

THE North Star MONTHLY

Every Small Town's Newspaper

DANVILLE, VERMONT

GOOD FOR THE WHOLE MONTH

\$1.50

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DOLLY WAS A MORGAN MARE

LOIS (FIELD) WHITE

Dolly was my mother's Morgan mare on our farms in Peacham. Dolly was a dark bay with the characteristic white splotch on her forehead. She had the sprightly Morgan air and a quick step. She was girlish in her demeanor, unlike the matronly Maude and Molly, our originally dapple gray (and later white) work-horses.

Mother rode Dolly and drove her in the gig, the buggy and sleigh. Dad drove her hitched to the sleigh when we went to my Kinerson grandparents on East Hill and on other trips as well. Dolly was afraid of water running beneath plank bridges and just could not be driven across them. I remember being bundled up in the sleigh on the way to my grandparents one day at Christmastime and Dad having to get out and lead her across bridges between our farm and East Hill. I rode Dolly when I was old enough, up through my years in high school and later.

Dad said Dolly was too fast for me to drive with the dump rake in haying season. But I did drive her hitched up with Molly

(See *Dolly Was a* on Page 8)

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Alan Boye - College Teacher and Author

ADRIAN DUCKETT

Alan Boye has an air of knowledge about him, a statement with which he may humbly disagree. He has been a professor at Lyndon State College for several decades, and he cannot picture himself doing anything else. He teaches English literature and writing, but his views on writing, especially teaching writing, seem unique. When he reaches for his Zen garden, a sand-filled bowl with a tiny rake and gently curved rocks, he seems to be planning his next class.

Interestingly, in a time when the world's natural beauty is decreasing, Boye's writing is focused mainly on aesthetics. He believes that writing will always have a place in the future, although that future is unclear.

Boye spends much of his time writing for several reasons. "In part I write because it allows me to know what I'm thinking. If I don't communicate somehow what's in my head, it becomes unclear. I also write because often it feels like another person takes over, the words flow almost without my control. Third, I like to think that

what I write resonates within a reader, and that kind of communication is a meaningful part of my existence."

Many writers, especially those who, like Boye, write fiction, struggle to make ends meet by relying solely on their craft. Often they have another source of income, one that pays the bills, and that allows fiction writers to do what they do. For Boye, teaching became this other income. He has been teaching almost as long as he has been writing, and he sees teaching, or passing on useful information, as a crucial part of how society advances. "Humanity progresses by people passing on what they know to the people who come after them," he says. "That's essentially what teaching is about."

Boye rarely sees students suddenly make significant leaps in the classroom. He says that type of achievement is sometimes manifested later, when a graduate finds him- or herself in a situation where a class lesson learned becomes useful. He says there have been people who have returned and told him how his course had helped somehow,

(See *We Should All* on Page 7)



Photo By: North Star Monthly

Alan Boye may be planning his next English class at Lyndon State College as he studies his Zen garden and rearranges the sand into new forms and associations.

Ice Fishing Tests Human Experience Against Fish Hidden from View



Photo By: North Star Monthly

John Duquette is serious about ice fishing. Even on a day when schools all over the state are closed for the weather, he has hauled his portable shelter out onto this lake to try his luck against lake trout and perch.

TERRY HOFFER

It was one of the coldest days of the winter, and the forecast was for heavy snow. John Duquette of Danville had invited me to join him for a day of ice fishing, and our plan was to meet at 9 o'clock in the morning.

Snow was falling hard as I parked at the boat access. Wind was blowing, and I noticed the thermometer in my car read 3°. I could barely make out the profile of his fishing shelter 300 yards from the shoreline. As I pushed through the snow I found his straight line of tip-ups fading from sight and the last of his footprints filling with windblown snow.

Duquette is a thoughtful and polite young man, a graduate of Danville High School in the class of 2003. He works at Caplan's Army Store in St. Johnsbury and fields all sorts of questions about hunting and fishing and clothing for outdoor recreation. Wednesdays are his day off, and we'd talked about this one for nearly a year.

By the time I got to the low shelter, Duquette had heard me calling. He unzipped the door and welcomed me inside. He'd gotten here before first light, and after setting up his equipment he'd taken a well-deserved break. The collapsible shelter weighs about 50 pounds folded onto a sled, and his fishing gear, live bait, auger, food and heavy weather clothing must combine to more than 150 pounds. On clear ice that could be easy pulling, but in new snow, a foot or so deep, getting this all here in a single trip was anything but easy.

Duquette says he's been ice fishing for as long as he can remember, and a family picture taken on Harvey's Lake shows him on the ice at 2 or 3. He talks about ice fishing with his brother and father every winter, weekly trips to the Connecticut River above the Moore Dam. "It's what we did in the winter," he says. "We'd get up in the dark no matter what the weather. We'd dig our holes and get the tip-ups in place and then my father would cook up a pile of scrambled eggs and sausage. My father liked to eat as much as we did so food wasn't an issue. My brother and

(See *Ice Fishing* on Page 6)

THE North Star MONTHLY
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The True Patrons of Our Towns

Town Meeting is upon us. Known by some as the epitome of the democratic process, town meeting in Vermont is on the first Tuesday in March, and then we'll gather together. (Some will gather anyway, as others are too busy or simply determined that their presence and participation don't matter.) Susan Clark and Frank Bryan collected data from 1,435 town meetings in 210 Vermont towns between 1970 and 1998 to find that a statistical 20.5% of the electorate were at town meeting. Four out of five of us were somewhere else.

Much has been said about the process of town meeting and all of its imperfections, but surely it is deliberative, and everyone has a chance (in our town it's specified as two chances on each) to comment or inquire about the various subjects of discussion. If you don't make the time to attend, listen, consider and perhaps speak up and ultimately be counted, you should, but you know that, and you know that decisions about the budgets and about all of the special appropriation requests are slightly less valid because of your absence. If you are among the 20.5% of the voters who do attend town meeting and participate then I take off my hat and say bravo.

But the real message of this commentary is based upon my reckless assumption that you do attend, that you are part of the determined minority that believes in town meeting and has the (perhaps it is a) luxury of time to be there.

This year on March 6, I'd like you to take a moment at your town meeting and quietly give thanks for the hours of time and the vast number of meetings that are attended by your selectmen and members of the school board. Give thanks for the people on the planning commission and the conservation committee. Give thanks for the people on the rescue squad and the fire department, the budget committee, recreation committee, recycling committee, cemetery association and all of the others, too. You know who they are. Their names are in the town report, and if you don't know them I challenge you to ask the moderator to make the introduction to you and to everyone else who won't ask.

These volunteers, who are exactly that, give tremendously of their time for a weightless return, the mere dusting of satisfaction that comes from knowing that somehow the process and the community were improved by their participation. There is no substance to the argument that people are serving their towns as volunteers for the fame or the glory. I have examined this carefully, and the absence of glory lingers far longer than the fleeting fame that surrounds the moderator's announcement that you are elected or the momentary bliss that occurs when the selectboard makes you its appointment.

Let me be clear, in the big picture, it can be personally satisfying, but the hours are long and at times the meetings seem to run on without end.

These men and women who fill these positions and those like them are the true patrons, the benefactors of our towns - the ones who take care of the details and fine print. They keep the machines running, the policies up to date and the municipal system of our culture as effective as it is. Give thanks quietly if you must, but speak up if you can, and tell them that their gifts are not taken for granted.

By the way, the conclusions of Susan Clark and Frank Bryan were published as a means to invigorate town meeting and inspire more of us to participate. Whether you are an old hand at the process or a recent arrival, their fine book, *All Those in Favor*, should be required reading before your step up to the checklist.

Terry Hoffer

Nurturing Creativity

A literal interpretation of Abraham Lincoln's words, that all men (here read as people) are created equal, is wrong. There are unalterable differences imposed by genetics. As obvious examples, roughly half of the world's population can never bear a child, and the other half has no chance of developing prostate cancer. Within each gender, there are easily identified physical differences—strength, height, speed, agility, to mention a few—that are largely determined by the luck of the genetic dice, a natural but inequitable system of distribution. There are other, less visible, biological differences such as the biochemical machinery of our metabolism, our sleep needs, and, relevant to this discussion, how our brains operate.

It is my humbly ignorant impression that the totality of knowledge on the working of the human brain is a dust mote on one side of the balance of enlightenment, grossly outweighed by the enormity of what is yet to be learned. Nevertheless, it is obvious to me that there are definite differences in how we attend to and interpret the sights and sounds (and other bits of information) that fill our days, how we plan and organize, how we solve problems. Consider yourself. Do you enjoy word games over number games? What about puzzles? Are you better at understanding verbal or written directions? How are you at reading maps?

We are not all equal. Of course, in many ways we are. We all have the capability to communicate. There is a universal ability to form relationships. There is an innate capacity to be creative. Beyond the capacity, it seems there is a need to be creative. Creativity serves to satisfy both our reason and our emotions, with practical results that affect every aspect of our lives. Creativity is the engine of problem solving. It drives scientific advances, diplomatic solutions, humor, as well as what are more typically considered creative, the visual and performing arts.

I will let the neurobiologist, psychologists, philosophers and theologians debate the mechanisms of the creative process; it is an awe-inspiring mystery to me. Like language, however, creativity must be nurtured if it is to develop. Furthermore, the opportunities and methods of nurturing creativity need to recognize the differences in creative aptitude imposed by our genetic predispositions.

Our personal and community efforts to support the development of creative young minds must accommodate this variety of abilities. I believe that both informally at home, and formally through the educational system, we need to assure children the opportunity for exploring creative expression through numbers, words, images, body movement, sounds and emotions. It appears this view is shared by many parents in St. Johnsbury, (at least with respect to music).

I am pleased that so many spoke in support of the band program at the St. Johnsbury town school that the school board reversed its cost-cutting proposal and reinstated the band program. Assuring support for music, art, physical education and other "non-academic" efforts to nurture creativity draws upon the creative abilities of taxpayers and school directors in all communities.

Tim Tanner

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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:

T.N. Vail

Dear North Star,

I'd like to add a footnote to Virginia Downs' article on T.N.

Vail [February 2007].

I took my young sons to visit their century old great aunt Beatrice (Parker) Darling in Danville a few years ago. Wishing to bring the conversation across the generations to engage the interest of the boys, I
(See *Letters on Page 4*)

Red Cloud Prefers Death on Warpath to Starvation on Reservation Secretary of War Belknap Faces Impeachment



THE NORTH STAR

March 3, 1876
Experiment Station in Vermont - The State Board of Agriculture have resolved to establish an experiment station under the charge of Prof. Henry Seely, secretary of the board. The Board resolved that Prof. Seely "be authorized to make such investigations and experiments as shall seem likely to simplify and explain the relations of science to agriculture, make additions to our knowledge and skill in the cultivation of the soil and raising and care of stock and protect us from fraud and imposition without expense to the Board or state." The questions to be answered are for instance, such as these: the raising of cream at different temperatures, the composition and coloring of butter, the chemical decomposition of butter and cheese, the questions of fertilizers, food rations for livestock, testing the hardiness of varieties of apples, parasites and diseases. Although the work to be accomplished must necessarily be small when com-

pared to that of stations endowed and sustained by government patronage, much can be done.

The town officers of St. Johnsbury have refused to abate a lot of poll taxes assessed against poor people in that town on the Grand List of 1875. The collector has already put one man in jail for nonpayment and he intends to go through the whole lot in the same manner. In the meantime of course the town will have to provide for the families of such as are imprisoned. This of course may be considered in a money point of view as penny wise and pound foolish.

March 10, 1876
The question of the removal of the capital of Pennsylvania from Harrisburg to Philadelphia is under discussion by the newspapers of that state.

London has five thousand miles of gas mains and fifty-four thousand street lamps which burn three million cubic feet of gas each night.

"Red Cloud" and several hundred warriors are reported to have gone north in Nebraska leaving the message behind that they prefer to die on the warpath than to starve on the reservation.

Secretary of War Bribe by an Indian Trader - On March 3 the House Committee on Expenditures presented resolutions of impeachment against William Belknap, late Secretary of War, for high crimes and misdemeanors. A Mr. Marsh of New York City testified before the committee that he had procured of Mr. Belknap a contract for certain post traderships at

Fort Sill and other points in the southwest, for which he paid the wife of the Secretary ten thousand dollars cash and continued to pay as long as he retained the office some six thousand dollars per annum. He testified to other frauds on the part of the Secretary and produced records in evidence of every statement. Secretary Belknap was summoned to the committee and when confronted with the testimony he confessed that the statements were true. He implored the committee to save his wife from dishonor and suppress some of the most pointed proofs provided the horrible record of corruption was withheld and to this arrangement he would plead guilty and resign.

The Town of Danville paid \$44.50 for tramps last year.

March 17, 1876
The Belknap Case - The impeachment of Secretary of War Belknap progresses rather slowly. Marsh, the principal witness, has fled to Canada and unless his return can be secured proceedings will be stayed for the present. The Secretary has been arraigned before the Police Court at Washington and released on \$25,000 bail. The Washington correspondent of The New York World describes his appearance of the disgraced Secretary as anything but cheerful.

Admission of New Mexico - The Senate resumed consideration of the bill to enable the people of New Mexico to form a State and be admitted to the Union.

Canker Rash - The canker rash has been on the rampage in this town during the last week. Chas. H.

Davis has two children that have been very sick, hardly expected to survive and Wm. French also one in the same condition.

March 24, 1876
The International Telegraph Company has now a complete line from St. Johnsbury to Swanton. Two thousand dollars have been expended the past season in new line and repairs, and now it is in complete order.

Another Fire in St. Johnsbury - On Monday forenoon about half past 11 a fire broke out in the old steam mill building, so called, opposite the passenger depot in St. Johnsbury. The fire took in the second story on the south end in rooms occupied by a Mr. Howard. The building was used for a variety of purposes as follows: J.M. Warner, mowing machines, and Horace Carpenter, wood work, on the first floor. The upper part was occupied for door and sash manufacturing and other purposes. In the basement was Laird Brothers machinery for polishing granite. In the rear of the building was Miller's carriage shop, which was partially destroyed.

Mrs. Kate Plum who poisoned herself and son at Bridport died on Sunday night.

Daniel Morrison was struck by a bridge and killed Saturday evening while stealing a ride on the top of a freight car from Rutland to West Rutland.

March 31, 1876
Another Great Storm - Last Saturday afternoon and night another great storm swept over New

England and the Middle States. In this section and throughout Vermont it was mostly snow, but in Massachusetts, Connecticut and Rhode Island it was a heavy rain accompanied by floods and freshets sweeping away dams and bridges, washing out railroads, submerging valleys and lowlands destroying property in the amount of several hundreds of thousands of dollars.

Large Farming - The magnitude of the farming operations carried on by the Fairbankses at St. Johnsbury under the direction of A. S. Livingston may be partially understood from the fact that the company raised 2,000 bushels of grain and cut 400 tons of hay. They keep 100 head of cattle, 50 sheep and 55 horses. The horses are kept up year round and the hay and grain is all fed out on the premises.

The farmers of Peacham have organized a farmers' club and their meetings, every Friday evening, are reported as interesting and profitable.

Castoria - Dr. Samuel Pitcher of Hyannis, Mass. experimented in his private practice for twenty years to produce a combination that would have the properties of Castor Oil without its unpleasant taste and griping effect. His preparation was sent for, near and far, till he finally gave it the name Castoria and put it up for sale. It is very wonderful particularly with disordered stomachs and the bowels of children. It assimilates the food, cures sour stomach and wind colic, regulates the bowels, expels worms and may be relied upon in croup. Castoria is put up at the Laboratory of J.B. Rose & Co., 46 Dey Street, New York.

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Letters to the Editor:

(Continued from Page 2)

asked if there were automobiles when she was their age. At first she said "No," and then she said, "Why, yes. One time when we were coming home from swimming, T.N. Vail came along in his car and gave us a ride home." By "we" I think she meant herself and her brother Roy Parker. That was about 100 years ago.

Bruce Hoyt
Rockville, MD

Pumpkin Hill

Dear North Star,

I've enjoyed your articles about the people and the neighborhood of Pumpkin Hill. I went to the school there from 1924 to 1931 and thought you'd be interested in an account of the history of the name. In Helen Husher's book, *A View from Vermont*, she writes that Pumpkin Hill takes its name from an "18th century infestations of worms that ate everything in the fields except the pumpkins. This was followed by an influx of pigeons that ate the worms. The villagers lived on pumpkin and pigeon until the next harvest, which must have been boring but kept them alive."

Alpa Boutwell
Aurora, CO

Enough in Iraq

Dear North Star,

In March at the annual Town Meeting, some Vermont towns will have the opportunity to adopt a resolution calling upon federal and state government officials to heed the mandate clearly expressed in the last election and call for an end to the war in Iraq. Contrary to advice from Congress, Iraqi and American citizens, soldiers, veterans, the international community and the Iraq Study Commission, the Bush Administration has elected

to "stay the course" with a "surge" in the number of troops. Therefore, a coalition of peace activists and Iraq Veterans Against The War is urging Vermont and other states to add leverage to Congressional efforts directed at hauling us out of the deadly quagmire we were "decided" into.

The resolution, which may appear on the Town Meeting agenda or be introduced as "other business," reads: "Shall the voters of _____ advise the President, Congress and Vermont state and federal office holders that _____ and its citizens strongly support the men and women serving in all branches of the U.S. Armed Forces in Iraq and believe that the best way to support them is to bring each and every one of them home now and take good care of them when they get home."

As happened in Vietnam, there is growing disillusionment in the ranks based upon combat experience. Promises used to entice enlistment (educational and health benefits, building a democracy and restoring a society) were illusory. When veterans return physically and mentally disabled, they find that Veterans benefits have been cut and that specialized care they require is hard to find. Educational funding is woefully inadequate. The cancer rate from the use of depleted uranium weapons is 1,000 times that caused by Agent Orange in Vietnam. Essential services in Iraq remain in shambles. Soldiers were supplied with inadequate body armor, equipment and facilities, while Haliburton pocketed money meant for provisioning the troops and rebuilding the country.

Returned vets express disgust with the wanton destruction, profiteering, the targeting of civilians, the atrocities, the pointlessness of the invasion, "humanitarian-aid" public rela-

(See Letters on Page 5)

Lawyers and You

Lawyers are controversial members of society. Most people agree, somewhat grudgingly, that lawyers are a necessary part of our daily lives, whether they are liked or not. It is a hazard of the profession. I have been a lawyer since 1947 after graduating from Harvard Law School, and passing exams that admitted me to practice in Massachusetts and Vermont. After four years in New Haven, and the rest of my early life in urban areas except for summer vacations in rural Maine, I wanted to practice in the country.

My life as a proud lawyer has been full and at times exciting. I am somewhat thick-skinned after 60 years at the bar and listen without retort to jokes about lawyers. I usually tolerate criticism of lawyers, well intended or not, without complaint. The very nature of our work – sometimes representing murderers and other nasty characters – encourages a misunderstanding of lawyers and our role in society.

This column is self-serving, intended as a public defense of lawyers. For the first time I decided to "go public" because of a criticism by lawyer Charles D. Stimson, the deputy assistant secretary of defense for detainee affairs. Stimson objected that lawyers employed at many of the nation's top firms were representing so-called terrorist prisoners detained at Guantanamo. His unwarranted complaint attacks the heart of an important part of lawyers' work, *pro bono* activities.

Stimson suggested that the corporate clients of these firms should consider ending their business ties because work of these lawyers would somehow compromise their bottom-line profit. The day after his statement was made in an interview on a Washington-based radio station, the same point was made in the *Wall Street Journal* by Robert L. Pollock, a member of the newspaper's editorial board.

Pollack cited a list of law firms (I hope Downs Rachlin Martin was listed) and quoted an unnamed "senior official" as saying, "Corporate C.E.O.'s seeing this should ask firms to choose between lucrative retainers and representing terrorists." On the same day Senator Leahy, chairman of the Senate Judiciary Committee, wrote the president asking him to disavow Stimson's remarks. I have not heard that the president replied.

Fortunately Attorney General Alberto Gonzales responded saying, "Good lawyers representing detainees is the best way to ensure that justice is done in these cases." A senior Pentagon official said the comments "do not represent the thinking of the Defense Department leadership." But the damage was done to the legal profession as the result of impugning the integrity of lawyers all over the country who have represented the detainees free of charge. This is what the public remembers.

