

# THE North Star MONTHLY

Every Small Town's Newspaper

DANVILLE, VERMONT

GOOD FOR THE WHOLE MONTH

\$1.50

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PAGE EIGHTEEN  
**Airie Lindsay  
Gets Her Bees in  
for Winter**



PAGE TWENTY  
**NEK Youth Services  
Opens Doors at  
Homeless Shelter  
on Elm Street**

PAGE THIRTY  
**Vanna Has Ideas for  
Your Extra  
Fall Apples**

## COLUMBUS DAY - HE DISCOVERED WHAT?

VIRGINIA DOWNS

We celebrate Columbus Day on a Monday, as close as we can to October 12. It makes a nice three-day weekend. Do we know what we are celebrating? Is it the day that Columbus reached the Western shores from Spain? The truth is that it was the day he and his men in their sailing ships touched shore, after a harrowing two months at sea, at Watling Island, part of the Bahamas.

As E. H. Gombrich wrote in his *Little History of The World*, "Columbus was filled with pride and joy. The Indies at last. The friendly people on the shore must be Indians, or, as the Spanish sailors called them, 'Indios.'"

Every year as Columbus Day is celebrated all over America, the 1,000 or more Native Americans living in Vermont wonder what the excitement is about.

"Columbus discovered this land? That's news to me," says Mark Mitchell of Barnet, whose forebears are Abenaki. Mitchell is chairman of the Vermont

(Please See Page 10)

## Wacky Worm Sisters Light Up The Hill over Greensboro Bend



Photo By: North star Monthly

"Wacky Worm Sisters" Carol Schminke (left) and Lynette Courtney of the Down to Earth Worm Farm in Greensboro Bend sift their worm composted fertilizer through wire screens before it is packed for sale. In addition to raising red worms for their composting expertise these women have been described as the Click and Clack or the Ben and Jerry of worms. Their enthusiasm and interest are contagious.

TERRY HOFFER

They don't mind at all being described as the Click and Clack or the Ben and Jerry of worms, but their sign on the hill above Greensboro Bend says Down to Earth Worm Farm.

They are sisters, Lynette Courtney and Carol Schminke, who slide seamlessly between their fascination with all things botanical and their cottage industry raising and promoting worms as a source of organic nutrition for houseplants, nursery stock and even lawns. They prefer to be called the Wacky Worm Sisters, but once they get serious it is obvious that their experience working in private, commercial and corporate gardens and their long status as Master Gardeners gives them great credibility when it comes to tending to plants.

Courtney lived in north central Massachusetts where she commuted from banks to hospitals to commercial buildings caring for "interior landscapes," those are the houseplants that bring a sense of organic to sterile waiting rooms, board rooms and upper floor offices. "Nice accounts," she says. "It was like an outdoor job, but it was cool [air-conditioned] in the summer and warm [heated] in the winter."

Schminke was in upper Westchester County, the swanky suburb of New York City, where she was a nursery greenhouse manager for a large garden center and tended the plants inside the IBM research center in Yorktown Heights.

Both had a nursery and a business and both were talking about collaborating someday when Courtney and her husband bought a vacation house in Greensboro Bend. Fortuitous for several reasons, the house represented a return to family roots in Vermont, which reach back into the 17th century, and ultimately a place where the Wacky Worm Sisters could combine their nursery and gardening services and

find a way to work year round.

Five years ago it was Schminke's son who introduced them to worms. "It was my son's friend," Schminke says, "who had a vision of raising worms through a vast network of worm farmers and then selling the worms on a national, if not global, scale to reduce the universal problem of disposing of compostable waste. He wanted to save the world with worms and intervene in the endless flow of reusable waste, which is scraped aside as kitchen garbage and ends up in overflowing landfills."

The spark of the idea caught fire. Worm farmers invested money in the business. They signed contracts, and the empire tipped tentatively ahead. Schminke says, "My son was the northeast representative, and there was a lot of money changing hands as people were getting set up with a worm nursery, an electrical harvester, 225 pounds of red worms and an agreement to buy the fruits of their labors at eight dollars a pound. A lot of Amish farmers found they could raise worms in their barns instead of Tyson chickens, and," she says with a laugh, "they wormed into our hearts as well."

In October 2002, Courtney and Schminke signed on, and as they were reveling in their first months as worm farmers, the visionary, the leader of the industry, suddenly died, and the precariously balanced

(Please See **Lemon Tree** on Page 8)

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## Fall is But a Brief Moment

In northern Vermont autumn is a precious time of year. Slipped between the idyllic weeks of summer, when days are long and warm, and the hard months of winter, when days are too short and too cold, fall is but a moment that we imagine as a long stretch of colorful leaves and lingering summer weather. But it doesn't linger.

The shorter hours of daylight and dropping temperatures suppress the green in the leaves, and they bring out the colors we imagine surrounding our family gathering at Thanksgiving. Rarely is there a November when colorful leaves are even on the ground. They are long gone. Fall is a sprint that takes us from summer and life outside each year to wood smoke curling away from the chimney, closed doors and our lights turned on early.

So all the more reason to celebrate it while we can.

Among the dates of the venerable Northeast Kingdom Fall Foliage Festival are gatherings in Walden, Cabot, Plainfield, Peacham, Barnet, Groton and St. Johnsbury with breakfasts, suppers, dinners, demonstrations and get-togethers of every type and kind. Betty Hatch has been the festival chair and the organizer of this early October schedule for many years, and it continues to draw visitors from near and far alike.

The most recent arrival to our salute to the season is the Danville Autumn on the Green. Created, organized and managed by Danville's Cheryl Linsley, Autumn on the Green is for artists, crafters, cottage industries and businesses, a veritable showcase of talent and entrepreneurship. Here on the Green, this year on Sunday, October 7, from mid morning to mid afternoon, there will be 130 or so exhibits and displays, food and music and another chance to admire that great view that rolls away from Danville's own Kittredge Hills across the Connecticut River Valley into the high peaks of New Hampshire. It is a great view, and, thanks to the tenacious and year round efforts of Cheryl Linsley, Autumn on the Green is a great celebration.

Named by the Vermont Chamber of Commerce one of the state's Top Ten Fall Events, Autumn on the Green is in its fifth year. Join us on that day on the Danville Green. Parking may be limited, but the concentration of talented folks with their creativity and production is not.

James Hayford was a well-known and popular poet in the Northeast Kingdom for many years, and were he with us today, he might be at this Autumn on the Green passing out cards printed with one of his poems and offering his friendly smile and his most recent collection for sale. From his 1989 collection, he called it *Star in the Shed Window*, is this "Autumn Scene:"

*Muted and neat our autumn scene  
In shades of gray and evergreen:*

*Litter of leaves swept up and burned,  
House buttoned up, garden adjourned,*

*And hardwoods standing stripped and still -  
All neatly naked in the chill.*

And so between a last check of the woodpile and switching the garden hoe for the snow shovel, I will watch the calendar on the pantry door and the great maples outside my kitchen window, and I'll think - "Bring it on."

Terry Hoffer

## It's All in the Presentation

Advertising works. At least fast food advertising directed toward pre-school children works. This is evident from a study published in August that examined the impact of marketing on 3-5 year old children's taste preferences. Researchers from Stanford University asked young children to taste identical foods — McDonald's hamburger, chicken nugget, french fries, milk, apple juice and carrots, which were presented to them in either a plain bag and wrapper or bag and wrapper with the McDonald's logo. After tasting each food, for example a bite of chicken nugget from the plain bag and a bite from the McDonald's bag, they were asked if they thought the foods tasted the same or if one tasted better than the other. Although not by a landslide, more children preferred the taste of foods they thought were from McDonalds, even carrots, which at the time of the study were not on McDonald's menu. Furthermore, children with more televisions in their home or who ate at McDonald's more often were the most likely to prefer foods they believed came from McDonald's.

The research points out how our tastes, as children and adults, are affected by context and perception. I am reminded of an experiment of my childhood when, inspired by Dr. Seuss, I added a drop or two of green food coloring to some scrambled eggs that were served to the rest of my family. Like Dr. Seuss' *Sam-I-Am*, no one in my family, including me, would eat those green eggs (with or without ham).

I am on the one hand discouraged, and to some degree frightened, and on the other hand inspired by the apparent success of McDonald's advertising and branding efforts. That the marketing of high-calorie foods to young children is allowed, and that it is effective as demonstrated in this study, is disheartening. Then again, I am intrigued by the possibilities of applying the same marketing strategies to promote, say, healthier food choices, prevention of bullying in school, early reading or tobacco avoidance. Realistically, it is far beyond the conclusions of the Stanford research to assume that so-called social marketing using methods similar to those of McDonald's would be effective. Nevertheless, the study results are cause for hope that such methods could work.

McDonald's has the resources to hire the talent and sustain the effort to promote their product. (McDonald's is a convenient example, but is certainly not the only corporation or institution with these capabilities.) Too bad that promoting healthy eating habits is not part of McDonald's corporate mission. I guess there is insufficient profit, as measured by either cash or goodwill, in prevention to interest McDonald's. I wish that more not-for-profit and governmental institutions whose missions are health promotion and disease prevention had the wherewithal to brand their messages as effectively as McDonald's brands its food.

The Stanford researchers showed that the tastes of 3-5 year olds are affected by television food advertisements. I have no qualms about regulating, or out-right banning, marketing efforts targeted to young children. However, I don't see that happening anytime soon. Until there is a method for parents to block or edit out the advertising directed toward children, it falls upon parents to monitor what their children are watching on TV, including the advertisements. And because that will not likely be 100% successful, might a few more young vegetable haters eat their carrots (or beans, peas, broccoli...) if the vegetables are presented to them from a McDonald's bag?

Tim Tanner

# THE North Star MONTHLY

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

**EDITOR:**  
Terry Hoffer

**ART DIRECTOR:**  
Suzanne Tanner

**CONTRIBUTING EDITOR:**  
Tim Tanner

**CIRCULATION:**  
Kathy Hoffer

**ADVERTISING:**  
Vicki Moore

**EDITORIAL ADVISORY BOARD:**  
John Haygood  
Jane Larrabee  
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**Contributors to this issue include:** Lynn A. Bonfield, Denise Brown, Wallace & Janet Dunham, Lorna Quimby, Jeff Gold & Ellen Gold, John Downs, Virginia Downs, Harriet F. Fisher, Bruce Hoyt, Mark Mitchell, Ivy Larocque, Isobel P. Swartz, Rachel Siegel, Paula LaRochelle, Van Parker, Bets Parker Albright, Leonard Perry, Vanna Guldenschuh, Alice S. Kitchel & Burton Zahler, Bill Christiansen, Gerd Herschmann and Dee Palmer.

e-mail: [northstar@kingcon.com](mailto:northstar@kingcon.com)  
[www.northstarmonthly.com](http://www.northstarmonthly.com)

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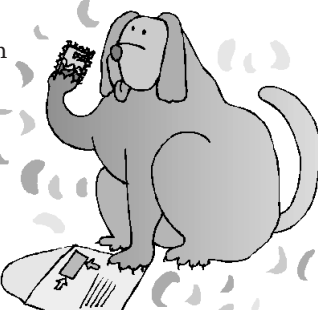
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**PHOTOS:** We'd like to see your photos, and we welcome them with a story or without. They can be black-and-white or color, but they must be clear. Digital is best.

**PRESS RELEASES:** We much 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:

THANKS

Dear North Star,


We look forward to *The North Star's* arrival every month.

I realize that Danville has changed over the years, but I still remember with pleasure our visits to Ward and May Gillis' home and with Harriet Whittier and Anna Lang. I still see a lot of surnames that are familiar.

My husband, who was born in D.C. and is a confirmed (See *Letters on Page 4*)

# Price of Kerosene Oil Soars Arctic Whaling Fleet Suffers Calamity at Sea

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

October 6, 1876

**Rise in Kerosene Oil** - For two or three years past prices of kerosene have continued to decline. Only large wells could be made to pay, and those that produced only eight or ten barrels per day were abandoned as their owners continued to hunt for better territory. Fortunes were lost and many good businessmen were driven to bankruptcy. Some small oil towns were deserted and others that had formerly had a population of 8,000 to 10,000 were left with only a few hundred voters. In the midst of this depression there came a sudden turn in the market, and during the month of August the price of crude oil nearly doubled. Large fortunes were made in a single day. One day when there was an advance of 75 cents a barrel, one fortunate speculator cleared \$800,000. The great advance is attributed mainly to the growing

demand without an increased production to offset it. During August 268 new wells were sunk, but of those 40 were unproductive. The aggregate daily production of these new wells was 3,366 barrels. The August demand absorbed the entire production of the month and drew from the reserve stock on hand 11,378 barrels per day. The total amount of reserved stock on hand on the 14th of September was 3,164,384 barrels. The price at the wells, one year ago, was 95 cents a barrel. The present price is \$3.90 per barrel with a still upward tendency.

**More Musical Telegraphy** - A few nights ago Prof. Bell of Boston was in communication with a telegraph operator in New York and commenced experimenting with one of his inventions pertaining to transmission of musical sounds. After he played the tune of America and then Auld Lang Syne, the telegraph operator in New York identified them both. Prof. Bell has demonstrated that the transmission of the human voice may be heard over distances of 1,000 miles of wire with ease although as yet the sounds are not loud enough to be heard by more than one or two persons. But now it appears that if voices can be sent over the wire, when two or three parties are telegraphing, we may soon have distinguished men delivering speeches in Washington, New York or London while audiences listen in Boston Music Hall or Faneuil Hall.

October 13, 1876

**Held for Trial** - Last week the examination of John Caswell and Henry Rivers took place at St. Johnsbury for stealing a tub of butter, two cheeses and four of five bushels of wheat worth about \$23 from Robert Kelsey of North Danville. They were bound over in the sum of \$200 each for trial at the county court. At the same place, Henry Rivers and one Amelia Martin of Calais had an examination of a charge for adultery on September 29. During the examination it became evident that Rivers had two or three wives before and he was held until further evidence could be obtained. The woman appears to lead a wayward life.

B.F. Merrill, the veteran Central Railroad engineer injured in the recent collision on the Wells River track is getting along fine despite the amputation of his leg and other injuries. He is cheerful and bids fair to once more become a well man notwithstanding that nobody thought he could survive.

October 20, 1876

**An October Snowstorm** - Last Saturday afternoon the temperature materially changed from warm to cold. Saturday night there were snow squall. Sunday it was bleak and cold with the ground frozen. The weather has continued since to be cold with considerable snow. The storm was extensive with two or three inches

in various parts of New England.

Partridges are reported to be unusually plenty this fall.

**Another Centennial Excursion** - Next Monday the last excursion to the Philadelphia Centennial over the P. & O. road will take place. This will be via the White Mountain Notch and North Conway, Worcester, New London and the New London Line of Steamers to New York. Connections complete. Fare from Danville \$13. Tickets good for thirty days. The exhibition shall be closed on November 10.

