer rates, effective July 1 as recommended by finance committee, and to phase in higher block increases over 12 months.

Investment Policy – After discussion of pension plan investment in internationals, Board voted to approve revised investment policy.

Downtown Improvement Commission – Board appointed Dennis Myrick to downtown improvement commission.

Mediation – After executive session to discuss mediation, Board took no action.

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

April 24, 2007

Staff Training – On request of Diane Cochran, Board approved payment for seminar dealing with tax appeals and notary issues.

Fast Squad – Bill Huntoon reported Fast Squad got its defibrillator units recalibrated for \$10 instead of \$100 originally quoted.

Constable – Huntoon attended constable school and learned about animal issues. He will submit charges for mileage, time for training and for recent accident investigation.

Dog Warrant – Board signed dog warrant.

Theft at Town Garage – Town clerk reported theft at town garage and value of items taken to be less than \$1,000 deductible on insurance coverage.

Board of Listers – Board noted Doris Rivard will resign from board of listers. Board will advertise for replacement.

Appointments – Board needs to find volunteers to serve as representatives on solid waste management district board and as health officer.

Storm Cleanup – Board noted cost of \$1,350 for storm cleanup reported to FEMA.

Culvert – Board reviewed engineer’s estimate for culvert replacement at Coles Pond.

Better Back Roads – Board reviewed grants for work on Lower and Middle Coles Pond.

Illegal Burning – After discussion about illegal burning ordinance, Board directed town clerk to respond to state noting town sees this as a state law and not something for town enforcement.

Gravel – Board directed road foreman to purchase remaining gravel reserved for town at Gravel Construction.

May 8, 2007

Trash Complaints – Constable Huntoon reported complaints about trash around a house on Cahoon Farm Road. Trash is being cleaned up.

Dog Complaint – Huntoon reported complaints about a dog in North Walden. He is trying to find where it lives.

Constable – On constable’s request, Board approved purchase of a traffic vest, pepper spray and digital camera.

Health Officer – Board appointed Jennifer Persons as health officer and voted to pay her \$9.50 per hour plus mileage.

Solid Waste Management District – Tod Delarichelie asked that someone from Walden be appointed as town representative to Central Vermont Solid Waste District.

representative to Central Vermont Solid Waste District.

Town Garage – Board discussed remodeling of old garage or new construction and the state’s interest in purchasing a right-of-way by the current structure for future use in repairing bridge. State has offered \$23,200 for right-of-way but may not be able to offer that in future. Board agreed to meet with state officials and pursue negotiation and that new garage should be located at sand pit.

Water Tests – Town clerk reminded Board of need to conduct water tests at municipal buildings.

Green Up – Town clerk reported a successful Green Up with an overflow of tires.

May 22, 2007

Constable – Bill Huntoon reported garbage on Cahoon Farm Road was cleaned up.

Dog Complaint – Huntoon contacted Hardwick dog warden and determined stray dog in North Walden was from East Hardwick.

Speeding on Town Roads – Bud Clifford reported cars speeding on Novestar Road and requested signs indicating children present. Board asked constable to patrol this road to try and slow traffic down.

Town Garage – Lina Smith reported a letter will arrive shortly regarding state’s purchase of right-of-way for bridge repair on VT 15 near town garage. Board agreed to seek grant for new salt shed on new town garage site and to get updates for estimates of building a new garage.


Green Up – Town clerk reported income from grant, tire donations and scrap metal at Green Up day was \$553.50, and expenses totaled \$1085.96. With \$500 budgeted at town meeting, town was over budget by \$32.46. Approximately 25 miles of road and 1 mile of trail was cleaned up.

Cemetery Association – After discussion, Board agreed to use town’s contract with corrections crew to cut brush at cemeteries.

Lawn Mowing – Board voted to hire Roy Hopkins to mow lawn at town clerk’s office and emergency services building.

Lister – Board appointed Carolyn Greaves as lister until town meeting. An opening remains on board of listers.

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Farming Takes On Many Different Complexions

SANDY RAYNOR

Some of us living in Caledonia County do so by the seat of our pants. This breed of resident recognizes slim paychecks each week yet includes many who relate to the landscape and neighbors, satisfying something larger in life. And then there's a person like Koren Warden who sees opportunities despite the risks and back-breaking labor involved, eventually adding income to her family coffers.

Koren began her life in Chelsea, VT, and when ready for college she enrolled at Vermont Technical School. There she met

her future husband, Will Warden, quickly swapping the idea of career for farm life in Barnet. Will's homestead had belonged to one of the first families to settle in the area. The farmhouse dates to 1785, the barn is big enough to hold the entire population of West Barnet (at least when the area was colonized), and the dirt road that meanders by the place was named for Will's great-great-great-great-great-grandfather. It's called Warden Road.

Koren and Will wanted to continue the legacy of farming in the 1990's, but the cost of starting operations were too great and the returns too iffy



Photo By: North Star Monthly

Koren Warden will be selling eggs and chickens at the Farmer's Market this year in addition to her wooden toys, perennials, pies and fresh-from-the-garden vegetables.

with milk prices below a profitable margin. So he talked about raising beef cows, starting with a few but hoping to create a wide demand for his product.

In the meantime Will jobbed himself out for construction work through Gordon Goss, another Barnet resident known as a good builder. Koren watched her husband return home at days-end sometimes too worn out to do chores, and she got an idea that might help with monthly bills. Even pregnant with their first child, she baked pies and cookies, made old fashioned fudge with her father-in-law's help and brought her goods to the farmer's market when the summer event was behind the St. Johnsbury School.

Further, Koren pressed flowers and turned them into note-cards, something she picked up from her Mom as a child. She sold a hundred dollars worth that year. It was 1992.

When Maria was born,

Koren's life turned to motherhood and the regular chores of the small farm enterprise. A year later, a second daughter made Koren's life full to the brim. The farmer's market became a distant memory, and two years later a third child entered the Warden family, a boy they named Robert.

farmer's markets established in close proximity. A memory from her childhood, a wooden paddle boat her mother created for her, appeared as a perfect solution.



So her husband planed boards out of pine, and she took apart her toy from her mom to use as the original pattern, cutting her boats out with a jigsaw. Bright primary colors were painted on each boat and an elastic band straddled the stern. A baby's wadding pool became her display case as the boats scooted across the water, attracting customers of every age and description. At five dollars a paddleboat, folks were very pleased to walk off with several of these nicely made toys.

But she didn't stop there. She cut out cars, ducks and puppy dogs from wood, to add to the selection of toys. Koren dug up a bunch of perennials from around the farmhouse, putting them in pots to sell. When the rhubarb and blueberries came in season,

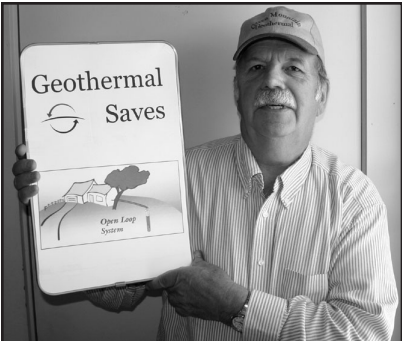
Some of us living in Caledonia County do so by the seat of our pants.

Seven years later, Koren was ready to make something at her home and generate more income. By then there were two

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she made pies for the markets. Her children got into the act, too, selling lemonade made from fresh lemons and sugar. Husband Will made cutting-boards from cherry and maple he harvested from his land, items that sold easily during fall foliage.

And as vegetables were ready to pick everyone turned to the garden the nights before market, bagging up string beans, peas, cucumbers and squash to put on the stand. "I didn't know what to do for the first year, so we just planted double what we usually did. Sold most of 'em," she says, "and froze the rest." Koren speaks with natural modesty. This year the garden has expanded again, as she has become savvier as to what customers look for in veggies.

She'll be adding eggs to her inventory this season, hoping to sell between 10 and 15 dozen a week. She raised the layers herself in January.

Added to all those farm market items, is one more Vermont farm product this year: home-grown beef. Koren and Will are trying their first real venture, which reflects their dream of making a living off the farm, as they seek a balance of work from other sources with products created from the land, passed down across eight generations.

Until school finishes for the year, Koren will rely on her children to pack their own lunches and get ready for the bus, while she heads for the Danville Green to set up her display on Wednesdays.

Rain or scorching hot days, she is expected each week by the market managers, a commitment made at the beginning of each season. And from the sounds of it, Koren and her family will keep growing ideas for possible sales, eventually, they hope, leading to a lucrative enterprise.

Follow the Money

by Rachel Siegel

"It's the Bubble, Stupid"

First it was derivatives (1980's), then tech stocks (1990's) and then real estate (2000's). Now it is "alternative" assets: hedge funds, private equity. Investors are always searching for the next new thing: the undiscovered asset market that will propel them into a galaxy of wealth, let them defy the gravity of risk and return, and boldly go beyond the "efficient frontier" of theoretical finance.