Lawyers Bob Gensburg, David Sleight and Bob Rachlin, a St. Johnsbury lawyer for many years, have been doing their best to represent detainees, but roadblocks presented by the government have made it difficult. However, their representation of detainees is but the tip of the iceberg when it comes to the many *pro bono* activities of most lawyers. The need for lawyers to represent deserving civil and criminal clients free of charge, and their willingness to do so, is embedded as part of our legal training.

There are more than 30 lawyers in the St. Johnsbury area who regularly devote time working on a *pro bono* basis. The same can be said for many of the approximately 3,000 lawyers practicing throughout the state. Ask them what they do.

Two of my *pro bono* activities over the years illustrate my point. In 1965, my partner Bob Rachlin and I each contributed two weeks, plus our expenses, to go to Mississippi and represent black citizens who would have no representation unless white lawyers came down from the north. White Mississippi lawyers would not take their cases, and there were only two black lawyers in the state. We were not alone; many others from the north joined us. In the 1980's I served on a *pro bono* basis on a committee of the Lawyers Alliance for Nuclear Arms Control, which met annually for ten years in Washington D.C. and Moscow with Soviet professionals. We negotiated about serious nuclear arms problems that our governments did not come to grips with for one reason or another. I later wrote a book about the experience.

All of us have heroes. Mine is Warren Kaplan, a successful Washington trial lawyer with ties to Vermont. He can't get to Vermont as often as he would like, but he has endeared himself to many of us with his competent and time-consuming *pro bono* activities. He went to Mississippi for a month in 1965 when it was a dangerous time for white lawyers. His life was threatened, and he left the black ghetto only with a bodyguard of three intimidating Blacks.

In the 1970's President Nixon ordered that 1,200 peaceful demonstrators be locked up in a Washington stadium. On behalf of the American Civil Liberty Union, Warren spent 19 years representing them, as the legal proceedings required. Ultimately he obtained damages of \$15,000 for each demonstrator, but nothing for himself. In the early 1990's he went to Russia to represent refuseniks trying to emigrate. He risked being arrested but nevertheless appeared before the Emigration Board. Ultimately two of his clients were permitted to leave the country to go to Israel.

I have written at such length so that you will have a better understanding and appreciation of one of the necessary and critical roles that lawyers play in our society.

John Downs



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Soup or Smorgasbord?

When I travel abroad, as I love to do, I find the experience throws things I have noticed about the United States into perspective. A recent trip to Europe was exciting and left me thinking about the clash of culture and economics.

Europe is a vital and exhilarating place to be right now. The founders of the European Union, originally called the Common Market, have achieved two of their original goals. Peace and prosperity through a shared economy are becoming a reality for all Union members. There is a constant movement of people by fast, economical air or rail travel, with little border control among member countries. Traveling the highways is a geography lesson on wheels, with trucks from every European country in constant motion on the major auto routes.

Young, educated Europeans are fluent in at least two languages; it is an essential qualification for any high-paying commercial career. Representative of this new Europe is a young couple, Liz and Jerome, with their 18-month old son, Jean. They are French by birth but live in London. Jerome works for Morgan Stanley on the London Stock Exchange. He heads up a team of French, Italian, Danish, German, British and Dutch brokers. He commutes to Paris twice a week by one-hour business flight from the Docklands area of London near his office, or by the Eurostar high-speed train. Liz works for a French business software company outside London. Jean's nanny is Hungarian, his pediatrician is French, and he will attend a French preschool in London when he is 2-years old. This example may seem extreme to many Americans, but it shows just how integrated life in Europe can be in the beginning of the 21st century.

There is another side to life in Europe, besides the apparent joie de vivre, that reminds me in some ways of some issues we have here in Vermont. The planners of the European Union were focused on economics. They did not take into account cultural differences and attitudes towards life and work among the member countries. These differences are becoming more obvious as the Union expands.

Ease of relocation means that many – especially in the more rural and sunnier places – are seeing their way of life threatened by an influx of newcomers from colder northern cities. Farmland is being sold and sub-divided for vacation cottages, which are inhabited for only short periods of the year. This causes divisiveness in farming communities when newcomers fence in the land, restrict its use and demand services from the community. Sometimes the changes are so profound that areas once quiet and unspoiled, with healthy agricultural economies, are now bustling seasonal tourist meccas with too much traffic. In these areas traditional rural occupations are being lost. Some ancient and beautiful cities such as Aix-en-Provence are becoming filled with condominiums for wealthy retirees. There is a danger of some very popular areas losing their true national flavor. If this sounds familiar to Vermonters, it is because we recognize similar problems close to home.

A kind of uneasy cultural mixing is taking place in Europe; I call it the "Soup Pot" effect. Observing and talking with European friends about these changes made me think about our own American soup or melting pot. Designed with the original goal of blending immigrant cultures into a homogenous soup, it sometimes seems today as though the reverse is happening. Different cultural groups are strengthening their unique identities. Native American tribes, European, Asian, Middle and Far Eastern, Indonesian and African cultural events and cuisine pop up out of the soup pot and become part of the smorgasbord of life in the U.S. As this happens we begin to appreciate the beauty of diversity.

A good soup is appetizing but a great smorgasbord titillates the palate in many ways. Each of these great continental communities needs to treasure and preserve its own rich heritage of cultural and regional diversity. The citizens of the European Union must learn quickly from the United States the danger of homogenizing life, whereby regional differences disappear, and the suburban sprawl of one city becomes much like that of any other. Americans, in turn, can benefit from the wealth of great cultural richness here and abroad, learning to appreciate differences as exciting, stimulating experiences, not wishing for every place to be "just like home."

We in the Northeast Kingdom are lucky to live in such a scenically beautiful and relatively unspoiled part of the world. The delight of the visitors who come here should constantly remind us that, no matter how we develop this area economically, it is important to preserve the diversity of the natural and cultural treasures that lie right at our door.

Isobel P. Swartz

Letters to the Editor:

(Continued from Page 4)

tions stunts and being viewed as expendable by their own government.

According to Mike Ferner, author and Iraq Veteran for Peace, if the death and destruction in Iraq were calculated in terms of the U.S. population, everyone in ten major cities

would have been killed, every person in 12 states would have been wounded, and 216,000 doctors would have fled the country.

Casualties of the war at home include the victims of Katrina who are still trying to be noticed, as well as people who suffered severe mental and physical ailments from working at Ground Zero after 9-11 and are now without jobs, health insurance or government assistance.

Robin Rothman
Danville



Pope Notes

Dee Palmer,
Library Director

Town Meeting in Danville is just a few days away, and we hope you will come out and support your library. Please join us for lunch during the noon break. The Pope Library is putting on a traditional luncheon of ham, baked beans, coleslaw, cottage cheese, rolls and a selection of home-baked goodies for dessert. The cost is \$8 for adults and \$4 for children. Tickets will be available at Town Meeting on Tuesday, March 6.

Our annual "Novel Dinner" is on Sunday, March 11. The dinner will take place at the Creamery Restaurant beginning at 4:00 p.m. If you would like to attend the Novel Dinner please call the Library (802) 684-2256 or the Creamery Restaurant (802) 684-3616, and we will try to find you a seat. The cost for the dinner is \$25 per person. This is a wonderful, fun event – don't miss it.

Our book discussion for this month in the "Portraits of the Artists" series is *Frida* by Barbara Mujica. This novel, narrated by Frida Kahlo's younger sister Cristina is the haunting and powerful fictional account of Kahlo's life, from a childhood shadowed by polio to the accident at 18 that left her barren, from her marriage to larger-than-life muralist Diego Rivera through her tragic decline into alcoholism and drug abuse.

Frida captures the essence of a passionate, tormented, ferociously gifted woman who became an enduring icon for generations to come. Join us on Wednesday, March 28 at 7:00 p.m. for the discussion of *Frida* with scholar Bob Johnson. Books and schedules are available at the Library. This program is sponsored by the Vermont Humanities Council and the Pope Library.

We have state and federal 2006 tax forms, and on Saturday, March 3, we are holding a special passport event. From 9:00 a.m. – 2:00 p.m. post office employees will be at the Library to take passport photos (the charge for photos is \$15) and process applications. Applications for passports are available at the post office and at the Library.

Some of our new book acquisitions are: *The Best Life Diet* by Greene, *Not Your Mother's Slow Cooker Recipes for Two* by Hensperger, *The Lost Painting* by Harr, *First Into Nagasaki* by Weller, *You On a Diet* by Roizen and Oz, *A Man Without a Country* by Vonnegut, *Dust* by Grimes, *Snow Flower and the Secret Fan* by See, *In This Rain* by Rozan, *Red River* by Tademy and *Sacred Games* by Chandra. Come in and check them out!

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Ice Fishing Takes Serious Attention to Details

(Continued from Page 1)

I always found something to do. We'd argue over holes trying to catch fish and slide on the ice. I loved the ice fishing, but I think the scrambled eggs and sausage was my favorite part."

When Duquette turned 16 and was able to drive on his own he acquired this portable shelter. It's a Fish Trap Guide from Ely, MN where cold weather and ice fishing reign as king and queen. The shelter is just over 5 feet square on the ice and has 5 feet of headroom. It's not grand in size, but even at 3° and

with wind snarling outside a single tank propane heater keeps the inside temperature almost comfortable.

Duquette has seven tip-ups about 50 feet apart in a line perpendicular to the shore. Each is set with a single hook and live smelt as bait - something like a huge open net - in his plan to try to find lake trout or perch moving up or down the lake. The seven smelt are set at different depths and attached by monofilament line to a spring-loaded orange flag on the frozen surface above. From inside the



Making adjustments to the bait and the lines is all part of the art of understanding the unique patterns of various fish species and trying to anticipate their behavior - no matter what the weather may be.



Photos By: North Star Monthly

Inside the Fish Trap Guide shelter steaks and home-fries offer a satisfying diversion to the snow billowing and near zero temperatures outside, but Duquette is thinking about his lines and how to adjust them.

shelter we can just see the tip-ups as we wait hopefully for a tug from below to trip one of the flags.

Inside Duquette has dug two more holes through which we drop lures or smelt from jig sticks, very light-weight and abbreviated spinning rods.

"It's a challenge," he says, "and I spend a lot of time trying to decide what adjustments, if any, I want to make in the set up. You find yourself trying to think like a fish."

Duquette says that every fish species seems to have its own pattern of behavior, and trying to make sense of those patterns and anticipate their behavior is the high art of fishing through ice. "It's much more difficult," he says, "than open water fishing. Trying to figure the influence of the weather, time of day, light conditions and other factors you can barely imagine is the trick."

From his experience, lake trout seem to feed early in the morning and at midday and more so on nicer days than days like this when the wind and snow are blowing and it's cold. He says he has better luck

fishing for jumbo perch early and late in the season, when they are apparently more likely to be up and away from the dark bottom of the lake.

Duquette is businesslike about all this, frequently checking outside and tending his tip-ups to be sure the accumulation of snow is not interfering with his flags. But like any businessman he understands that sometimes things just aren't what they seem.

"Sometimes you come up empty at the end of the day, but once in a while you hit it big. You are in the right place at the right time. The conditions are right and you nail it." With the sort of understatement that's truly engaging, he says, "That's happened a couple of times. I've caught 25 jumbo perch in half an hour and a couple of lake trout that made up for a lot of cold days when flags never moved.

"It's peaceful," he says, "and there are so many things to do - so many variables to try - there is never a chance to be bored."

It is peaceful, and inside the shelter we make the most of a cou-

ple of steaks and a pile of home-fries cooked on his stove. We tell a lot of stories, some truer than others, and it is a great time.

"Trying to figure the influence of the weather, the time of day, the light conditions and other factors you can barely imagine is the trick."

When I get ready to leave at about 2 o'clock the snow has piled up against the outside of the Trap Guide shelter, and the orange flags at the end of the line have all but disappeared from view.

John Duquette pulls his hood back up over his head and turns again to the line. He'll tweak his sets, adjust his lines and then as he says, start the hardest part of the routine. He'll try to decide if he should stay a bit longer in the hopes of a change in his luck or pack it all up and call it a day. That's ice fishing and the appeal that some like this young man find so attractive. It's a test, and when you get the answer right, it's wonderful.

By the time I get back to my car, it has been nearly plowed in by the highway crews in their snow-plows. The temperature has dropped a few more degrees, and the faint profile of Duquette and his shelter on the lake are lost in the falling snow. He's still out there enjoying one of the most beautiful days of the winter. ★

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 This two-part workshop presents the fundamentals of rug hooking using stripped wool. A perfect way to warm a winter weekend.

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

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

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

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

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Up on the Farm Early

Lorna Quimby



The photograph of Vail Manor, which illustrated Virginia Downs's article on T. N. Vail in *The* [February 2007] *North Star*, brought back memories - and a smile at my grandiose dreams.

I was 10 or 11 at the time, and June was going to Lyndon Normal School. It was probably fall and Dad had driven June to Lyndonville. The Plymouth was loaded, as usual: Patty on Maw's lap, we older girls stuffed in the back seat, our picnic lunch somewhere safe. June had this nifty place where we could eat, enjoy a view and see the old manor.

I don't remember the picnic so it must have been a Ben-and-Helen's special: if not bananas and a can of sardines, we would have hard-boiled eggs, cold coffee, homemade bread and pie. I do remember, after our lunch, stopping by the manor so June could show us around.

The gray building loomed over us, neglected and unpainted. Leaves drifted in piles on the porch. We peeked in the windows at the lower room, its floor dusty, cobwebs hanging in corners. The glass was fly-specked, windowsills were weathered, deep cracks held dust and flecks of paint.

"There was a library on the upper floor," June said.

A library! Walls surrounded with shelves for lots and lots of books! Think of such riches! Of course, in an ideal world I'd have nothing to do but sit and read my way through the books, shelf after shelf.

My ideas of a dream-house expanded beyond the narrow scope of my previous imaginings. We never visited an abandoned house but what I began thinking was how it could be made a home again. I had a sad feeling when we entered a hallway where, years

ago, people walked in and out and now no one came except for us intruders.

The old Orr house had a stained glass window in the front door. No one lived there to appreciate its beauty. And there was no one to draw water from the well in the front yard and carry the pail to the kitchen. The Old House on our home farm still had a cast iron sink in the pantry, but no one stood there doing dishes or poured milk into pans, so cream could raise to make butter.

Peacham had many abandoned houses. I did not know the ones on the East Hill, but we drove by the old Haskell place sometimes when we went to Martin's Pond. Its former dwellers had gone elsewhere. Its windows were like blank, staring eyes. Its door let in leaves and snow. I suspect these empty wrecks had been uncomfortably cold in winter, their chimneys unsafe or the roof had leaked. Many had curled wooden shingles, some blown off so roof boards showed. The ell roofs had a tell-tale sag. Hedge-hogs had chewed away the boards of the privies. I wished I could save all these build-

ings. They had been homes once and deserved better than their present neglect.

The Vail Manor presented many possibilities the humbler dwellings that had engaged my attention did not. If that building were mine, I'd sweep those floors, I'd clean and polish those windows. As you can see, I hadn't the slightest idea of the man- and woman-power it took to maintain such a building. As for furnishing the rooms, tables and chairs, beds and bureaus were objects we had at home. One did not buy new furniture or antiques (unless you were "summer people"). One had things that were "handed on." At home we used small rugs where needed to keep cold feet off icy floors when getting in and out of bed. Carpets and large rugs were outside my experience. How amused a designer would have been at my idea of manorial splendor.

The greenhouse, with its broken panes of glass, was only a skeleton when we saw it (or them. I only recall one.). Long gone were the exotic blooms and trees, the warm scented air that spoke of other climates. I'd never been in a

greenhouse. My dream house would dispense with this unknown luxury.

The lily or fish pond south of the greenhouse, however, could be worked in to my plans. I'd use it, not for fishing, but for lounging in a boat, one hand drifting in the water as I'd seen in an illustration in one of the *Cosmopolitans* Aunt Bee sent over. The pond left much to be desired. Its muddy surface was brown, filled with leaves and stagnant water, and it didn't smell at all good.

The ride home, during which I suffered my usual motion sickness, was shortened by the visions that floated between my eyes and the road sides. I thought of days filled with labor needed to make that desolate building livable again. A dreamworld is so accommodating. There are no meals to get, no clothes to wash, no shopping for groceries. One doesn't even have to stop to eat. How much can be accomplished.

Because June was studying to be a teacher, her little sister's horizon had broadened - if only in her dreams. ★

We Should All Take a Page from Alan Boye's Book

(Continued from Page 1)

whether it was in graduate or law school or in everyday life. Whether the student's connection is short- or long-term is irrelevant. The fact that a connection occurred is what makes this teacher's job worthwhile.

Boye's teaching, as well as his writing, has to do with aesthetics. In studying literature, he asks his students about the beauty of the piece and what makes it beautiful or appealing. He has always been attracted to natural things, which have beauty about them, especially things that are found off the beaten path. In his book *Just Walking the Hills of Vermont*, Boye takes the reader to places in Vermont where the beauty of nature is truly encapsulated.

People may wonder why Professor Boye has stayed in a location where his work may not be appreciated as it might be somewhere else. Despite the popularity of other colleges and universities around the nation, he is happy at Lyndon State College. "It's as good as teaching anywhere. Students are engaged, they're

smart seekers who are trying to figure out what the world is about and what it holds in store for them. It's a great place to teach and a great place to go to school."

Among novelists and journalists, there is concern over the future of the written word. Technology is always updating, replacing the old and the obsolete with the new and the functional. Contemporary society has less passion for writing as an art or craft, and many see it solely as a means of communication. When questioned about the future of writers, Boye responded, "I think the answer is yes, there is a future for people who use language, but that future is up for grabs."

Boye believes that hearing or reading stories, or a particular sequencing of words, creates something in the human psyche that cannot be replicated. The need

for communicating stories will always be there.

Although the popularity of literature and language may be dwindling, the percentage of people actively writing blogs [that's computerspeak for posting information for others to read] is on the rise. "Blogs," he says, "are still evolving. I heard some statistic like for every 30 writers of blogs there is one reader. The idea is out there, but whether people are consuming it and ready to transition from newspapers to blogs is unknown."

To Boye Vermont offers advantages and disadvantages to writers. "No matter where you are, writing is a solitary job. It's just you and the words. It doesn't matter if you are writing in the city or in the country." He says that writing can be easier in Vermont than in other places because of the effects of four seasons, as well as

the changes of weather, all of which can influence a writer. He finds it is easier to pursue the solitary aspect of writing in Vermont than in a city, for obvious reasons. Unfortunately, the lack of writers in Vermont can be difficult, particularly if one is looking for critics of his work.

When Boye looks back on the paths he has taken, through his life and in the wilderness, he says he has no regrets. He spent a long time writing fiction without getting published, and that made him humbler and more aware of the world around him. "There have been missed opportunities, but there is nothing I would do too differently. I've met a lot of interesting people and had a lot of won-

derful experiences."

For the future, Boye says he will try to improve what he already does, both writing and teaching. As most writers know, there is always room for improvement. He personally is trying to have a smaller impact on nature, as well as increase his knowledge of the repercussions of modern society on the natural world.

Perhaps we could all take a page from Alan Boye's book and seek the means to keep writing and keeping our nature alive.

Adrian Duckett is a senior at Danville School writing for The North Star as part of his senior project requirement for graduation. ★

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Dolly was a dark bay with the characteristic white splotch on her forehead.

(Continued from Page 1)

to the side-delivery rake. She was usually three steps ahead of Molly during those hot summer afternoons in the hayfields. The sun beat down incessantly, and I usually got sunburned.

Dolly and I worked together for many summers. One memorable July day when I was 15, I raked the hay into windrows on the field below the road nearly opposite Perley and Helen Jennison's house (now owned by Clifton Schoolcraft Jr.). There were several apple trees in the field then, the remnants of an old orchard. After I finished raking I turned the team toward the barn. Dolly was hurriedly trotting along, pulling Molly with her, headed for the barn and feed. I tried to drive them between the low-hanging branches of an apple tree, but I miscalculated the distance required. All of a sudden the big right wheel of the rake hit a branch, jerked the

horses sideways and broke the pole off near its attachment to the rake.

Neither the horses nor I were hurt, but I was devastated. I had let Dad and the whole haying operation down. Dad would have to get the broken pole off the rake and spend wasted hours fashioning a new one. I didn't want to go home and face him, but there was no choice.