**Luckily Found** - Mrs. Betsey Armington of St. Johnsbury Centre, in clearing her house while it was on fire last July handed a pocketbook containing over six hundred and fifty dollars in notes and bonds to someone and had not seen it since until Julius Pariadis returned it explaining that he found it while unloading goods from a wagon and being a stranger gave it to the Catholic priest in St. Johnsbury who kept until the rightful owner could be found.

October 27, 1876

**Appalling Calamity at Sea** - On the 21st of October the whaling bark Florence arrived at San Francisco from the Arctic Ocean with 100 men on board, being part of the crews of the Arctic whaling fleet, of which twelve vessels were lost in the ice with portions of their crews. The fleet was homeward bound and encountered huge masses of ice, during

which several vessels were crushed. At first there was a fair prospect that they might escape the danger and reach open sea, but that night the ice formed with great rapidity and so solidly that those who could get away had to leave twelve vessels to their fate enclosed in a prison of ice. Scores of men were left to perish from cold and starvation without the slightest hope of release or aid. The story of the sufferings and escape is heartrending.

**Fire in Walden** - Last Monday about noon, the dwelling house owned and occupied by Mr. James Dow of Walden was consumed by fire. The fire was first discovered on the roof and probably caught from flying sparks. Most of the furniture was saved. Insured for \$600.

**Adv. Ladies Underwear.** We have just bought from the manufacturers 40 dozen ladies merino vests and pants which we have marked 50 cents each. They are as good as those we have been selling for 75 cents and are a great bargain at the price. E. & T. Fairbanks & Co.

**Crops from an Acre** - A cheering example to small farmers is that of W.H. Hinman of Derby, who this season raised on one acre of land two hundred and forty five bushels of potatoes, twenty bushels ears of corn, one thousand three hundred pounds of squashes, one bushel of popcorn, three bushels of sweet corn, six bushels of cucumbers and two bushels of peas.

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## Letters to the Editor:

(Continued from Page 2)

Washingtonian, fell in love with Vermont on his first visit there and particularly liked Danville. He enjoys *The North Star* as much as I do.

We wish you all the best.  
Barbara Colby Rooney  
Littlestown, PA

Dear North Star,  
Keep up the good work. We really enjoy reading every page of your good paper.  
Walter and Odianna Antczak  
Windsor, CT

### WOMEN TAKE NOTE OF SUPREME COURT DECISION

Dear North Star,  
Lilly Ledbetter, now retired, was a supervisor at the Goodyear Tire plant in Gadsden, AL. Her male colleagues who did the same work as she, bragged about their compensation, but she was barely making it.  
It was difficult to separate fact from fiction, so ten years ago after 19 years on the job and receiving an anonymous note detailing the thousands of dollars in pay differences, Lilly went to court alleging

pay discrimination because of her sex, and she won a \$360,000 settlement.

In May of this year, however, the U.S. Supreme Court overturned this important judgment and the restitution imposed on Goodyear. The court ruled that despite the real discrimination that occurred, Lilly waited too long to bring suit. To add insult to injury, Goodyear sent her a bill for \$3,165 to cover costs related to the suit.

The Supreme Court decision's peculiar logic said that although Lilly did not know how much her male colleagues were making, waiting more than 180 days after the "first occurrence of pay discrimination" was too long for her to sue.

Lilly's efforts might not be in vain. In June of this year, the U.S. House of Representatives passed the Lilly Ledbetter Fair Pay Act of 2007, which would allow an employee to file a claim within 180 days of the last discriminatory paycheck, not the first. President Bush threatened a veto of this important legislation.

I urge your readers to contact our Vermont delegation to override this veto and to encourage their friends and relatives in other states to encourage their legislators to support this bill for pay equity for hard-working women everywhere.

Eileen M. Boland  
South Wheelock, VT

## The Safest Dangerous Sport

You can't help but ask, how can a dangerous sport be safe? After driving a seven-day, round trip in perfect weather with my son Peter to Elkhart Lake, WI over the Labor Day weekend, I know. I watched him race his 1975 Porsche 911 race car, with about 200 other amateur drivers and their Porsches, with speed potentials dependent on the power of their engines.

The race track is four miles long, more or less oval, with 13 curves some very sharp, long and short straight-aways and several steep and long hills. It was thrilling to see a driver start downhill at 160 miles per hour, then with brakes jammed, noisily down shift gears to navigate the left hand curve at the bottom at about 40 mph to avoid going off the track. There were practice sessions, qualifying races to determine the order of start (the grid) for races, and the races themselves.

There is much more to racing a Porsche than getting in it and driving. Peter learned to race at the Limerock, CT track, the home track of Paul Newman, a veteran racer who still drives at age 80. In the beginning, Peter was allowed on the track only with an instructor, who rode with him for as many hours as was necessary for the instructor to certify that Peter was qualified to race.

His car was subjected to its own inspection before it could be raced. It had to have a "five-point" seat belt - two that went over the shoulders, two around the waist, and the fifth between the legs, connecting with the others. There had to be a steel roll bar, which crossed the doors and ceiling to keep the roof from collapsing in the event of a rollover. The driver's window is open to avoid injury from broken glass, so a thick nylon net is required in its place. A fire extinguisher is located within easy grasp. Tires for a dry track are smooth, sticky and at least eight inches wide; for rainy days grooved tires are better for control.

Drivers are required to wear a fireproof jumpsuit, boots, helmet and gloves, so that they are completely protected from fire. Even after a short race or practice session, they are covered with sweat.

The track management does everything it can to ensure safety of drivers. The track is checked regularly for oil spills and an accumulation of dirt that could create hazards. A lookout is on every corner to police the racers. In the event of an accident or hazardous situation, he or she waves a yellow flag to slow or warn the vehicles. An ambulance is near the start, and two tow trucks are strategically parked nearby.

Of course, the ultimate safety of driver and car depends on the driver. There is no speed limit, but strict rules promulgated by the Porsche Club of America can best be described by the words "Driver Take Care!" If a car has even a minor contact with another car or a barrier during a race, there is an automatic and virtually instantaneous investigation. The guilty party receives notice that with a second violation, he risks a 13-month suspension from any race sponsored by the PCA. The driver, however, could continue to race with another organization.

Racers take advantage of the no-speed limit. Aggressive drivers go as fast as they can on the straight-aways - that means up to 160 mph for the fastest cars - and then reluctantly slow down to navigate curves. Straight-aways are the best place to pass slower cars, but many a cautious driver who slows too much on a curve, is passed. No driver has been hurt during any of the racing weekends Peter has attended. But at the usual three-day racing events, there are often three or four cars that crash each day, some so bad that they are totalled. The driver, on the other hand, almost always walks away, even after a contact at 100 miles per hour.

Peter took me for a ride in a friend's car (his passenger seat is too narrow). At one point, going downhill and heading into a curve, I had to say, "Peter, don't forget you have two lovely children and a wonderful wife at home!" It was then that he informed me that he was only at 75% of his racing speed.

Cars are classified in race groups according to their speed potential as determined by specially equipped (and expensive) motors. Peter's car is in a slower "H" class; "F" "G" and "E" classes are faster cars. Peter's maximum speed is 125 mph. The race groups usually include 40 to 50 cars of several classes. Each car has a transponder placed on it so that the complicated computer system can identify each car and record its speed per lap to one/thousandth of a second. A printout is available after a race, listing every car in order of speed, along with fastest lap time.

Peter raced one day in a "sprint race" that lasted one-half hour. The next day he raced in the "enduro" for one-and-one-half hours, with one mandatory pit stop to rest for five minutes. He won both races in his class. Peter is never first in a race because he races in a group with faster class cars, but being the aggressive driver that he is, he usually beats the other four or five H cars, and has often set speed records for his class, including the Road America races at Elkhart Lake. He considers that faster cars are his real competition. The qualifying session demonstrates the speed of different cars, and he picks out a car with a lap time close to his, and tries to beat it. If he does, it is usually because he drives the curves faster.

A highlight of the Road America weekend at Elkhart Lake is a Saturday evening tour of about 200 cars, with a state police escort, around the perimeter of the town as cars have been doing annually since the first race in 1950. Out in the country the cars slow down and let the car in front get way ahead, then the driver speeds as fast as he can to catch up. I was riding with Peter (despite the cramped seat) when our speed reached 110 mph. Peter noticed out the side window that the dairy cows appeared to be elongated at this speed.

The tour ends in the village with hundreds of bystanders delighted to watch the cars zoom around the curves, revving their motors with no mufflers. The fun ends at one of the three fine resort hotels for dinner (and a few drinks).

I enjoyed the activities, of course, but my purpose in joining Peter on the trip was to spend quality time with him. He runs a demanding and successful flooring business in New York City. He is a good father to 8-year old Evan and 4-year old Ava, and a loving husband for Debra. As we drove for about 25 hours through Wisconsin, Illinois, Indiana, Ohio, Pennsylvania, New York and Connecticut, we talked incessantly as brothers.

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## Choices and Who Makes Them

Recently I read a sobering report from Plan-International, a development agency working with and for children, on the global status of girls. The report is called "Because I am a Girl." The statistics presented sit uneasily in my mind along with observations that the extreme fundamental fringes of some of the world's great religions: Hinduism, Christianity, Islam and Judaism, restrict the lives of women in significant ways. What is it that sets women apart from men and how has this characteristic made such a difference in the exercise of choice and free will?

The one significant physical difference is the ability to bear children. This female function is the most fundamental need of every mammal species. Related to this ability is the drive for the survival of a species and the competition among males to pass on their genes. This struggle was part of human life long before the basics of genetics were understood. Nomadic tribes traveling the deserts of the Middle East (described vividly in the Bible's Old Testament) fiercely protected their women who, at that time, shared the physical outdoor labor of life upon which the tribe depended for survival. Perhaps the women were veiled to hide them from invading tribes because women were the first spoils of war, an unconscious desire of the invaders to expand their gene pool?

Many religious laws concerning diet, family relationships and behavior toward strangers and the opposite sex, were based on the everyday experience of ancient times and prescribed a way of life, not just religious rituals. Many of these laws were based on life phenomena that now have a biological explanation. A clear example is the Judaic law defining ritual circumcision of a baby boy on the eighth day of life (Genesis: Ch. 17, v. 12). We now know that babies are born without vitamin K, a necessary component in the blood clotting process. Vitamin K is produced in the gut by bacteria that are not present in a baby at birth. It takes about 8 days to reach a sufficient bacterial population to produce enough Vitamin K to allow adequate clotting. Experience must have shown that a baby bled less after the first week of life.

The importance of women to the family, and therefore to the tribe, is the basis for many of the rules and commandments of major religions. Modesty in clothing and behavior, focus of life in the home and on family care, and passing on traditions and religious rituals are part of the expectations for women in many cultures. It's not the expectations themselves that are burdensome, but the manner in which they are to be carried out, and who makes those decisions, that are restrictive. This is where the issue of choice becomes significant.

Strict interpretation of religious laws is based on practices from a lifestyle that has changed dramatically in the millennia since they originated. They disregard increased knowledge of biology, psychology, physical and mental health, increased educational opportunities and increased complexity of urban life. This makes for an abuse and repression of women that was never intended. Some practices are so barbaric they seem to have no place in modern times, yet they are still advocated by some fundamental religious groups. These include ritual killing of women and girls for apparent immodesty; irreversible ritual sexual mutilation of the bodies of young girls making future physical relations and childbearing difficult and painful; routine physical chastisement of young children.

I recently heard an interview with a young American mullah from California and three of the young women who attend his mosque. The mullah was asked about a verse in the Qur'an that seems to permit the physical chastisement of a wife by her husband. (4.35) His response was that this verse is not an open invitation for domestic violence and that a man who interprets it as condoning physical abuse would probably be abusive anyway. The women were asked their opinions about wearing the hijab, the head (and sometimes total body) covering worn by many Islamic women. Their response was that they wanted to do so and that it was a personal choice. This response lies at the root of my concern for women all over the world. They should have the right to make choices about their faith, their lives, their education and their bodies.

"Because I am a Girl" makes clear that millions of girls (and women) do not have this right. Here are some of the findings: 1. 100 million girls are "missing" from the world's population because of selective abortion, infanticide and neglect of female infants. 2. Girls spend much more time on domestic, non-economic work than boys and have less time for school and play. 3. 62 million girls, compared with 54 million boys, are not in primary school. 4. Two thirds of the new HIV cases between ages 15-18 (in sub Saharan Africa) are girls. 5. 70% of the 1.5 billion people living on \$1 a day, or less, are female. 6. Nearly 50% of sexual assaults worldwide are against girls aged 15 or younger.

Though we may think that this study was based on developing countries, in fact many of the girls who were interviewed and quoted were from industrialized countries. The only area of progress for girls globally is the increase in the number of girls who are getting some education.

According to the report the major solution to the problems of girls lies in the treatment of boys. How boys are treated, and the kind of role models they have in their lives, will determine how they treat others, especially women. So we are all in this together.

The choices we adults encourage for the boys in our lives can effect the empowerment of girls, allowing them to make choices that can enrich their lives and those of their future families. These are choices worth making for they will benefit the human race.

Isobel P. Swartz

## Contra Dances Are Back in Swing at Danville Town Hall

The Danville contra dances are about to begin another year of good music and good fun.

Last year's monthly dances were so well attended that organizers have decided to hold a total of 16 dances this year. The popular dances will be on the 1st and 3rd Friday of each month, from October through May.

Chip Hedler of Norwich will be calling for the first dance each month, and the second dances will feature guest callers from around New England. Music will be provided by long-time participant David Carpenter of Cabot joined by many other talented musicians from near and far.

If you've never tried contra dancing, you are really missing out on something very special. It is simply a form of "country dancing," which is easy and fun to learn for all ages.

Eight o'clock at the Danville Town Hall on these Friday evenings is where you can bring your entire family for a great time of fun and exercise. A small donation is requested to cover the cost of renting the building and it is suggested that you bring comfortable shoes to wear and a bottle of water.

For more information contact David Carpenter at 563-3225.



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## Remembrance: Alice Pope Crays

**Alice Pope Crays**  
January 28, 1913 -  
August 16, 2007

Alice Pope was born in New Haven, CT. At the time she was 6 her family moved to Beloit, WI and later to Albion, MI where she attended high school and college.

Always a bit of a squeaky wheel, Alice rebelled against her cranky high school teachers and was often getting into trouble. She spent more than her share of time writing things as punish-

ment on the blackboard. She graduated from Albion High School in 1930 and from Albion College in 1934. Her major was social science but she was drawn to social work. She attended the Smith School of Social Work and the University of Chicago.

Married to Orville Crays she had two children, Don born in 1940 and Karen born in 1945. With masters degree from the Simmons School of Social Work Alice became the director of social work at the Quincy (MA) City Hospital, head of social

services at Walpole (NH) Cancer Center and director of social work at Keene (NH) Hospital.

Following her retirement she lived in Phoenix, AZ for several years and then moved to Danville where her Pope family roots run very deep. Alice was a devoted worker, even in her last days, at The Open Door Food Shelf and Thrift Shop in Danville. She was a champion of the needy and of those for whom good fortune was hard to find.