"Investors are always searching for the next new thing: the undiscovered asset market that will propel them into a galaxy of wealth..."

Typically, academics or researchers "discover" the next new market. The first to invest are those who can pay attention to - and pay for - the cutting edge research: brokers trading on account. They are followed by their best customers - large, institutional investors like university endowments, pension funds and insurance companies - to whom they sell these ideas.

Lastly, the idea trickles down to the retail level, to the individual investor. By then it has been packaged and repackaged, sliced and diced, to make it mass marketable. By then, it has been made to seem convincingly risk free, with its continuous rise in value and oversized returns. By then, that rise in

value also means that most of the gains have been taken.

Individuals jump into the market, driving up demand for the asset and thus its prices, and so self-fulfilling the promise of return, until finally something happens - interest rates rise, or energy prices, or there's a war - that lets the air out of the bubble. Then we are shocked (shocked!) to find that the market has crashed. Is there a sucker born every minute? Do we never learn?

If there is one thing that we have learned about modern capitalism in a market economy, it's that the way to wealth is through investing, not working. All resources are not created equal: the return on capital is far greater than the return on labor. We saw this in the 19th century with the tremendous wealth that accrued to the "robber barons," the owners - not the workers - of the means of production.

In the 20th century, workers of the world responded by trying to give labor more value - creating collective bargaining, or "benefits," or fair employment laws. In the extreme, some tried to do away with labor markets altogether, arguing that labor should not be a marketable commodity but an existential right.

These attempts have been important, and may yet be more so, but none has changed the reality that we face: capital is more valuable than labor. Investment of capital returns more than investment of labor, and the less return to be had in the labor markets, the more individuals turn to the capital markets.

We have seen asset bubble after asset bubble since the 1980's, when it began to be obvious that

there was a chronic and severe deflation in the labor market and that our attempts to enhance the value of labor weren't working. Since then, even where unions still manage to function, their power to affect market forces is negligible, as local labor markets have gone global. In the non-unionized - and growing - service or professional sectors, there is even more competition for education and for jobs, making it that much harder to profit from working. Benefits have been lost, along with growth in real wages, and any notion of job security.

Public policies and tax laws encourage asset ownership, because when individuals have assets to fall back on - and can rely less on paychecks - governments have to provide fewer safety nets. As past public promises loom larger, governments would like to throw those responsibilities back onto the individual (as in privatizing Social Security, establishing health savings accounts or IRAs, etc.), just as employers have.

The problem is that investing in the newest asset idea is almost always too expensive, because it is too risky, for individuals.

Investment banks, Ivy League endowments and the über-wealthy can try to earn super-sized returns with "alternative" assets because they can afford the risk: because they can hire analysts and advisors to get them into the market when there are still gains to be had, or to get out of the market before it turns, or because they have time to ride out the bubble's inevitable bursting, or because they have so much capital that they can truly diversify their holdings, or because they have so much capital that they can afford to lose some.

Individuals cannot afford those kinds of risk, yet they cannot afford not to invest; it is the only road to returns. The recurrence of burst after burst in market after market is making it harder and harder for an individual to stay in the game, but right now, it's the only game in town.

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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Letters from New England Soldiers Provide Glimpse of Life on the Front

Some express love of their wives and unborn children. Others detail the horrors of war. Still others reveal daily life in camp or elsewhere. But in all, letters from New England soldiers who fought in the Revolution, the Civil War and World War II tell an inspirational story of life on the front.

David Palange, a graduating senior at the University of New Hampshire, read hundreds of examples of personal correspondence from the three wars in the course of his research about what it is like to go to war. An

article about his project, "Your Loving Sons: American Warfare Through the Eyes of New England Soldiers," appears in the latest issue of UNH's undergraduate research journal.

Palange relied on original documents in the Milne Special Collections at the UNH Dimond Library and the State Archives in Concord.

"All too often the personal correspondence of ordinary men and women is lost in the sea of histories of the strategy of warfare or in the stories of more famous and compelling people



UNH Photograph

UNH Senior David Palange turned to original sources, often personal letters from soldiers on the front during the American Revolution, the Civil War and World War II, to construct an image of their lives away from the familiar and the comfortable while surrounded by the fog of war.

and places," says Palange from Londonderry, NH. "Beneath the onslaught of facts and statistics are the most revealing aspects of human nature in the form of personal correspondence, such as the letter of a father to his unborn child or a simple love letter from a husband who senses his impending death."

Palange's interest in researching letters from New

England soldiers began as he watched his mother cry as she read the last letters home from soldiers who died in the Iraq war. The letters were printed as a retrospective in *The Boston Globe* on Sunday, January 1, 2006.

"I knew she was imagining herself in the place of many mothers who lost their sons and daughters, receiving their loving

words for the last time. In that moment, as my mother put herself in the place of the soldiers' mothers, I put myself in the place of the soldier," he says. "If I were thousands of miles away from my family, friends and loved ones, what would I say to them when I got the chance?"

Many soldiers from New England express a deep sense of patriotism. Palange finds their loyalty to the nation and willingness to defend its ideas and honor were central factors as to why they fought. Among the letters Palange cites is one from Samuel Storrow, a corporal in Company H, 44th Massachusetts Volunteer Regiment, who asks his father during the Civil War, "What is the worth of this man's life or of that man's education, if this great and glorious fabric of our



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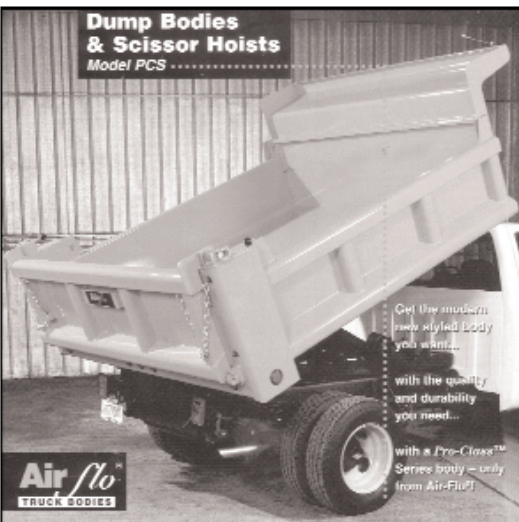


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“The face of battle is not in the famous general or the well-known battle sites. It is in the common soldier, in his hopes, dreams and fears that act as the conscience of battle.”

Other soldiers simply want to hear news from home – what the weather is like, how neighbors are doing and what are the records of local sports teams. World War II soldier David Roche asks his mother, Annie Roche of Manchester, NH, about the news of the “square” and whether the “football players of Manchester” are “any good.”

“Knowledge that life continues in the middle of a horrible war maintains a soldier’s bearing and perspective in the hazy and disorienting fog that surrounds him on the battlefield and haunts him while he is separated from friends, family and loved ones,” Palange says.

His research underscores the strong bonds that soldiers develop during wartime. Many talk about loyalty to their new “family” on the front. James Edward Holmes, a soldier from Maine, describes his experiences in the Battle of Chancellorsville in 1863. He writes, “Associated as I have been with many of the men for two years, we had become as one family, we had

become endeared to each other by the strong ties which our dangerous occupation will not be likely to weaken.”

But disloyalty often prompted a harsh response. Abigail Grant of Connecticut is so distraught when she learns that her husband ran in fear from the Battle of Bunker Hill that she sends him this curt response in August 1776: “And if you are afraid pray own the truth & come home & take care of our Children & I will be Glad to Come & take your place, & never will be Called a Coward, neither will I throw away one Cartridge but exert myself bravely in so good a Cause.”

Soldiers express a fear of death and describe the horrific scenes of bloodshed they witness. Palange finds that accounts of battle and bloodshed evolve from the Revolutionary War to World War II. In the 18th century, soldiers often write glorious descriptions of battle, comparing them to beautiful music. By World War II, soldiers provide detailed accounts of not only of the horrific events, but the psychological effects of those experiences.

Letters from soldiers fighting in the later years of the Civil War – its bloodiest period – are indicative of this shift. Rendered almost speechless by the events of the Battle of Gettysburg in June 1863, Private John H. Burrill of the Second New Hampshire Volunteers describes the horror and bloodshed to his fiancée: “You will want me to tell you of

the battle. It was awful. Language will not convey an idea.”

And then there are the love letters to wives and families, which Palange says often confirm that men who experienced battle were often men with higher purpose. “The sacrifices that hundreds of thousands of soldiers made were often more than death. Defending their country and their principles, these men risked their physical well-being as well as their lives as husbands, fathers and sons,” he says. Even after the battles end, letters from soldiers to loved ones reveal how they struggled to make sense of war. Some reflect on how it had changed them personally; others write about how it has changed the country.