I climbed down, sobbing. I unhitched Dolly and Molly and drove them to the barn. Dad saw me approaching with the horses but without the rake. He was angry. I was scared, sad and sorry that I had not met his expectations that I would be a good teamster and avoid such accidents.

We survived the crisis, and life on the farm went on.

Dolly lived on into her 30's. I expect she was foaled around 1915. Dad never mentioned her parentage or if she was a regis-

tered Morgan. No papers were ever found. I never asked where she came from or who were her dam and sire. However, I do remember that my grandfather Charles Kinerson and his brother Russell, both of Peacham, had Morgans on their farms.

My second cousin, Russell Kinerson (named for his grandfather), remembered Dolly but not where she came from. He told of Morgans on his grandfather Russell's farm. He often drove his grandparents in a sleigh hitched to a nice team of Morgans up to the Congregational Church in Peacham and put the team in the Kinerson horsesheds. Horse blankets were put on the horses in cold weather during long church services. Russell called the Morgans "feisty little critters."

I found, while studying the *American Morgan Horse Register*, that Charles' and Russell's father and my great-grandfather, James Richardson Kinerson, all owned registered Morgans. I resolved to try and learn Dolly's pedigree.

I trudged up to the Pope Library in Danville and once again began studying the *Register*. There I found that James R. Kinerson had a registered Morgan described in Volume III of the *Register*:



Field Family Photograph

Jean Kinerson Field on Dolly at the Green Bay farm, c.1930.

"ROXY (KINERSON'S) (7-128), [2], chestnut, white stripe on face, foaled 1902; bred by James R. Kinerson, Peacham, Vermont ... registered by F. G. Chandler, West Danville (Peacham), Vt." Roxy was descended from the Vincent Horse (1-8), 792, [1] (Volume I, Page 330). Some of Roxy's maternal ancestors were also owned by James R. Kinerson.

My great-grandfather Kinerson died in September, 1902, a few months after Roxy was foaled. She was registered by F. G. Chandler of Peacham. That must mean that she was sold by either Mr. Kinerson or, after his death, by his widow Emily, to Chandler. I found no mention of Roxy in James R. Kinerson's estate papers.

Roxy was bred to F. G. Chandler's famous stallion, Knox Morgan, and produced at least two fillies by him. Those fillies were registered and are described in Volume III of the *Register*: 1. "BARBARA (5-64), [1&3], bay, foaled 1908, bred by James L. Allen, Barnet, Vt." (Page 423). 2. "WINONA (ALLEN'S) (5-64), [1&3],

foaled 1909, bred by James L. Allen, Barnet, Vt." (Page 630)

Chandler must have sold Roxy to Mr. Allen before 1908, since Allen is recorded as her owner. The only James Allen I have found lived in Ewell's Hollow in Peacham (with mailing address of Barnet). James Allen's father, Frederick Allen, ran the sawmill there. Ewell's Hollow is a short distance from the Kinerson farm and only a mile or so from the Chandler farm. James would have been in his late teens when the Morgans Barbara and Winona were foaled. Perhaps he was Roxy's owner. I found no further references to him.

Roxy probably produced other colts and fillies, and possibly Barbara and Allen's Winona became dams, but I found no further mention of them.

I looked for mares named Dollie and Dolly and found only three in this area at the time, all described in Volume III of the *Register*. I think they were all foaled too early to be our Dolly, and they were all sold to out-of-staters when they were 2 years

(Concluded on Next Page)

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Follow the Money

by Rachel Siegel

“Town Meeting Revisited”

Town meeting just isn't the same. The coffee and doughnuts are still good, the chitchat with neighbors is still pleasant, and the fulfilling of civic duty - if only to stay informed - is important. Involvement is what makes democracy tick, after all.

The budget discussion is rather brief, now. As has long been the case, the school budget is the lion's share of the town's expenditures. In the past, that accounted for the lion's share of the discussion too, but lately it passes with few questions and a collective nod.

It used to be that each town decided on the budget for its school, and that that spending directly determined the town's need for revenue, which it raised mainly through property tax. Of course towns did - and do - have other expenditures, such as the

roads, the town library and so forth, but the school budget was by far the greatest and therefore the determining factor of the town's budget. A change in the school budget would directly affect property tax rates. The transparency of that relationship allowed it to be grasped by even the least thoughtful citizen: spend more on the school; pay more tax on your property.

So at times, the discussion could get pretty hot, with citizens disagreeing on what was educationally wise or necessary, or when school spending was justified by educational value, or when property taxes were justified by educational opportunities.

Act 60, and later Act 68, were designed in response to the now famous legal decision that all Vermont children are entitled to an equal amount of educational expenditure, which presumably means an equal amount of educa-

tional opportunity. This means a minimum level of education spending per pupil across every town.

The coffee and doughnuts are still good, the chitchat with neighbors is still pleasant, and the fulfilling of civic duty - if only to stay informed - is important.

“Education spending” is determined by each town, but funded by the state through the education fund of Act 68. It is defined as the total budgeted school expenditures less any other revenues: federal grants, tuition revenues, interest income or other things the state covers anyhow through grants for things like transportation or special education, according to the Vermont Department of Education's “Overview of Vermont's Education Funding System.”

A town can choose to spend more (per pupil) than the state minimum, but that will increase the town's property tax rate, which “varies proportionally with a district's (or town's) education spending per pupil” (Department of Education). A town could, in theory, spend less, but that would not decrease its property tax rate, so there is no incentive to do so. In effect, each town would be foolish

not to spend the statewide minimum per student (which is the point) since it is being paid for by the state.

The expenditures in the school budget determine the town's education spending per pupil. Education spending per pupil affects the town's property tax rates. So, budgeted school expenditures have an effect on property tax rates, and we should still have much to discuss at town meeting.

However, property tax rates are also adjusted for individual taxpayers based on their individual incomes. So even if the town's property tax rate is determined by its spending decisions, those rates may not actually apply to everyone in the town. Some, maybe most, taxpayers are shielded from the effects of increasing school expenditures, as their property tax increases are capped by their income constraints. The relationship between school expenditures and property tax payments is muddled by that very individual adjustment for income.

Thus, the link between spending and funding has been lost to those (us) making the spending decisions. The effects of expenditures on our property tax payments are obscure at best, because our property tax payments have been complicated by the additional factor of income which - even in Vermont - is no longer determined by the value of one's land. We don't have to really care - not in the immediate, visceral sense that we used to - about what we're spending, because each one of us is not necessarily going to be paying for it. We can't really care, because it's just too difficult to see

how our spending affects what we pay.

Our system of educational revenues and expenses has evolved for valid reasons, but like most solutions, in doing so it has created new problems. We now have state funding, but local spending. By disconnecting - on a visible, comprehensible, individual level - spending and funding, we have lost our economic incentives to make better decisions.

Civic involvement is harder. Town meeting just hasn't been the same.

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.

Dolly Was a Morgan Mare

(Continued from Page 8)

I telephoned Delmar Petrie and Gilmore Somers, our neighbors in the Green Bay/South Part section of Peacham during the 1920's and 30's. Both men remember my mother riding and driving Dolly but neither knew where the horse came from or anything of her pedigree. My Kinerson cousins remember various Morgans that our ancestors owned, but nothing about Dolly specifically.

I think I have nearly exhaust-

ed the possibilities of learning Dolly's pedigree, but I may search in the Register again for clues.

Meanwhile I like to think that our Dolly was the daughter of either Roxy, Barbara or Allen's Winona, and maybe someday I can make that connection and know that my great-grandfather owned her ancestor. Dolly was a beautiful horse and a great mare. She was an asset to her Morgan breed. I loved her, and I still think of her often. ★



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Steve Patterson Steers the Ship of Planning and Development in the Northeast Kingdom

TERRY HOFFER

Steve Patterson is a Vermonter. He's a native of Montpelier with a distinguished career in journalism and state government prior to his appointment as executive director, the top job, at the regional planning and development agency in Northeastern Vermont.

**"Somewhere out there is another Ben & Jerry's, and when they decide to get started, we've got to be ready."
- Steve Patterson**

Patterson joined Northeastern Vermont Development Association (NVDA) in April 2003, and he finds himself in the right place at the right time. "It's an exciting time," he says, "with a lot of energy springing forth in the traditional growth centers like St. Johnsbury and Lyndon and Newport and Derby but also in towns like Hardwick and even less likely places where jobs are appearing as people find they have the best of it all."

Patterson cites multiple variations on the theme in which people have high tech jobs beside dirt roads and open fields in the Northeast Kingdom, where computerized work is shipped in and shipped out electronically at a pace that would be mind boggling in the days of the telegraph, the

railroad or even in the context of overnight delivery.

He says, "A lot of people don't realize how desirable this is, and as the pressure of population growth increases in other places it can only grow in northern Vermont as people choose to recreate here or relocate."

Patterson talks about the need for greater coverage for high speed (broadband) Internet access, but he believes that is on the way. "The challenge," he says, "is to develop a system with a backbone that is flexible enough to carry new systems of technology as they appear." One possibility is to have a broadband signal brought to a tower at a location like the St. Johnsbury Lyndon Industrial Park and relayed from a point perhaps on Burke Mountain to repeaters around the region.

No one wants to spend big money and lots of time to end up with an outdated technology. As computers manage to accelerate virtually every logical system of modern life entrepreneurs, and investors too, are wary of finding that today's high speed is tomorrow's pony express and owning the pony is not what it was cracked up to be. But that doesn't discourage Patterson.

For eight years he was Deputy Secretary and then Secretary of the Agency of Commerce and Community Development where economic development programs are refined and where statewide policies are written. "I got to know all of the regional development groups and the people involved," he says, "and I like to think I have some expertise in how things work in Vermont."

Patterson describes his job as building partnerships and seeking the means to help the region grow while honoring its well deserved reputation of tenaciously holding onto local control. Currently NVDA is working on feasibility studies for a Forest Products Resource Center and for an Agricultural Products Incubator Building where people and small businesses who lack, for instance, marketing or product development expertise can find it. Patterson says, "We hope to put the information together and develop the contacts and financial resources for people who want to use them, but I see the studies as opening the door for job creation and tourism opportunities as well."

NVDA, unlike the state's other regional development commissions, is also the regional planning commission, and Patterson says, "Our funding is primarily directed at planning." Some Vermont towns are interested, and some see planning and cooperating with a regional organization as a threat to local control. He says, "NVDA tries to encourage towns to think about their future and find what they want." He points to the current momentum for development at Burke Mountain as an example. "We are offering to Burke and the surrounding towns a grant-funded development assessment in which traffic, housing and financial impacts are considered. Our approach is to say here's the information, and you have the choice to take the next step."

Patterson understands the dilemma of population growth while there is a need for workers with a higher level of job skills. He knows that people are interested in relocating to places like Vermont, but when they arrive with their new or expanded company, they want to know, will there be qualified applicants to do the work?

If Patterson had his way, and if he could make a huge investment in the Northeast Kingdom, he

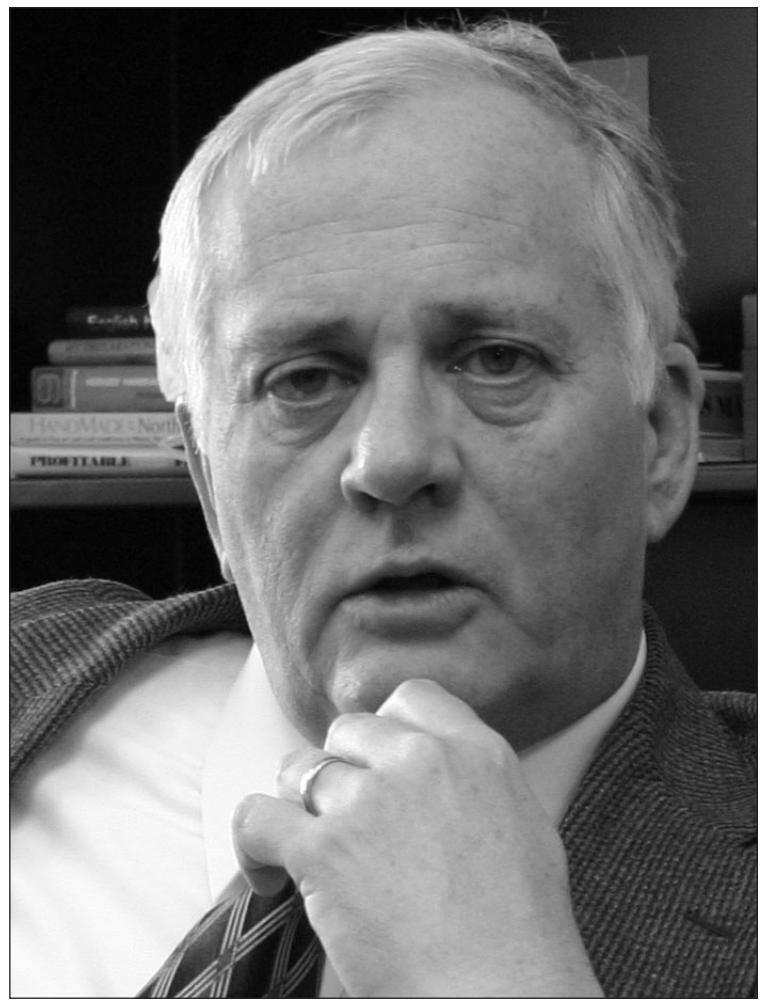


Photo By: North Star Monthly

Steve Patterson is the executive director of Northeastern Vermont Development Association. "Maybe I'm an optimist," he says, "but these are great times."

would put his money into job training. He says skills in wood-working, traditional manufacturing processes, high tech systems and entrepreneurship are needed. "Somewhere out there is another Ben & Jerry's." [He is talking, of course, about the Vermont grown ice cream company that won the hearts of ice cream fans all over the world and made them rethink the standard of premium ice cream.] They may be in California, Colorado or Canaan, Vermont, but he says, "When they decide to get started, we've got to be ready. We've got to have what they need or they'll give up on the idea or take it somewhere else."

Patterson has watched an idea that has proven successful in Brattleboro. There, he says, they have a business plan competition in which plans are evaluated and winners are provided expertise by people in successful small busi-

nesses. People with the top plans get help in market research and financial planning, mentoring and business classes and in some cases even seed money to attract other investment. According to Patterson, at the end of the second year three fledgling businesses are alive and well in Brattleboro. He hopes to introduce the same sort of program under the umbrella of NVDA.

"Maybe I'm an optimist," Patterson says, "but these are great times. I'll be 60 in October, and I wish I was 20 years younger. We've got a very good staff, and they deserve a lot of credit. I know they don't do all this for the money they make, but they deliver. They know how to listen. I know a lot of people who work for regional groups like this and I wouldn't trade the people at NVDA for any of them."

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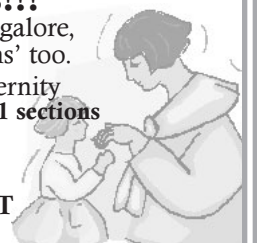
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Come to the Table

Denise Brown



Despite years of active duty in the dark and dangerous trenches of motherhood - having safely marshaled one child to the age of majority with a limited number of fractures and only slightly more moving violations, and soon to launch the last comandos - I have yet to master that most elusive parental skill: the interpretation of teenager-speak.

We're not talking about the latest trendy terms and nomenclatures — the current definitions of "sick" or "sweet" or "hot" or "chill." Negotiating that linguistic landscape requires nothing short of intelligence training. I'm talking Basic Teenager. The common usage, the everyday non-verbal vernacular and subtle intonations that escape me still. The slight tilt of the head that can indicate a child believes her parent is in immediate need of psychiatric intervention, for example. Or possibly only that an earache is coming on. Or the "I hate you!" shouted while heading out the door that means little beyond, "I can't find matching socks, my life is ruined and it's all your fault."

So perhaps I can be forgiven for distrusting my daughter's recent assertion that she loved tuna noodle casserole and suggested that it become a regular addition to the evening rations.

Had a friend expressed the same, I would have had her palate arrested. I'd have taken her pulse. I'd have asked, "Are you sober?" But this was my daughter speaking. "You're kidding, right?"

She bristled visibly. Then followed that unmistakable utterance — not a groan, not a sigh — but a chilly and dismissive hum. The sort of sound you make when dealing with an utter nitwit saved only by blood relation from receiving outright scorn. Still, I was sure I was being set

up. I made a face. "Tuna noodle casserole?"

Her twin sister got in on the action. A good umbrage doesn't come along that often, and any teenager worth her salt knows how to play it as it lays. "Yes, Mom. Tuna noodle casserole." Upon which began a short but instructive discourse on the pleasures of said casserole, and how any supposed good cook (read: me, the food writer) ought to know how to conjure one up at will.

Perhaps it was the "will" part that most perplexed. My familiarity with tuna noodle casserole stops abruptly at the seventh grade, where it rests in peace along with the painful memory of other middle school cafeteria delights such as mystery meatloaf, rubber chicken fricassee, corrugated fish sticks and boiled franks sliced into soupy canned beans. Why resurrect the so wisely entombed?

Why, indeed? For one reason only. Because my girls wanted it.

I had no recipe close at hand. My mother never served tuna casserole. In fact, unless it contained eggplant, my mother never served any casserole. And of the couple hundred cookbooks I've acquired over the years, none seemed likely to hold the secret for a scrumptious tuna and noodle bake.

A quick Internet search, however, will reveal a quarter-million such recipes for what one site claims is America's most frequently served casserole. The majority vary little in either ingredients or formula. You got your egg noodles, your drained cans of tuna, your defrosted green peas, your sautéed mushroom slices. Some spice things up with pimento, some rely on condensed creamed soups, some add a stalk of chopped celery. Some omit the cheese or replace cheddar with parmesan, some

top the whole with French fried onion rings or crushed potato chips. All except a few were simple and quick to prepare.

Given that I was new to hot tuna, I dared not stray far from the culinary fold. So one cold, dark evening, while steeping a cup of tea and wondering how I'd just spent \$100 on six flimsy little bags of groceries, I experimented with this classic, economical dish, adding a dash of this and a smidgen of that. I won't claim to have broken any new gourmet ground here. But I tested the waters, so to speak, and for a short time, bridged the divide in the on-going class struggle in intergenerational communication.

"Tastes a little like seafood bisque," the younger twin pronounced, noticing the addition of sherry, taking a bite of noodles along with a snippet of crusty bread. "But more peas next time."

Clear enough. Not a thing to misconstrue. I'll trust her on this one.

Who knew? Tuna Noodle Casserole

Will I serve this to prospective in-laws, birthday celebrators or potential financial backers? Unlikely. But with a green salad and buttered breadsticks, you've got a home-cooked meal in a jiff, made with ingredients waiting in your pantry. Use even more cheese and topping for a nice "tuna melt" twist.

- 8 ounces medium egg noodles
- 2 cans light or albacore tuna, packed in water, drained
- 8 ounces sliced mushrooms
- ½ red onion, finely chopped
- 5 to 6 tablespoons butter, divided
- 2½ cups whole milk or half milk, half chicken stock
- 2 tablespoons flour
- 2 to 3 cloves garlic, minced
- 2 tablespoons dry sherry

- 1½ to 2 cups frozen peas, defrosted
- 8 ounces sour cream
- 1½ cups sharp cheddar cheese, grated
- 2½ cups coarse or homemade bread crumbs, Panko or crushed cornflakes
- Salt and black cracked pepper to taste

Preheat the oven to 375°.

Bring a pot of salted water to a boil. Cook the egg noodles until just slightly underdone. Drain and set aside.

Meanwhile, melt 2 tablespoons butter in a large non-stick skillet over medium heat. Sauté the mushrooms until golden, seasoning with salt and pepper, about 5 minutes. Add the onion and sauté another minute or two. Add the garlic. Stir well. Scatter the flour in the pan and mix in with the vegetables. Cook for a minute or two. Stir in the milk, mixing well, and cook until slightly thickened. Stir in the peas and the sherry. Remove from heat, and stir in the sour cream. Lastly, gently stir in the

drained tuna to keep the fish from disintegrating. Adjust the seasonings.

Fold in the cooked noodles. Place the mixture in a buttered 13 x 9 inch casserole. Top with the grated cheese. Set aside.