She died on August 16, 2007 still thinking about who was going to be working at The Open Door. An accomplished woman always with a sparkle in her eye, Alice was the mother of two, grandmother of seven and great grandmother of five. She had



Alice Pope Crays

many friends, and although she requested no fancy service or fanfare of any kind she will be long remembered. Her ashes

were buried at the Pope Cemetery in North Danville with a simple grave marker with the epitaph, "I Cared."

## Remembrance: Marjorie Cahoon Chickering

**Marjorie Cahoon Chickering**  
January 20, 1921 -  
June 4, 2007

Members of the Cahoon and Chickering families gathered at the Walden Church on the weekend of September 7 and 8 for a reunion and to celebrate the life of Marjorie (Cahoon) Chickering, who died June 4, 2007, and her husband, Leo Rodney Chickering Sr., who died September 15, 2001. Marjorie grew up in Walden and Leo in North Danville. Following a short service Saturday morning, their ashes were scattered at favorite spots at the former Cahoon Farm at the end of Cahoon Farm Road.

Better known as Marj, she was born in Walden on January 20, 1921, the first child of George and Madine Cahoon. She attended Wiggins School, a mile down the road from home. She began school at 5, skipping grade three,

graduating and starting high school in Danville at age 12.

A voracious reader of Zane Grey and other western novels, she became accomplished at drawing cowboy and Indian scenes. Seeing Marj destined for higher education, Dad wangled with the Dean of Goddard College, Royce Pitkin, whom he had met in the legislature, for her to stay at his house, work in the office and attend school. It was a two year college. She majored in journalism. During her married years she wrote three children's books.

Marj headed for Boston and got a job in a bank. At a frigid bus stop one morning, she met Ralph Murphy, a handsome black-haired Irishman, who was an insurance adjuster. They married before spring. Come World War II, Ralph joined the Air Force. He would not be accepted until he gained weight, so they quit their jobs and came to Walden. Ralph gained enough

weight during the summer and they went to a training base in the Southwest. He was a nose gunner in a DC-3 flying fortress plane. His plane crashed on a training flight, and only Murph was killed.

Marj and Susie came home again, and Tommy was born. In the fall she moved to St. Johnsbury and a job as society reporter for the *Caledonian Record*. She met Leo Chickering, and they married and ran his father's farm in North Danville. They sold the stock and moved to Sebring, FL where Leo was a building contractor.

They later moved to Naples, FL and bought a house and motel. She worked for the gas company, and he got into the real estate business. Marj raised six more children with Leo; Cherry, Julie and Gail (twins), Rodney, Steve and Jeff. With a bad back and operation from which she never recovered beyond a walker, a knee operation and a broken ankle put her down, until pneumonia dealt the final blow. Leo died six years ago.

Marj is home now for good. They will always be remembered at the hallowed family spot on Cahoon Hill in Walden.

**Brother Paul Cahoon**

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



**Remembrance: Rodger William Boyle**

**Rodger William Boyle**

October 1, 1931 -  
July 17, 2007

My brother, Rodger William Boyle, was born in New London, CT on October 1, 1931. I was born the previous year on July 9, 1930 in St. Johnsbury.

When our mother, Hazel Emily Rodger, died in November, 1931 we came to live with our grandparents, Samuel G. and Emily Kite Rodger in Danville. Our mother was the baby, their fourth child. We were raised on Hill Street where my grandfather operated a car repair garage. It was only with our questions later on that we even thought about why I was born in Vermont and Rodger was born in Connecticut.

We do know that our father was in the service - perhaps the Coast Guard - and later served a career in the Merchant Marines. Whatever the circumstances, our Dad later remarried, and to that union there were born five children.

When we were 5 and 6 our Grandpa Samuel died. Our Grammie was a saint. She had come to the states soon after arriving in Canada as a nanny to the family that brought her with them. I wish I had paid more attention to her stories about her childhood near Kent, in Old England, as she used to say.

Grammie loved us unconditionally. We took our childhood for granted without thought as to how difficult it must have been for her. At a very young age the Webster family took Rodger under its wing. They lived up the hill from us. Rodger helped with chores and often went between their home and ours. We attended the Hill Street School, until, when we were in 2nd and 3rd grades, the several schools in Danville were consolidated at the

new Danville High School.

As we were growing up on the upper end of Hill Street it was a community in itself. The neighborhood children often gathered in our long driveway to play Red Light, Simon Says, Hide and Seek, marbles, jump rope or Hop Scotch. Even in the wintertime, we were busy building ski jumps, following cracks in the snow in the fields behind our house pretending to be headed toward some unknown adventure. Webster's Hill was great for a long slide. In the spring when there was a nice crust you would find us out with our sleds before school. I remember riding bikes with Rodger to and from Webster's farm with our milk.

From the top of the hill to the Webster Hill turn the neighborhood kids were our playmates. They were the Hollbrooks, Kittredges, Margaret Johnson, the Pelows, Gloria Morse, Vera Peck and for a time even Rowena Watson. Anita Peck, Gloria Pelow, the Websters, the Paulsens were the "older kids." The Hartshorn "girls" had already left the Hill Street nest. Those were the early times that Rodger and I were blessed to have shared.

I was so proud of Rodger when he joined the service and when he and Ginny (Hubbard) were married at her family home. (Our 4-year old son, Doug, was their ring bearer.)

For many years their lives were lived far from Danville. Nevertheless, Reg and I were blessed to watch their family grow giving us six nephews and three nieces. In turn Rodger and Ginny kept up on the Lamothe family doings. We visited them in Germany and again in Hawaii.

What a plus it was to my life when they returned to North Danville in 1979. My brother was the DHS principal - talk about excited! The next almost 30 years were the nicest blessing of all. Rodger and Ginny and their family were my "rock" for over 10 years without Uncle Reg.

I am proud of Rodger's accomplishments and the dedication and fairness he showed in every way that he served. He loved the opportunity to meet and visit with so many of our elderly population helping with their taxes as an AARP volunteer.

Rodger often kidded that when he returned to Danville he was known as "Fran's sister." How he would chuckle to hear of the many people who called with their condolences saying they didn't realize he was my brother. I hope our friends will always consider me as "Rodge's sister," and know that I will miss him



Frances Boyle Lamothe Chaloux and Rodger William Boyle

terribly.

Fran Chaloux

**Editor's note:** We, too, were saddened by Rodger Boyle's death. He was a wonderful contributor on many levels to our lives in Danville. And like many we were stunned when we

learned that Frances Boyle Lamothe Chaloux passed away three-and-half weeks later on August 11, 2007. Both were outgoing, positive and enthusiastic members of this community. Our hats are off to Virginia Boyle, Bill Chaloux and their extended families.

**In Memory of Fran Boyle Lamothe Chaloux**

I wish to thank everyone for all of their generous support during the time of my devastating loss. We had such a short time to enjoy a new beginning together. We made the best of the time we had, though there was much more planned. Fran made me very happy. I thank you again.

Fran's husband, Bill Chaloux

I would like to express my thanks for the sympathy and support extended to me upon the death of my long-time friend, David Lawson.

R. Rothman

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# Lemon Tree Comes Back from Death's Door and Produces a Bowl Full of Lemons

(Continued from Page 1)

network of farmers and the industry house of cards fell apart. The vision may have been real, but the visionary was gone. Bankruptcy pulled a curtain over the empire leaving more than a few worm farmers on their own. Courtney and Schminke were as shocked as any, but like successful farmers of any kind they understood that

inconvenience and adversity are just part of the routine.

Schminke says, that many of the worm farmers disappeared, but alliances and cooperatives formed all over the country, and many reinvented themselves selling worms for fishermen, for people with composting toilets or some, like herself and her sister, selling worm castings as fertilizer.

Now the Down to Earth Worm Farm raises red worms, sometimes known as trout worms, red wigglers or red wrigglers. In circles of taxonomy they like to be addressed as *Eisenia fetida*. Schminke says, "They take compostable kitchen waste or even previously digested [horse, for instance] manure, eat it digest it and excrete it and produce soil inoculated with microorganisms that is beneficial to plant life." Thus she says, "A worm by any other name will eat copious quantities of compost and make castings," or, if you prefer, worm poop.

Finally the worms and the undigested waste food and manure are separated from the fine compost. The beautiful black nutrient rich humus full of microorganisms is packaged and ready for sale by the pound under the Vermont Department of Agriculture's Commissioner's Choice Seal of Quality.

And so it goes.

The Wacky Worm Sisters have merged their nursery and gardening acumen, added their wall of

worms, a series of 24 indoor, plywood, worm composting crates, and they churn out castings by the gallon.

Their worms, veritable composting machines, eat their way through leaf litter, kitchen- or garden-waste and merrily produce black gold. Courtney says the cycle from worm egg to adult is such that gestation takes about a month and a population can double in about a year. (If you remember your high school biology you recall that worms are hermaphroditic, that is both male and female organs occur in the same animal, and they reproduce biparentally without sexual fertilization from another worm.)

These worms are not your garden variety earthworm or night-crawler. Earthworms live under ground burrowed in tunnels. Red worms (once again *Eisenia fetida*) live above the soil among piles of leaves, animal manure or dead plants. They live communally in the organic material. They eat, breed and make compost. They

like moisture and they need oxygen. They like a temperature of 75-80°, and much lower than that they slow down. They can freeze, and like bacteria and fungi in their compost or leave pile they will come to a halt when they do. They will eat one quarter to one half their weight each day and a bunch of worms, a pound perhaps, will produce a half gallon of castings each month.

**We've been laughed at for our "herd-full of farm animals in a drawer," but they love us whenever and wherever we take the presentation.**

And so in their walkout basement on the hill over Greensboro Bend these ladies, the Wacky Worm Sisters, and their worms produce an exotic strain of plant fertilizer, digested worm food. As Schminke says, "As a diluted tea, the castings soaked in water overnight, make a wonderful fuel bringing nutrition and disease suppression to any plant, but especially for houseplants. It's the dream soil for houseplants as opposed to the soil-less mix you see in the garden center."

She really turns up her nose and shows her disdain at the mention of chemical fertilizers. "Miracle-Gro, for instance, is like steroids for plants," she says. "It's based on salt with a blue dye. It's pretty sad that it's become a household word as a means to make plants grow when in truth it buffs them up with all of the nutritional value of a Twinkie."

Schminke maintains that plants fed with organic worm castings will change in two weeks. "They will be healthier, vibrant, more disease resistant and," she wants us to believe, "happier plants." She cites her own experience and that of others with stories about award winning plants and plant recovery from near death.

She tells about a neglected lemon tree, a tropical plant that they moved from southern New England to northern Vermont. The (See *There's New on Next Page*)



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# \$ Follow the Money

by Rachel Siegel

“Rest in Peace, Phil Rizzuto”

Phil Rizzuto died recently. He was a shortstop, and then a broadcaster, and in those heady, innocent, early days of bank deregulation, he was a pitchman for The Money Store. He hawked “low, low interest rates for the life of the loan” with a poignant blend of swagger and sincerity. He hawked the nascent, modern credit market.

For about half a century, between the bank failures and subsequent regulation in the 1930’s and bank deregulation in the 1980’s, the mortgage market was a primary market. A mortgage was a loan between a local bank and a local borrower, and it stayed that way for the long life of the loan. Banks didn’t re-sell loans, and borrowers didn’t refinance.

Without a secondary market, that is, a way to sell a loan and

unload its risk, lenders were careful about the structure of loans and the stamina of borrowers. Likewise, without a national market in which to shop for a lender - without the option of a quick refinance - borrowers were more careful to not take on a loan they couldn’t afford, on terms they couldn’t abide.

The secondary mortgage market was created as a means for lenders to sell mortgages and for investors to buy the regular cash payments that mortgages generate. Lending would become more profitable and less risky, because loans could be re-sold. This would encourage mortgage lending and so home ownership. It would allow more people to accumulate equity capital, which is how most of us begin to properly participate in capitalism.

The local bank could sell its

loans to a larger bank that, because it had more loans, was less exposed to the risk of any one. This transaction, and logic, continued up the food chain, until a very large investment bank, or government agency such as Freddie Mac or Ginnie Mae, repackaged bundles of mortgages and sold them off as bonds to investors. Pension funds, insurance companies and endowments are always looking for regular cash flows to meet their regular payout obligations, and so would be interested in buying these streams of mortgage payments. With that many mortgages bundled together, with that much diversification, risk would be minimized by the safety in numbers.

Except that numbers can protect against the default of any one loan - a borrower can lose his job, fall ill, or divorce, for example - but not against the risk that economic forces or market conditions - inflation, a recession, or higher interest rates, for example - can affect the entire mortgage market.

So when the winds shifted in that market, when real estate values started to fall and interest rates

started to rise, many borrowers - not just one or two - began to default, because they were all exposed to the same market forces. Then those bundles of mortgages that were supposed to provide safety in numbers actually represented huge pools of risk. Holy cow!

The secondary markets, with their illusion of safety, also created carelessness. Since neither borrowers nor lenders would have to live with the consequences of the terms of a loan for the life of the loan, neither needed to apply great scrutiny or judgment to the lending process. Loans were made that never should have been, as long as there were willing buyers.

Yet the secondary markets also worked: more people do own homes, and most people can still afford them and for most people, that is a real advantage. We just forgot, or in our excitement chose not to remember, that mortgage risk - like houses - can be sold off only as long as there is a buyer. When the economy becomes less encouraging, buyers become more careful and less willing, right down to the local lender, and then some borrowers may find no takers at all.

As long as we can trade risks, we can take them, which is how our economy - and our equity -

grows. Secondary mortgage markets do serve a purpose and will not go away, nor should they. But those who create loans on the premise of selling them will have to be more careful, as will those who borrow on the promise of refinancing. The credit markets are global, but mortgage markets may become just a little more local again.

**We just forgot, or in our excitement chose not to remember, that mortgage risk - like houses - can be sold off only as long as there is a buyer.**

Rest in peace, Phil Rizzuto. May your legacy never default.

*Rachel S. Siegel, CFA, consults on investment portfolio performance and strategy, and on accounting and tax dilemmas. She has an MBA from Yale; she is a professor in the business administration department at Lyndon State College.*

## There’s New Life in Those Worm Castings

(Continued from Page 8)

four-foot lemon tree was less than impressed by life in a climate with seven months of snow cover and ever shortening hours of daytime sunlight. With a single wilted leaf it had seemingly all but given up the ghost. Then with a steady diet of worm castings tea it recovered, and Schminke tells about giving workshops on organic gardening at which they displayed a bowl of 32 lemons all from that single reborn tree.

Courtney, who describes herself as the Wackier Worm Sister, says, “We don’t make any money, but we sure are famous. We’ve been to flower shows and all the way to New Jersey for workshops. We’ve been laughed at for our ‘herd-full of farm animals in a drawer,’ but they love us whenever and wherever we take the presentation. The last time we went to a school for a program I walked into the elementary school with my wooden worm box and said to the ladies in the cafeteria that we were their worst nightmare. They were fascinated, and the kids wouldn’t let us leave for an hour and a half

after we were supposed to be finished.