“The face of battle is not in the famous general or the well-known battle sites. It is in the common soldier, in his hopes, dreams and fears that act as the conscience of battle. Their letters to family and loved ones express the feelings, attitudes and experiences that shaped and defined their lives as soldiers and as men,” Palange says. “Although their actions were not considered noteworthy by historians of battles and warfare, they were nevertheless important to the outcome of their respective wars and the history and culture of the United States. It is important to keep in mind each of these faces in battle, to keep them from being obscured by statistics and facts of the larger war at hand.” ★

Blackbird

Death came to the family
in the form of a military official
Met my mother at the door
Long black trench coat
like a large black bird
dripping with regret to inform
reached for my mother
White gloves like talons
grip her shoulders
lest she fall
Death came
swooping low
left an emptiness behind
that stayed and stayed

Paula LaRochelle

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Were It Not for Those VW Buses We Might Still Be Somewhere Else

BILL AMOS

We arrived in the Northeast Kingdom as recently-acquired-summer-property-owners 40 years ago. There were Catherine, me, five kids, black lab, Siamese cat, camping gear, inflatable kayak and accouterments. We weren't hippies, but we clearly were flatland transplants. We had been Kingdom summer rental refugees from Middle Atlantic academia for many years. We were pretty stuffy 10 months of every year, but by coming north, we let it all hang out.

mous crank-open sunroof. Our first bus had two engines: one with 35-hp under the rear deck to propel the vehicle, and another smaller one with its own gas tank hidden in the lower right rear quarter. It provided heat to the cavernous interior and lacked a proper muffler, so when it kicked in with a tenor scream, people nearby thought we were about to depart for the moon.

Down in flatland Delaware the bus managed to keep up with traffic, but I learned to drive all over again once we entered the Northeast Kingdom. The first low elevations came to be known as poop-out hills before we reached the top at, with luck, 20 miles an hour to the fury of other drivers. We never managed the posted minimum speed, but year after year were fortunate in not having a cop witness our failure. We rolled downslope in neutral with joyous freewheeling abandon, upon occasion sailing by other vehicles as the kids whooped in triumph.

Drivers behind us risked losing control by watching what was ahead. Stopping to look out our rear window from the high back deck, Kuro, the coal-black lab with lolling tongue wore his habitual white sailor hat tipped rakishly over one ear. That alone distracted

speeding viewers about to pass the lumbering VW, but gesticulating kids and escape-minded cat in other windows added kaleidoscopic drama as they changed places several times a minute. Sometimes passing travelers waited for us again so they could confirm the nightmare.

An early VW bus, top-heavy under any conditions, was more so when seven humans, several animals and hundreds of pounds of gear were added. That wasn't all. In the good old days of Reynolds Do-it-Yourself aluminum in hardware stores, I built a van-long car-top carrier and had a sail maker create a fitted canvas cover with toggles on the sides. This meant I could extend a protected volume of luggage by many cubic feet, front to rear. That it was six feet off the ground never occurred to me. Well, it did, so I appended a magnesium ladder to the design.

Somehow my concepts of engineering and safety were secondary to pride in design and construction. Driving the highway, we looked like a rolling Tower of Pisa, except the leaning was seldom in one direction but oscillating back and forth from side to side.

In earlier years I had been a sailor, a racer of sleek craft employing wind's every whisper and gale. The cant of a streamlined hull, whistle of air in the rigging, feel of the swell and crash of waves were translated into my piloting success. The experience wasn't lost in landlocked Vermont. The towering bus had to be sailed up and down the hills wherever crosswinds blew. We tacked, sometimes wildly, hoping other vehicles weren't overtaking us. When they did, it was exciting, but well-honed maneuvering saved us.

The bus bounced, not only from overworked springs, but activity of five untethered kids (who heard of seatbelts back then?) springing from seat to seat



Amos Family Photograph
The author's son Bill Amos collected specimens in Mud Pond in 1962. One of the historic VW buses waited for the results.

Late each August, it toted us unwillingly south to steaming Delaware and respectability.

The most immediate evidence of novelty was our means of transportation—a thin-skinned tin can of a Volkswagen bus. We went through three of them, from an early red-and-white original, one of the first in the country, to an upscale blue van with an enor-

like popcorn in an overheated popper. They sang. They yelled. I was cool. With cotton plugs in my ears I instructed Catherine to please keep her children quiet. As captain and navigator of that fragile craft, parenthood was the last thing I would admit to.

Nevertheless, some of the yammering penetrated. Bill translated signs backward and made them into anagrams. Route 5's late and lamented Farm Boy Drive-in became the City Girl Walk-out. "No stopping except for repairs" morphed into "No speeding except to eat pears."

Alison commented endlessly about horsies, and no one listened.

Julie kept everyone learning new songs, and Steve made up impossible games to tease the others.

Bob had fits of motion sickness and once, upon relieving himself beside the quickly-stopped bus, philosophized, "Well, part of me will always be in Vermont."

Bob made friends easily, and Laurence, King of the Porcupines (a bus-sized orange beast), repeatedly met us along one patch of woods, keeping pace at 35-miles an hour while carrying on an animated conversation. I think I saw

Laurence once or twice, and now in my dotage believe I heard him, too.

The bus served our needs. I built plywood bunks that could be knocked down for long distance transport but joined together under foam-covered mattresses when we went camping. It was a refuge against bugs after I made snap-in screens for the windows.

The screens came into valued use when a huge paper wasp nest was discovered under the second floor eaves of the old house we bought. Bob, Steve and another boy remained protected inside the bus as I erected an extension ladder, bracing it against the vehicle for stability. The idea was to ascend with bug-spray can in hand and do the critters in. Ingenuity came to the fore when I donned a full wetsuit, hood, gloves, mask and snorkel as the ultimate in wasp-sting protection. The boys plastered themselves against the screened windows as I started up.

Halfway to the top, something went terribly wrong with the ladder, and I knew disaster was imminent unless the boys got out to hold it in place. I looked down and yelled muffled instructions through the snorkel, but all they did was cackle. They bounced around inside the bus convulsed with laughter as I shouted myself hoarse, angrier and more desperate by the second. Things came apart, and I fell to the ground, rebounding once or twice in the heavy foam wetsuit.

I yanked open the bus's sliding door to confront the hysterical boys, and with tears in their eyes

(See *They bounced* on Next Page)

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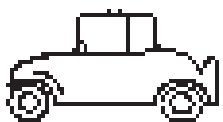
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Being Busy Is Fine But So Is Standing Still

VAN PARKER

Toward the beginning of May I got my last Connecticut haircut until November. (We spend the summer in Danville, where perfectly good barbers are nearby.) The barber who cuts my hair during the winter is a Russian who came to this country from Moscow. In our most recent conversation he observed that Americans seem to work very hard. Implied in his remarks was the thought that perhaps we worked too hard and missed something in the process.

Later that same week I came across a woman whom I hadn't seen in many years. Edna had brought a family member into the hospital. Edna, now probably

in her mid 50's, used to be our children's baby sitter. She was a warm-hearted, fun loving teenager. Edna has spent her adult life working with people who are often forgotten. This includes quite a bit of time with people suffering from Alzheimer's. More recently it involved an effort to connect with autistic children and children with other disabilities. She obviously loved the people she saw at her job and she felt badly that so many "on the margins" were mistreated and disrespected. That, to her, was everybody's loss.

Edna has seen a whole lot of the hard side of life, but she is a happy person who feels she is doing what she is meant to do.

Toward the end of our conversation she said something that I've been thinking about ever since. It was a bit of wisdom, which had helped her and went something like this: "When you can't see your way ahead, stand still."

It seems as though our culture is continually telling us not to stand still, to keep moving. The legendary pitcher, Satchel Page, once testified that you should never look back because somebody might be gaining on you. The idea of standing still seemed to him like a waste of time.

I don't think Edna meant it that way. I think she meant that the best way to get out of an apparent dead end is to stop, look, listen and just plain wait. She had, I suspect, the same idea as some of our ancestors did when they talked about the Sabbath. Observing some kind of a time away from the routine helped them make more sense of the rest of their time. It certainly made everything else less rushed.

Believe me, I have nothing

against hard work. I admire those who work hard. Work can be very satisfying if it's something you like to do. I'm sure Edna works hard. So do farmers, business people, homemakers, small business owners, teachers, writers, electricians, librarians, people in every job and profession.

There is surely virtue in being busy, especially if a person is busy doing what she or he likes.

Still, there is something to be said for standing still, watching a sunset or sunrise, not trying to fix a problem right away. I think that's what my friend Edna was saying. And I think she was right.



Photo By: Karen Moran

In early May as part of National Volunteer Recognition Week the volunteers at the Danville Senior Meal Site (who raise garden produce, set tables, help cook, deliver meals, wash dishes, clean up, recycle and generally join in the spirit of camaraderie) were honored by the Meal Site and the Retired Senior Volunteer Program (RSVP). According to Karen Moran, meal site manager, of the 35 volunteers 32 were able to attend. Among the group were (above L-R) Emma Bean, Peacham, Nollie Page, Barnet and Homer Fitts, West Danville.