Wipe the skillet clean, return to medium heat, and add 2 to 3 tablespoons of butter. When melted, add the bread crumbs. Stir constantly until well coated. Scatter the crumbs over the cheese. Place the casserole in the oven and bake for 20 to 25 minutes, until crumbs are nicely browned. Serves 6.

Peacham Library

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Friday and Saturday
10 a.m. - Noon

Tuesday and Thursday
1 - 7 p.m.

Research

The ditch by the snowy trail was black.
No snow here but rotten leaves and running water!
How can this be when ice abounds
And the air is chill?

I think of deeply hidden springs insulated from the cold.
Or just the heat of friction perpetuating the flow,
As water, coursing over stones
Tumbles downward.

So will these tricklings cease when dead of winter comes?
I'll have to check, creeping out at 30 below
Wishing I were warm abed.
Scientists never sleep!

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Walden Hill Journal

ELLEN GOLD

March 1, 2006 - We're roaring into March with the thermometer below 0° for the entire day. The wind was quite creative about redistributing last night's snow. By afternoon though, the blowing had calmed down, and the sun was doing its best to shine through thin clouds. We ventured out for a snowshoe and reopened the trail. I shortened it some since my feet were beginning to feel a bit tingly. Subzero weather seems to have that effect. We held off starting the stove until around 4 o'clock and for most of the day enjoyed the warmth of our passive solar heat. It's time to start thinking about bringing dormant geraniums and tuberous begonias into the solarium to wake them up again. Comforting thoughts for this chilly beginning to March.

March 4, 2006 - Continuous snow today with March winds swirling the powdery snow in all directions and piling it into sizable drifts. I braved the elements and joined my neighbor for a snowshoe through her woods. Once we got into the protection of the trees, it was surprisingly calm, peaceful and actually very pleasant. We saw several beech trees with bear claw markings and even a very high nest that the bears had created by bending and breaking branches to form a platform for sitting while harvesting beech nuts. There were no tracks in the snow other than from our snowshoes. I think it was a combina-

tion of very strong wind erasing signs of animal activity as well as the animals themselves laying low during the storm. It was an invigorating couple of hours and just the ticket for shaking off midwinter cabin fever.

March 7, 2006 - Town Meeting today. It was bright and sunny with sap buckets hung on trees at the bottom of the road. The town portion of the meeting took the majority of the time, continuing well past the lunch break. The main budget was not an issue, but the special appropriations took time and discussion. The new P.A. system gave some very shocking, loud, distorting jolts when we least expected it. One longtime resident was hesitant to use the microphone in general because he complained, "It's like kissing my wife through a screen" to which the moderator replied, "I'm only asking you to talk into it!" Meeting was adjourned at 2:30.

March 9, 2006 - After three glorious spring-like days, we're back to winter with an icy snow whipping through. The forecast however, is for a warmer weekend with temperatures possibly in the 50°. Chickadees are beginning to sing their descending two-note song so we must be moving towards spring. A lone redpoll at the feeder let us know that conditions further north must be worse than they are here. Sap buckets are hung very low this year, taking advantage of the sparse snow cover to allow trees to be tapped

closer to the ground.

March 14, 2006 - Just four days ago we took a mini-vacation to Boston. Jeff had to clear the drive before we left, but 150 miles later we were in 60°, shirtsleeve weather with daffodils poking out of the ground. We returned to thawing and very muddy roads. Thick, soupy fog made for treacherous travel. Tonight we're seeing the thermometer drop below freezing, and a fresh cover of snow is falling. As Jeff says, "It's March, any old weather comes marching through."

March 18, 2006 - We're snow-covered on Walden Hill but in St. J it's mostly bare ground. Deer are congregating on the edge of town to graze on newly exposed dry grass, and turkeys are flocking on Dole Hill to nibble whatever they can find in the snow. Song sparrows were temporarily back at our feeder but have disappeared with the returning snow. We're still on the long wait 'til spring. A few mild days were only a taste of what's to come. I've started some tomato seeds to get into practice for more serious gardening later. A two-stalk, six-blossom amaryllis brightens the solarium. Geraniums and tuberous begonias are coming out of their dormancy there as well.

March 19, 2006 - Moose are beginning to move out of the woods in search of open ground to supplement their twiggy winter diet. We saw our first bull moose of the year, grazing in a pasture in Peacham. He was wearing the beginnings of his new rack growth.

March 20, 2006 - Vernal Equinox. Spring officially arrived at 1:26 p.m. today. To mark the



Photo By: Jeff Gold

"What a refreshing sight to see the laundry flapping in the breeze, even if it was against a background of snow."

occasion, the snow stopped falling and the sun made a brief appearance. The temperature however, barely climbed above 20°. What this date indicates for us is not the end of winter but the triumph of daylight over night. From here on we'll have more hours of light to enjoy the beauty of winter. "The red of osier, the green of pine, the pale tan of winter leaves on sapling beeches, the blue of late afternoon shadows on the snow and the play of sunrise and sunset tints across the mantled fields - such are the colors of a New England winter." (Edwin Way Teale "Wandering Through Winter")

March 26, 2006 - Signs of spring are appearing on Walden Hill. The sight and sound of geese as they journey north is the most exhilarating for me. A lone robin was gliding through open patches in the field, and a starling was back at the feeder. Stonewalls are resurfacing from the snow, and bright green moss, nourished by run-off, startles the senses. Flowing water and muddy roads along with steaming sugar houses

place us well into March.

March 27, 2006 - Bright, clear, sunny day. As the weatherman announced this morning, this is the first time in over 2½ weeks that the sun has had full reign in the morning sky. Several more days of the same are in the forecast. A handsome hawk was perched in one of the shads this morning, with a front row center viewing of the bird feeder. Needless to say, he had cleared the stage. From his markings it appeared to be a Swainson's hawk, but judging from its territory description, he was out of his range. So all I can say is that it was a hawk with a Swainson-like appearance.

March 30, 2006 - Juncos, mourning doves, a tree sparrow and a female purple finch joined the chickadees at the feeder. More and more open ground has brought increasing numbers of robins. Even their melodious song is beginning to fill the air. The past few days have been full of glorious sunshine and temperatures that hit 50°. Nights still drop below freezing so sap is running and sugar makers are boiling. March is living up to its reputation. It roared in like a lion with subzero temperatures and is out like a lamb with highs predicted into the 60's today with mostly sunny skies. Just a hint of white remains on the Presidential peaks, Mt. Moosilauke and the ski runs of Cannon Mt. Our field and woods still have some snow, but both gardens have reemerged. It's definitely a hopeful end to March. What a refreshing sight to see the laundry flapping in the breeze, even if it was against a background of snow. March is the month of extremes.

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Ask the Shrinks

Alice S. Kitchel and Burton Zahler

Dear Shrinks,

It's not clear to me if this is an appropriate question for the two of you, but I thought I would seek your input anyway.

I have an old and dear friend who is an honored member of his profession. He has held a high office in our town and in his profession also. For many decades he has been married to a wonderful and lovely woman. They have three children and five grandchildren. Now, the problem. For over 15 years he has had a mistress who lives very far away and is a well-known figure in her field. Two or three times a year they make elaborate plans to meet somewhere in the world for a weekend or a week. (They each are invited to many conferences.)

Years ago, when I stumbled onto his secret, I decided to keep my mouth shut about it, and I'm still comfortable with that decision. What I'd like you to write about is why a brilliant and successful man would risk scandal and ruin in this way.

An observer of humanity

Dear Observer,

Thanks for an interesting question. We will offer some ideas and speculations about the behavior of your friend. We also need to emphasize that each individual has his or her own

unique reasons for choices made, so we can only give you some general ideas.

Our first speculation is that one attraction for having two relationships might be the element of risk created by living this way. Many men and women find life dull and boring when they do not experience an element of fear in their lives. Whether they skydive, speed, steal or gamble they are compelled to build a thread of excitement and fear into living.

We also know that many behaviors are passed on generationally, that is, from parent to child. Although the mechanisms for this to happen are still not clear, we all know of teenagers who, apparently inadvertently, repeat the complex behaviors of one of their parents. For example, a daughter marries and divorces three different men, as did her mother. Perhaps a child picks up on unconscious cues from a parent and then lives them out. Your friend's actions might in some way mirror his father's.

Another possible motivation might be reflected in the need some men have for a "token" wife or a "token" mistress as a way to demonstrate to the world that they are successful, that they are winning the game of life. Opposed to this theory is

the secrecy of your friend's affair. In favor of this theory is the fact that you learned of the affair. There is always the possibility that you were needed as a witness to your friend's success.

We have noted before that everyone wants both intimacy and commitment in their life.

For some of us it is too threatening to get both in a single relationship. There is just too much to lose, too many eggs in one basket. One of the many solutions for this dilemma is your friend's divided love life; commitment and constancy at home and intimacy and intensity around the world.

We hope that these possible reasons for your friend's behavior help make sense out of your observations.

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

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Wood's Tea Company Returns to Morse Center

On Friday, March 9 at 7:30 p.m. The Wood's Tea Company will perform at St. Johnsbury Academy's Morse center for the Arts.

Always a crowd pleaser, the award-winning Wood's Tea Company, has been featured at Lincoln Center, The Chautauqua Institute and on National Public Radio. Called "Vermont's hardest working folk group by both the Burlington Free Press and Vermont Public Radio, they perform bluegrass, Celtic tunes, sea chanties and folk songs with ease and draw on a wide variety of musical experience and expression. As many as a dozen instruments from banjos,

bezoekis and bodhrans, to guitars and tin whistles are part of their arsenal.

Wood's Tea Company is known for their easy going and witty repartee with their audience combined with powerful musicianship. Rusty Jacobs and Mike Lussen have played together almost since the founding of Wood's Tea Company in the early 1980s in Burlington, VT. Folk legend Woody Guthrie was an early inspiration. "There is something about his music that bucked music establishment trends. He was singing directly to the people, and it appealed to us," says Jacobs. The band started playing to small college audi-

ences in Burlington, and expanded to coffeehouses and pubs.

Folk Music Quarterly described them as "one of the 10 hottest up and coming acts," and "side stepping pretension and going for the grit, this trio gives a lusty performance every time."

Howard Wooden plays guitar, bass and concertina, and Bodhran. He is responsible for the groups' graphic art and web

site design. Howard cut his teeth professionally in the Midwest during the 1970's and early 80's before relocating to Vermont in 1983.

Tom Mackenzie is one of Vermont's finest musicians. He is known world wide for his hammered dulcimer and banjo work. Tom is an accomplished composer and arranger.

The Irish Heritage Foun-

dition of New York has honored The Wood's Tea Company with an "outstanding innovation" award in appreciation and recognition for their contributions to Irish music. The band has performed across the country and their exceptional musical skills, wit and humor are guaranteed to delight all who appreciate the folk tradition in music.



Catamount Arts Photo

The Wood's Tea Company will perform at the Morse Center for the Arts in St. Johnsbury on March 9. Tickets are available at Catamount Arts on Eastern Avenue, St. Johnsbury. (802) 748-2600.

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the ARTS around

March

- 1 Natalie MacMaster, Flynn Center, Burlington.
- 2-8 *The History Boys* (2006, England) [R] Director: Nicholas Hytner. The story of an unruly class of bright and funny history students face the daunting university admissions process in pursuit of an undergraduate place at Oxford or Cambridge. Catamount Arts, St. Johnsbury. (802) 748-2600.
- 2 Gandalf Murphy & The Slambovian Circus of Dreams, Middle earth Music, Bradford.
- 3 The Wailin' Jenny's, Barre Opera House.
- 4 Jazz on a Sunday Afternoon, Catamount Arts, St. Johnsbury.
- 5 Beethoven's Revolutionary Masterpieces with Bill Cotte, Burke Mountain Room, LSC.
- 6 Colonial Brass Quintet, St. Johnsbury Athenaeum.
- 9-15 *Pan's Labyrinth* (2006, Mexico) [R] Director: Guillermo del Toro. A poetic fable set in a child's archaic reality, a magic world of ancient ruins and "fairy" insects. Story begins with "once upon a time," then becomes utterly specific. In Spain, 1944, the civil war is over, and the last remnants of Republican resistance, are fighting a rearguard action in the forested northern hills. Catamount Arts, St. Johnsbury.
- 9 Bluegrass Entertainers of the Year, the Cherryholmes, Flynn Center, Burlington.
- 9 Foundation Hip Hop, Alexander Twilight Theater, Lyndon.
- 9 Wood's Tea Company, Morse Center for the Arts, St. Johnsbury.

- 10 Chris Smither, Middle Earth Music, Bradford.
- 10 Cherryholmes, Opera House, Lebanon, NH.
- 11 Russian American Kids Circus presents a visual spectacle of outrageous costumes, daring aerial feats, expert juggling, astonishing acrobatics, tightrope walking, plate balancing, pantomime and comedy, Flynn Center, Burlington.
- 13 The Saw Doctors, Opera House, Lebanon, NH.
- 13 Cynthia MacLeod, traditional fiddling, Alexander Twilight Theater, Lyndon.
- 16-22 *Letters from Iwo Jima* (2006, U.K.) [R] Director: Clint Eastwood. A war film that reveals the minds and secret hearts of the Japanese soldiers defending the island of Iwo Jima against American forces over forty days in 1945. Catamount Arts, St. Johnsbury.
- 16 Merce Cunningham Dance Company, Flynn Center, Burlington.
- 16 St. Patrick's Day concert with Ralph Aldrich, Pat Sager, Stephen Herreid and Windrose, Alexander Twilight Theater, Lyndon. (802) 626-6445.
- 16 Nick Cassarino, North Congregational Church, St. Johnsbury.
- 17 St. Patrick's Day Celebration with Danu, Flynn Center, Burlington.
- 18 Cello virtuoso Matt Haimovitz & U-Cello with DJ Olive, Flynn Center, Burlington.
- 18 Jazz on a Sunday Afternoon, Catamount Arts, St. Johnsbury.
- 21 Keb Mo, Opera House, Lebanon, NH.
- 23-29 *Children of Men* (2006, England) [R] Director: Alfonso Cuarón. Both brilliant religious allegory and

- compelling action movie, the film posits a dystopia in 2027 London where infertility has overcome the human species. The only functioning nation in the world, Britain lives under tyranny with a paramilitary police force barely controlling the general chaos. Catamount Arts, St. Johnsbury.
- 23 Jenni Johnson, Alexander Twilight Theater, Lyndon.
- 23 Marc Bamuthi Joseph presents *Scourge*, Flynn Center, Burlington.
- 24 Northeast Kingdom Classical Series: The Borealis String Quartet; South Congregational Church, St. Johnsbury. (802) 748-8012.
- 24 Jesse Cook, Opera House, Lebanon, NH.
- 24 Johnny A, Barre Opera House.
- 24 Jenny Johnson, Celebration of jazz singers, Alexander Twilight Theater, Lyndon.
- 25 Dr. Seuss classics intertwined in a crazy adventure in *Seussical*, Flynn Center, Burlington.
- 25 Northeast Kingdom Community Orchestra, Alexander Twilight Theater, Lyndon.
- 30 Luciana Souza and the Los Angeles Guitar Quartet, Flynn Center, Burlington.
- 30 - April 5 *Notes on a Scandal* (2006, England) [R] Director: Richard Eyre. The new art teacher at London's St. George School is beautiful and upper-class. She has an older husband and a son with Down syndrome, and she is having an affair with one of her 15-year old students. She's caught by a lesbian teacher who agrees not to make a scandal if Sheba will become her friend. Catamount Arts, St. Johnsbury.

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Cutting Loose: Artwork by Elin Paulson Will Be Exhibited at the Backroom Gallery at Northeast Kingdom Artisans Guild

Elin Paulson, a Northeast Kingdom artist who died last May at the age of 63, was best known as a maker of stained glass medallions. She displayed her work at the Burklyn Christmas Market for more than 35 years, and households in New England and beyond have her glass in their windows, colored by daylight and capturing lamp-light at night.

But Paulson was a painter, who made works on paper with many of the same qualities as her stained glass but freed of the restrictions of glass and metal and lead. She painted in watercolors and acrylics and India ink and often added cut paper elements and words and phrases to create layered collages that make the viewer both wonder and smile.

Certain images recur in Paulson's work: birds flying; small bumpy cars toiling up hills; faces in profile, especially at windows; coffee cups and crescent moons; cozy-looking houses, like a child's drawing. Her colors are intense and clear. The paintings are neither small nor large – they are friendly and interesting, and joyful most of all.

The show will run through

Champlain College Seeks Applicants to Summer Institute in Information Technology



Champlain College Photograph

Digital video and editing are among the activities offered to teens this summer at Champlain College's weeklong institute in information technology.

Teenagers from Vermont and other states as well will gather on the Champlain College campus in Burlington this summer for a week of exploring information technology, game design, digital video, Web design and more. Because of the growing reputation of the Governor's Institute of Vermont Summer Institute in Information Technology at the college the weeklong program will be opened to high school students from out of state as well as Vermont.

Designed to reveal the many faceted worlds of the computer, the institute combines technical, artistic and business aspects of

information technology. The program brings motivated students in ninth, tenth and eleventh grades together at Champlain College's state-of-the-art facilities so they can apply their creativity to the hardware and soft-

ware of their dreams.

The program runs from June 23-July 1, 2007. Students live together in the college's Victorian-era residence halls and eat meals on campus.

"The only prerequisite is to be willing to take a risk, jump in and explore," says Program Director Ann DeMarle of Champlain College. "Our goal is to use the box to 'think out of the box' and to have fun."

College faculty and guest professional speakers will guide teams of students in hands-on projects ranging from creating an interactive Flash-based Web site to crafting their own 2D game. Web strategy and design, Photoshop, electronic game design, digital video, HTML and object-oriented programming are some of the computer fields explored. Students gain inspiration from electronic game-play and future technologies as described by science fiction writers. Evening events may involve everything from who-done-it mystery dinners to watching award-winning computer animations to playing miniature golf.

For Vermont students, the tuition is \$650 with an application deadline of March 15. For students outside of Vermont, the tuition is \$1,350 and the deadline is May 30. ✦



Painting By: Elin Paulsen

April 6 in the Backroom Gallery at the Artisans Guild in St. Johnsbury.

Paulson was also a photographer, and in the months before her death she documented her

work, taking photographs of her paintings and details of her paintings to put into a book. During the show copies will be available for sale. Gallery hours are 10:30 - 5:30 Monday through Saturday.

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George C. Cary - Maple Sugar King

George Cary the legendary Maple Sugar King of Vermont was born not in Vermont but in potato country, Fort Fairfield in northern Maine.

Cary seems to have always been successful at sales, first in farm machinery and then at the tender age of 22 he was on the road in northern Vermont making calls on behalf of the wholesale grocer Twitchell, Champlin Co. of Portland, ME. The familiar story, told by Cary himself, was that in the late 1880's he stopped at a small grocery in Craftsbury. It was mud season, and Cary was stranded by impassable roads.

Not one to miss a chance to try for a sale, Cary found he was getting nowhere with the customary terms. Finally, one man said that he would take an order of groceries if he could make his payment in maple sugar. He offered 1,500 pounds of the maple sugar at four and half cents a pound against the groceries. Seeing this as the best he could do Cary agreed to the trade and accepted the order.

Back in Portland, Cary was told the sugar was his. He had bought it, and he could get rid of it.

Shortly thereafter Cary crossed paths with a man from Richmond, VA who was selling tobacco. At the time, cut plug tobacco was made by dipping

the leaves in sugar from the West Indies for the purpose of adding flavor and causing the leaves to stick together. The tobacco company was buying cane sugar for five cents a pound, and Cary's mind was racing. The tobacco man was cautious and didn't dare to buy the maple even at a price below that of the cane sugar, but finally he agreed to take 200 pounds in exchange for boxes of the plug tobacco, which Cary knew he could sell on his route in northern Vermont.

The Virginia tobacco company found the maple to be superior in both flavor and performance and in less than a month was ordering a thousand pounds of maple.

By 1900, Cary and his Maple Sugar Company were shipping hundreds of thousands of pounds of maple sugar and syrup each year from St. Johnsbury to be used in packing tobacco and as confections, blended syrups and so forth. By 1910 Cary was an international business tycoon and even boasted of having the first direct phone line in Vermont to London, which resulted in a large shipment of maple to England.