“There are some schools,” she says, “that are really enlightened with sophisticated composting programs and lots of energy going into new ways of thinking. There are others, of course, that are not. But at the end of the day worms will eat a lot of waste food [bread, pasta, fruit, vegetables and eggshells but not meat, dairy products or fatty foods] and produce a material that is better, in terms of

nutrition and disease suppression, than literally anything else for the garden or plants.”

For further information about the Down to Earth Worm Farm or for specific information on purchasing worms, worm castings, wooden composting bins or literature about the world of worms, look for [downtoearthwormfarmvt.com](http://downtoearthwormfarmvt.com) or call (802) 533-9836. Better still look for the sign on Vermont Route 16 and follow The Bend Road up to the farm. ✦



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# Mark Mitchell Takes His Abenaki Heritage Very Seriously

(Continued from Page 1)

Commission on Native American Affairs. He sums up Columbus' exploit in matter-of-fact terms. "Columbus discovered two things: first of all, Native Americans were living over here, and secondly, that he was lost." Apparently South Dakotans agree, for their October holiday is officially a state holiday known as "Native American Day."

**"Columbus only discovered two things: first of all, Native Americans were living over here, and secondly, that he was lost."  
- Mark Mitchell**

Mitchell was born in St. Johnsbury and did a stint in the Marine Corps toward the end of the Vietnam War. He studied aviation

at Daniel Webster College in Nashua, NH. For eight years he was manager of flight operations for Air Florida. This is his twelfth year at the Becket Family of Services in East Haverhill, NH, a year-round residential program for boys. "It gave me an opportunity to work with special needs children." He says, "I think of them as 'at promise' rather than 'at risk' children." He does staff trainings at the school's business office, helping run the residential department and planning new programs.

Mitchell's parents' generation shied away from talk about their ancestry, though his grandmother confided to him that she had a strong belief she was Native American. Her mother and father kept the knowledge to themselves.

"Then my Dad and I started to trace the genealogy of his mother's side of the family," he explains. "I traced that line to the early 1600's in the Salem, Massachusetts and the Newbury, Vermont area. My parents are actually amazed that I found what I did. I spent nine months doing research in town clerks' offices, bureaus of statistics

and cemeteries."

Mitchell's sons, Nicholas, 22, and Nathan, 16, had the benefit of attending the Barnet school system, which has a grant given to schools with a minimum concentration of native people attending them. Barnet is one of the few that do.

Last year it was disappointing for Nathan when he started his sophomore year at St. Johnsbury Academy. The first day of his American history course the discussion was about Florida's Seminole Indians. There was no plan to cover the Abenakis. Mitchell says, "My hope is that the Academy, which is a leader in education in the state, will be one of the first schools to offer a course on Abenaki history.

"My sons are very proud of having Native American blood. They talk about it all the time." When they were younger Mitchell used to read to his sons regularly from books about Indian legends. Today they help him when he pounds ash logs for black ash baskets, a Native American art form. "I've found it gets rid of negative energy in a positive way," he says.

ple in this country are the poorest going." For him, living on a reservation is a form of enslavement, with residents beholden to the government for survival.

This 53-year-old Native American considers himself lucky to have grown up during the era of prominence for civil rights issues. That has encouraged people to honor their racial heritage. He deplores the fact, though, that hundreds of Vermonters are in hiding about their Indian ancestry. "They shy away from the words 'Native American' so as to blend in, hiding their racial identity so they can compete in the economic marketplace."

When Governor Jim Douglas

His wife, Michelle, helps split the wood when it comes off the log.

When Mitchell visits his parents at their Arizona retirement home, he is reminded of the difference in the way Indians in the western part of the country are treated from those in Vermont. "I'm thankful we have no reservations in this state," he says. If you think going through a black ghetto is depressing, then take a ride through a reservation. Native peo-



Photo Courtesy of Mark Mitchell

Abenakis' concern for the status of their arts and crafts in Vermont was the subject discussed in the statehouse with Governor Douglas during last year's legislative session. Mark Mitchell was part of the conversation. (L-R) are Susanne Young, legal counsel to the governor; Suzy Chaffee; Governor Douglas; Nancy Millette, co-chief of the Koasek Traditional Band; Mark Mitchell and Rick Chaffee.

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announced his appointments to the seven-member Vermont Commission on Native American Affairs last summer, with Mark Mitchell as chair, Mitchell was somewhat bewildered. The new commission was established as part of an Act Relating to State Recognition of the Abenaki People, signed into law by the governor in the spring of 2006. "I appeared for my interview in the governor's office with my long hair, jeans and sandals. That's who I am and how I present myself. Then the governor called to say that he would like me to chair the commission and that his office is always open to me."

Mitchell has been a member of the governor's Commission on

Abenaki Affairs for 15 years, an advisory body originally set up by Vermont Governor Kunin.

"The current commission, created under Vermont statute, puts us in an equal playing field," he believes. "It will have much more force. When we first met last August we began to discuss the arts and crafts issue. There is a very hefty fine for labeling your art as Native-made, if you are not a member of an Abenaki tribe or band, recognized by the federal or state government. And yet the attorney general's office takes the stand that recognizing specific tribes is not necessary. Resolving that issue is a big challenge we face."

"Probably our best lobbyists

with the governor have been Suzy Chaffee and her brother Rick, both part Native American [and both have been recognized as highly successful competitive skiers]. She is an Olympic world champion and he was a gold medalist. Both wanted to share their concerns over our Commission's stand on arts and crafts with the governor, so he met us in the State House along with Susanne Young, his legal counsel."

Meeting monthly with Mitchell in the National Life Building in Montpelier, the other six members, all Native Americans, are Judy Dow of Essex Junction; Timothy de la Bruere of Newport; Charlene McManis of Worcester; Hilary Casillas of Monkton; Jeanne Brink of Barre and Don Stevens of Enosburg Falls. "They're a great bunch to work with," Mitchell says.

"Our commission is unbudgeted," he says. "Everything is out of our pockets, including gas to meetings, stamps, letterheads, envelopes. I manage our website. It's an easy treasurer's report, since it still balances to zero."

When friends tease him about how crazy it is to put in 20 to 40 hours a week as a volunteer on top of his full time job, his answer is, "It's about making a better world for our children." ✦

## AARP Driver Safety Course To Be Taught in Lyndonville

An AARP driver safety class is scheduled for October 29 and 30 from 9 a.m. until 1 p.m. (both days) at the Cobleigh Public Library in Lyndonville. The volunteer instructor will be Bob Roos. The course is sponsored by the Library.

This highly effective Defensive Driving Course, which may enable you to receive a discount on auto insurance, reduces the probability of your having an automobile accident.

The course is designed for drivers age 50 and older. Topics include important issues that affect older drivers such as physical changes and limitations, normal driving situations and distractions, safe driving and vehicle information and the impact of medication on the motorist. Taught in two 4-hour sessions the course provides older drivers an opportunity to fine-tune their driving skills and become safer and better drivers. The course is available to non-members as well as AARP members. The cost is \$10. Pre-registration is required.

For information and registration contact: Bob Roos, 2247 Barnet Center Road, St. Johnsbury, VT 05819-8548 or call (802) 633-4395.



Photo By: Ivy Larocque

Mark Mitchell, far left, pounding ash logs with his relatives Drew Laferriere and Jesse Larocque.

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## Up on the Farm Early

Lorna Quimby



Did you see what it cost to get a child ready for school this year? Maw and Dad could never have sent the five of us to school at those prices. But what they did spend getting us ready for school, although small in dollar amounts, represented considerable effort on their part.

Dad's herd of milk cows was usually dry during the summer. That is, his milkers were at the last stages of pregnancy, to come due during the fall when haying was done. So, even though a few had dropped their calves and were giving milk, the milk check that would pay the bills was still 30 days off.

Maw had poured over the material offered in the catalogs and examined bolts of cloth when she was in St. Johnsbury. Pretty cotton prints at less than ten cents a yard were her goal, and she usually met it. The Big Girls made or bought their own clothes with

money they earned working out. But for a few years, Maw made the dresses Deedee, Patty and I wore to school, one for each day of the school week. Deedee was six years younger than Mimi, so she rarely had hand-me-downs. Maw could wish some of Deedee's dresses that were too small for her might fit me, but they rarely did. Our shapes were different. Patty was six years younger than I. By the time she started school, styles had changed, and besides, when spring came, my dresses were seldom worth handing on.

The last weeks in August, Maw's sewing machine hummed. Meals were sketchy and hastily prepared. Maw "fit" our tops, trimming away excess material, and measured hems. Finally Maw would come upstairs with five dresses, all starched and ready for school. She hung their hangers over the hook on my

door and gave a sigh of satisfaction. Lorna, at last, was ready.

Besides dresses, in my early grades, Maw made the bloomers I wore. She must have bought a job lot of cotton cretonne, a puckered material that she didn't have to iron. She cobbled up my two summer nighties from the fabric as well as the bloomers I tried to make as inconspicuous as I could by rolling up the legs.

**I can imagine Maw's comments if a teacher told her one of us had to have special sneakers to play games.**

The first three years I wore long black stockings. Maw could not make stockings or socks so their purchase required cash. As did shoes. After going barefoot all summer and having my feet grow, there was no way I could wear the shoes I'd worn last spring. Our shoes were never expensive. Maw bought them only after visiting two or three stores on Railroad Street to make sure she was getting the most for her money. Three pairs of shoes for three girls would add up even so. We had no gym, so gym shoes were not needed. I can imagine

Maw's comments if a teacher told her one of us had to have special sneakers to play games.

Coats and jackets were either passed down from a bigger sister or from our cousins in Barre. We didn't have raincoats or boots — at least I didn't. Photographs of the older girls showed them wearing child-size barn boots that seemed wonderful to me. Later on in the fall, we all had galoshes. Thus we were provided with our clothes.

When we started in the South Peacham school, Deedee and I had new lunch boxes. Deedee's was pink. She liked pink, and when people gave us identical gifts but with different colors, she always had the pink one. I was left with blue. The boxes were metal, oval, with covers that fitted tightly. The handles were metal, too, and the same color as the boxes. They were deep enough to hold sandwiches, an apple and some cookies but had no room for a thermos. We didn't have thermoses, anyway. We carried our milk in a pint jar and, in the fall and spring, the milk was never cold, just lukewarm, with cream floating on top. We didn't get a new lunch box every year.

Usually for my birthday in July, Harriet and Bill would send something I could use at school. One year Harriet gave me a dozen pencils with my name engraved on them. I thought they were very nice, but I hated to use them. When they were gone I'd

have no more pencils with Lorna Field on them. We had pencil boxes, but, like our lunch boxes, we did not get new ones every year. Pencil boxes came in all sizes and shapes. In the catalog were ones that had two or three drawers, each filled with goodies. Most of us had a simple case that held a six-inch ruler, a triangle, a compass for drawing circles, a pen holder and nibs, pencils and a pencil sharpener. The sharpeners weren't good for much. They only worked well when they were new.

Paper was provided by the school board. We weren't supposed to waste any. They also provided the box of eight Crayola© crayons that was supposed to last each student a year. When the crayons broke, we put them in the communal box in the cupboard. That was the box of many colors, red rubbing against yellow or blue making orange look dingy.

Our school books came from the cupboard. They were covered with protective brown wrappers, so the covers wouldn't show wear. We weren't supposed to write on their pages, although I noticed some books had names written in the front as well as touch-up on some of the illustrations.

Families larger than ours had difficulty finding money for shoes. Sometimes the Ladies Aides at the Congo Church helped out, buying a child a pair so he could go to school. Lunch boxes weren't fancy, some used five-pound lard pails. By the time we got to high school, everyone carried a paper bag for their lunches.

Maw and Dad just had girls to get ready for school. I can't imagine what the mothers with two or three boys did. But we all came on that first day with fresh faces, clothes that were "decent," ready for another year of school.

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## String Worth Saving

Bill Christiansen

I seldom write about political issues. But this summer, several have come to light that make me want to change my usual practice.

The one that got me started is the law that allows the sale of fireworks in the state, but prohibits its residents from possessing them. Do lawmakers expect that people from out of Vermont are going to come flocking to buy, while the good law abiding citizens from inside its borders refrain from purchasing them? Maybe the legislature had a more sinister idea, knowing that citizens of the state would buy the fireworks, creating a chance to bust them and thereby raise revenues from the fines. I'm sure this will be corrected by a future legislature, but instead of scrapping the whole thing, they will pass about 50 amendments that will complicate the issue beyond recognition. I notice our neighbors in New Hampshire are doing the same thing.

My second gripe of the summer goes back a long way. It concerns the city of New Orleans. The city started out being constructed on a small piece of high ground near the mouth of the Mississippi River. The high ground was surrounded by swamp, which made for good defenses. Soon the city wanted to expand, and a great plan was hatched. Build a dam around the

swamp, and pump out the water. As the water was removed, the organic material and soil began to compact, and the whole area began to sink. Soon, the city was below sea level. As long as the pumps kept going, the area was somewhat dry.

Along comes Hurricane Katrina in August 2005, the pumps stop and the dams fail and guess what? The city floods. What to do? Why, fix the dams, pump out the water and rebuild the city. Billions of dollars later, we will be ready for the next hurricane, and we can repeat the whole process. If your first attempt produces unintended consequences, do the same thing over again and hope for a different result.

Fortunately for us all, some bad ideas never see the light of day. One bad idea has to do with the metric system. As you are aware, the metric system for weights and measures was adopted by France at the end of the French Revolution. It is an excellent system, which makes the world of weights and measures logical and easy to use. While we in the United States have "pussy-footed" around the idea for a hundred years, we will eventually join the rest of the world and use the system. We will do it in a series of 1,000 baby steps.

One aspect of the metric sys-

tem that was dropped early on was the revamping of time-keeping and the calendar. That was a bad idea that deserved to die.

Our present time keeping system of 24-hour days and 60-minute hours is our inheritance from the ancient Babylonian arithmetic system, and our seven day week and 12 month year are part of an ancient system of astrology. So, to put a more

**While legislators like to think they are changing the world, the reality is the world moves on in spite of them.**

rational system in place it was proposed to have a time and calendar system based on 10, like the rest of the metric system. One hundred seconds would make a minute, one hundred minutes would make an hour, ten hours would make a day, ten days would make a week, and ten months would make a year.

This would result in a day of 100,000 seconds as compared to the present day of 86,400 seconds. If adopted, this would mean they every time piece in the would have to be replaced, along with every calendar. Add to this the changing of all birth dates, historical dates and anniversaries. The change-over could occupy millions of people

for decades.

The proposed system was dropped by France on January 1, 1806. The main opposition was the church not because of the complexity of the system but because they would have to recalculate all of the church holidays. The idea was revived at the time of the Russian Revolution and then rejected. No all of their decisions were bad.

My last gripe concerns the way Vermont funds its education system. This is an example of a Complex System. A Complex System is one that always borders on chaos. The bordering on chaos results from unintended consequences created by the actions taken.