They bounced around inside the bus convulsed with laughter

(Continued from Page 26)

they asked why I'd been yelling "Merry Christmas!"

The bus had happier, but sometimes discriminatory days. Whenever we went to St. J's Blue Moon Drive-in we were told to park in the back because of the our towering height. That was all right with us, because no one wanted to listen to the tinny speaker hanging in the window anyway. It was more fun to make up our own dialogue. On one occasion the speaker was so forgotten that I drove away with the entire speaker box, severed cord trailing behind us as an attendant roared from his shelter.

We got to know every incline on back roads for miles around St. Johnsbury. This was a matter of pride, because it was against house rules to apply power on a downward slope. Neutral was de rigueur, and on longer inclines, the ignition was turned off.

Our three buses served us well, even the one that blew its engine a mile from our Stark District home (when in gear on a downward slope). Raymond B. Hoar's Volkswagen establishment on Route 5 took care of repairs while we went next door for miniature golf and ice cream cones.

The bus took us to the original Star Theater with its creaky wooden seats and terrible acoustics, to the now-vanished Hovey's Shops

and the big Sears department store, to the Museum and Athenaeum, conveyed us to lakes for swims and back-country exploration that inevitably ended in logging roads and deep ruts, successfully straddled by the van's high clearance. And late each August, it tooted us unwillingly south to steaming Delaware and respectability.

VW buses are far in our past. When Catherine and I moved here full-time almost 25-years ago, we came with real cars with sufficient power to take us up hills and seatbelts to keep us safe. There were

no kids to transport, just dogs and cats. But the younger families by then had been infected by the call of Vermont. Three of them with spouses and children felt the Northeast Kingdom's pull, and they are now fully resident here. Another owns property with undecided plans for building, and one is a faithful visitor.

Those capacious, fragile, rolling VW boxes brought us north summer after summer, joyously preparing the family for its eventual settlement in our chosen homeland. That's Vermont's Northeast Kingdom. ★




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Save the Last Week in June for Bible School in Danville

WINONA GADAPÉE

Have you ever thought it would be fun to go up in a Balloon? That is the theme of this year's Summer Bible School Program: *Lift Off! Soaring to new heights with God.* The program this year emphasizes sharing prayer requests and remembering to pray for others.

The program will be led by Puppet Skylar the Sky Squirrel (Kim Larose) and Scoop, a reporter from the "Hot Air Ballyhoo" paper (That's Cheryl Linsley). We'll all sing amazing "Lift Off" tunes taught and directed by Denise Briggs.

After "Lift Off," each Sky Crew will visit several different locations including High Fly Bible Time, where Donna Lowre will help Sky Scouts go on a Bible story exploration, meeting Bible people who experienced reaching new heights with God and a deeper relationship with Jesus.

The crafts in Pilot Projects will be led by Mary Cassidy and Karen Remington. Recreation activities at Rip Line Rec will be led by Kim Larose, and the music at Sky Songs promises a fun packed evening.

All of this excitement starts at 5:15 p.m. in the Cloud Cafe where the evening meal will be served, under the direction of SueAnn Anair. The motto will be Serve and Be Served. Our last night will end with a barbecue. Each session ends with reflection time, a chance for Sky Crew captains to pull together the evening's experiences. This will be followed by a closing assembly.

The adult group will join everyone for the meal in the Cloud Cafe, then gather downstairs in the Methodist Church for the rest of each evening. Explore ways to soar to new heights with God under the great leadership of Martha Lutz. This year there are some exciting materials for a High School Class, and Reverend Carter is looking forward to teaching it.

Please call if you are interested or if you have any questions. (802 684-3321) Remember the All-Church Bible School, June 25-29 5:00 - 8:00 p.m. Ages 3 through 103 at the Danville Congregational Church.

Reflections of a Trash Picker on Green Up Day

DOUG KIEVIT-KYLAR

It's a beautiful Saturday morning in May, and here I am beside the rushing traffic of a town highway picking trash, and I can't help but wonder if what I've stuffed into trash bags offers any insights into who we are.

This year marked the 37th anniversary of Vermont's Green Up Day. Governor Deane Davis proclaimed the first statewide cleanup in 1970, and thousands of citizen volunteers have since taken to Vermont roadsides to pick litter and do a little spring-cleaning. In some communities neighbors got together with neighbors and tackled roadside dumps or back roads particularly strewn with rubbish. In other towns lone trash pickers simply combined their morning walk with an activity that leaves their world a bit cleaner. Through their actions Vermonters have beautified roadsides, built civic pride and offered proof that individual and group action can be a powerful force for change.

Some of what's found on Vermont roadsides is left there inadvertently, the result of an accident. I heard once that some-

one found a box of camera lenses likely ejected from a vehicle that ran off the road and rolled onto its roof. The lenses were dusty and more than a little disorganized but, with a little cleaning, I'm told, they were quite serviceable and greatly enhanced the capabilities of someone's 35 millimeter camera.

And speaking of reusable trash, several dozen golf balls I found just over a bank went to a colleague who promised he'd put them to good use ... and the blue plastic toy saw I found went to a fellow trash picker who said it would make a welcome addition to his son's toolbox.

The office organizer I found complete with business card and conference brochures was too far gone to be of any use to its original owner and ended up in a trash bag destined for disposal.

Far outnumbering these few reusables were the many refusables. I filled bag after bag with this type of trash. There were fast food containers galore made of paper, waxed paper, Styrofoam and rigid plastic. In the greatest numbers I found coffee cups and other containers made of paper, glass, plastic and metal. These

packaging wastes make up the refusables. They serve our demand for convenience, at the expense of the environment.

So what does roadside trash tell us about ourselves? First, I'm convinced that it's a small minority of people who travel our roadways and impose their trash on us by littering. Second, the business of making things convenient also makes it too convenient to make someone else's problem our problem. Nowhere is this more evident than with over-packaged goods.

Besides the exercise on that Saturday morning, I found a wheel cover that will fit nicely on the winter wheels of my gas/electric hybrid. Only minutes from calling it a day a fellow trash picker found a five-dollar bill. Not quite the Wells-Fargo bag of unmarked twenties we joked about earlier in the morning but ample reward for several hours spent picking trash.

Doug Kievit-Kylar, lives in East Montpelier and is a pollution prevention planner at the Vermont Agency of Natural Resources.

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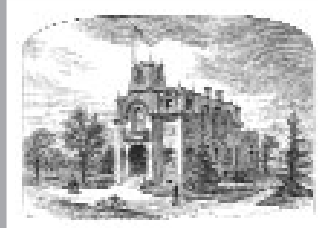
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	8 a.m. Weekend Edition	
Classical Music with Walter Parker	9 a.m. Car Talk	On the Media
Midday Report with Steve Delaney at noon	10 a.m. Wait Wait... Don't Tell Me!	Studio 360
Weekend Update	11 a.m. Interlude	A Prairie Home Companion
Performance Today with Fred Chisholm	NOON Saturday Afternoon at the Opera with Peter Fox Smith	All The Traditions with Robert Hesnik
Fresh Air with Larry Gross	1 p.m. All Things Considered	
All Things Considered with Neal Chamoff	7 p.m. A Prairie Home Companion	From the Top
Marketplace	8 p.m. Compression	Country Music Hall of Fame
Monday: Marketplace with George Thomas	8 p.m. Trade & Bluebook	Sage Tea
Tuesday: Marketplace with George Thomas	9 p.m. This American Life	
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The following shishebab and vegetable recipes will add to a repertoire of grilled meats and make the whole family's outdoor cooking experience more exciting.

HELPFUL HINTS

Keep the grill surface as clean as possible.

Have all your utensils ready to use. A metal spatula and tongs are especially helpful.

I have a flat tray with 1/2 inch sides (called a jellyroll pan), which I save for the grill. You need one that fits flat on your grill top. You would be amazed what you can cook on this tray and not have to use your oven on a hot summer night. I have made everything from bruscheta to glazed chicken livers on this type of tray over the grill with great success.

You need to decide what will do well on a grill surface. For example: Swordfish and salmon are dense enough to cook on grill bars, but filet of sole is too tender to survive the rigors of the grill. You can grill eggplant but not tomatoes.

You usually have to coat vegetables and low fat items with oil before you place them on the grill. I use olive oil. It works well and adds flavor. If you are using a marinade, adding a little oil to the marinade will take the place of an oil coating.

If you are using wooden skewers, soak them in water before using. You don't want them to burn up in the grill.

KEBABS:

Shishebab are a great item for the grill. Since they supply the meat and vegetables for a meal - all you need to provide is a simple salad and perhaps a loaf of good bread.

The kebab has all kinds of possibilities. Fish, vegetables and meat are all candidates for this meal on a stick.