With a family, home and a growing business in St. Johnsbury Cary was attracted to a huge maple stand in North Danville, and he purchased some 4,000 acres he called

Highland Farm. Some knew it as the Sprague Farm or Lookout Farm. There he raised cattle and from 20,000 sugar maple trees, ever the salesman surrounded by superlatives, he produced, what he called the "finest maple sugar ever made."

As well as a source of raw materials Highland Farm became a living museum for the maple industry. Different portions of the sugar bush were devoted to demonstrations of the evolution of the process including a Penobscot Indian from Old Town, ME who posed with his son in a Sioux style headdress and buckskin in a demonstration of the earliest techniques of gathering sap in crude wooden troughs and boiling over an open fire in the slow process of condensation.

Another area demonstrated metal sap buckets and collecting sap by ox team, and another used the state of the art "goose-neck" metal tubes leading sap from trees to sugarhouse.

An article about George Cary in *The [January 1929] Vermonter* salutes his entrepreneurial spirit and, further, mentions the fact that he found great success despite his physical limitation of being totally deaf.

Cary's company and the North Danville sugarbush were both showplaces in their own right. Cary died in 1931, the same year that his company, a victim of over-extension and over-leveraged debt in the Great Depression, failed. Assets of the Cary Company were absorbed by several other maple companies in Vermont, but two of the Cary sugarhouses survive to this day. Trees in the sugarbush are tapped by Stephen and Diane Jones at their Sugar Ridge Farm. If those trees could talk what a history they could tell.



Photo Courtesy of Robert C. Jenks, Jenks Studio of Photography.

Above: George C. Cary was a fixture at his Highland Farm in North Danville, where he operated a showplace and living museum demonstrating the evolving process of tapping trees and the tools of harvesting sap for maple production. Born in Fort Fairfield in Aroostook County, Maine Cary was a gifted salesman. His success, initially attributed to a chance meeting with a tobacco salesman and persuading the manufacturers of cut plug tobacco to use maple- rather than cane-sugar, led to his international business. One of Cary's hobbies was raising registered milking Short Horns, and he took great pride in their use in the woods and the prizes they won throughout the eastern United States.



Photo Courtesy of Stephen Jones.

Two of the Cary sugar houses survive to this day. Above: Sugar Ridge Farm sugar house is owned by Stephen and Diane Jones, and *Below:* Broadview Farm sugar house is owned by Joe Newell.



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



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Photo By: North Star Monthly

Kate Beattie is famous for her Maple Cream Pie. Featured in such publications as Yankee Magazine and Vermont Life, she says, "I'm tired of it." But that hasn't slowed her down one bit. She still makes the much admired dessert for The Creamery Restaurant in Danville just as she has for more than 30 years.

By her estimate, "Thirty years times 50 weeks times 5 pies a week - Now that's a lot of maple pies." Kate says her recipe comes from Georgiana Crane, "one of those people who used to cook better because she didn't use mixes."

Here it is, just the way it's been done for a long time on the 6th generation McDonald/Beattie farm in Danville: (For the crust, Kate prefers 3 parts lard to 1 part butter for the shortening mixed with flour and sugar to the point that it feels like cornmeal. She adds ice water so that it just barely sticks together, and then rolls out the crust and bakes it before starting the filling.) For the filling, heat 2 cups of maple syrup (B grade preferably) to a boil in the top a double boiler over direct heat. Then put the pan over boiling water in the double boiler. Beat 2 eggs with 2 cups of milk and 5 heaping tablespoons of flour and add to the hot syrup. Cook slowly and stir until it is thick, and then add a dash of salt and pepper and a couple of teaspoons of vanilla. Pour the mixture into the prepared pie shell and cool until firm. Finally, cover the filling with a generous layer of real whipped cream.

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What's Happening at the Town Hall?

Barnet

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

February 12, 2007

Highway Access Permit – After discussion about request from Agatha Martland for a highway access permit onto Garland Hill, Board voted to table request until it has conferred with town attorney about revised, more detailed (and presumably more accurate) survey information.

Snowmobile Trail on Brook Hill Road – After discussion with Dexter Willson about officially rerouting snowmobile trail from land now owned by Mr. & Mrs. J. Patton Hyman to Brook Hill Road for a short distance and then rejoining the existing club trail, Board approved the use of the road as requested.

Overweight Vehicle Permit – Board approved permits for overweight vehicles for Austin Construction Inc. and Allen Lumber Co.

Trustee of Public Funds – Board read and accepted resignation of Joseph L. Roy as trustee of public

funds effective March 1, 2007. A replacement will be elected at town meeting.

Rubbish Removal – Board noted that Vermont Hauling Inc. has increased rubbish removal fees as of Jan. 1, 2007 from 65.52/ton to 68.80/ton for household rubbish and construction debris with hauling rates increasing for household rubbish from \$146.22/trip to \$153.53 and construction debris going from \$168.71/trip to \$177.15.

Highway Department Truck – Road Foreman Maurice Gingue reviewed prices of new dump truck and his recommendation to trade in the 1996 GMC truck. Prices including trade-in are between \$70-75,000 for the chassis. The 1996 truck will bring \$5-7,000 in trade, and Board is leaning towards keeping the truck. It is presently running good. It has about 10,500 hours and 165,000 miles on it. Gingue suggests it is nearing major repairs and he doesn't want to be left without a truck for extended period. Gary Bunnell proposed that during summer months, this truck could be put up and town could hire out to local haulers for bringing gravel from the pit if need-

ed. Bunnell says biggest need is for a new backhoe.

Cabot

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

January 24, 2007

Audit Agreement – Board voted to sign audit agreement with Fothergill Segale and Valley for year ending December 31, 2006.

Town Auditor – Board accepted with regret resignation of town auditor Sherry Laprade and appointed Elizabeth Harvey to be auditor until town meeting 2007.

Certificate of Highway Mileage – On recommendation of Larry Gochey Board signed 2007 certificate of highway mileage.

Sheriff Patrol – After discussion Board voted to sign contract for Washington County Sheriff's Department Town Patrol for period from April 1, 2007 through March 31, 2008.

Vermont Trails and Greenways – After discussion of appropriation request from Vermont Trails and Greenways Council Board voted to postpone any action until there is further clarification.

Town Budget – After discussion of town budget Board voted to increase budget by \$2,000 for stage curtain repairs at the Willey Building and by \$15,000 for painting the Willey Building.

January 30, 2007

Town Meeting Displays – Andy Leinoff met with Board and proposed having an informational display at Town Meeting from Union Bank. Board noted moderator and board of civil authority should address the question.

UDAG Committee – Leinoff explained difficulty in finding volunteer to serve as director of Cabot Scholarship Endowment. Director of the Endowment should not also be a member of the committee that awards scholarships. Board will discuss this further at another meeting.

Town Meeting Warning – Board discussed articles proposed for warning for Town Meeting. After considerable discussion Board approved a final warning.

February 7, 2007

Cabot Coalition – William Walters noted plans by Cabot Coalition to

place a sign at recreation field during school sponsored events regarding possession of alcohol, tobacco, drugs and firearms.

UDAG Committee – Board discussed Union Bank having a UDAG informational display at town meeting and agreed display should have no bank propaganda. Board discussed positions for director of Cabot Scholarship Endowment Inc.

Town Audit – Town Treasurer submitted draft audit report and financial statement for year ended December 31, 2006 and auditor's management letter.

Danville

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

January 25, 2007

Budget Review – Board reviewed preliminary highway, municipal, and wastewater budget figures with budget committee and explained various expenditures as requested. Members of the budget committee agreed that all the expenditures are essential, but they are concerned with resulting increase in taxes.

Special Appropriations – Town Clerk Virginia Morse reviewed petitions for appropriations to be requested at town meeting. Board noted total requests are down \$3,275 from those voted last year. After discussion, Board voted to accept municipal budget as modified as a result of lower total of special appropriation requests and to approve highway budget and wastewater budget as printed. Merton Leonard will get an estimate of late taxes to be collected that could be used to lower projected tax rate. Board voted to sign warning for town meeting as discussed.

January 29, 2007

Budget Review – Board reviewed budgets during budget committee hearing with Schoolboard. Following hearing Board voted to amend municipal budget to show anticipated revenue in bank interest of \$5,000 and delinquent tax interest of \$10,000 and to lower tax figure by \$15,000 as suggested at budget hearing.

Town Report – Board reviewed town report and approved it as printed.

February 8, 2007

Road Crew – Kevin Gadapee reported road crew has been dealing with small storms, cleaning up wood dump and doing inside maintenance and painting on colder days.

Snowmobile Trails – Merton conveyed information received on hours of the snowmobile trails indicating that the hours of usage are not being changed as was discussed at an earli-

er meeting, only the signs are being changed. The hours have always been 6 a.m. to 11 p.m. although signs have said 8 a.m. to 10 p.m.

Town Audit – Board directed Merton Leonard to send a second letter to auditing firms requesting proposals for an audit of the town's books.

Planning Commission – Board accepted resignation of Michael Smith from planning commission and appointed him to development review board.

Lyndon

Town Clerk - Lisa Barrett
 Selectmen: Martha Feltus, Bruce James and Dick Boera

January 22, 2007

Selectboard Opening – Board voted to appoint A. Richard "Dick" Boera to the vacancy created by resignation of Rob Elmes on Board. Boera will serve until Town Meeting.

Wastewater Hook-up Fee – On recommendation of Scott Townsend Board voted to approve wastewater hookup fees as proposed.

Budget Proposal – Board voted to set 2007 general fund budget at \$2,048,927, wastewater fund budget at \$1,217,581, highway fund budget at \$1,405,758 and sanitation budget at \$322,565.

Liquor License – Board approved liquor license for Full Belly Deli.

Trust Fund Accounting – Board approved and signed probate accounting report for J. & E. Trefren Fund for period 1/1/05 to 12/31/06.

Legal Matter – After executive session to discuss a legal matter no action was taken.

January 26, 2007

Town Meeting – Board approved warning for 2007 town meeting.

Gilman Housing Trust – Board voted to adopt resolution regarding loan consolidation grant agreement with Gilman Housing Trust.

February 13, 2007

Highway Report – Board noted highway report. At 10% through year highway budget is 8% expended.

Bulky Day Dates – Board noted schedule for bulky days as May 12-19 and October 6-13.

Highway Mileage Certificate – Board voted to approve highway mileage certificate dated February 10, 2007.

Wastewater Contract – After executive session to discuss wastewater contract, no action was taken.

VT Trails and Greenways – Board discussed possibility of membership in VT Trails and Greenways Council.

February 20, 2007

Highway Report – At 12% through year highway budget is 9% expended.

Town Meeting Review – Board met

The other side of shameless

I'm eating a
 chocolate macaroon
 granola bar
 halfway through
 a vision before
 me
 my sister
 the health conscious
 one
 her voice
 an accusation
 8 grams of fat
 she yells
 so loud
 it hurts
 the inside
 of my head
 I drop the other
 half
 feel my thighs
 dimple
 my ass grow
 my stomach protrude
 and I lace up
 my walking shoes
 and head
 for the hills

Paula LaRoche

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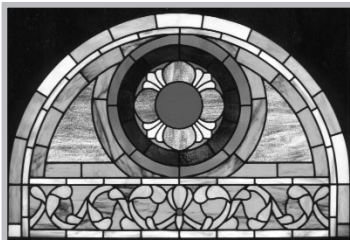
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Excerpts from Selectboard Minutes from Area Towns
See your Town Clerk for complete minutes of the meetings

with Moderator Norm Messier and discussed procedures for town meeting.

Wastewater Contract – After executive session to discuss a wastewater contract, no action was taken.

Peacham

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

January 17, 2007

Transfer Station – Board discussed transfer station compactor contract and is still waiting for information from waste management district.

Road Crew – Road crew has been concentrating on weather related road maintenance and vehicle maintenance.

Budget Review – Board discussed annual budget and discussed a meeting with town treasurer and town auditors to review current financing, fund structures, reconciliation, surpluses and current investments.

Town Meeting – Board discussed warning for annual town meeting.

Planning Commission – Board discussed certain letters from planning commission and will have town attorney review the requests.

Town Hall – Board discussed report from Village Economic Committee and its study of town facilities including meeting areas and other space needs.

Legal Matters – After executive session to discuss legal matters, no action was taken.

January 31, 2007

Fire Department – Board met with Fire Chief Jeff Berwick and discussed acquisition of a replacement rescue vehicle.

Budget Review – Town treasurer reported that there is a \$26,780.98 surplus in the 2006 highway fund. Board voted to carry over the \$26,780.98 to the 2007 highway budget and that the funds be used exclusively to reduce amount raised in taxes for 2007 highway budget. Treasurer discussed town budget and finances.

Peacham Transfer Station – Gary Swenson indicated that Dick Blair should be commended for improvement of operations at transfer station.

Town Meeting – Board approved 2007 town meeting warning.

St. Johnsbury

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

January 22, 2007

Pedestrian and Bike Path – Board met with Lisa Murdock and Erik

Sandblom to review engineering report and project alternatives through St. Johnsbury Center.

Tax Stabilization Request – On recommendation of tax stabilization committee Board approved a one year tax stabilization agreement for Aldrich Formica with building and land value to remain at \$268,800 for 2007 and personal property to be placed on grand list at 10% of book value. Board agreed to revisit agreement in 2008 and consider a longer term agreement after seeing grand list valuation changes.

CALEX Emergency Medical Services – Matt Choate, representing CALEX board of directors, met with Board to review activity in 2006 and planning for 2007. Mike Welch noted that the cost of dispatching services needs to be evaluated and that CALEX and the fire department should continue to seek ways to cooperate.

Fairbanks Museum – Charlie Browne reviewed special appropriation request from Fairbanks Museum and increase of 9.6% from last year.

Lister & Revaluation – Peter Whitney reviewed proposed lister budget and status of revaluation. On Whitney's recommendation Board voted to hire a part time employee for up to 30 hours per week without benefits to perform data entry services associated with the revaluation.

Recreation Department Budget – Joe Fox reviewed recreation fund budget including fees for participants from outside of St. Johnsbury and the time consuming aspects of fund raising.

Deficit Refunding – Mike Welch reviewed opinion from Attorney Paul Giuliani, as to Board authority to refund existing deficit. After discussion Board voted to present question to voters at town meeting seeking authorization to refund recreation fund deficit of \$106,526 over period of three years.

Municipal Budget Discussion – Board reviewed draft 2007 budget proposals for general fund, highway fund and special services fund. Following discussion Board voted to approve proposed budgets as presented: General fund expenditures, \$2,186,316; Highway fund expenditures, \$1,881,638; and Special Services Fund expenditure, \$1,012,453.

Ancient Road Committee – Following discussion about \$5,000 ancient roads grant and recommendation by Priscilla Messier Board appointed Alan Boye, Shane Clark, Larry Gadapee, Priscilla Messier, Jim Rust, Stan Wilkins and Mike Welch to serve on an ancient road committee to supervise the grant program.

Utility Easement – After presentation by town manager Board approved pole permits requested by Verizon.

Water Planning – Board approved

planning loan application for \$99,980 to prepare a Water Distribution Master Plan and Report for Reducing Disinfection By-Products at the Water Treatment Facility.

Preserve America Grant – Mike Welch reported that additional information requested by Board is available and Board voted to sign letter of support for STJ Works Preserve America grant application.

January 29, 2007

Town Meeting – Board met with Mary Grant, executive director of Rural Community Transportation to discuss RCT appropriation request of \$14,500. Board met with Lisa Rivers, executive director of Community Justice Center, to discuss a possible \$10,000 increase in its appropriation to cover its contribution toward an employee pension plan.

Grant to Encourage Arrest Application – After a presentation by Michelle Fay, executive director of Umbrella, Board agreed to submit an application on behalf of Umbrella for the Grant to Encourage Arrest program.

Impeachment Article – After a presentation by Jeff Briggs and discussion Board voted to deny a request that articles seeking impeachment of George W. Bush and Richard B. Cheney and support of the men and women in the armed forces in Iraq by bringing them home now be placed on the warning for March Town Meeting.

Public Parking Lot Loan – On recommendation of town attorney and town manager Board voted to adopt a resolution to authorize a vote at town meeting to refinance the remaining \$150,755 balance of the town's loan for parking lot improvements over a period of five years.

Review of Financial Statements – After review by town manager and town treasurer Board voted to adopt certain transfers to reserve funds and use of undesignated fund balance as presented.

Town Meeting Warning – After review of draft warning for town meeting, Board voted to adopt warning as presented.

February 12, 2007

School Board Meeting – Prior to regular meeting Board met with St. Johnsbury Schoolboard to review proposed budget and warned articles for town meeting.

U.S. Border Patrol – Fernando J. Beltran, patrol agent in charge of the Swanton sector of the U.S. border with Canada met with Board and reviewed statistics pertaining to equipment, problems monitoring the Canadian Border, cooperation with various law enforcement agencies, drug seizures, deportable aliens detected at this border, electronic means of monitoring border and personnel strength.

Certification of Mileage – Board reviewed and signed certification of town highway mileage.

Budget Presentation – Board discussed budget presentation for town meeting including wireless microphone, wireless remote so person doing the presenting can change slides, podium and a laser pointer.

Labor Relations – Following executive session to discuss labor relations agreements with an employee and a contract with Joel Schwartz, no action was taken.

Walden

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

February 20, 2007

Road Crew – Board commended the road crew for its great job clearing snow after the February 14 snow-storm.

Gravel – Board met with Calvin Maskell to discuss selling gravel to town. Doug Luther and road foreman will discuss this further.

Fire Department – Fire Chief Chris Bissell reported fire department received a grant to buy a repeater system and asked if the town could loan the department \$10,106.25 for 30 days as the system must be paid for first. The grant will reimburse the cost. Board approved the request.

Budget Review – Board met with Bill Huntoon and Chris Bissell and discussed fast squad budget and that for the constable.

Fire Warden – Board reappointed Paul Greaves as fire warden.

Liquor License – Board approved liquor and tobacco license for Walden Country Store.

Moderator – Board approved request from Roger Fox to attend an annual moderator's workshop.

Green Up Day – Board agreed Green Up has worked well in the past and authorized Stuart Smith to make same arrangements as before.



Photo Courtesy of Beverly McCann

In 1938 Beverly (Daniell) McCann lived on her grandmother's (Lillian Winn Badger's) farm and from there attended the Pumpkin Hill School in Danville. She recently provided us with a photograph of the students at the school at the time and asks for help in identifying the young scholars. McCann has identified herself in the middle of the front row with a light colored coat. Her sister, Bettyjane is to her right, and their brother, Clarence, is behind Bettyjane making a face. The teacher, Ms. Cruise, is in the rear at the right. McCann remembers the last names of some of the children as Bryer, Church, Cole, Daniell, Guertin, Parker, Perkins, Ward and Swett. She would like to have any available help in identifying the people in this photograph.

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River Garden Café Celebrates Fifteen Years

TERRY HOFFER

City people have a bad reputation. We tend to think of them as loud and pushy and quick to suggest that places like this are beyond the pale. We think they want to change everything, fix it and make it upscale and high-brow.

Some city people are like that. And we laugh.

Then you find a couple of urban expatriates who would never go back, who thank their lucky stars their path led to Vermont and the Northeast Kingdom and who think casual

and quiet is infinitely superior to pushy and rude. Meet Bobby Baker and David Thomas, partners and co-owners of the River Garden Café in East Burke.

Baker describes following a hunch into the food business in 1983 as he and a business partner opened a catering business under the bright lights of Manhattan. Called Plums, the business specialized in catering lunches and special events for high rolling corporate clients. Plums served all kinds of business lunches, whisked in, served with great style and whisked out. Their largest event, Baker says, was the 25th anniversary party for the Barbie Doll hosted for the rich and the famous by Mattel. "It was a big deal," Baker admits, but with 3,500 guests it was far from the friendly and personal atmosphere he longed for.

In 1986 Baker moved on and opened a more traditional restaurant, known as Sofi, on 5th Avenue just north of Greenwich Village. It was a great location, he admits, and with rave reviews from publications including Esquire, Food & Wine and Architectural Digest customers sought Sofi out. Baker hired David Thomas as a waiter. Thomas was a native of Pennsylvania with hopes of a career in acting and modeling, and waiting on table was his day job.

At the time, Baker and Thomas agree, New York just didn't have the luster that people imagine when they talk about The City." That was before the era of Mayor Giuliani, and things were tough," Baker says. "I lived a block from Central Park, and people were getting

killed where I walked my dog. I was afraid. We'd had enough, and we didn't want to go to the suburbs and just move halfway."