Unintended consequences are the things that pop-up after an action taken, and the people involved are surprised because they never thought of them. We discovered that a system is not working the way it was intended and we begin "tweaking" it to correct the perceived problem. Each tweak produced unintended consequences that are worse than the original problem, which then

prompts another tweak. There comes a time when the wise man would abandon the whole thing and start over. My fear is that the legislature will continue to tweak the system of funding education to the point where no one understands it.

This list could go on, but I will not bore you with my discontents. The real story is that little of what the legislature or any other governmental body does has much direct effect on my life. While legislators like to think they are changing the world, the reality is the world moves on in spite of them.

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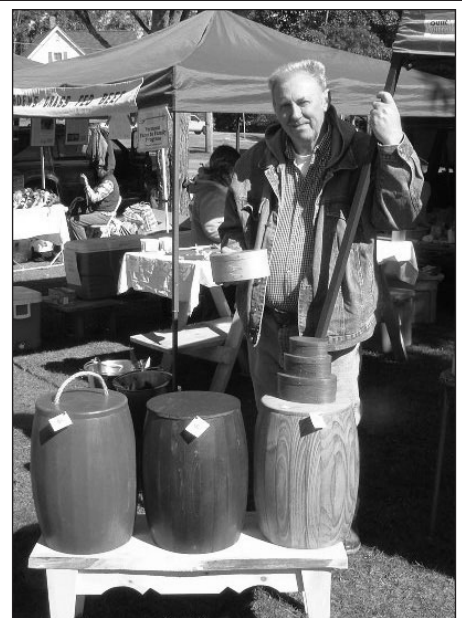
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**Philip Marvin of Lunenburg** has been selling his hand-crafted wood products for six years at the St. Johnsbury Farmers' Market (Saturday, 9 am - 1 pm behind Anthony's Diner) and at the Danville Farmers' Market (Wednesdays, 9am - 1 pm. on the Danville Green.) The markets continue through October with fall flowers and mums, squash and root crops, fall decorations, maple syrup products, apples, beef, cheese, baked goods and wool products. With the holidays approaching, the markets provide a great opportunity to find a Vermont-made gift, whether it's choke cherry jelly, a child's hat knit to look like a pumpkin or a fancy apron for the cook. The markets are fun to attend and a nice way to support local businesses.



# Funky Jazz: John Scofield Trio and the ScoHorns at the Hop

Straddling the lines between jazz, funk and jam-band, the John Scofield Trio and the ScoHorns will perform at Dartmouth's Spaulding Auditorium on Saturday, October 6 at 8 p.m. With post-bop, fusion, soul and master improvisation, Scofield gets back to his roots performing music from his new album, *This and That*, with his longstanding guitar, drum and bass trio and an energetic horn line. Hopkins Center audiences are in for a free-spirited musical adventure.

The new album, released on September 18, has a similar texture to Scofield's previous work, with a lively and visceral impact thanks to his punctuating guitar and the trio's rhythmic, swinging energy. "All these tunes swing," Scofield says. "One may be funky, another may be country, but the swing element is important to all of them."

The Trio, John Scofield, guitar; Larry Grenadier, bass and Bill Stewart, drums, with a three-piece horn section, Phil Grenadier, trumpet and flugelhorn; Eddie Salkin, tenor sax, flute and alto flute and Frank Vacin, baritone sax and bass clarinet, create a bigger sound, adding an orchestral feel to the music.

This group features some of

the best session players on tour. Between Grenadier, Salkin and Vacin, the horns offer a broad palette for the arrangements. Horn parts, written and arranged by Scofield, add depth and texture while remaining true to classic sound of the Trio.

Scofield says, "When I write a tune, I always hear it in my head with more orchestral parts. This is a form of my music that rarely materializes for public consumption. The sextet allows me to explore a compositional expansion without sacrificing the interplay and intimacy of the Trio."

Most recently at the Hopkins Center in 2000, Scofield is considered one of the "big three" of performing jazz guitarists, with Pat Metheny and Bill Frisell. His influence began in the late 1970's and is strong today.

Scofield took up the guitar at age 11, inspired by both rock and blues players. After a debut with Gerry Mulligan and Chet Baker, Scofield was a member of the Billy Cobham-George Duke band for two years. In 1977 he recorded with Charles Mingus and joined the Gary Burton quartet. Scofield began his international career as a bandleader and recording artist in 1978. From 1982-1985, he toured and recorded with Miles Davis. His Davis

stint placed him in the foreground of jazz consciousness as a player and composer.

Since those early associations he has led his own groups in the international jazz scene, recorded over 30 albums as a leader including collaborations with Pat Metheny, Charlie Haden, Eddie Harris, Medeski, Martin & Wood, Bill Frisell, Brad Mehldau, Mavis Staples, Government Mule, Jack DeJohnette, Joe Lovano and Phil Lesh.

Scofield has played and recorded with jazz legends Tony Williams, Jim Hall, Ron Carter, Herbie Hancock, Joe Henderson, Dave Holland and Terumasa Hino. Throughout his career Scofield has punctuated his traditional offerings with funk-oriented electric music. All along, he has kept an open musical mind.

Scofield believes in supporting new talent, as is clear from the presence of fresh faces in his bands. "It's the jazz way," he

says. "I started inspired by my elders, and I got to play with many of the guys I listened to on records, like Miles, Joe Henderson, Chick and Herbie. You get to pass it on. That's the way life in music works. We really get to share and grow."

Scofield's recordings demonstrate a creative and unpredictable journey as a contemporary jazz master.

For information call (603) 646-2422.

## the ARTS around

### October

- 2&3 *Ballet Folklorico de Mexico*, Opera House, Lebanon, NH.
- 4 Little Feat, Opera House, Lebanon, NH.
- 4 *Ballet Folklorico de Mexico*, Flynn Center, Burlington.
- 5 Weston Playhouse Theater Company with *'Master Harold' and the Boys*, Flynn Center, Burlington.
- 5 Merce Cunningham Dance Company, Hopkins Center, Hanover, NH.
- 5 Ember Swift, Middle Earth Music Hall, Bradford.
- 5-11 *Milarepa* (2006, Bhutan) [PG] Director: Neton Chokling. True story based on centuries-old oral traditions, this Bhutanese film follows the baby boy who would grow up to become Milarepa a man who overcame family tragedy and poverty to be recognized as a great spiritual icon. Catamount Arts, St. Johnsbury. (802) 748-2800.
- 5-7 *Tibetan Sacred Dance* Director: Ellen Pearlman. Rare footage shot in nomadic Tibet, Sikkhim, Bhutan, Nepal, India and the United States for a glimpse into the hidden world of cham. Screening of *Tibetan Sacred Dance* will follow *Milarepa*. Catamount Arts, St. Johnsbury.
- 6 John Scofield Trio and ScoHorns, Hopkins Center, Hanover, NH.
- 6 Nobby Reed, Middle Earth Music Hall, Bradford.
- 7 Ladysmith Black Mambazo, Opera House, Barre.
- 7 Vermont Symphony Orchestra, Opera House, Lebanon, NH.
- 11 Imani Winds, Hopkins Center, Hanover, NH.
- 12 Crazy 'bout Patsy, Opera House, Lebanon, NH.
- 12-18 *Golden Door* (2006, Italy) [PG-13] Director: Emanuele Crialesi. Salvatore Mancuso is a farmer and widower, who has heard the tallest tales of America: rivers of milk, coins bloom on bushes, giant, man-size carrots. Seduced, he and his wife and two sons cling to their meager belongings as tightly as they do their old world superstitions. They arrive at Ellis Island to face the assembly line of white-coated doctors intent on weeding out undesirables. Catamount Arts, St. Johnsbury.
- 13 Global Drum Project featuring Mickey Hart and Zakir Hussain, Flynn Center, Burlington.
- 13 The Young Jazz Lions, Aaram Bedrosian and Coleman Bartels, North Congregational Church, St. Johnsbury.
- 13 Vermont Philharmonic Fall Concert, Opera House, Barre.
- 16 Broadway National Tour, *Peter Pan*, Flynn Center, Burlington.
- 19 Holly Near, Alexander Twilight Theater, LSC.
- 19 Willie Edwards Blues Band, Middle Earth, Bradford.
- 19 Pat Metheny Trio, Flynn Center, Burlington.
- 19-25 *Becoming Jane* (2007, England) [PG-13] Director: Julian Jarrold. Delightful and imaginative romance about the real-life life of Jane Austen, who is a romantic and unwilling to buckle under the pressure of her parents to marry well and for money. Catamount Arts, St. Johnsbury.
- 23 Loreena McKennitt, Flynn Center, Hanover, NH.
- 24 Zedashe Ensemble, Hopkins Center, Hanover, NH.
- 25 Legend of Afro-Brazilian Music, Virginia Rodrigues, Flynn Center, Burlington.
- 25 Shirley Jones, Opera House, Lebanon, NH.
- 26 The Capitol Steps, Hopkins Center, Hanover, NH.
- 26 Tracy Grammer & Jim Henry, Middle Earth, Bradford.
- 26 - November 1 *Day Night Day Night* (2006, U.S.) [R] Director: Julie Loktev. A 19-year-old girl prepares to be a suicide bomber in Times Square. She speaks with no accent; it's impossible to pinpoint her ethnicity. We don't know whom she represents, what she believes in - we only know she believes it absolutely. Is her act justified? Of course it's not justified. Of course, she believes it's justified. It doesn't matter if we believe it; all that matters is that she believes it. Catamount Arts, St. Johnsbury.
- 26 The Cure, Bell Center, Montreal, PQ.
- 26 The Machine, Opera House, Lebanon, NH.
- 27 Hoard Zinn's *Marx in SoHo* with Jerry Levy, Alexander Twilight Theater, LSC.
- 27 Dave Keller Blues Band, Middle Earth, Bradford.
- 27 Alpha Yaya Diallo and the Bafing Riders, Opera House, Lebanon.
- 27 Eva Ayllon, Hopkins Center, Hanover, NH.
- 28 Arnold Lobel's "A Year with Frog & Toad," Flynn Center, Burlington.
- 28 Bob Weir and Ratdog, Opera House, Lebanon, NH.
- 30 Murray Perahia, Pianist, Hopkins Center, Hanover, NH.

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# Walden Hill Journal

Ellen Gold

**October 2, 2006** - Geese are on the wing, an uplifting sound for such a gray clammy day. Foliage peaked early this year, in time for heavy rains to bring down the leaves. Yet a good deal of color remains for foliage week festivities. There was quite a convention of woolly bears undulating through the grass, sunning in the road, climbing the wooden rails and scurrying through the gravel drive. A smaller and spikier caterpillar was well anchored to a lilac leaf and posed for the camera.

**October 3, 2006** - Thick valley fog is creating what Jeff calls the Mt. Fuji effect. Only the highest mountain peaks are burning through the morning haze. Heavy frost is predicted towards the end of the week so I'll need to take advantage of today's sunshine to pick any remaining zucchini and tomatoes. The heavy, musky perfume of leaf litter and mushrooms in the woods permeated the air as well as the sweet scent of drying hay-scented fern. I identified a patch of wild ginger and will try a bit of the root to see if it's worth digging. A final stroll down to the frog pond took us through some colorful young trees as well as the beautiful blushing blueberry and blackberry patches. We came upon a dead mole that something had dropped on the path. Its stubby snout and paddle feet were quite interesting to observe. I'm sure whatever dropped it will return to its meal.

**October 6, 2006** - Looks like we had another nip of frost last night although the low reading on the thermometer was 35°. Cooler weather sharpened the fall colors with hillsides wearing a thinning coat of many colors. This evening's

fiery, swirling sunset bathed all in a rosy glow. A full harvest moonrise over the White Mountains was a very dramatic ending to a picture perfect fall day.

**October 10, 2006** - We're the proud parents of a beautiful monarch butterfly. The caterpillar attached itself to our woodpile and spun its emerald green, bejeweled cocoon, suspended by white, spiderweb-like threads. We observed the chrysalis beginning to show orange wings inside as the cocoon faded to pale green and finally black before the monarch emerged. The beautiful butterfly spent its first day, hanging in the grass, allowing its wings to form and dry. Unfortunately there was no sun to speed along the process. Jeff later noticed one of the monarch's wings was not extending and discovered that the butterfly, when it fell from its cocoon, impaled that wing on a blade of grass. Jeff gently lifted the butterfly to release it and laid it on the ground to let it continue forming. The beautiful monarch did not survive the day.

**October 13, 2006** - No doubt about frost this morning. Frozen, frosted droplets sparkle on the rhododendron, a light coating of ice

clings to the porch, and white dust covers the grass and field. Frozen droplets of morning dew cling to the bushes and bead up on the bare branches of our young maple trees.

**October 19, 2006** - Chilly fall rains are here. Fortunately our supply of wood is snugly packed in the garage. We took advantage of "lower" oil prices to top off our oil tank at \$2.39 a gallon. We used 74 gallons last season, which is actually a little more than usual. I think we had fewer days of solar gain last winter. So with wood in and the oil tank full, we're ready to face another winter.

**October 20, 2006** - What started out as thunderstorms at 6 o'clock this evening was substantial snow by 9. Strong winds are creating blizzard conditions and causing blips in the power. Our first snowfall last year was October 23, so we're right on schedule. My last recorded 2006 snowfall was April 4. That gave us six snow-free months, which are always a welcomed gift. Our snow thrower has been serviced but is still about a mile down the road at Ed's repair shop. Fortunately our snow shovel is in place and will hopefully be adequate for now. I guess it's time to put the sneakers away and dig out the winter boots.

**October 22, 2006** - It definitely looks and feels like we are moving towards winter, with a low of 24° last night and yesterday's high topping out at only 38°.



Photo By: Jeff Gold

A smaller and spikier caterpillar was well anchored to a lilac leaf and posed for the camera.

Fortunately the sun brought us to that high this morning and will hopefully continue to climb and melt off the snow. A flock of geese were honking their way south, juncos are back from the north feasting on the ample variety of dried flower seeds, and large flocks of turkeys have been grazing in the fields. A few of the hardier phlox are still in bloom, shocking pink against the white snow. Tamarack needles appear to glow brighter as well with the surrounding snow.

**October 27, 2006** - We're finally seeing a dry day with the

sun making an afternoon appearance. I took advantage of the weather to clean and store all the screens, empty the compost into the garden, cut back the remaining asparagus and top that bed with composted grass clippings. I did a final lawn mowing as well. Once the sky cleared, the White Mountains appeared, beautifully cloaked in their first substantial snow suit. Mount Washington is definitely more majestic with a topping of snow while the snow cover on Mt. Moosilauke seems to soften that peak.

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## Come to the Table

Denise Brown



If you wish to bake your meat pie, line a deep earthen or tin pan with paste made of flour, cold water and lard; use but little lard, for the fat of the meat will shorten the crust. Lay in your bits of meat, or chicken, with two or three slices of salt pork; place a few thin slices of your paste here and there; drop in an egg or two, if you have plenty. Fill the pan with flour and water ... Cover the top with crust ... Some people think this is the nicest way of cooking young chickens."