PREPARING VEGETABLES FOR KEBABS

There are certain vegetables you need to precook before you put them on the grill especially if you are grilling other faster cooking items on the skewer.

Onions, peppers, sweet potatoes, butternut squash and so forth all need to be precooked. Put a small amount of oil on the prepared vegetables and put them in a 400° oven or in a flat pan on the grill top for about 15 minutes. Let them cool and use in the kebabs. You don't need to cook them thoroughly, just enough to ensure they will be cooked when you are finished grilling everything else on the skewer.

Vegetables like zucchini, eggplant and mushrooms need only to be cut into cubes and brushed with oil before putting them on the skewer raw.

PREPARING MEATS FOR KEBABS

Meat or fish should be marinated when cooked in this manner. It helps add flavor and shorten the time for cooking. It also tenderizes the fish or meat. Meats should marinate for at least two hours and usually not more than 12. Fish should marinate not more than two hours and not less than 1/2 hour.

I sometimes use Portobello mushrooms instead of meat on the skewer. They, too, need marinade to prepare them. A simple marinade for these mushrooms is equal parts balsamic vinegar and olive oil with some chopped fresh garlic and basil. Marinate for about one hour. Just cut one of the big caps in quarters and slide on a skewer.

LAMB SHISHEBABS:

This marinade is from our friend Armando who makes these for the crew at his Orthodox church in Berlin, NH.

- 2 lbs cubed lean lamb meat (I prefer using meat from the leg)
- 1 medium size eggplant - cut

- into large cubes
- 4 tablespoons olive oil
- 1 dozen good size cherry tomatoes

MARINADE:

- 2 lemons (cut in half and roasted for 20 minutes then cooled)
- 1/4 cup olive oil
- 2 minced garlic cloves
- 1 teaspoon chopped parsley
- Salt and pepper
- 1 teaspoon oregano
- 1/2 cup red wine (optional)

Mix the marinade ingredients together in a non reactive bowl. Set aside.

Take as much of the fat off the lamb as you can and cut into fairly large cubes. Place the cubes in the marinade. Refrigerate overnight or at least six hours. Toss the ingredients at least once during this time.

PREPARATION FOR THE GRILL:

In a medium bowl, coat the eggplant with the olive oil. Toss the cherry tomatoes into the same bowl.

Starting with a cube of meat, then eggplant, then cherry tomato - alternate the ingredients until you have filled the skewers. Save some of the marinade juices to use just before cooking. You can prepare the shishebab to this stage and keep in the refrigerator until you are ready to grill. If possible take them out and bring to room temperature before putting them on the heat.

Preheat the grill to medium high. Drizzle some of the marinade over the meat and vegetables and place the skewers right on the grill top. I use a pair of pliers to turn the skewers over at least once during the cooking process. You will want to keep an eye on the level of heat you are using. You want a slight char, but you don't want to burn the meat or vegetables.

This works well with any meat. If you use different vegetables, remember some might need to be precooked.

SEAFOOD KEBABS:

I like swordfish, fresh tuna, monkfish or halibut for this dish. Shrimp works well, but you have to use good size raw shrimp for the skewers.

- 1 1/2 lbs dense fish cut into cubes and/or large shelled raw shrimp
- 2 small zucchini cut into large

- cubes
- 1 sweet onion cut into chunks

MARINADE:

- Juice of one lemon, one orange and one lime
- 1/4 cup parsley
- 3 scallions - finely chopped
- 1/4 cup olive oil
- 1/2 cup dry vermouth

Mix the marinade ingredients in a non reactive bowl. Place cubes of fish and/or shrimp in the marinade. A combination of the two is really nice. You only have to let this marinate for about 1/2 hour. Turn the fish once during this process.

I think that onion and zucchini work well in combination with fish. You can either precook the onion or not if you like it crunchy.

Follow the same directions for skewering and grilling as the kebabs above. Just remember that fish cooks quickly on the grill, so check it often.

GRILLED VEGETABLES:

These are just a couple of my favorite vegetables to cook on the grill.

CORN:

Easy way - Pull back the husks on the ear (do not take them off) and remove as much of the silk as you can. Put the husks back into place and soak them in water for about an hour.

You can just drain them and cook them on a medium grill for about 20 minutes at this point, but I like to add a little flavoring to the corn before putting it on the grill. After soaking pull the husks down again and rub a little soft butter that

has been seasoned with parsley, salt and pepper on the corn cob. Pull the husk back up and cook.

There are many seasoning that you can use to flavor the butter in this recipe. Cajun spice, chipotle powder or chili powder all complement the corn. Using this technique eliminates the need for rolling the corn in butter before eating.

BUTTERNUT SQUASH OR SWEET POTATO:

Cut fairly thick 1/2 rounds from the squash or sweet potato. You can peel these vegetables or not. The skin will come off easily after they are cooked. Marinate in olive oil, salt, pepper, a teaspoon of sugar and balsamic vinegar for about 1/2 hour.

Simply cook on the grill top until soft. Serve as a side vegetable.

GRILLED VEGETABLE COMBO:

Cut zucchini, eggplant, onion, yellow squash and asparagus tips (or any combination of vegetables you like) into small cubes. In a medium size bowl, toss them with olive oil, salt, pepper and a teaspoon of sugar. Pour them into a shallow baking pan (like the one I described above in Helpful Hints) taking care to spread them out in one even layer. Place this flat tray on a medium-high grill top. Let cook for about 10 minutes and then turn them over with a metal spatula. Let cook for another five minutes or until soft. Place in a shallow bowl for service.

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R.S.V.P.

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Summer Photo Display at Peacham Historical House

*In the good old summer time,
strolling through the shady lanes with your baby mine.
She holds your hand and you hold hers
and that's a very good sign that she's your tootsy-wootsy
in the good old summer time.*

Peacham had three groups of people that enjoyed "the good old summer time." First came the summer boarders at various farm houses. They enjoyed the fresh air, fresh eggs and milk and leisure in the country. Then there were the summer residents, mostly professors, who bought farms. Summers in Peacham meant cool, quiet places for the professors to write, their children to play and their wives to enjoy dealing with the local "help." And the last group was the farmers, who carried on their summer chores. Some of their wives added to the farm income by doing washing and baking for the "summer people." Everyone enjoyed walks, views, swimming and boating on the ponds.

Photographs from 1900 to 1980, taken from the Historical Association's extensive collections, illustrate the various groups' activities. "In the Good Old Summer Time" offers you entertainment and food for thought.

The Historical House will open July 4, 2007, all day, and will be open Sundays from 2 to 4 p.m. until Fall Foliage Day, October 5, 2007.



1913 Photo Courtesy of Peacham Historical Association

Peacham's summer residents found Devil's Hill overlooking Peacham Bog a fascinating destination for picnics and other outings. Photographs from 1900 to 1980 representing "In the Good Old Summer Time" will be on display at the Peacham Historical Association Sundays until October 5.

2007

Household Hazardous Waste Collection Schedule

DATE	TIME	LOCATION
Sat., May 26	9 a.m. - Noon	Brighton Recycling Center
Sat., June 2	9 a.m. - 1 p.m.	Derby Recycling Center
Sat., June 23	8 a.m. - 10 a.m.	Granby School
Sat., June 23	11 a.m. - 2 p.m.	Maidstone Town Hall
Sat., June 30	8 a.m. - 11 a.m.	Ryegate Recycling Center
Sat., July 21	8 a.m. - 3 p.m.	Lyndon Recycling Center
Sat., August 11	8 a.m. - Noon	Troy Transfer Station
Sat., August 18	8 a.m. - 11 a.m.	Canaan Transfer Station
Sat., August 18	Noon - 2 p.m.	Norton Transfer Station
Sat., September 29	8 a.m. - 3 p.m.	Lyndon Recycling Center
Sat., September 29	7:30 a.m. - Noon	Waterford Transfer Station

Not going to be able to make any of these dates? NOT A PROBLEM! The NEKWMD will be accepting these materials by appointment at our Lyndonville facility from June 1 to September 29, 2007. Due to regulatory handling requirements, hazardous wastes will not be accepted without an appointment. Scheduling ahead ensures that a qualified individual will be on-site ready to accept your hazardous waste.

HHW Collections are free and open to residents of all DISTRICT TOWNS

What are Household Hazardous Products?

They are consumer products that contain ingredients that may be: **Toxic** - poisonous if eaten, breathed or absorbed through the skin; **Corrosive** - can burn or destroy living tissue if spilled on skin; **Reactive** - creates fumes, heat or explosion hazards if mixed with certain materials such as water; **Explosive** - can explode with exposure to heat or pressure; **Flammable/Ignitable** - can easily be set on fire.

To determine if a product in your home is hazardous, check the label for the following words: **Danger** indicates that the substance is extremely flammable, corrosive, or toxic. **Poison** means that the substance is highly toxic. **Caution/Warning** are put on all other hazardous substances that are a somewhat lesser hazard, but are still dangerous if the directions are not followed closely.