In May 1991 Baker and Thomas moved to East Burke. They bought a building beside VT 114 in the village and redid the place inside and out. Baker likes to tell about one lady who asked what they were doing. When she heard they were opening a restaurant she quipped, "You can't get a decent Caesar Salad around here. Put one on the menu, and I'll be there."

Customers have always asked about the salad dressings, and Thomas says, "We'd pour some into a coffee cup and they'd walk out with masking tape over the top saying we should sell this."

Fifteen years ago in mid-February of 1992, Baker, Thomas and their chef, Steven Hartwell, turned on the lights and unlocked the door. Their vision was dining that was casual with first-rate service, nice wines and food as fresh as possible with jazz on the stereo. The schedule was breakfast and dinner.

The menu, Baker says, offered a certain amount of sophistication with omelets and



Photo By: North Star Monthly

Bobby Baker (left) and David Thomas opened the River Garden Café in February 1992. Fifteen years later they still follow their original vision, and the result is satisfied customers who appreciate what they do.

salad dressings that were homemade instead of the customary and predictable French, Russian and Italian. They called it the River Garden Café, and they offered a Caesar Salad.

Since then, both Baker and Thomas will agree, they have tried very hard to stay true to the initial vision. "There were ups and downs with the weather," Baker says, "and through the first winter there were more than a few nights with no customers. But we kept saying there is nothing wrong with this. People will come." And they did.

Breakfast hours gave way to luncheon, but the River Garden has never tried to be fancy or different, just better. Baker says, "We never take a customer for granted. One of us is always here to greet people as they come through the door, and we see that everything is in its place when they sit down. There are about 50 seats, and we just want to keep the character personal and friendly."

The menu has evolved some but still shines with perennial favorites like a wonderful beef tenderloin filet, pan roasted salmon, grilled lamb and not one or two but three variations on (that's right) Caesar Salad. Their desserts are stellar not the least of which is the River Garden creme brulee of the day.

Customers have always asked about the salad dressings, and Thomas says, "We'd pour some into a coffee cup and they'd walk out with masking tape over the top saying we should sell this. Three years ago we started to take the idea seriously." And River Garden Kitchens was born.

Today in a modest building just south of the well known East Burke restaurant is a satellite kitchen where five varieties of River Garden dressing are mixed, heated and bottled at the rate of about 250 bottles each week for distribution far from East Burke.

The RGK dressings are available in stores in Vermont and beyond including major grocery chains like Whole Foods and others in southern New England, New York and New Jersey. Two (See River Garden on Next Page)



River Garden Kitchens salad dressings in five flavors are mixed, bottled and shipped to grocers across Vermont and beyond. Look for new flavors to join the list in the spring.

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Bill Mohri, 626-4544	All Days	Yes

February 1 - April 18 2007

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Home Demonstration Group Cleared the Path for Health Care and Hot Meals in Walden Schools

BETTY HATCH

Soon after the Walden Home Demonstration Group was organized and a meeting schedule in place, the members began looking for projects to help their children and others in the Walden schools. The members were young mothers with growing families, and they had little extra money. Dental appointments for families were hard to arrange, but they contacted Dr. Franklin Hovey of St. Johnsbury to see if he'd accommodate the group and provide some time for dental work.

On May 26, 1948, Dr. Hovey and his hygienist, Oralie Lane, came to the Walden Church for a dental clinic for Noyesville students. A work record was completed and appointments scheduled for students to have the work done. On August 12, a report of 65 fillings and 4 extractions was noted at a cost of \$140.

The following year there was another clinic in May, and by August 16 children had visited

his office, and three paintings of fluoride for each child were added. In 1950, Dr. Hovey examined 24 children. The price was \$97.50 for the work. With members of the Group from the Heights and Four Corners School districts, children from those schools were included. The clinic bill for 1951 was \$350 as 46 children were checked requiring 178 fillings.

By 1953, the groundwork was laid, and 50 children were checked in January. After that parents were seeing the advantage of their children having good teeth and they were scheduling visits themselves.

The Walden Health Council was organized September 19, 1951 with the help of State nurses, and children were checked for other health problems. Shots and fluoride rinses were given, as well as physicals.

These cold mornings remind me of the noontime school meals of years ago. Students carried pails with tight fitting covers as lunch boxes, but a cold sandwich

wasn't very appealing. Some teachers allowed the children to toast their lunches on top of the wood stove. Some children brought potatoes (with their initials carved on them), which could be baked in a pan on the stove top. Others brought items to be combined and cooked as a hearty soup to accompany their sandwiches.

Parents helped with hot lunches. At South Walden in 1940, a corner of the room was partitioned off, and an oil stove and work table were added, as one mother came to the school and prepared a hot meal. Other parents furnished other food as needed.

In 1947, Evelyn George of Hardwick was a hot lunch field supervisor for the State Department of Education. She contacted the Home Demonstration Group in Walden about sponsoring lunches in some of the Walden Schools. In 1949, we were purchasing pasteurized milk in half pint bottles from A. Bellavance & Sons to serve Type A lunches at three schools. Several from the group formed committees to oversee the programs. They received surplus commodities, and cooks planned meals around available products. We were reimbursed a fixed amount for each meal served. At first meals were free to all students, but the cost of extra supplies was soon larger than the reimbursement, and the Group was busy earning extra money to cover the cost.

None of the schools had kitchens at that time. At Noyesville School the meal was prepared by Florence Moulton in her home. While girls set the



Betty Hatch Photograph

On May 4, 1949 Dr. Franklin Hovey (left) offered a dental clinic for children at the Walden Church. Rose Marie Joslyn and Norma and Joyce Ainsworth are joined by dental hygienist Oralie Lane.

table, several boys went to Mrs. Moulton's for the meal. The meal was served at the school by the teacher, and all sat down to say grace before they ate.

At the Four Corners School, Blanche Fourier prepared the meal at home and carried it to the school, where she served the teacher and seven children. The school closed shortly thereafter, and there was no further need for a meal.

Pupils at the Heights School finished their morning classes at 11:30 a.m., got their outdoor clothes on and walked to the Greaves' home, a short distance away. Anne Greaves and a helper served the meal there after the children had washed their hands and combed their hair.

Menus were planned ahead and were the same in all three

schools. Commodities were still used, and the Home Demonstration Group continued its sponsorship until 1962 when a parents group took over at Noyesville School. By 1964, the State Department of Education transferred the hot lunch program to the town school boards, and by then kitchens had been built in all Walden Schools. From then on there was a cook in each school to serve a meal each school day, whereas earlier programs only offered hot meals during winter months.

Various women were hired to prepare meals, and \$3 a day was the rate of pay. I suppose a dollar was worth more than it is today, and a variety of ways for the Home Demonstration Group to earn money shows up in the old records.

River Garden Cafe Spreads its Reach with its Salad Dressing

(Continued from Page 20)

people work full-time filling those orders.

Thomas says, "When we started we were cautious about food that was different, but people have changed. They are more conscious, more interested in what they eat. Farm-raised and organic are important to people, and they will try anything prepared well."

Baker says, "It's still fun, and it's still challenging. That's what

gets us here every morning. It's never dull. We have a very good staff, and when people leave they are grateful. People appreciate what we do, and they say so." He says, "In New York everyone is a critic."

Thomas says, "Vermont has been good to us. It's hard to imagine it being better. The restaurant has grown, and the salad dressings have worked out well, and ..." Then he rolls his eyes and he laughs, "Now they want us to can our soups." ★

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There Is Nothing Like Winter at Lonesome Lake

ANDREW RIELY

Lonesome Lake Hut is one of eight Mountain Huts in northern New Hampshire operated by the Appalachian Mountain Club (AMC) offering accommoda-

tions for hikers. Located at 2,760 feet above sea level the Hut and the lake are surrounded by higher ground.

It's 7 o'clock in the morning at the Hut, and the thermometer reads -16 degrees. Outside, the



Tracks cross frozen Lonesome Lake to the hut in the trees on the far shore. The Kinsman Mountains are in the background.



Photos By: Andrew Riely

Radio Call occurs at 8 a.m. and 5 p.m. Meg Norris, a.k.a Bajo, exchanges weather, trail and reservation information with the Appalachian Mountain Club headquarters in Pinkham Notch.

wind whips across the frozen lake, searing any exposed skin. Meg Norris, better known to her friends and co-workers as Bajo (that's an old nickname from Spanish class, pronounced Ba-Ho), is up checking the snow stake, the wind speed and temperature measurements for her 8 o'clock radio call with her headquarters at PinkhamNotch.

To outsiders, the cold is perhaps the most daunting aspect of her caretaking. "I've had whole stints like this," Bajo says, referring to the sub-zero chill as she scuttles out with a blowtorch to unfreeze the well pump. Later, she only half-jokingly speaks of temperatures "warming up to 5 degrees."

The AMC, which operates its huts with a permit from the U.S. Forest Service, keeps three open on a self-service basis through the winter. At each of the huts a pair of caretakers trade week-long shifts. Lonesome Lake, at 1.7 miles from Lafayette Place Campground in Franconia Notch, is closest to the road, but nestled in a bowl amidst Cannon and Kinsman Mountains it is detached from the everyday world.

Such a situation requires considerable personality

reserves for the caretaker.

"I'm good with people, and I know how much Bajo they can take," my host banter. Unlike the summer, when hut croos cook for guests, the winter caretaker is not responsible for feeding hikers. Bajo does have daily duties, however. She keeps the hut's wood stove going from 4:00 to 7:00 in the afternoon, assists guests with washing dishes (they use the stoves and kitchenware in the hut, which makes their packs lighter but can be a headache for the caretaker), and she is charged with being generally friendly and helpful.

Rather than loneliness, the main challenge is handling guests in the cold. "Can you be hospitable in a cold environment? It's way more than can you deal with people or not ... You survive the weekends and look forward to the zero counts." That's when the hut is otherwise empty.

The previous Saturday, with a full house of more than 40 people, the hand- and electric-pumps to the well broke, meaning that all water for drinking, cooking and washing had to be collected from snow outside and melted. "People were cranky," Bajo chortles.

This evening, however, there is but one party of five, and they are in an amicable mood. As soon as Bajo gets the fire going, they extend her an invitation to join them in a dinner of barbecued chicken, sautéed potatoes and corn. It's promptly accepted. Cooking up here tends to take a long time; besides, nobody wants to pack out extra food.

Born a flatlander, Bajo prefers the more rugged terrain of New Hampshire and Vermont, and she plans to stay.

As the beautiful pinkish alpenglow infuses the Franconia Range across the lake and the two older guys tell stories about each other (last time they stayed at Carter Notch, one of them took a wrong turn during a nocturnal visit to the outhouse and landed in snow up to his armpits) it becomes clear they are a mixed group of family and friends. Drawn by the challenge and camaraderie of a winter outing, they make an expedition to the huts each year. The off-season price is affordable, too. It's \$28 for non-AMC members. An individual saves almost \$60 against the full-service prices of the summer and fall.

"It's definitely a different crowd from the summer," says Bajo. "[It's] a hardier stock with a great sense of humor about how crazy they are." Groups are often boisterous and cook with gusto, often packing in surprisingly elegant items such as steak and wine. When asked about the post-dinner atmosphere, Bajo erupts into snickers. "Let's not talk about the booze," she says, and she changes the subject.

Some make the hike for a more rejuvenating experience. "People come up here specifically for camaraderie - some have come up who have just gotten out of jobs or relationships. Basically, I've worked as a therapist. It is kind of a cleansing thing for people to come here and unwind." Once in a while a visitor gripes about the hut's intrusion into wilderness or

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The Franconias, New Hampshire's second-highest mountain range, are arrayed spectacularly on the far side of Franconia Notch.

argues that its presence encourages inexperienced hikers to put themselves in harm's way. Bajo endures their comments with a mixture of public patience and private frustration, noting that such passers-by never fail to come inside to investigate the woodstove or drink a cup of tea.

Occasionally someone does come through without proper equipment or in the early stages of hypothermia. Then it is the caretaker's responsibility to provide warnings about the risk of continuing on or to warm them back up to safety. Winter accidents in the White Mountains are frequent, and immobilization is particularly dangerous in cold weather. Indeed, in late January, just across from Lonesome Lake in the Franconia Range, a combination of high winds, over ambitious planning and human error forced a lost climber to spend two nights out in bitterly cold weather. Only after a sustained search involving 65 rescuers and two helicopters was he plucked off the mountainside, having sustained severe frostbite.

The cold does not seem to bother caretaker Bajo much, however. She has a couple of down blankets and she makes hot water bottles to stay warm at night. Nor does she go hungry—the pantry, or “poop” as it is known in AMC vocabulary, is stocked with more than enough staples to last till spring. “Freshies” she carries up herself at the beginning of her stint: “You can get by [without them], but you'd get scurvy. You're packing milk, vegetables, butter—things you couldn't get during the Great Depression.” On her last shift she brought up a 50-pound bag of flour. “I hadn't packed anything in a while, and it kicked my ass!”

Loneliness is not much of a problem. “I do a lot of reading, a lot of writing ... there's a lot of time to think. It depends on your personality, because some do get lonely.” (One caretaker at nearby Carter Notch Hut recently quit because the job was so solitary.) When the radio squawks - Joanne, she's the caretaker at Zealand Falls Hut, is calling the AMC's Construction Crew, presumably because something at her hut isn't working - Bajo jumps up and runs to the radio to

listen. “My program's on!” she yells, and then comes back disappointed when no one responds to the radio call. “There's enough work up here to occupy your time ... at night, I listen to NPR, so it's not like I don't hear people's voices for a week.”

Self-motivation is the key to accomplishing the gritty tasks of keeping the hut in good shape. “No one's going to pat you on the back for reaming (cleaning) the stove,” she says. Cleaning the bathrooms, scraping ice off of hut windows and scrubbing

graffiti off birch trees are some of her more glamorous tasks. In colder weather, she chooses more active chores to stay warm.

A year ago, Bajo was working at an upscale women's clothing boutique in Burlington, where the money was good, but the work uninspiring. Having paid off most of her college loans and seen the huts through the eyes of a roommate at UVM, she applied to work for the AMC last fall and got a position on the croo at the Hut at the Lakes of the Clouds on Mount



A good fire, as they say, warms twice, maybe three times, and that's part of Bajo's daily routine at Lonesome Lake.

Washington. The friend's stories about the bitter winters made Bajo wary of caretaking, but her enthusiasm for the mountains and the simple lifestyle convinced her to try it, thereby escaping another retail job at home in Connecticut.

Halfway through her winter employment, Bajo has already signed up to work at Mizpah Hut next summer, and she is thinking about another two months of caretaking in the spring. By August, she will have spent a full year working in the back-country.

Born a flatlander, Bajo prefers the more rugged terrain

of New Hampshire and Vermont, and she plans to stay. After caretaking, she says she can survive anything. “It's an opportunity to live a sparser life than in the front-country,” she says. She finishes her chores and then settles down for a late morning nap, to be followed in the afternoon by a couple of laps around the lake in time for the majestic sunset show bounced off the mountain tops. For someone like Bajo, this is very good duty.

Andrew Riely is a summer naturalist and resident of the high huts operated by the Appalachian Mountain Club. ✦

Spring Comes to Coppermine Brook

Subdued beneath the winter's ice and snow
The mountain stream remembers vernal strength
And murmurs threats to the rock below
Foretelling forms to be carved in time's great length.

Yet while the imprisoned water glides along
An unheard wind seeps in the valley fold,
Pushed by warm-front weather, live as song,
Mixing March air with February cold.

The forming fog sorts out in deepening shades of gray
The silent shapes of lofty hardwood trees,
While, pale and blue, an ice mass falls away,
Its stony grip relinquished to the thawing breeze.

The cracking ice portends a mighty change.
The swelling stream bursts outward toward the sea.
The glistening waters tumble from the mountain range
Shouting to the whirling seasons the joy of being free.

Bruce Hoyt

Editor's Note: Coppermine Brook drains away from Bridal Veil Falls in Franconia on the west side of Cannon Mountain. That's the far side of Cannon Mountain from Lonesome Lake, but the same cold weather and the same sharp winds find their way down into both microclimates. You can be sure that when the ice grips the edge of Coppermine Brook it is doing the same around Lonesome Lake.

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How Long Must This Foreign Policy Go On?

BETS AND PETER ALBRIGHT

We've just come in from a walk on our hard-packed snow-covered road. If you pick the time carefully, the moment can be rather pleasant – sun trying to warm things up, no icy winds. We'll soon curl up into a chair to read, write or keep up with the world a bit by means of our radio and television.

We find our anger growing, though, as we listen to the report about one of our soldiers in Iraq who found a small girl whose parents had just been shot to death right in front of her. She was crying bitterly for her mother. The young soldier held her, fed her a sweet and tried quietly to console her. He carried her to a shelter, but when he had to leave, she clung to him desperately. There was agony and terror in her eyes, and he wondered what her fate would be.

The word is spreading fast now, especially since the body blow the Bush Administration took in the midterm elections. People and politicians of all parties and persuasions are awakening, many from a sleep of denial, to the reality that cannot be denied. We have been sucked into the middle of the maelstrom of civil war – in an age when weapons include high explosives and people who are willing, even eager, to use them while giving up their own lives.

Only a few weeks ago, if you had said that this feels like Vietnam all over again, people would say there are a lot of differences. But now, in a short space of time, more and more are engulfed by the feeling that we are stuck in a situation that we

should not be, should never have been, placed in.

Over 30 years ago, in our vigorous youth, we both took to the streets in protest against America's madness in Vietnam, aching for the soldiers who were trapped there. Now, thousands more of our young have been killed and maimed in somebody else's civil war. We are personally grateful that our grandson, after a tour of duty in the Army in Iraq, chose to leave the Army rather than endure the certainty of another tour. He said he saw no point in our being there.

We were pulled into this war by leaders who were overeager, for reasons they do not acknowledge, to establish our presence in the Middle East on a permanent basis. Our diplomatic branch was under the direction of a military man who felt honor-bound to obey his commander-in-chief. So diplomacy was abandoned in favor of a military adventure. Our leaders took us into Iraq to take down the Saddam government on the unproven pretext that it was a threat to its neighbors and the wider world. What our leaders apparently didn't see was that, as in the aftermath of the breakup of the Soviet Union, once the local leadership was destroyed, the area would descend into prolonged bloody tribal warfare.

That's where we are now. For the past two or three years, we have been told that another six months or so will get us out of Iraq, but we must have no deadlines or timelines. The reality is that the situation continues to deteriorate. But the people have spoken in the voting booth – the ultimate poll. We have a

new makeup of Congress that appears unwilling to go along with the president's stubborn pledge to escalate the war and press on to "success," which replaces his previous goal of "victory."

What of the future? Clearly, the direction of our foreign policy is not correct, and we must have a new one. We must restore the shattered relationships with our former allies and sit down in a spirit of conciliation with all nations, whether friendly or unfriendly.

Bombastic pronouncements like "axis of evil" will not get the results that are necessary to form solid relationships around the world. The idea behind the present Administration's actions, that we must dominate the world situation economically, politically and militarily, is doomed to failure. History has proven that. It can't be done, and most of us don't want that anyway.

American people have spoken, and in that way they have demonstrated their wisdom once again. The task ahead is to find the leadership that will take us the rest of the way to a new era of global security and cooperation. There is no question that that leadership can be found. Let's get on with it. ✦

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The Cork & Bottle

Gerd Hirschmann

Wine barrels are generally made of oak and have long been used as containers for aging wine. There is a variety of "oaky" flavors derived from the aging process in wood casks. Oak flavor can be overdone and overpower a good wine or it can add a nice, subtle and elegant flavor. With the exception of wines from Germany, just about all wines lend themselves to oaking.

Depending upon the type of oak used, and the type of wine being oaked, a wide variety of complexity and flavors can be achieved. In general, the scents of oak are non-fruit aromatics in nature. Oak can add flavors ranging from vanilla and coconut, to aromatic spices like cinnamon, nutmeg or cloves. It can even add an earthy or lightly organic tone to wine.

Through the years French oak was considered most desirable for use in constructing barrels. In France, oak typically comes from one or more primary forests: Allier, Limousin, Nevers, Tronçais and Vosges. Wood from each of these forests has slightly different characteristics. Tightly grained wood tends to impart flavors more slowly than would loosely grained. Winemakers select wood from different forests and have barrels made to order to influence how their wine ages.