Lydia Maria Child,  
*The American Frugal Housewife*, 1844.

The first cookbook written in America was the work of an entrepreneurial woman named Amelia Simmons. Published in 1796, the instructive volume was entitled, *American Cookery, Or the Art of Dressing Viands, Fish, Poultry and Vegetables and the Best Modes of Making Pastes, Puffs, Pies, Tarts, Puddings, Custards*

and Preserves, and All Kinds of Cakes, From the Imperial Plumb to Plain Cake, Adapted to This Country and All Grades of Life.

Many of Goodwife Simmons' recipes are shorter and simpler than the title of her book. Some call for little more than tossing together a few ingredients and boiling for an hour or ridding some small animal of its inner and outer paraphernalia and hanging it over a fire until done.

New England cuisine today might seem to have little in common with the elementary cooking methods and unfamiliar foodstuffs – the calf's foot jellies and salt-petered beef, the roasted pigeons and mince pies, the gruels and syllabubs and, yes, viands described so long ago. Certain traits, of course, remain. The historic, hearty dishes cold weather dictates are still classics. The colonial blending of old and New World traditions can be seen in our current menus, especially those for holiday dinners.

Modern life is a hurried thing, and some nights, if you can't microwave it, drive through it, or have it delivered in 20 minutes or less, a proper repast feels like too much trouble. Still, cooler weather calls us closer to the stove.

You can't rush a really good chicken pot pie. You can cut corners; you can go semi-homemade. But one Sunday this autumn, maybe once the leaves have fallen from the trees but before all hell breaks loose with the holidays, you might want to give an authentic New England Chicken Pot Pie a chance.

What follows won't take the five hours of preparations some old time "receipts" require. You needn't pick out a couple of young chickens from the flock, first making sure their legs are good and smooth, not a bit speckled, then watch them dance around headless for a bit before plucking and cleaning front to back. You needn't make use of the gizzards and necks, as *The American Frugal Housewife* recommends. And you needn't spend an hour beating the biscuit batter to get it to rise.

Unless, of course, you really want to.

### New England Chicken Pot Pie

Economical, delicious, and feeds a crew. Some recipes call for sweet potatoes, or no potatoes at all, but serving either of those versions would constitute a most grievous sacrilege in my family. You might opt for traditional pastry crust on top or biscuits made with your choice of shortening, perhaps a blend of butter and lard. I personally cannot abide lard. Apparently, there's a difference between good lard and bad. Call me squeamish, but I'll avoid both. There might be an age beyond which one simply cannot become a discriminating lard consumer.

- 4 whole chicken legs
- 2 onions, chopped
- 8 ounces mushrooms, sliced
- 3 tablespoons butter
- 3 medium potatoes, peeled and diced
- 2 carrots, peeled and sliced
- 5 tablespoons flour
- 1/3 cup cold water
- 1 cup cream
- Salt and pepper to taste

#### Biscuit Topping

- 2 cups flour, plus more for rolling
- 5 tablespoons butter
- 1 tablespoon baking powder
- 1 tablespoon sugar
- 1/3 cup milk

Place chicken legs, 2 teaspoons salt and 1 teaspoon pepper in a large pot and cover with cold water. Bring to a boil over medium high heat, then reduce to medium-low. Simmer, uncovered, for 30 to 40 minutes until chicken is cooked through.

Remove chicken from the pot. Allow to cool slightly, then remove the meat from the bone,

and return the bones and skin to the pot. Continue simmering over medium-low heat 30 minutes to 1 hour more. Strain well and measure. You'll need about 6 cups of liquid altogether. Additional canned broth or water may be added as necessary at this stage; add milk or more cream for extra richness later. Return the broth to the pot. Add the diced potatoes and simmer 5 minutes. Add the carrots and simmer another 5 to 10 minutes, until vegetables are tender.

**The historic, hearty dishes cold weather dictates are still classics.**

Meanwhile, in a large skillet, heat the butter over medium-low heat and sauté the mushrooms for a few minutes. Add the onions and cook about 10 minutes, until the onions are tender. Set aside.

Preheat the oven to 450°.

Cut the butter into bits. Place in a medium bowl along with the sugar, baking powder and 2 cups of flour. With a pastry cutter or two knives, combine the mixture until it has the texture of cornmeal.

Add the milk to the flour mixture. Mix quickly with a fork until it holds together. Dump onto a floured board. Fold the dough back onto itself about a dozen or so times, then roll it out to a thickness of 1/2 inch. Cut with floured biscuit cutter or drinking glass.

Mix the 5 tablespoons of flour with the cold water and whisk until smooth. Stir it into the pot. Cook over medium heat until the stock thickens. Remove from heat. Add the chicken, torn into bits, then the cream, mushrooms and onions. If mixture seems too dry, supplement with additional cream or milk.

Adjust the seasonings. Pour the mixture into a deep, buttered 13 x 9-inch baking dish. Place the biscuits on top, anchoring them on the edge of the baking dish. Bake about 12 minutes, until the biscuits are turning golden brown. Serve immediately.

*Denise Brown lives in the Northeast Kingdom.*

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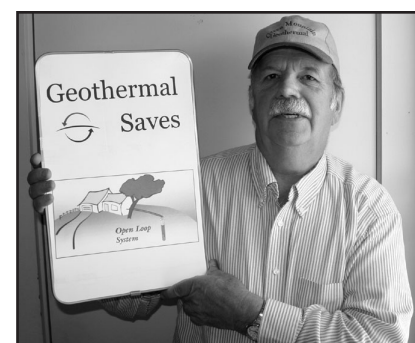


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## The Cork & Bottle

Gerd Hirschmann

Gamey, strawberries, raspberries, peppery, spicy... these are adjectives used to describe Grenache, the South Australian secret.

While Grenache has a long history in Australia, it is only over the past decade or so that the variety has received the recognition that it deserves. It is regarded as a classic variety by many, but it is seen as an "alternative varietal" in Australia, perhaps because few wine drinkers know much about it.

This grape variety is widely planted in South Australia; particularly in the Barossa Valley and McLaren Vale wine regions. It is a versatile variety, which can be used as a straight varietal wine; it makes very good rosé and is used for blending, particularly with Shiraz and Mourvedre. In fact the so-called 'GSM' blends are becoming a signature Barossa/McLaren Vale style, challenging the dominance of straight Shiraz.

Not everybody agrees on whether this variety is French or Spanish. In Spain it is known as Garnacha, and is grown extensively throughout the North and East of the country. In France it is grown in the Southern Rhone region as well as in Roussillon. In the Rhone Valley it is a key

ingredient of the famous Chateauneuf-du-Pape wines. In fact it is a principal variety in all of the major appellations in the Southern Rhone and is also the major ingredient in Tavel Rosé. It plays no part in the Northern Rhone where the only red grape variety is Shiraz (Syrah).

It is sometimes called Grenache Noir to distinguish it from the white varietal, but in general, the white is called Grenache Blanc and is a major grape for most of the Rhone's and Languedoc white wines. When mentioning Grenache only, one should assume it's the red version.

The ability to produce high yields when given plenty of irrigation in warm climates made Grenache the most popular Australian variety until the 1960's. It was a component of many dry red wines, then called "claret." But only rarely did the word Grenache appear on the label. Shiraz and Cabernet Sauvignon replaced Grenache in the vineyards, and the variety seemed destined for obscurity.

Fortunately a few growers and winemakers recognized the qualities of Grenache, and now it is seeing a kind of resurgence. In fact it is among the most popular alternative variety being planted

in vineyards. A few remaining paddocks of old vines have suddenly been elevated to the status of viticultural gold mines.

When grown under tough conditions or from old vines, Grenache finds its true character: rich and complex, with flavors of roasted nuts, blackberries, spices and above all earthiness.

For a special treat in the glow of fall foliage try a chilled Grenache Rosé with black olive tapenade and a few grilled sardines.

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



### Pope Library

Monday & Friday

10 a.m. - 5 p.m.

Wednesday 9 a.m. - 7 p.m.

Saturday 9 a.m. - Noon.



## Pope Notes

Dee Palmer,  
Library Director

Don't miss the opportunities to discuss the book *Two Vermonts, Geography and Identity, 1865 - 1910* with Author Paul Searls. In his book, Searls, a Danville resident and assistant professor of history at Lyndon State College, addresses the difference in the economic and social development of hill towns and valley towns and the battle between communities that embrace progress and those that resist change. Each discussion will address a different section of the book.

The first two discussions at the Pope Library were very well attended, and participants were most enthusiastic. The next discussions will take place at the Peacham Library on October 3 at 6 p.m. and at the Barnet Library on October 10 at 6 p.m. A light supper is provided by the host library. Please be sure to call ahead so they can plan accordingly.

This series is funded by a generous grant from the Bicentennial St. Johnsbury House Foundation and sponsored by the Pope Memorial Library, Danville Historical Society, Peacham Library and the Barnet Library. Please join us.

Our "What a Character" discussion series, sponsored by the Vermont Humanities Council, continues with the discussion of "The Great Gatsby" by F. Scott Fitzgerald on Wednesday, October 24 at 7 p.m. Scholar John Turner will lead the discussion. Books and schedules are available at the Pope Library.

We hope to see you at Autumn on the Green on Sunday, October 7. The Creamery Restaurant will cook a delicious chicken and biscuits dinner to benefit the Library. Dinner will include chicken and gravy over biscuits, cranberry sauce, peas, sweet potato casserole and maple walnut ice cream. Tickets are \$12 and should be purchased in advance. Call the Library for details.

Our latest book acquisitions include: *New England White* by Carter, *On Kingdom Mountain* by Mosher, *Slipknot - A Mystery* by Greenlaw, *The Tin Roof Blowdown* by Burke, *To My Dearest Friends* by Volk, *The Yiddish Policemen's Union* by Chabon, *Between Two Worlds* by Salbi and *God's Politics* by Wallis.

Come in and check them out.



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# “Beekeeping can be more productive with less attention than more.”

## Airie Lindsay

TERRY HOFFER

Airie Lindsay lives at the end of a dirt road, one that climbs up and away from the Joe’s Brook valley in Barnet. It’s a beautiful place, but it breathes that beauty softly.

There are two rows of maple trees that part at the top of the hill, and there her garden sprawls away from her house like an enormous patchwork blanket of vegetables and flowers. There are woods and open fields and, if you are in the right place, a view of the White Mountains that begs for your attention across the Connecticut River into New Hampshire. On the day I was there a hefty white-tailed buck watched us for a while and then raced across a field and out of sight into the sun dappled woods down the hill.

Lindsay has called this place home since 1971, and she loves it.

She can be awkwardly modest about her accomplishments. There are a lot of them, and as she speaks you appreciate the richness of their diversity and the devotion she puts into her work and her commitments, but boastful she will never be.

Lindsay has friends who would describe her as an Earth Mother, a child of the 60’s who came to Vermont as a thru-hiker on

the Appalachian Trail and who still tends her garden (she estimates it as 95 by 45 feet in size), minds her flock (there are 10 hens and 15 broilers), makes maple syrup, and maintains great interest in birds all with enormous affection.

“A lot of people think that all I do is birds and maple syrup,” she says almost apologetically. “But I try to share what I know, and when people call and ask questions I surprise myself sometimes that I do know the answer.”

She says, “What I do here is a matter of being connected to what I need and what I can use.” Lindsay does drive a car, she uses a chain saw, and she admits that although she could press her own grapes or apples for wine, once in a while she might buy a bottle.

So she’d rather not be thought of as an aesthete excessively absorbed in the appreciation of natural beauty, and she takes great satisfaction in the confluence of political opinions at Barnet’s May Green Up Day where the Lefts meet the Rights and the New Age folks break bread with Take Back Vermonters in a community day of picking up roadside rubbish. Lindsay has quietly organized that annual event for years, and she sees it as a great melding of attitudes and interests. It’s an equalizer. “How can you argue with pick-



Airie Lindsay checks one of the ten honey- and wax-loaded frames in the super of one of her active hives. Being c

ing up trash,” she says. And they don’t.

But her efforts at Green Up are like her wisdom accumulated as a homesteader. She deflects any attempt to salute her or the multitude of her experience. “There is a myth,” she says, “that I do this all myself. I do work hard, but I have friends and all manner of experts who have helped.”

She is humble about her writing and photography. She won’t accept honor for her gardening, her fruit trees, the design of her hilltop house, the maple sugaring, the chickens or her knack for identifying unusual birds by their fleeting characteristics. But I found I could trap her about bees.

With patience and some coaxing I persuaded her to give me a tour of her bees and their hives, and on this clear day in late September she gave me the course. Lindsay is well-versed and confident in her bee keeping, but true to form she gives credit to the now-gone, yet well remembered, Arnold Waters of Lower Waterford. “Arnold helped me out a few times with the bees,” she says, “and when I asked what I could give him in return, he said to help other people.” Perhaps it was Arnold Waters’ approach but Airie Lindsay understands her bees.

Lindsay lifts one of the supers, a boxed set of parallel wooden frames, from one of her active

hives and points out the packed honey that will be harvested before mid October. “I provide wax for the bees, a nice location, ventilation, protection from bears and shelter from the north wind, a view of the White Mountains, good company and I mow the area around the hives. I mother them, and all I ask in return,” she smiles, “is a little honey.”

**“They pollinate my plants, and they do better with my attention. I help the bees to be ventilated and comfortable, and in return they share their honey. I like to think we all get along just fine.”**

Lindsay has kept bees since 1971. There have been ups and downs, good years and bad, and fires and disease, but in the long run there is a remarkable balance of nature in all this, and the bees, too, seem to understand.

Lindsay started the summer with two active hives, which she constructed from kits. “I never buy them fully assembled,” she says. “Putting the kits together takes time, but they are less expensive, and there is satisfaction in knowing they were put together right.” A third queen emerged from the two hives and with her entourage of workers and drones, swarmed in an apple tree. From the tree top Lindsay managed to return the swarm to a new hive, and now she has three active and productive hives, which house and feed the distinct colonies of bees.



Lindsay started the summer with two hives. In July she captured a third queen and swarm, which emerged and settled into a nearby apple tree. As this summer fades to fall, with winter close behind, she has three active hive colonies.





Photo By: North Star Monthly  
Careful to leave a supply sufficient for the sweetener.

Gathering a swarm can be nerve wracking, but this time the process was successful. As much as anything it's a matter of timing. Lindsay repeats to herself the mantra she uses to remember some of her bee wisdom. "A swarm in May is worth a ton of hay; a swarm in June is worth a silver spoon; a swarm in July isn't worth a fly." She says, "I've never had a swarm in August.

"When I started my beekeep-

ing I did the absolute minimum. I added supers when it seemed that I had to, and I repaired them with duct tape. I may have undermanaged the bees and the hive, but I made a lot of honey as much as 80-100 pounds a hive.