ACCEPTABLE HOUSEHOLD HAZARDOUS MATERIALS:

HOUSEHOLD ITEMS: Aerosols; Air Fresheners; Ammonia; Arts & Crafts Supplies; Bleach; Cleaners (Includes: Drain, Oven, Floor, Window, Toilet, Rug, etc.); Disinfectants; Metal and Furniture Polish; Mothballs; Mercury Thermometers; Nail Polish and Remover; NI-CD, Lithium, Mi-MH and Button Cell Batteries; Spot and Stain Removers.

GARDEN SUPPLIES: Creosote; Dioxins; Fertilizers; Flea Killers; Fungicides; Herbicides; Insect Sprays; Muriatic Acid; No-Pest Strips; Pesticides; Rodent Killers.

GARAGE: Antifreeze; Brake Fluid; Corrosives; Car Waxes and Cleaners; Engine Degreasers; Fluorescent Light Bulbs; Gasoline/Dry Gas; Kerosene; Lead Acid Car Batteries *; Lighter Fluid; Oil-Based Paint; Paint Thinner; Propane Cylinders; Sealants; Stains/Strippers; Swimming Pool Chemicals; Transmission Fluid *; Wood Preservatives *; Used Motor Oil and Filters *.

* Also accepted at oil and battery stations year round.

PLEASE DO NOT BRING: Alkaline Batteries (Place in trash); Asbestos; Explosives including Gunpowder; Ammunition; Flares; Infectious Waste; Latex Paint (dry out and throw away); Prescription Medication; Radioactive Waste including Smoke Detectors; Unknown Gas Cylinders or Empty Containers.

Conditionally Exempt Generator businesses can also use the Lyndonville collections for the actual cost of the disposal of their materials. Please call ahead for pricing and an appointment.

For more information, contact the Northeast Kingdom Waste Management District at (802) 626-3532 or (800) 734-4602, or at www.nekwmd.org

Walden Hill Journal

ELLEN GOLD

June 2, 2006 - We planted potatoes and chard today. It'll be nice when the grass and the back flies slow down a bit.

June 4, 2006 - It's been a red bird weekend, a welcome splash of color in the dreary rain. Yesterday while back-reading along the very full Ottaquehce River, we had a close-up view of a pileated woodpecker. It's a rare treat to see this often elusive bird. At home we've been seeing a rose-breasted grosbeak, flickers with their dominant red spot on top, ruby throated humming birds and purple finches. A lone blue-bird added variety, perching on our woodpile but also was part of the reddish theme with his orange underneath. There are multitudes of robin redbreast.

June 6, 2006 - Every bit of sunshine needs to be used to its fullest advantage since the sun is so rare these days. I finished planting tomatoes, put in 16 basil plants, 2 hills of zucchini and two of delicata squash. I was accompanied by a swarm of blackflies. Lilacs are fading visually, but their heavy perfume lingers on. One lone lady's slipper is in bloom in our lower woods.

June 9, 2006 - The best the weatherman could do on the morning "Eye on the Sky" was: "Hey, it's not raining as much!" The one plus in all this rain is that the flowers are in profuse bloom. Large magenta rhododendron are a week ahead of flowering as are irises and yellow lilies. Pink phlox, blue bachelor button, yellow euphorbia and white as well as delicate pink lily of the valley are in flower. Trees are in full leaf now; osier bushes polka-dotting the field with their miniature dogwood blossoms. The rain has made the gardens easier to weed as well. The vegetable garden could use some sunshine, but for now it'll have to make do with a thorough soaking. Unfortunately the woodpile is getting the same.

June 11, 2006 - The sun made an attempt to cast light on this very dreary morning. Must be my brief birthday gift from Mother Nature. That's the least she could do on such a wintry day. Temperature is 45° with gusting winds. Instead of the lull of the peepers last night, we had a roaring March wind. My garden is taking a beating.

June 16, 2006 - It's a breezy 70° morning with full sunshine. A fairly large woodpecker is drumming in the distance, the bass quality of his tapping hinting at the size of the cavity he's excavating. A large maple limb recently topped in our lower woods where a pileated woodpecker had drilled out a series of holes, ultimately weakening the tree. Yellow lilies have taken over "scenter" stage from the now past lilacs. Iris bloom with a shocking but beautiful contrast next to the clumps of yellow lilies. Our rhododendron continues to bloom, the fullest we can remember. The first luscious strawberries are here.

June 18, 2006 - High of 90° with a low of 55° today. It's warmed up enough for fireflies to

begin their nocturnal flickering. We spent some time in the woods today clearing our trail from blow-downs and scattered debris from heavy winds and rains earlier this month. I had a bit of an evening cool down on the swing and noticed a large snake skin in the nearby flower bed. It must be a very impressive reptile that outgrew and discarded such a long and wide skin. I'll have to keep that in mind when I'm weeding around those rocks.

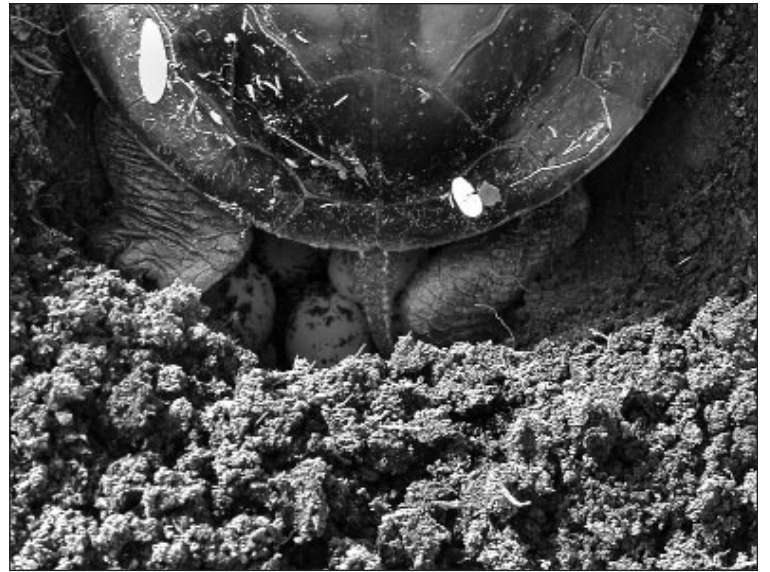
June 21, 2006 - Summer has arrived with the solstice at 8:26 this morning. It's a perfect day. We saw a low of 48° early before sunrise and have reached 77°, 12 hours later. We woke to a clear, rain-washed blue sky with puffs of clouds forming from the rising mist. Dew lay heavy on the grass with colorful, prismatic reflections in the directional morning light. The sun has reached its northernmost point and will begin an initially imperceptible journey south, stealing snatches of daylight along the way. Yesterday's powerful thunderstorms took away our hot, hazy and humid weather and left a cool, crystal clear day behind.

June 26, 2006 - The garden is getting a good soaking this morning after a weekend of low 80's and beautiful sunshine. Flower heads are drooping in the moisture. I've hesitated in removing spent blossoms as the goldfinches enjoy picking out the seeds. The birds are so light that they can easily perch on top of a bachelor button flower and pick out the thistle-like seeds. We took advantage of a beautiful day on Sunday to drive down to 4 Corners Farm in Bradford for their annual strawberry festival and barbecue. The view from the farm stand overlooking the Connecticut River Valley with a cloud-shrouded Mt. Moosilauke was spectacular. Eating barbecued chicken and sumptuous, generous portions of strawberry shortcake while drinking in the view on a mild sunny day was just the ticket for a lazy Sunday afternoon.

June 27, 2006 - We've had a wild windy day, very unusual for summer unless of course, remnants of a hurricane blow up this way. We did, gain a reprieve from the relentless rain that made yes-

terday a total wash out. South Danville reported 4½ inches of rainfall. Our damp basement and garage are more reminiscent of a spring thaw. A rather confused painted turtle came through our wet field, discovered my well tilled garden, dug a nice burrow and deposited her eggs. We discovered her when I went to check on my squash plants and unfortunately disturbed her by our amazed and constant gazing. I'm afraid we were a bit too close because she wandered off into the protection of the high grass before covering the nest. We watched from indoors but didn't see her reappear. However when I returned to the garden an hour later to cover the eggs, she had already done so. I smoothed a little more of the excavated dirt over the nest and marked it with several small twigs so as not to disturb it while tending the garden. So among the mounds of squash, we'll hopefully sprout a few painted turtles.

June 30, 2006 - After heavy thunderstorms last night, we're seeing a mixture of sun, clouds, thunder and even hail. The combined total rainfall from May & June stands at 22 inches, which is half of the average annual total for the state. No wonder we had a turtle "swimming" up the field to the garden.