Experiments using American oak as well as oaks from other countries were initially disappointing because the oak imparted too much flavor to the wine. It was assumed the difficulty was the oak. However, the problem turned out to be in the preparation of the wood and the way the barrels were constructed.

The major difference was that French coopers aged the wood for at least two years whereas American coopers used a kiln-dry method to season the wood. Another difference was that French coopers split the wood whereas Americans sawed the staves.



Once the French barrel building techniques were applied to oak from other countries, the results improved substantially. It is now common to find American oak, and that of several other countries such as Hungary and the former Yugoslavia, used in construction of wine barrels. Those made from American oak typically cost less than half the price of French oak barrels and are now capable of achieving similar results.

Winemakers can order barrels with wood on the inside of the barrel lightly charred by fire or "toasted" in varying degrees from lightly to heavily toasted. The depth of the charring further influences the taste of the wine. The decision on depth of charring is determined by the grape variety used and the style of wine desired. Barrels can also be ordered in different shapes and sizes or even made from different woods such as Redwood.

New barrels impart more flavors than do previously used barrels. By the time they have been used for about five years, they impart virtually no flavor to wine, and winemakers must decide the ratio of new to older barrels to use each year.

Barrels are expensive, and several techniques have been devised in an attempt to save money. One is to shave the inside of used barrels and insert new thin inner staves, which have been toasted. Another is to place bags containing oak shavings into tanks of wine. However, such cost-cutting measures do not achieve results similar to traditional barrel aging.

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

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There Is No Place Like Home - Wherever It May Be

VAN PARKER

Early in February my wife made a brief working visit to our home in Danville. Her mission was to do some housecleaning in preparation for visitors who were going to use the house later in the month. She came back with a feeling of accomplishment and a glowing description of the beauty of the White Mountains, visible clearly from our front porch. I can only describe my feelings as homesickness.

It's not that we don't like it in Connecticut. We do. We've lived here, full time and part time, for 39 years. We have friends here. Our children grew up in the Hartford area. So did I, before moving to the Midwest, marrying and eventually returning as the minister of a church only nine miles from where I grew up. For a variety of reasons it isn't likely we will ever live in Danville through the colder months of the year.

Still, Vermont in general, and Danville in particular, have a feeling of home to our family and to me. When our son and daughter-in-law lived in Michigan their older daughter had a school project of locating her grandparents on a map of the United States. The other grandparents live on Cape Cod. There was no question but that we were in northern Vermont. We have family, both extended and immediate, in this part of Vermont. Our two daughters were married in the Northeast Kingdom, and our son has vowed to be at the Danville Fair this summer. One of our grandchildren admonished us recently "not to sell the house."

I've been thinking about this word home. Home is described in various ways. In the most basic sense a home is the place where you live or the roof over your head. One of the things that's happening in Iraq, Darfur and many other places is that people don't have a roof over their heads, or, if they do, they don't know if

it will be there tomorrow. To be homeless in this sense must be a frightening thing.

For baseball players home is a place you start from (home plate) with the hope of getting back to where you started. There are ways of doing that by getting a base hit, coaxing a walk from the pitcher, reaching base through an error, stealing a base or, best of all, hitting a home run.

Robert Frost speaks about home in "The Death of the Hired Man" through the farm couple, Mary and Warren. Warren's definition of home is: "Home is the place where, when you have to go there, they have to take you in." Mary sees things differently: "I should have called it something you somehow haven't to deserve."

Coming home is a recurring theme in the scriptures. One story is of the Prodigal Son who goes away to a "far country." Finally the young man "comes to himself" and is welcomed home by his father.

Homecomings are special events. Lately this has been especially true for soldiers returning from Iraq or Afghanistan. Old home days and reunions of all sorts are ways of celebrating and renewing connections.

Why do Vermont and Danville feel like home? For me part of it is just being in such a beautiful place, owning a house and a few acres, putting in a garden, fussing over the blueberry and raspberry bushes. Part of it is having friends come here and so much of our family around. Part of it is that the Vermont I know is itself a very down to earth place. And part of it is being able to look off at the White Mountains at any season of the year.



Photo By: Matt Clancy

Danville High School students (L-R) Hannah Lazerick (alto sax), Hannah Kitchel (euphonium), Gabrielle Potts (tenor sax) and Adrian Duckett (trumpet) have been accepted to participate in the 2006-2007 Northeast District High School Music Festival. This festival features the top high school instrumental and vocal students from throughout the Northeast Kingdom and will take place at North Country Union High School from March 29 through the 31st. Please contact Matt Clancy at (802) 684-3651 for more information.



Photo By: Matt Clancy

Danville Middle School students (L-R) Hillary Lumbra, Danielle Pelow (flute), Carter Norheim (baritone sax), Jordan Goss-Snow (percussion) and Alexandra Thresher (clarinet) were accepted to participate in the Northeast District Middle School Music Festival at North Country Union High School on March 9. The festival will feature two concert bands and a chorus with select seventh and eighth grade students from throughout the Northeast Kingdom. For further information regarding this event contact Matt Clancy at (802) 684-3651.

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No Small Potatoes

Vanna Guldenschuh

I have been trying to conjure up a reason to tell you about my easy fish cooking recipes in March. Would it be the "Fish on Friday" Lenten tradition? No, I don't think that eating fish should be seen as any kind of penance. In fact, I find it an indulgence to cook a nice fish dinner in the North Country.

Then I realized that March is the month of Pisces. My problem was solved, and all my stars and planets were aligned. Pisces, Latin for fish, whose ruler is Neptune, was calling out to be recognized.

There are many choices when it comes to seafood. I offer a few simple recipes to cook the types of fish that are readily available, fairly inexpensive and most likely to be fresh in this part of the world – sole, flounder, haddock or cod.

A Bit of Fishy Advice:

When shopping for fish, my best advice is to let the fish buy you. Purchase the fish that looks the best. If you had your heart set on a certain type of fish and when you get to the store the file

of sole looks fresh and shiny – change your plan and buy the better fish.

Fresh fish is shiny and translucent. If it looks opaque and dull it probably is not very fresh and will not cook or taste up to par.

Don't overcook! Fish is done as soon as it loses that translucent look. It takes very little time to cook fish. Take it off the heat when it's done – you can always heat it for a few minutes before you serve it. Never leave it in a hot pan or in the oven to "keep it warm."

It is always a good idea to cook the fish last – after all the other pieces of the dinner are near ready for service.

Filet of Sole Picatta

Very little needs to be done to this mild and tender fish. It will literally melt in your mouth. This basic recipe can be used on many other types of fish.

2 small filets or 1½ large filets per person

- 1½ cups flour
- 1 teaspoon Old Bay seasoning (optional)
- 1 teaspoon salt
- Black pepper
- Olive oil
- 2 tablespoons butter
- 2 lemons (cut in half and roasted)
- ½ cup dry vermouth
- 1 teaspoon sugar
- 2 tablespoon capers

Roast the lemons. Cut them in half and place on a baking tray. Put in a 350° oven for about 20 minutes. It's easy to do and the resulting juice has an amazing flavor and volume. Set aside to cool.

Mix the flour, Old Bay seasoning, salt and pepper together on a flat plate. Dredge the filets in the flour mix and set aside on the plate. In a large frying pan heat a few tablespoons of olive oil and a tablespoon of butter. The oil and butter should cover the bottom of the pan. Add a little extra if it is not enough for sautéing. When the oil is good and hot – as hot as it will get without burning – place the floured fish in the pan to sauté. Leave the pieces of fish with plenty of room around them so they don't steam – you really want to allow them to get nice and brown on each side. Sole does not take a long time to cook, and when the sides are a beautiful golden brown they are done. As you finish each filet set it aside on a flat plate. Deglaze the pan with the vermouth, sugar and lemon juice. You can add a little water if there is not enough liquid. After cooking for just a minute add to the pan 2 tablespoons of butter and the capers. Cook until the butter is melted and the capers are warm. Pour over the fish. You may serve the fish on a platter with the sauce poured over all, or you can serve the fish on individual plates with the sauce poured over each serving. Sprinkle a little chopped parsley on top and serve with good bread, a vegetable and a salad.

Variation: Make this dish

Florentine by omitting the capers and serving the fish on a bed of freshly steamed spinach with the lemon sauce poured over all.

Easy New England Fish Fry

Cod and Haddock are tried and true New England fish. They make a great fish fry. And, when you use this sauté method you eliminate a lot of the bad fats and retain the "fish is good for you" concept. It is pretty easy to do and you don't need a big pot of boiling fat. I like to serve this dish with oven fries - a real captain's platter. You can also make a great fish sandwich with fish cooked this way. Put the filet on a big Kaiser roll with lettuce, tomato and tartar sauce.

- 1½ lbs Cod or Haddock filets
- 1½ cups flour
- 2 cups breadcrumbs (Japanese panko or homemade)
- 1 tablespoon Old Bay seasoning
- Salt
- Pepper
- 2 eggs – lightly beaten with ¼ cup water
- 2 tablespoons butter
- ½ cup olive oil

Set out 2 plates and one low bowl. Put the flour (seasoned with salt and pepper) on one plate, the eggs in the bowl and the breadcrumbs mixed with the Old Bay, salt and pepper on the other plate. Cut the filets into manageable pieces and dredge in the flour. Then dip the filets into the egg mix and coat with the breadcrumbs. Put the olive oil and butter in a large frying pan and heat until hot but not smoking. Sauté the fish filets in the oil, leaving enough room around them to brown well. Turn the filet over and brown the other side. Take them off the heat as they are done and set aside on a platter. If they cool too much before service put them in the oven for just a minute or two.

Serve with oven fries, a salad

and tartar sauce.

Cod or Haddock Marinara

You need a large flaked fish that won't fall apart to make a good Marinara. Cod or Haddock are subtle in flavor and fit the bill just fine. You don't need to cook this sauce long – you want it very soupy and light for the fish. It is really a quick dish. You can cut this recipe in half if you like.

- 2 lbs. cod or haddock filets cut into 2x2 inch pieces
- 2 28-ounce cans whole tomatoes – in their own juice
- 4 cloves garlic – chopped
- ¼ cup parsley
- 2 teaspoons dried basil
- 1 teaspoon sugar
- Olive oil
- Salt and pepper

Crush the tomatoes with your hands or with a ricer leaving them in medium sized pieces. In a large sauce pan sauté almost all the garlic in olive oil until just browned and add the tomatoes. Add the parsley, basil, sugar and salt and pepper to taste. Cook for 5-10 minutes to meld the flavors. Set the sauce aside, and sauté the rest of the garlic in a large frying pan. When it has browned add the fish pieces and cook for about 2 minutes. Pour the sauce over the fish making sure the fish is not sticking to the bottom. Let it simmer until the fish is cooked. This should take 5-10 minutes. Do not stir the fish in the sauce – you must handle it gently so it will not fall apart. As soon as the fish is cooked through take it off the heat.

Cook a pound of linguine in a large pot of salted boiling water, strain and put in a large serving bowl. Drizzle olive oil over the pasta and season with salt and pepper. Toss the pasta to coat it with the oil. Spoon some of the sauce (without the fish) over the pasta and toss again. Then put the rest of the sauce with the fish over the pasta. Serve immediately. This dish is great looking and only needs a salad and good bread to get you through the most blustery of March evenings.

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6 A.M. BBC World Update (5 to 6 a.m.)	6 A.M. Classical Music	
7 A.M. Morning Edition with Mitch Wertlieb	7 A.M. Only a Game	Sunday Bach
8 A.M. Classical Music with Walter Parker	8 A.M. Weekend Edition	
9 A.M. Military Report with Steve Delaney at noon	9 A.M. Car Talk	On the Media
10 A.M. (Wednesday) Weekend Edition	10 A.M. Wait, Wait... Don't Tell Me!	Studio 360
11 A.M. Performance Today with Fred Child	11 A.M. Interlude	A Prairie Home Companion
12 P.M. Fresh Air with Terry Gross	12 P.M. Saturday Afternoon at the Opera with Peter Fox Smith	All The Traditions with Robert Rosnik
1 P.M. All Things Considered with Neal Chamoff	1 P.M. All Things Considered	
2 P.M. (Monday) Monday at 10:30	2 P.M. A Prairie Home Companion	From the Top
3 P.M. (Tuesday) Tuesday at 10:30	3 P.M. Companion	Grandpa's House
4 P.M. (Wednesday) Wednesday at 10:30	4 P.M. This & That	Say Yes
5 P.M. (Thursday) Thursday at 10:30	5 P.M. This & That	This American Life
6 P.M. (Friday) Friday at 10:30	6 P.M. My Place	Sound and Spirit
7 P.M. Living on Earth	7 P.M. Hearts of Space	Classical Music
8 P.M. Specials with George Thomas	8 P.M. Hearts of Space	
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String Worth Saving

Bill Christiansen

On a cold day, there is nothing like a cup of hot tea. Tea has a long, and in some ways curious, history. Drinking water has always been risky, as water has often been populated with pathogens and all manner of other organisms.

Throughout human history, people have tried drinking alternatives to water. After the development of agriculture and the creation of pottery, water drinkers found that fermentation by means of grains or fruits made it safer. Yeast added to the mixture would digest some of the sugar in solution and produce alcohol.

In areas where fruits were

abundant, wine was one of the results. If grains were a staple crop, beer was the drink of choice. If neither was available, water was boiled to kill pathogens, and boiled water might be safer to drink, but it left a lot to be desired with its taste.

Early on, humans discovered that plant materials could be mixed with boiled water to add taste to a drink that was otherwise bland. Probably every plant in existence has been tried in this manner, and all of these were known generically as "tea."

Tea is defined as the infusion of plant material, steeped in hot water. In our world, there are two mean-

ings of the word. The first is the drink made by infusion of plant material. The second is that of the beverage made by steeping processed leaves, buds or twigs of the tea bush, *Camellia sinensis*. This is referred to as "true tea."

There are four basic types of true tea: black tea, oolong tea, green tea and white tea. All are made from the same plant. The difference is in how the material is processed.

As soon as leaves and tea buds are picked, oxygen in the air begins to break down the chlorophyll in the plant material, and it turns progressively darker. This is often referred to as "fermentation." It is not really fermentation since that process requires a living organism such as yeast or bacteria. In tea the process is a simple chemical reaction, oxidation. The oxidation of tea can be stopped by applying heat to the plant material. If temperature and humidity are not tightly controlled during the oxidation process, fungi will grow on the tea, and they may produce toxic, sometimes carcinogenic, substances.

White tea is made from new growth buds, which have undergone oxidation. These buds are shielded from sunlight so chlorophyll formation is prevented.

Green tea results when the oxidation process is stopped by the application of heat after a minimal oxidation time.

Oolong tea has the oxidation process stopped somewhere between green tea and black. Sometimes called blue tea or semi-oxidized tea, it is allowed to oxidize for two or three days.

Black tea, sometimes called red tea, has gone through the complete oxidation process.

Each of these basic teas may have other things blended with them in the brewing process to give color or flavor.

As was mentioned earlier, tea can be made from nearly any non-toxic plant. The leaves or stems are steeped in hot water. These are

known as "herbal teas." Herbal tea contains no *Camellia sinensis* materials. Common among these are teas made from rosehip or chamomile. Often teas are a blend of real tea and other substances. Flower tea is popular in some parts of the world and results when green tea is mixed with flowers. One popular flavor uses jasmine flowers. Another popular brew is Genmaicha, brown rice tea. This is green tea blended with dry-roasted rice.

Since tea can be made from most any plant, here are a couple you might try. Pine tea has been a popular drink among Vermont woodsman and trappers. In his book *Stalking the Healthful Herbs* author Euell Gibbons recommends pouring one pint of boiling water over an ounce of fresh white pine needles, which have been finely chopped. Gibbons says, "With a squeeze of lemon and a little sugar, it is almost enjoyable."

Another tea with great historical reputation is spruce tea, or more often called "spruce beer." This is a non-alcoholic beverage made from the new buds and needles of a spruce tree. New shoots on a spruce tree are a rich source of vitamin C. The flavor of spruce tea has been described as ranging from floral, citrusy and fruity to resinous and piney.

History notes that when Samuel de Champlain landed in North America, his crew was suffering from scurvy. The story goes on to tell about Indians giving the crew spruce tea, and the crew was cured. I'm surprised that Champlain came back after the encounter with spruce tea and further surprised that the Indians missed the chance to end the exploration by Europeans. If it wasn't for spruce tea, how different our history might be.

There is a malt beverage made with spruce. Spruce twigs and small branches are added to malted barley during the wort boiling stage

of brewing. In Quebec, a soda called Spruce Beer is popular. This is an artificially flavored, non-alcoholic, carbonated soft drink. The flavor bears little resemblance to beer, and it tastes and smells more like evergreens.

There are four basic types of true tea: black tea, oolong tea, green tea and white tea. All are made from the same plant.

Tea growers have attempted commercial cultivation in the United States since 1744. The first tea grown in the U.S. was in Savannah, GA. Today tea is grown in South Carolina on the Charleston Tea Plantation. The tea is picked with a converted tobacco harvester and sold through mail order as American Classic Tea. Bigelow Tea Corporation purchased and renovated the Charleston Tea Plantation, and it was reopened in January of 2006.

The other area where tea is grown in the United States is Hawaii. However, this is not an area of large quantity production. In 2003, there were five acres in Hawaii where tea was grown. By 2005 the area had increased to 80 acres, and by some projections it is expected to triple by 2008. While tea growing is not a viable enterprise, the plants are popular as ornamental shrubs in the United States.

So, long and curious as its history may be, throw some leaves and twigs in the pot and have a cup of hot tea. ★

Thinking About Climate Change in Winter in Vermont

I'm sad about the Polar bears
And scared about the floods
It's weird to think we might grow grapes
Where now we're growing spuds.

I hate to think the seas could rise
And drown low-lying lands,
Or picture all our fertile farms
As dry as desert sands.

They say we've done this to ourselves
And maybe we can't stop it,
But if we want to save the world
They say we'd better hop it—

Reduce emissions, use less fuel,
Recycle and rethink.
Windmills, hybrids, solar power,
Local food and drink.

Vermont has often led the way
When troubles plagued the nation.
I'm sure we'll face this challenge too
With flair and innovation.

I'd miss our quiet winters,
The silence and the snow.
I might not miss these mornings
Of ten and twelve below ...

And when I'm driving up our hill
While on the road black ice is forming,
I ask myself, I must admit,
So WHEN do we get Global Warning?

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What About Collision Insurance?

Dear Tom and Ray:

I have a 2001 Saturn SL2 with 87,000 miles on it. The car is paid off. I live in the congested New York City area and drive it only on weekends. My boyfriend suggests I drop the collision coverage on my car to save money and says that the car is not worth keeping under collision coverage. I am undecided. My gut instincts tell me to keep the coverage but at a high deductible. I am known to be overly cautious. Do you have a theory that helps you determine when it is time to drop the collision coverage on a car?

- Jennifer

RAY: Our theory is that anything my brother might be interested in owning is not worth having collision coverage on.

TOM: Actually, there's not one theory for everyone, but we can help you think through the logic.

RAY: The collision and comprehensive portions of your insurance policy pay for damage to your car, whether it's caused by an accident, vandalism or a toilet that lands on the hood after a neighbor throws it out of his second-floor window while remodeling his bathroom.

TOM: If your car is totally wrecked, the insurance company will pay you UP TO the book value of your car, minus your deductible. So, in your case, let's say your car is worth about \$4,000 right now. You probably have a \$500 deductible. So, in the case of a total loss you could collect up to \$3,500 to put toward a replacement car.

RAY: But remember, for each year that goes by, your car will be worth less, so your potential payoff is decreasing all the time, while your insurance bill probably is not.

TOM: Now, how much do you pay for collision and comprehensive insurance? You can look on your insurance binder. Let's guess it's about \$500 a year. It could be more in New York City, so look.

RAY: It's impossible to know the odds of you totaling your car in the next few years. After all, that's why they call them "accidents." So there's no absolute right or wrong answer here. The question is what makes you feel comfortable.

TOM: If you're in a position to either buy another car if you need to or live without a car, then you can drop the coverage and take your chances, knowing that if worse comes to worst, you'll have to lay out some

money for new wheels or rent a car for your weekend excursions.

RAY: Or borrow the money for another car from your devil-may-care boyfriend.