"In 1995 I left my job, and my plan was to really do this right. I bought all new material for boxes, hive bodies and frames. I was always checking them. And that's when I started having problems. There were mites and a devastating infestation of the bacteria known as American Foul Brood. The only solution was to burn the frames and the boxes. I had to kill the bees." She looks away. "That was very sad.

"Beekeeping can be more productive with less attention than more. If you are overzealous about checking on them you can disturb the bees and the balance of activity in their community."

Each hive has a single queen, bigger and longer than the rest. She is fertile, the mother of all the bees in the hive. She does the egg laying. That is her only role. She may lay a million eggs, but a strong colony hosts between 50 and 80 thousand bees at honey making time. She is cared for and fed by the workers.

Workers are females. During the summer they live for about six weeks, literally working themselves to death gathering nectar from flowers and returning it to the hive to be converted into honey as food for the hive. Guided by scent and color field bees may fly 3 to 4 miles or more in search of a good source of nectar and water. Loaded for the return the workers tend to head straight for the hive in what we all know as a "bee line." Back in the hive they convert the nectar to honey and create wax honeycomb to store it as food for the young and the old alike. With their



This bee noticed a frame removed from one of the supers and is making an attempt to collect honey for return to her hive. Carefully, and often with gloves and a veiled helmet, Lindsay brushes the curious bees away, and this frame will be emptied and returned to the hive.

wings, the workers fan the hive entrance to turbo charge its ventilation and keep the hive from overheating in the summer sun and to cause water to evaporate from the honey stored above in the wax combs.

House bees repair the 6-sided wax structures and clean the hive. They have been known to kill mice in the hive, seal them in wax and leave them entombed where they will be out of the way and isolated from continuing bee activity in the hive.

In the midst of this busyness are the drone bees, the males. They take no part in the work of the hive but wait to sire the offspring of the queen. Amazingly drones have only one purpose. Known as noisy and awkward they live to provide one of their number to mate with a new queen when the old queen dies or stops laying eggs. When the new queen makes her one and only nuptial or mating flight she is followed by the hopeful drones. One, by virtue of his strength, speed and perhaps charm and good looks, will successfully mate and thereby father the fertile eggs, which the queen lays for two or three years thereafter.

As the days shorten and leaves turn up their edges to the cold, the workers get ready for winter. They don't get their wood in and put up storm windows, but they do push adult drones out of the hive and they seem to identify the drone larva from the worker larva and put them outside as well. As the temperature falls the bees will gather together creating a near miraculous concentration of body heat to protect the queen and themselves.

Like most successful beekeepers Airie Lindsay will harvest excess honey by removing one or more of the upper supers and extracting the honey being sure to leave a sufficient supply for the winter and spring. Lindsay says, that leaving at least one hundred pounds in the lower or deep supers of the hive in mid October has proven to be enough.

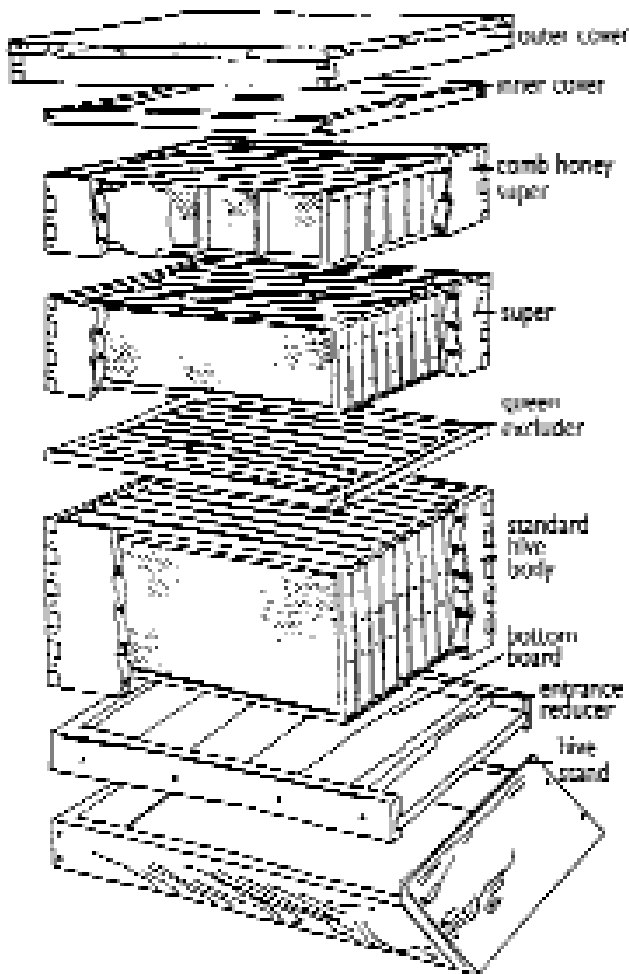
"After mid October," she says, "you don't want to chill the hive by opening it. Bees won't fly much when it's below 50 and not at all when it's below freezing. Through the winter they are nearly dormant. They are awake and feeding but otherwise only active enough to

creep upwards following the stored honey and their own warmth. They are a social group and together they survive through the winter."

Lindsay calls it collaboration. "We work together in a way that we both benefit. I like the fact that we are all better for it. They make a surplus of honey, which I use as a wonderful food and sweetener. They pollinate my plants, and they do better with my attention. I help the bees to be ventilated and comfortable, and in return they share their honey. I like to think we all get along just fine."

There is no shortage of literature on beekeeping including the massive *Honey Bee Biology and Beekeeping* by Dewey Caron. There are college courses includ-

ing some available online. There is an active Vermont Beekeepers Association, which serves as a point of exchange for information about the current honey market and pest and disease control in maintaining healthy hives. It does appear, however, that the best source of regionally appropriate information are beekeepers, themselves, including Airie Lindsay in Barnet. She is delighted to, as Arnold Waters advised, share what she knows. Lindsay keeps quite a library on the subject herself, but the one title she is most partial to is Sue Hubbell's *A Book of Bees*, written in a delightful down to earth style broken down into the four seasons. Author Hubbell keeps 300 hives in an apiary in Missouri and writes about country living. ★



A bee hive consists of a series of boxes, called hive bodies, each of which holds frames. A bottom board, including the hive entrance, and inner and outer covers complete the hive. The standard hive holds ten frames. Normal bee colonies need the space available in two standard-size hive bodies to house their brood and store sufficient pollen and honey to feed them. To obtain surplus honey one or more supers are added above.

Illustration from Dewey M. Caron's *Honey Bee Biology and Beekeeping*



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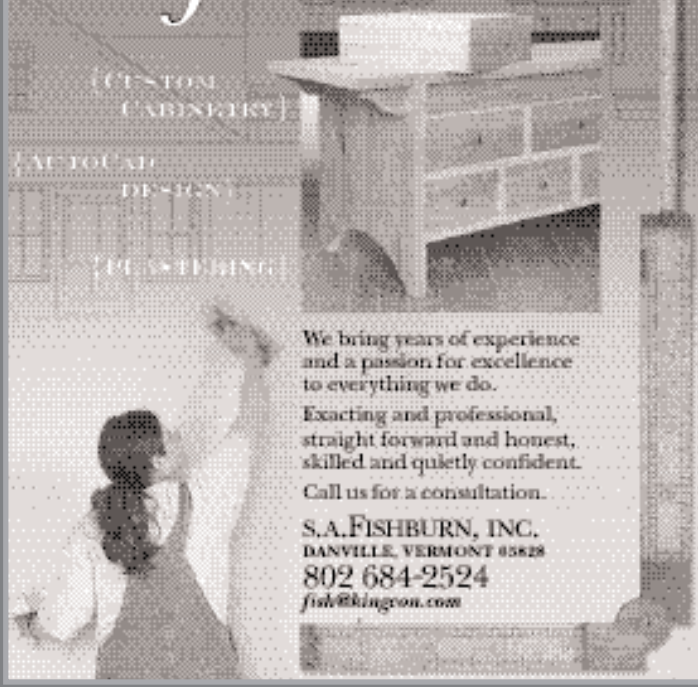
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# Elm Street Shelter Offers a Second Chance

TERRY HOFFER

The statistics are sobering. Two hundred and eighty six people between the ages of 14 and 22 sought emergency shelter and so-called transitional services from Northeast Kingdom Youth Services in 2006. Sixty were homeless at the time, and 14 were chronically homeless with multiple episodes of homelessness in their past.

This is not the streets of New York, Los Angeles or Miami. This data is from Caledonia County and southern Essex County in Vermont. These young people were living on the streets, in abandoned buildings, sleeping in cars, trading sex for housing and/or "couch surfing," moving

from one temporary and potentially dangerous situation to the next, never knowing when they might be victimized or told again to move on.

Typically these teens have no food or money to get it. They have no belongings to call their own, and they are at the mercy of strangers for survival. They are the result of family conflict, abuse and neglect, parental alcohol or other substance abuse, poverty and fractured relationships or extreme conflict with those who they once thought they could trust.

Runaways without opportunities for safe and stable housing have little hope for a positive future. Young people who are forced for whatever reason into



Photo By: North Star Monthly

(L-R) Michelle Hill, NEKYS traditional services case worker, Marion Classen, NEKYS executive director, and Jen Smith, NEKYS program developer and evaluator, are making final preparations for reopening of the Elm Street shelter in St. Johnsbury. The 10-room shelter includes seven residential rooms, a kitchen, common room and a staff office. Owned by Gilman Housing Trust, the property will be leased by Northeast Kingdom Youth Services as a shelter for homeless people between 14 and 22.

early independence are much more likely to be unemployed or underemployed and to have reduced access to housing and difficulty accessing adequate health care. Further, they are vulnerable to a rising tide of alcohol and substance abuse, early pregnancy, violence, dropping out of school and repeat involvement in the public system of welfare and criminal justice.

Northeast Kingdom Youth Services (NEKYS) data shows that young people who go from state custody into independent living face consequences that are life threatening. There were 28 in the data from 2004-2006. Among that group, 75% have serious

mental health issues, 64% have issues of substance abuse, 53% of the females became pregnant and 36% are parents. Further, 39% are charged with criminal activity, 39% drop out of school and 75% have recurring unemployment. Perhaps most startling is that 82% had been homeless in a cycle of poverty, violence and homelessness.

Jen Smith is the program developer and evaluator for NEKYS. Smith is young and energetic, but she is realistic. "The common thread is that these numbers represent teenagers with no effective relationships. It's not just about poverty, drugs and alcohol or

mental health issues. They are young people with no safety net, no place to call home and no place where they will find unconditional care."

From February 2005 to April 2006 the NEKYS maintained a homeless shelter on Elm Street in St. Johnsbury, a sanctuary for some of the teens in the data. A year and half ago the shelter was closed while further research was conducted on policies and protocol at similar shelters. (There are emergency shelters in Newport, Barre and Burlington and two transitional residential shelters in Burlington and Ludlow.) The elapsed time also allowed for remodeling at the Elm Street



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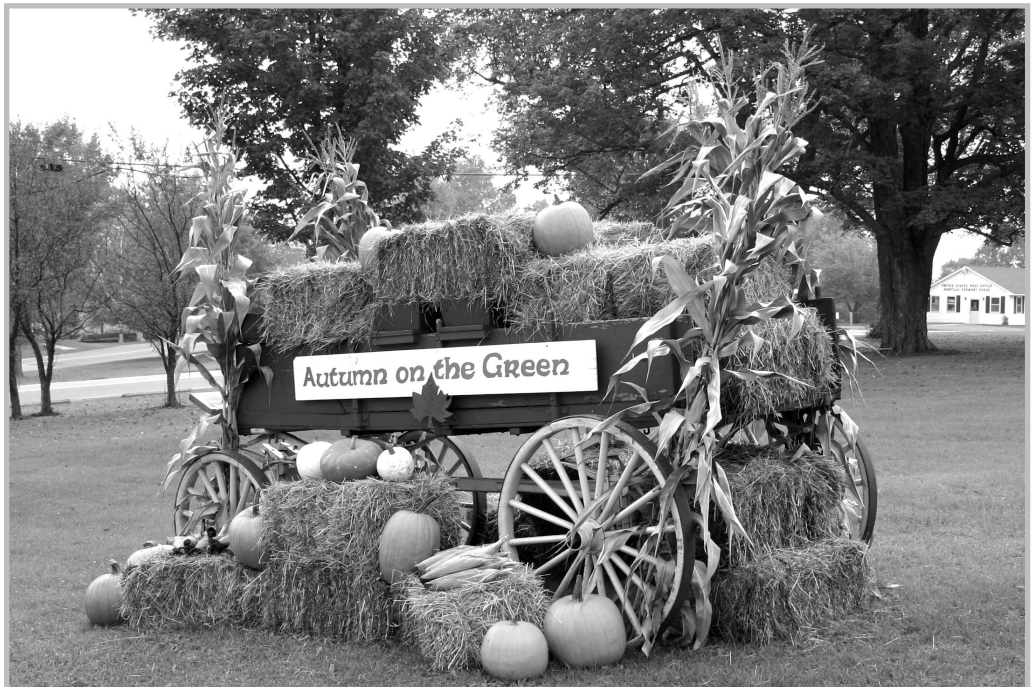
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facility creating space for awake overnight staff and the ever critical pursuit of financing.

**Typically these teens have no money for food. They have no belongings to call their own, and they are at the mercy of strangers for survival.**

On October 1 the Elm Street shelter will reopen. Smith and NEKYS Executive Director Marion Classen are looking forward to it. The organizational goal is to provide transitional youth with a sense of belonging, instruction on relational life skills and opportunities to practice those skills in a safe environment with peers and healthy adults.

Smith says, "We always think and we always hope that these people are better off going home. The reality is those bridges are better unburned, but as a culture a lot of us struggle to survive. Survival isn't always easy."

Classen says, "We want to be able to help, but we want them to be able to sustain themselves on their own. The shelter is not a place where people are going to be hanging out. They will be working on acquiring the skills and the ability to return to independence."

Smith says, "It's not going to be easy. There will be chores to do, and to stay at the shelter you have to work. There won't be a lot of privacy, but it will be safe. It's not going to be like a college dorm, but residents of the shelter may well decide that it's a lot better than living under the

bridge."

Classen says, "If they are following through on their transitional plan they can stay. If not they'll have to leave. But," she says, "even if they do leave, if they decide to cooperate they'll be welcomed back."

The Elm Street shelter will open with five beds in two rooms as an emergency shelter and five single rooms for longer term residency for those fully engaged in a supervised plan of self sufficiency.

Smith says, "To the degree that it can be a learning environment, therapeutic and comfortable it will be, but it's not going to be a place where the safety of the house, the staff or the other residents will be compromised."

Classen says the screening process is underway for the first residents. The linkages are being confirmed with other service providers to assure that people will have the best possible chance of successfully moving through the process. Briefly, she laughs, "I'd love to work myself out of the job of working on this

sort of problem, but life is challenging for us all. Sadly there is a disconnect between what we as a society understand as necessary and what some of us have. We are trying to make a difference in the best way that we can."