Photos By: Jeff Gold

Turtles are the oldest living group of reptiles, with a family tree that winds back to the time of the earliest dinosaurs. This painted turtle found its way to Ellen and Jeff Gold's garden and after digging a burrow, layed her eggs among mounds of squash. All turtles lay eggs, cover them and leave them alone. When the eggs hatch, the young claw their way to the surface and fend for themselves.

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Remembrance: Erling Thorgalsen

DAVID THORGALSEN

Erling Thorgalsen of Danville left this world peacefully on May 6, 2007 at his daughter's home

in Kennebunk, ME. He was 84, born in 1922 in Oslo, Norway. He loved Vermont and the people that make it a beautiful place. Growing up in Norway he was an avid

downhill and cross country skier and enjoyed ski jumping at the famous Holmenkollen jump.

Erling's school years were spent studying business and forestry. During the WWII German occupation of Norway he served his country in the Norwegian underground. Following the war Erling set out for greener pastures in the United States. His uncle preceded him to the USA and established a small farm and ski lodge in Danby. Erling came to work with his uncle and soon found himself drawn to life in New York. He found employment at the Scandinavian Travel Bureau at Rockefeller Center, and through his work met his future bride, the late Helen David. They married in 1951 in Cambridge, MA, and they remained in New York City where their first child, Erling Donald was born in 1952. Erling moved his family to Chestnut Hill, MA where he took a position with John Hancock Insurance Company. David, their second child was born in 1955 in Boston, followed by the youngest, Helen Elizabeth in 1957.

In 1961 Erling went to work for Pan American World Airways, allowing him to see the world and take his family along, too. He and his wife continued raising the family in Needham, MA.

Winter meant ski time for the Thorgalsen kids with dad, at White Mountain ski areas. Summers were beach time at the Cape for kids and mom. In 1969 Erling was offered a transfer to Copenhagen, which brought him closer to family in Oslo. Before the move, Erling found his cousin, Finn Thorgalsen, and family were



Erling Thorgalsen volunteered over 6,000 hours at the New England Aquarium. Thorgalsen died on May 6, 2007.

living in Danville, and he began to make frequent visits for skiing and family vacations.

Eventually Erling and Helen had their home built in Danville. This was the US base, which the family used each summer until a transfer to Hartford, CT in 1971. Erling's beloved wife, Helen, passed away suddenly in July 1973 at Hanover. She had just begun the long awaited full summer residence in Danville. Erling lost his true love, and he will be buried alongside her in the Danville cemetery.

In 1979 he retired from Pan Am and took the position as manager of Marendaz Travel in Hartford. Two years later he purchased Lantz Travel of West Hartford and owned it for another 7 years before selling the business to his son David.

Erling was active in his retirement as a volunteer at the New England Aquarium. He spent over 6,000 hours as a volunteer, giving

educational talks and caring for the penguins.

He also took time for more travel with his long time companion Ursula Dibble, visiting his sister, Wencke Juel, and family in Norway, and enjoying time with eight grandchildren. In 2005 Erling was diagnosed with cancer. On May 6 he was surrounded by his loving children and passed on peacefully. Erling's heart was always in Vermont.

Danville was the place he loved most after love for his family and friends. His courage, strong will and humor will be missed. The family invites Erling's friends to a memorial ceremony in the Danville cemetery on June 24 at 1 p.m. followed by a gathering at his Danville home.

Danville Senior Action Center

June Meal Schedule

June 5 - Chef Salad with Ham, Cheese and Croutons, Whole Wheat Rolls, Cantaloupe, Orange Juice.

June 7 - Meat Loaf with Peppers and Tomatoes, Peas and Carrots, Wheat Rolls, Apple Crisp.

June 12 - Sweet and Sour Pork with Pineapples and Peppers, Asian Sesame Noodles, Oriental Vegetables, Rolls, Tomato Juice.

June 14 - Roast Turkey with Stuffing, California Vegetables, Pumpkin Pie, Orange Juice.

June 19 - Macaroni and Cheese and Hot Dogs, Spinach Salad with Mandarin Oranges and Croutons, Tomato Juice.

June 21 - Pizza with Vegetables and Meat, Tossed Salad, Strawberry Shortcake, Orange Juice.

June 26 - Shepherd's Pie, Whole Wheat Rolls, Pineapple Raisin Slaw, Bread Pudding, Tomato Juice.

June 28 - Chicken Caesar Salad, Rolls, Pasta Salad with Broccoli and Red Peppers, Fresh Melon, Orange Juice.

Meals at Danville Methodist Church. All meals served with a beverage, homemade breads and desserts. Reservations are appreciated by calling (802) 684-3903 before 9:30 a.m. on day of the meal. A donation of \$3.50 for guests 60+ (Others \$4.50) is appreciated.



RUSTIC HOME OR CAMP

Rustic year-round house plus cozy guest house, located on a country road with large lawn, brook and little two-story barn. On 2+/- Acres. MLS# 2651328

\$169,900



BRAND NEW CHALET

This Log-faced house is built of the highest-quality materials, state-of-the-art systems, and radiant heat for maximum heat efficiency. Cathedral ceiling, 2 bedrooms--each with bath--and an open floor plan. Heated walk-in basement for possible expansion. Nice back yard, bordering on Badger Brook. MLS# 2651825

\$329,000



CONTEMPORARY LOG HOME

This home has lots of light, with cathedral ceilings, 6 skylights, 2 sunrooms, lots of glass and bright spaces. Large country kitchen. 3 bedrooms plus 2 baths plus an addition with bedroom and bath for guests or in-laws or use as a studio. Established vegetable and perennial gardens. 5-bay garage. On 10+/- acres with stunning panoramic views! MLS# 2651823

\$479,000

#6678 SUTTON

Perennial gardens abound all around this very well cared for home. Enjoy mountain views from the front of the house. This home is nicely situated on 10-acres of open and wooded land. This home offers a 2-car attached garage, three bedrooms, 1½ baths, hardwood floors throughout, kitchen island, a Soapstone woodstove and a deck overlooking the large backyard. All of this and only minutes to Burke Mountain Ski Area. Being offered at \$179,900



#6673 LYNDON

Little Egypt, Lyndon building lot. Nice location with power at the roadside. Close to Burke Mountain Ski Area and golfing. 30' ROW to property. This has been perked tested and is ready to go. Being offered at \$39,900



#6687 BARTON

Warm, snug & cozy is how we describe this 3 bdrm., 1 bath log home. With its large front porch. The large walkout basement has been plumbed for an additional bath and would make the perfect family room or additional bedroom. The 2-car detached garage is insulated, heated and too neat to put your car in! Garage has a center drain and water for washing your car. All this on 10+/- country acres, only ½ mile from beautiful Lake Willoughby. Being offered at \$246,900



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Ask the Shrinks

Alice S. Kitchel and Burton Zahler

Dear Shrinks,

I'm hoping you will cool tempers and help resolve things between my husband and me. We argue about his poker playing. His position is that he likes playing, he is good at it and, overall, he makes money playing. My position is that I know he often loses (because he needs to take money from our account), and I fear he is a gambling addict and will eventually lose everything we have built together. "Bob" and I are hoping you can help us.
Scared Wife

Dear Scared,

We'll speak to poker playing, gambling addiction and the specifics of your situation.

People play poker for many reasons. It can satisfy a need for contact, and if one is at all shy the forms and rituals of the game may ease or eliminate social anxiety. It can fulfill a need for competition, for testing one's courage and skill against others in a physically safe way. People also play poker for greed, in the wish to make money. Unlike other games played in casinos, poker is not played against the house, which arranges to always win. Instead, it is played against other players. Over enough time luck, good and

bad, will even out, and superior skill will be rewarded.

Gambling addiction, like any addiction, can be a severe and life threatening condition. Some experts claim it is more difficult to treat than heroin addiction. In 1980 the American Psychiatric Association recognized gambling as a treatable "disorder of impulse control." If you Google gambling addiction there are sites that explain the signs and symptoms of a problem or an

addicted gambler. Some of them are; an increased preoccupation with gambling, spending more and more money on gambling, and becoming irritable, withdrawn and restless. One of the clearest symptoms is a compulsion to keep playing until and after the player is losing! Another symptom is an unwillingness to keep any systematic records of winnings and losses. This unwillingness is an aspect of the intense denial found in many addictions, a denial which can lead to secretiveness and lying.

There is no way for us to know if Bob is an addict. We have some suggestions, which might clarify or even resolve

your conflict. We suggest that the two of you decide on an amount of money to be put aside for Bob's poker for, say, six months. Bob agrees to 1.) keep meticulous financial records, 2.) not add to the poker fund from any source except poker winnings and 3.) if all the money disappears he will admit he has been over-estimating his poker ability.

If, on the other hand, the poker fund is stable or even grown, you will admit that perhaps his poker playing poses no risk to your lives, and this agreement could be renewed for a fur-

ther period of time.

We hope this helps.