TOM: And in exchange for accepting this risk, you'll have an extra \$500 in your pocket.

RAY: Now, if the car were worth \$15,000 and you had a \$12,000 loan on it, it'd be a no-brainer to keep the collision and comprehensive. But with a car that's only worth a few thousand bucks, it's really up to you whether you'd be willing to walk away with no compensation if you really wreck it - and pocket the savings now.

TOM: Considering how little you drive the car, if it were me, I'd dump the coverage. But if you're the kind of person who would be up nights worrying about it, Jennifer, then keep the collision and comprehensive coverage for now. And when the book value of your car gets low enough so that you really wouldn't care if it was a total loss, dump it then. The good news is, it won't be long until that day arrives.

Free Tire Program?

Dear Tom and Ray:

Am I being taken for a ride? I bought a brand-new Honda CR-V and was enrolled in a "free tires for life" program with my dealership. The catch (isn't there always?) is that I have to have my tires balanced every 7,500 miles and an alignment every year, plus routine oil changes and an annual inspection at the dealership to qualify for the free tires. Is it necessary to have my tires balanced every 7,500 miles and get an alignment every year if I don't get into any accidents or drive over curbs? When do I need an alignment? Are they getting me to "pay" for the tires through unnecessary services? Would I be better off finding a reliable mechanic and getting my oil changes and routine checkups (including rotating the tires) with him and buying my own

tires as I need them? If they are taking me for a ride, should I call them on it?

- Shellee

RAY: Well, this is a clever program, Shellee. I'm embarrassed that I didn't think of it first!

TOM: The key part of your question is, "Are they essentially getting me to 'pay' for the tires through unnecessary services?" The answer is of course they are! Dealerships are not nonprofit, public institutions. They're businesses.

RAY: Let's do the math. Let's say the new tires are worth \$75 each, or \$300 a set. And let's say you drive 15,000 miles a year. So, if you have cheap tires, you'll need new tires after two years.

TOM: To get your free tires, the first thing you have to do is come in every 7,500 miles and have your tires balanced.

RAY: Do you need to have your tires balanced every 7,500 miles? No. Once tires are mounted and balanced, they almost never need rebalancing, unless a customer complains about a high-speed vibration. So at 10 bucks a wheel, that's \$40 each time you come in, and at twice a year, that's \$80 a year.

TOM: Then you have to get a wheel alignment once a year, which you also don't need. An alignment is \$99. Let's call it \$100. So you're in for \$180 a year, times two years is \$360 worth of service that is most likely unnecessary- or \$60 more than the new tires would cost you.

RAY: But the dealership actually gets even more out of it. Because when you come in at 7,500 miles, that conveniently happens to be the exact mileage at which Honda calls for your car to be serviced. So they get to sell you the 7,500-mile service, the 15,000-mile service, the 22,500-mile service and the granddaddy of boat-payment services, the 30,000-mile. They make a nice profit on those.

TOM: Plus, they get you to come in for your required "inspection" once a year, where

they have the opportunity to sell you other services. So it's a great way for the dealership to keep you coming in. They figure that if they can get you in the door regularly, they'll probably get all of your automotive business.

RAY: There's nothing inherently evil about the free-tire program, Shellee. So you don't need to "call them on it." They're just trying to build a relationship with you. But it might not be a relationship you want, since it requires you to buy services you don't need and limits your choice of service locations.

TOM: Right. So just buy your own tires when the time comes. That leaves you free to have your car serviced wherever you want. You can do it at the dealership, or use an independent mechanic to save some money. And every 7,500 miles when you have your car serviced and your oil changed, tell your mechanic to rotate your tires, too.

RAY: Now, if you'll excuse us, we have to go set up a free-tire program at our garage!

Danville Senior Meal Site

March Meal Schedule

- March 1** - Spaghetti with Meatballs, Garlic Bread, Spinach Salad with Mandarin Oranges, Fruit Cocktail, Orange Juice.
- March 6** - No Meal. Town Meeting.
- March 8** - Spiral Ham with Pineapple Raisin Sauce, Mashed Potatoes, Whole Wheat Rolls, Mixed Vegetables, Apple Crisp, Tomato Juice.
- March 13** - Chicken with Apple Stuffing, Broccoli, Rice, Cole Slaw, Pumpkin Pie.
- March 15** - Bratwurst and Knockwurst on a Roll, Sauerkraut, Sautéed Onions and Red Peppers, Pasta Salad with Broccoli, Orange Juice.
- March 20** - Roast Pork, Baked Potatoes with Sour Cream, Winter Squash, Whole Wheat Biscuits, Cranberry Jelly, Oatmeal Raisin Cookies.
- March 22** - Split Pea and Ham Soup with Saltines, Grilled Cheese Sandwich, Fruit, Cranberry Juice. Library Day.
- March 27** - Shepherd's Pie, Whole Wheat Rolls, Peas & Carrots, Bread Pudding, Orange Juice.
- March 29** - Scalloped Potatoes and Ham, Pumpkin Bread, California Vegetables, V8 Juice, Fruit Crisp.

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.

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Letters from the Past

When writing was a necessity and an art

Lynn A Bonfield



Even while busy conducting the Union Army in December 1863, Lieutenant Colonel Addison W. Preston (born 1830) worried about his family farm in Danville. His concerns included the price and sale of wool, care of animals, health of his parents, as well as providing money for his wife and child. He held an ongoing discussion in his letters to his younger brother, the family called Henry (born 1836), on the activities of the farm and how it must pay for itself. Setting aside his concerns about his family, Addison in the following letter articulated his philosophy on the importance of education, learning, and independent thinking.

It is clear that he hoped Henry would embrace his ideas. Addison's letters must have been valued by the Preston family, for they were kept and eventually donated to the Fairbanks Museum. The sad news is that Addison Preston, who rose to the rank of Colonel, commanding the 1st Vermont Calvary, was killed on June 3, 1864 in battle at Hawes Shop, Virginia. According to the report published in *The Caledonian*, hundreds of people from Danville and neighboring towns joined the funeral march from the depot to the Danville cemetery.

Washington
Dec 12th 1863

Henry

Yours of the 9th inst is just received— I would have the five twenty bonds made in the name of Mrs Juliette Preston [Addison's wife]. If they have not the bonds ready which probably they have not, the money can be deposited so it can draw interest the same and when the bonds are ready they can be obtained. In regard to the wool—I think it should bring 75 cts. I believe Greenbanks [woolen mill] will pay that soon. You want only about \$75 to make up the amount desired—the interest on the 800 will be about \$27.

If you do not sell the wool nor lambs could you not borrow \$75 some where for 30 days. I hope to get some pay in that time. How is the wool stored now? Are there not some yearling wethers that are fat Sometimes they bring good prices much better then lambs I think lambs will pay well to keep. Better sell yearling wethers than lambs They should bring five dollars if fat But if there is plenty of hay I do not care to sell. Sheep pay so much better then any thing else. I want the yards well fixed up so water will come into it and have the sheep separated this winter I want the big horse got in condition for selling this winter What will he bring? I suppose you could hardly do without him I intend to bring home a Mare with foal in the spring and have the bay Colt broke this winter How is fathers black colt[?]

I wrote you in regard to the grass and potatoes before You must do as well as possible in regards to the chores this winter I think father better let out the farm if so they will come over and live with Juliette You must arrange matters to suit conveniences in that case.

I am better with a bad cold

Shall go to my regiment Monday I have seen most of our reg[iment] here, and they appear quite friendly towards me Senator Foot in particular who went with me to the War Department—

I shall send a small package to your care which you can deliver to Juliette

How does recruiting get along in Danville?

I think I shall write to Mr Greenbanks saying he can have my wool at 75 cts per pound and not less and in case he does not buy it will find a market somewhere else. I think he will buy it.

You of course do not propose coming to Wash[ington] this winter Nor will your school pay you very largely but still you can employ your time profitably in improving your self and fitting for future usefulness I have often regretted that I had not a thorough practical education I wasted five years very unprofitably. You may have it. You have graduated from a good institution [Dartmouth] and laid the foundation Now on that foundation you have to build—a light transient castle with ease and carelessness—or an enduring edifice of stone from the mountains of science and truth by Energy; chiselled and made smooth by the patience and industry; and adorned by experience and virtue— In other words you can be a man or a mouse First to be a man do your own thinking and dont say yes to a man when you mean no If you do not agree with a man tell him so like a gentleman and if proper give him your reasons. Do not yield to arguments until you have well considered them and rubbed off[f] the gloss Rely in a great measure upon your own judgment but always listen to advice. Endeavor to be a leader in society rather than to be led to do this a man must be active. His knowledge must be practical and ready consequently it is necessary when investigating a subject one should become a master of it. It is easy for a man to speak or write upon a subject which he is thoroughly acquainted with. Every thing is transparent to him but if his knowledge is superficial he stands in

darkness. One wants to be well versed in history, sciences, and the literature of the day But it is much better to [be] thorough in one branch of science that [than] superficial in all Choose your course of life and learn it thoroughly then try to adorn [it] by researches in difference spheres But first a purpose, or as Gen Hallock would say an objective point Something to conquer—to shoot at

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fame await them Time is long What cannot be attained in a day may be in one, five or ten years

Yours Truly
AW Preston

[To] Wm H Preston, Esq

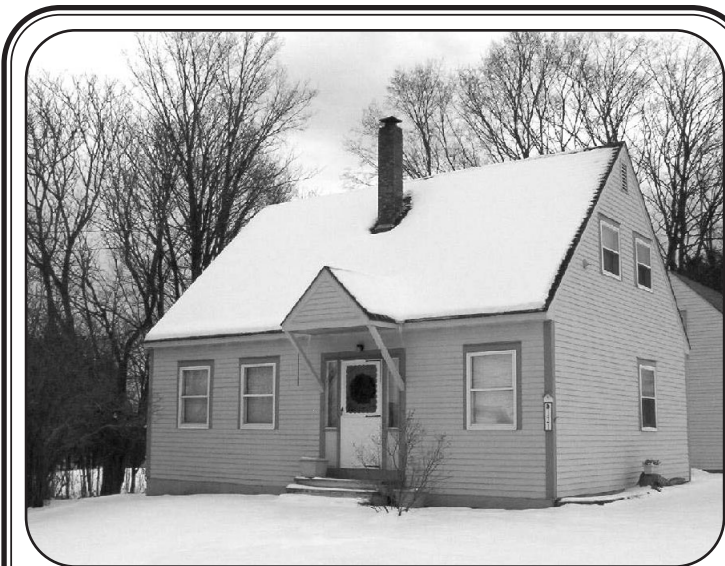
The original of this letter is preserved in the Fairbanks Museum and Planetarium, St. Johnsbury. Letters in this series are transcribed with no changes to spelling, punctuation, or capitalization. Brackets indicate information added by the

West Barnet Senior Action Center

March 2007

- March 2** - Buffet.
- March 7** - Cheeseburger Pie, Mashed Potatoes, Green Beans, Assorted Breads, Orange Jell-O with Pineapple.
- March 9** - Baked Ham, Sweet Potatoes, Broccoli, Homemade Rolls, Cole Slaw, Grapenut Pudding.
- March 14** - Spaghetti with Meatballs, Tossed Salad, Italian Bread, Pudding with Topping.
- March 16** - Corned Beef with Cabbage, Potatoes, Turnip, Carrots, Homemade Rolls, Jell-O.
- March 21** - Meat Loaf, Mashed Potatoes, Buttered Carrots, Assorted Breads, Tropical Fruit Cup.
- March 23** - Roast Beef, Potatoes, Mixed vegetables, Homemade Rolls, Peaches with Cream.
- March 28** - Salmon Pea Wiggle, Pickled Beets, Biscuits, Pineapple Upside Down Cake
- March 30** - Roast Pork, Potatoes, Applesauce, Mixed Vegetables, Homemade Rolls, Fruited Jell-O.

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



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AROUND THE TOWNS



March

COMMUNITY CALENDAR

- Daily** - *The Other Art Collection*, paintings owned by the St. Johnsbury Athenaeum recently on display. (802) 748-8291.
- 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** - Bridge Club for all experience levels, Cobleigh Library, Lyndonville, 6:30 p.m. (802) 626-5475.
- Tuesdays** - Cribbage Tournaments, 6 p.m. Lake View Grange Hall, West Barnet. (802) 684-3386.
- Wednesdays** - Preschool Story Hour, Cobleigh Library, Lyndonville. 10 a.m. (802) 626-5475.
- Wednesdays** - Read 'n' Stuff, Cobleigh Library, Lyndonville. 3:30 p.m. (802) 626-5475.
- Wednesdays** - Ordinary Magic. Meditation for Life, St. Johnsbury Shambhala Center, 17 Eastern Avenue, 6-7 p.m.
- 3rd Wednesday** - Cardiac Support Group, NVRH, 6:30 p.m. (802) 748-7401.
- Thursdays** - Introduction to Computers, Cobleigh Library, Lyndonville. 10 a.m. (802) 626-5475.
- Thursdays** - Danville Town Band Rehearsal, 7 p.m. Danville School auditorium. (802) 684-1180.
- Fridays** - Read and Weed Book Club, Cobleigh Library, Lyndonville. 3:30 p.m. (802) 626-5475.
- Saturday & Sunday** - Planetarium Show 1:30 p.m. Fairbanks Museum, St. Johnsbury. (802) 748-2372.
- Saturdays** - Bridge Club for all experience levels, Cobleigh Library, Lyndonville, 1 p.m. (802) 626-5475.
- 3rd Saturday** - Breast Cancer Support Group, Caledonia Home Health, Sherman Drive, St. Johnsbury, 10 a.m. (802) 748-8116.

- 1 Health Dangers of Genetically Engineered Foods and Their Cover Up, 7 p.m. North Congregational Church, St. Johnsbury. (802) 748-3663.
- 2 Full Moon Snowshoe, Northwoods Stewardship Center, East Charleston, 7 p.m. (802) 723-4705.
- 2 Contradance, Danville town hall with Union Suit Hull's Victory String Band, 8 p.m. (802) 563-3225.
- 3 Men's Ecumenical Breakfast, Methodist Church, Danville, 7 a.m. (802) 684-3666.
- 3 Scrabble Club, St. Johnsbury Athenaeum, Noon - 4 p.m. (802) 748-8291.
- 3 Winter Tree Identification, Northwoods Stewardship Center, East Charleston, 9 a.m. (802) 723-4705.
- 3 Family Winter Wonderland Day to benefit Greensboro Early Learning Center, 9:30 a.m. - 4 p.m. Highland Lodge, Greensboro. (802) 533-2647.
- 3 Passport Photos and Applications available at Pope Library, Danville. 9 a.m. - 2 p.m. (802) 684-2256.
- 4 Catamount Trail Ski Tour from Eden Mountain to Craftsbury Touring Center. (802) 586-7548.
- 5 NEK Audubon Informational and Planning Meeting, 4:30 p.m. Fairbanks Museum Classroom. (802) 626-8265.
- 5 Beethoven's Revolutionary Masterpieces with Bill Cotte, 7 p.m., LSC Burke Mountain Room. (802) 626-6459.
- 6 **Town Meeting Day**
- 6 Colonial Brass Quintet, 7:30 p.m. St. Johnsbury Athenaeum. (802) 748-83291.
- 7 First Wednesday Lecture Series with Jungian analyst Dr. Polly Young-Eisendrath and "Why Jung?" St. Johnsbury Athenaeum. 7 p.m. (802) 748-8291.
- 8 Global Warming: Mammals and Global Climate Change with Dr. Charles Woods, Northwoods Stewardship Center, East Charleston, 7 p.m. (802) 723-4705.
- 8 West by Southwest Book Discussion Series with *Bless me, The Way West* by A.B. Guthrie, Cobleigh Library Lyndonville. (802) 626-5475.
- 8 Global Warming Changing Course with Barbara Duncan of Vermont Earth Institute, 7-8 p.m. Fairbanks Museum, St. Johnsbury. (802) 748-2372.
- 8 Film discussion following 7 p.m. film at Catamount Arts, St. Johnsbury. (802) 748-8813.
- 9 Sacred Circle Dance, Danville Congregational Church, 7-9 p.m. (802) 684-3867.
- 11 NEK Audubon trip to Odiome State Park, New Hampshire sea



Photo Courtesy of Dan Zucker

On a Saturday in early February Dan Zucker, of Danville, and a group of friends paused to get out of the weather in the shelter of the Lion's Head on Mount Washington. The Lion's Head trail ascends steeply following along the ridge between Tuckerman's and Huntington's Ravine on the east side of Mount Washington. The Lion's Head, itself, is a rocky outcrop, which is easily visible from below. The temperatures were around -5, and the winds were steady at 75 mph. Zucker says, "We huddled in the shelter of the rocks where the winds were lessened and waited for a lull to snap the picture. The winds were roaring around us, but in this spot they were greatly diminished for brief intervals." Braving the weather and photo opportunity were (L-R) Nate Strong, Steve Mattera and Dan Zucker.

- coast, Meet at Exit 44 I- 93, 6 a.m. (802) 626-9071.
- 11 Pope Library's Novel Dinner at The Creamery Restaurant, Danville. (802) 684-2256.
- 12 The Story of Modern Skiing, lecture, Read Hall Library at LSC, Noon, (802) 626-6356.
- 13 Book Discussion with Esmeralda Santiago's *American Dream*, Walden Community Library, 7 p.m. (802) 503-2630.
- 15 Global Warming Changing Course with Barbara Duncan of Vermont Earth Institute, 7-8 p.m. Fairbanks Museum, St. Johnsbury. (802) 748-2372.
- 15 The End of Suburbia - Oil Depletion and the Collapse of the American Dream, 7 p.m. North Congregational Church, St. Johnsbury. (802) 748-3663.
- 16 Time & Talent Auction, Dinner at 6:30 p.m. Auction at 7:30 p.m. Danville Congregational Church. (802) 684-2176.
- 17 Winter Birding with Jason Benoit, Northwoods Stewardship Center, East Charleston, 9 a.m. (802) 723-4705.
- 17 Fairbanks Museum program: Apple Tree Pruning and Grafting with Ken Parr of East Burke, 9-11 a.m. Fairbanks Museum, St. Johnsbury. (802) 748-2372.
- 17 Exploring the Vernal Sky, Northwoods Stewardship Center, East Charleston, 7 p.m. (802) 723-4705.
- 18 Beth El Speaker Series, 3-5 p.m. "Folklife and the Cultural Legacy of Vermonters" with Gregory Sharrow. Beth El Synagogue, St. Johnsbury. (802) 592-3989.
- 21 Poetry Out Loud, Caledonia County Semi-Finals, Catamount Arts, 4 p.m. (802) 828-3778.
- 22 West by Southwest Book Discussion Series with *Storyteller* by Leslie Marmon Silko, Cobleigh Library Lyndonville. (802) 626-5475.
- 23 Sacred Circle Dance, Danville Congregational Church, 7-9 p.m. (802) 684-3867.
- 23-25 Vermont Maple Open House Weekend, Statewide.
- 24 Vermont Maple Syrup Open House Weekend with Ross Stevens, Northwoods Stewardship Center, East Charleston, 9 a.m. (802) 723-4705.
- 24 Fairbanks Museum program: Pine Needle Basketry with Jeff Bickart, 9 a.m. 3 p.m. Fairbanks Museum, St. Johnsbury. (802) 748-2372.
- 25 NEK Audubon trip to Victory Wildlife Management Area and Victory Forest. Meet at Damon's Crossing at 8 a.m. (802) 626-9071.
- 26 Lecture: Nuclear Proliferation in Islamic Republic of Iran with Gawdat Bahgat, LSC Burke Mountain Room, 7 p.m. (802) 626-6459.
- 28 Book Discussion with *Frida* by Barbara Mujica, 7 p.m. Pope Library, Danville. (802) 684-2256.
- 30 Full Moon Snowshoe, Northwoods Stewardship Center, East Charleston, 7 p.m. (802) 723-4705.
- 31 Fairbanks Museum program: Natural Soap Making with Jean Temple of Concord, 9 -10:30 a.m. Fairbanks Museum, St. Johnsbury. (802) 748-2372.
- 31 Athenaeum Award presented to Rachel Hadas, poet and part-time Vermont resident, 4 p.m. St. Johnsbury Athenaeum. (802) 748-8291.

See also the Arts Around the Towns Calendar Page 14.

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