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

Peacham Library

Monday, Wednesday,
Friday and Saturday
10 a.m. - Noon

Tuesday and Thursday
1 - 7 p.m.



Lyndon: Country living just out of town. This classic Vermont home has been updated with 4 bedrooms, 2 baths, kitchen with breakfast nook and a 2-car attached garage. Enjoy the gas fireplace in the family room or mountain views from the deck. One-acre lot located on Red Village Road. **\$169,000**

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MLS# 2638711 This cape-style home is situated on 4+/- acres in a very private location. The property features an eat-in kitchen, living room, a 1st floor bedroom and bath, plus laundry hook-ups. Upstairs you'll find two spacious bedrooms plus another bath. **All this for \$185,000**



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West Barnet Senior Action Center

June 2007 Menu

June 1 - Buffet.

June 6 - Meat Loaf, Mashed Potatoes, Buttered Carrots, Assorted Breads, Tropical Fruit Cup.

June 8 - Corned Beef with Cabbage, Boiled Potatoes, Carrots, Turnip, Homemade Rolls, Jell-O.

June 13 - Macaroni & Cheese, Hot Dogs, Stewed Tomatoes, Green Beans, Muffins, Chocolate Pudding.

June 15 - Baked Fish, Mashed Potatoes, Mixed Vegetables, Assorted Breads, Peaches & Cream.

June 20 - Liver & Onions, Mashed Potatoes, Carrot & Raisin Salad, Peas, Dark Breads, Cake with Frosting.

June 22 - Salisbury Steak, Mashed Potatoes, Cole Slaw, Spinach, Assorted Breads, Vanilla Pudding.

June 27 - Corn Chowder, Tuna and Egg Salad Sandwiches, Cottage Cheese with Fruit, Orange Pineapple Jell-O.

June 29 - Spaghetti with Meatballs, Tossed Salad, Italian Bread, 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.

BEGIN REALTY ASSOCIATES



MLS# 2652281 **CIRCA 1890 SCHOOLHOUSE**
Much of it in original condition including chalkboards, bell-tower, wood floors. Located on a 1.2+/- acre lot with great views of Joe's Pond, walking distance to public beach and proposed recreational trail. Owner will negotiate removal of attached warehouse OR commercial buyers, here's your opportunity to have some classy office space in the 1890 schoolhouse and 4,500 sq. ft. of really good warehouse space. **Priced reasonably at \$208,000**

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MLS# 2649436 **FRESHLY DECORATED**
If you drive by this home without walking through the interior, you'll be missing the beautiful new kitchen, the new replacement windows, the new full bath and the inviting deck that looks east from the formal dining room. This home is freshly decorated and immaculately kept - ready to move right in. The extra large lot features a nice garden plot and established blackberry patch. **\$169,500**



MLS# 2649116 **PEACHAM:** Two for the price of one - Well almost! This unique property includes 2 homes on a 5+ acre lot opening up lots of possibilities and options. The first is a 4-bedroom farmhouse with attached garage and barn in a picture-perfect setting. The other home is a 2-bedroom raised ranch on the back side of the lot - great rental property or an in-law home allowing privacy. **Consider the possibilities. \$299,900**

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AROUND THE TOWNS



COMMUNITY CALENDAR

Daily - Northeast Kingdom Artisans' Guild Backroom Gallery: Home Sweet Home: an exhibition of finely handcrafted home furnishings by 21 Vermont artisans.

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.

Tuesdays - Baby & Toddler Story Hour, Cobleigh Library, Lyndonville. 10 a.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.

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

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

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

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

Thursdays - Read and Weed Book Club, Cobleigh Library, Lyndonville. 3:30 p.m. (802) 626-5475.

2nd & 4th Saturday - Pancake Breakfast, 8 -10 a.m. Lake View Grange Hall, West Barnet. (802) 748-8180.

Saturday & Sunday - Planetarium Show 1:30 p.m. Fairbanks

Museum, St. Johnsbury. (802) 748-2372.

Saturday & Sunday - Ben's Mill, Barnet, Open 11 a.m. - 3 p.m. (802) 748-8180.

Saturdays - Bridge Club for all experience levels, Cobleigh Library, Lyndonville, 12:30 p.m. (802) 626-5475.

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

June

1&2 Plant and Book Sale, Denny Park, Bradford, 9 a.m. - 1 p.m. To benefit Bradford Public Library. (802) 222-4423.

1-3 Outdoor Family Weekend with classes on wildlife, forestry, orienteering, hiking, photography, fitness and camping. Groton State Park. (802) 409-7579.

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

2 Northeast Kingdom Audubon trip to Pondicherry Wildlife Refuge, New Hampshire. Meet at Fairbanks Museum, St. Johnsbury, 7 a.m. (802) 626-9071.

2 Northwoods Stewardship Center Hike on Monadnock Mountain, Lemington. Meet at Northwoods Center, East Charleston, 9 a.m. (802) 723-6551.

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

3 NEK Audubon bird trip to Hardwick Trails, 7 - 9 a.m. Meet at 6:30 a.m. at West Danville Parking area. Register at (802) 748-8515 or (802) 472-6517.

4 NEK Informational and Planning Meeting. 4:30-6: p.m. Fairbanks Museum Classroom.

6 Mount Pleasant Cemetery History Walk with Peggy Pearl, 10:30 a.m. (802)748-8470.

6 First Wednesday Series: Author Reeve Lindbergh and *Forward from Here*, Goodrich Memorial Library, Newport. 7 p.m. (802) 334-7902.

7 Tai Chi in the Courthouse Park with introductory meeting and video, 1:00 p.m. Good Living Senior Center, St. Johnsbury House. (802) 748-8470.

7 Of Burqas and Bikinis: Afghani Women and the War on Terror, Woodbury Community Library, 7 p.m. (802) 472-5710.

9 Bradford Academy Alumni Day, Bradford Historical Society Museum, Bradford, VT. 10 a.m. - 3 p.m. (802) 222-4423.



Photo Courtesy of Gilbert Steil, Jr.

Cynthia and Gil Steil read The North Star in Yemen on a hillside above the 16th century city of Shibam. Shibam is a UNESCO world heritage site, among those selected as examples of excellent urban planning. The six- and seven-story buildings are made entirely of mud bricks. Shibam is located in the Wadi Hadramawt area of central Yemen. Above the wadi (canyon) is a barren desert, but inside the wadi there are water, agriculture and beauty.

9 Northwoods Naturalist Series: *Spring Wildflower Walk* with Fritz Gerhardt, Northwoods Stewardship Center, East Charleston, 10 a.m. (802) 723-6551.

9 Nature Sketching with Artist and Naturalist Susan Sawyer, 1-3 p.m. Meet at the trail-head behind the Hazen Union School, Hardwick. (802) 472-6517.

10 Music for a Sunday Afternoon: The Maple Leaf Seven, St. Mark's Episcopal Church, Newport, 4 p.m. (802) 334-7365.

14 Hiking Vermont's Long Trail in Photographs and Maps with Scott, Chris and Sean Eubanks, Northwoods Stewardship Center, East Charleston, 7 p.m. (802) 723-6551.

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

16-17 Northeast Kingdom Cultural Heritage Weekend, Lyndonville. (802) 626-1400.

17 Father's Day

21 Small Planet Series: *Hispanloa - Divergent Histories in Haiti and the Dominican Republic* with Charles Woods, Northwoods Stewardship Center, East Charleston, 7 p.m. (802) 723-6551.

21 Good Living Senior Center's Strawberry Festival, 2:00 p.m. 1207 Main St., St. Johnsbury. (802)748-8470.

21 *British Ballad Tradition in New England* with Burt Porter, Brownington Congregational Church, 7:30 p.m. (802) 754-2022.

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

22&23 SOLO Wilderness First Aid, 16-hour wilderness first aid, Northwoods Stewardship Center, East Charleston, 8 a.m. (802) 723-6551.

23 Nordic Walking with Lenore Renaud, 10-11 a.m. Meet at trail-head behind Hazen Union School in Hardwick. (802) 472-6517.

23 Revels North Summer Solstice Festival, 5 p.m. Marion Cross School, Norwich, VT. (802) 649-1528.

24 Summer Solstice Vernissage, Haskell Free Library, Derby Line, 1-4 p.m. (802) 744-9991.

24 Lamplight Service and Hymn Sing with Rev. John Sanderson of Barnet at Old North Church, North Danville, 7:30 p.m. (802) 748-4096.

27 *Ecological Forestry: Measuring and Managing Coarse Woody Debris* with Mark Ducey, Northwoods Stewardship Center, East Charleston, 10 a.m. (802) 723-6551.

28 Tai Chi in the Park begins in St. Johnsbury, 8:45 a.m. (802) 748-8470.

29 Full Moon Paddle, Northwoods Stewardship Center, East Charleston, 8 p.m. (802) 723-6551.

See also the Arts Around the Towns Calendar Page 14.

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