On Saturday October 13, the NEKYS will hold the 4th annual Shelter Walk. The 3-mile walk will seek to promote awareness of the Elm Street shelter and raise funds for the benefit of homeless and at-risk teenagers in the area. If you are willing to invest in the future of the Northeast Kingdom by means of financial support for a place to call home and a program to show teenagers how to make a real home on their own contact Jen Smith or Marion Classen at Northeast Kingdom Youth Services and mark your calendar for October 13.

Join us at the Father Lively Center on Summer Street in St. Johnsbury for the walkers kick-off at 10:30 in the morning and afterwards at the barbecue to celebrate the spirit. ★

*"A lot of people look at me and see a young person who lives in poverty, has been homeless on numerous occasions, was abandoned by her parents, toiled through the foster care system just to be cast aside on her 18th birthday and suffered abuse and neglect by family members, ex-boyfriends and society at large. I say I am damned lucky.*

*I now have a good apartment and a job. I got my high school diploma, and I am working toward a degree in human services at my local community college. I am in a stable and healthy relationship. I love my mom, and I am respected in my community. I am successful. And I have the Living Room [Northeast Kingdom Youth Services program] and the Northeast Kingdom Youth Services to thank for a good chunk of my success."*

- Testimony by a 23-year old woman from St. Johnsbury who has been an active youth advocate both locally and in national forums.

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Mounts an imaginary spiral stair.

Round and round he flies until, at last,  
He reaches the plateau far above.  
Soaring together, weaving an intricate dance,  
One rolls and flies beneath the other  
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## Ask the Shrinks

Alice S. Kitchel and Burton Zahler

Dear Shrinks,

I hope that you can help me with my problem. I am a 34-year-old professional woman. People find me bright and reasonably attractive. It seems I am never going to have somebody for myself. I do have friends, and sometimes, even lovers. But my affairs have always been transitory, neither of us expecting the relationship to last.

More than anything I want a permanent, loving relationship. What is wrong with me? Can you help?

Lonely in the Kingdom

Dear Lonely,

It is very difficult to pinpoint a cause with such a paucity

of information. So we are going to make a guess. Please treat our thoughts as no more than a guess, but perhaps we can start you in a helpful direction.

During infancy and early childhood we all make detailed and accurate observations of the world around us. Long before we have language we draw conclusions from our observations. Eventually, these conclusions are organized as decisions, decisions as to how the world is (and will be). From these decisions evolve our actions, and from our actions evolve patterns of behavior with other people.

For example, in your case we imagine a little girl left

alone for too long, too often. It is possible (and not illogical) that she would conclude that, "No one is ever going to be here for me." This decision would be repressed (forgotten) and would then resurface in adult life as an organizing principle dictating her choice of partners and her perceptions of what is happening in her relationships. From an unconscious decision based on her childhood experiences emerges an understandable but unhelpful pattern that inhibits a long term, intimate relationship.

If any of these thoughts resonate with you, we would like to add that this sort of life patterning brings many people into psychotherapy. Changing early decisions is possible. We hope this helps and we wish you well.

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

# The Experiment

BRUCE HOYT

The National Institutes of Health, in Washington, put out a notice calling for volunteers to be tested for winter depression, or in their terminology Seasonal Affective Disorder (SAD). No Vermonter would be mystified as to why weeks on end of sub-zero temperatures, snow, wind, ice and freezing drizzle might make a person close to suicidal, but the government scientists were paying money to find out, so, from suburban Maryland, I went.

In my haste to make a few easy bucks, I left the instructions specifying the building number at home. I guessed it might be the psychiatric building, which I easily found. I was quite shaken to come face to

face with a reminder of the uncertainty of the human condition: His legs were gone and his face was horribly disfigured. The only emotion in his whited eyes and wordless voice was fear.

I was relieved to be quickly greeted by a gentleman who came to my side and asked if he could be of assistance. When I told him of my intended destination, his face blanched, and he said "Oh, no! Don't go over there!" He went on without interruption to tell me this tale which I will report to your readers:

Some of the doctors had wanted to look into the possibility of combating this "seasonal affective disorder" thing by removing the winter experience altogether. They decided to do the old trick of freezing a person for the winter months, formerly practiced by frugal Vermonters on old folks, in order to save on food and fuel.

The researchers grabbed a "volunteer" out of the U. S. Senate, reckoning on his record of inactivity that he wouldn't be missed for a few months. Unfortunately the experiment went awry, and the life-signs monitor stopped abruptly after ten days. They had to get rid of the body so they put it in wooden box labeled "Virology Experiment - Do Not Open" and had it flown out onto the polar ice cap somewhere north of Point Barrow beyond northernmost Alaska.

The subject of the experiment was listed in the computer only as Patient X. Soon after his disappearance, users noticed that whenever capital X was entered, the output was an endless string of "Alive, Alive, Alive...". The virus detectives could halt but not prevent the strange response. Coincidentally, a technician discovered that the computer used in the experiment had an intermittent fault. The researchers put 2 and 2 together and rushed to recover the box from the ice.

They found it smashed to splintered wood and the body inside gnawed and mangled, apparently by a polar bear.

I am uncertain about the rest of the story because an attendant came along, broke into the story and told the gentleman in the wheelchair that it was time for his medication. "Let's go, Senator," he said as he wheeled the patient away to the nurses' station.

I left without bothering to ask directions to the Seasonal Disorder Research Center.

Bruce Hoyt spent many years in the Northeast Kingdom including some as a teacher at St. Johnsbury Academy. He lives now in Maryland within the glow of the nation's capital. In the past Hoyt has submitted Halloween stories to The North Star.

pride>progress>people>

72

Looking back.

35 YEARS AGO,

on February 14, 1972 Northeastern Vermont Regional Hospital opened its doors to patients.

It was a modern structure, replacing two hospitals — Brightlook Hospital and St. Johnsbury Hospital — that were aging after having served the community for many years. The new building brought much needed services: additional and more spacious operating rooms, a sophisticated lab, a modern Emergency Room, and 100 inpatient beds in semi-private rooms. The improvements in technology, space, patient comfort and privacy were dramatic.

In 1972 most of our surgeries required an overnight hospital stay, we offered few specialty services and x-rays were our only diagnostic imaging tool. As the times have changed, so have our services and the way they are delivered.





07

Looking forward.

TODAY,

95% of our surgical procedures are performed on an out-patient basis. In addition to x-rays, we offer CT scans, mammograms, nuclear medicine, ultrasounds, MRI's, and bone density tests. Our specialty services range from neurology to pediatric cardiology to urology. Most of our in-patients stay in private rooms.

And we are preparing for the next 35 years.

The cancer center and state of the art imaging technologies are the beginning; we are working to bring dialysis services to St. Johnsbury within the year, and plan to begin construction in August to provide larger, more efficient, more comfortable and private space for our day surgery and diagnostic imaging departments, which together serve nearly 30,000 patients annually.

**Thanks for your 35 years of support and your confidence in our future.**

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# Get New Gardens Ready for Next Spring

LEONARD PERRY

Preparing your new garden space for spring, enriching the soil for next year's garden and storing your tender summer bulbs are often overlooked chores in October.

You'll make less work for yourself in the spring if you begin new garden beds now. If the area is lawn, cut the grass low and cover the ground with several layers of dampened newspaper topped with several inches of mulch, compost or manure. By spring the sod will have decomposed and you can dig in the organic matter, add any needed amendments and plant.

As you empty your annual beds this fall, there are two main ways to enrich the soil for next year: spreading compost or planting cover crops. Before you spread compost, dig or lightly till in any disease-free plants to return nutrients to the soil. Spread compost, even if it's not well decomposed yet. It will protect the soil over the winter and break down by planting time in the spring. Or you can plant cover crops, such as buckwheat or annual rye, which will grow some in the fall and more in the spring until you till it under several weeks before planting.

So maybe the weeds have already taken over. Don't give up. Get them out of your garden or they will make it doubly hard next year. Since bare soil invites weeds, cover it with mulch, again such as layers of wet newspaper covered with straw, compost or manure. This will control late fall and early spring weed growth and provide organic matter for plants in the spring.

Prepare your tools for storage by cleaning them once you're finished with them. Wipe soil from shovels, spades and trowels with a rag or wire brush, then wipe their blades with an oiled cloth. Make sure pruners are free from dirt and plant debris, and wipe down their blades with the oiled cloth. Empty pots of dead plants and soil, adding the debris to the compost pile unless the plants were diseased. In that case, dispose of the plants in some location far from your garden. Rinse pots, or better yet, soak them in a bucket of water to which some bleach has been added. Rinse well.

Plant garlic now for harvesting next summer. You can buy garlic specifically for planting or buy organic garlic. Commercial, supermarket garlic may have been treated to inhibit sprouting. Break the garlic head into individual cloves, keeping the largest ones for planting. (Use the small cloves for cooking.) Plant the cloves about three inches apart with the pointy side up. Try different varieties to see which you prefer. Mulch the bed well with

straw.

If you test your soil and add needed amendments now, the soil will be ready when you are in the spring. Some amendments take time to break down and become suitable for plants. If you have an Extension Service office nearby, take advantage of their low-priced soil testing service. If not, you can send a soil sample to a soil lab or get a do-it-yourself kit.

Most plants prefer a slightly acidic soil with a pH of 6.5 to 6.8 (a pH of 7 is neutral). Our New England soils tend to be acidic and frequently require lime. But soil can vary from location to location even in your own yard, so if you notice different soil characteristics in different beds, test them separately.

When finished flowering or when frost kills the foliage, carefully dig the corms of gladiolus, crocosmias, and acanthus and spread them out in a dry, well-ventilated area at room

temperature for two to three weeks. Then remove and discard the old corms. Store the new corms in paper bags in a 35 to 40° degree location.

After foliage has been damaged by frost, allow cannas to dry in the ground for a few days, then cut back the stems to three to four inches and carefully dig the rhizomes and let them dry at room temperature for a few days. Store in cardboard boxes or mesh bags filled with vermiculite or peat moss at 40 to 50 degrees for the winter. In spring, plant the entire clump or separate the rhizomes, leaving a portion of the old stem attached to each one. (Corms and rhizomes, by the way, are merely official names of the "roots" or underground stems and storage organs of these plants.)

*Leonard P. Perry, Ph.D. is extension professor, department of plant and soil science, UVM.*

## Sick Days

Been an exhausting day  
correction  
couple of weeks  
Kids have been taking turns  
being sick  
Now me  
lack of sleep and worry  
couldn't help but catch it  
How terribly frustrated  
is a Mom  
running on less than full steam  
and here I stand in the kitchen  
after unloading groceries  
Plastic bags  
floating around my feet  
feeling like I'm lost in a fog  
staring at the tea bag  
dangling between my fingers  
like I'd never seen one before  
knew I had a cup for it somewhere  
while from the other room  
MOMMY  
WHAT'S FOR DINNER

Paula LaRochelle



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# What's Happening at the Town Hall?

## Barnet

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

August 27, 2007

**Renaming Town Road** – Following request of Paula Kitchel and subsequent public hearing Board voted to rename town highways 27 and 28 from Bunker Hill Lane to Gilkerson Lane.

**Harvey's Lake Monitoring** – Harvey's Lake property owner Karla Cornelius met with Board to discuss water monitoring program that Lake Harvey Association has sponsored and possible ways to raise funds to continue its work. Town is fortunate that Harvey's Lake does not have milfoil. Lake Morey had milfoil and removed it at a cost of approximately \$300,000. The Association currently spends around \$7,000 but doing it right would run \$10-12,000. Some lakes have a monitoring program and are able to charge a fee at the entrance. Cornelius will come back to Board when she has more information.

**Senior Housing Project** – Resident Leigh Larocque met with Board to provide an update on senior housing project in Barnet Village. A homeowner in Barnet Village is apparently willing to sell his house. Larocque contacted a local organization that handles these projects and Board agreed to meet with the individual on September 24.

**Dog Problem** – Ted Faris reported that problems recently erupted in East Barnet at the home of Buddy Lapiere when dogs were attacked by dog(s) owned by Billy Noyes. Board also read letter from Prudential Committee for East Barnet Fire District detailing what went on. Last year Board dealt with a similar issue with Noyes' dogs and said that the problem would be taken care of by the Town. Board agreed to pursue resolving the problem through laws dealing with disorderly conduct.

**Strobridge Hill Road** – On request of Jerry Knowlton, Board approved permission to installation of a steel pipe underneath Strobridge Hill Road as part of work on Dover Ford house.

**Highway Access** – Board approved access permit for Lawrence & Cynthia Ruggles for a second driveway on the West Barnet Road.

**Bank Authorization** – Board signed

letter to Union Bank requesting that they add a second signature, that of Town Treasurer William Hoar, to tax collectors' account at their bank.

**Speed Limit Signs on Joe's Brook Road** – On request of Sarah Walls Board approved adding two speed limit signs near Walls' house.

**Fire Station Receptions** – After discussion Board approved use of fire station for wedding parties without use of alcoholic beverages except for champagne toasts.

**Contract Agreement** – Following executive session to discuss contract issues, no action was taken.

September 10, 2007

**Barnet Center Cemetery** – David Warden appeared to discuss road work that has affected Barnet Center Cemetery. The Town has filled most of the area planned for a walkway. Board will look into this.

**Barnet Center Road Work** – Gordon Goss offered a price for running grades on road project before paving is applied. Goss gave a price of \$750 using town employee Jason LeClair as grader operator. Board voted to accept offer and employ Goss as proposed.

**Rockledge Lane** – David White of Rockledge Lane requested permission to put a retaining wall along Rockledge Lane in front of his house within town's right of way. Stan Robinson will stop and take a look at it.

September 24, 2007

**Guardrail Bids** – After reviewing bids for guardrails on Barnet Center Road between Church and Goodwillie House and a section on West Barnet Road: VT Recreational Surfacing & Fencing - \$6.35 per linear foot plus anchors installed at \$500 each; Northland Specialties - \$7.25 per linear foot plus anchors at \$500 each; G&P Construction - \$10.10 per linear foot plus anchors at \$654.75 each; Board accepted bid from VT Recreational Surfacing & Fencing.

**Class 4 Road Plowing** – After discussing request from David Kristoff that town plow and maintain part of Tower Road where two new homes were built, Board agreed to stick with policy of not working on Class 4 roads. Only alternative is to upgrade road to Class 3.

**Access Permit** – Board approved access permit for Armand & Deb King on Kitchel Hill Road.

**Overweight Permit** – Board approved overweight permit for

Rocky Bunnell.

**Winter Sand** – After discussion Board agreed to sell Town of Monroe 500 yards of screened winter sand for \$3.75 per yard.

**Upper CT River Mitigation and Enhancement Fund** – Board noted a second grant, this one for \$35,917, from Upper CT River Mitigation and Enhancement Fund, to be used for just about anything but political campaigns.

**Special Appropriations** – Board approved placing request from NE Kingdom Human Services for \$1,774, same as last year, on warning for 2008 town meeting. Request from Fairbanks Museum for \$1,700, and increase of \$810 from last year, will require a petition.

**Senior Housing Planning** – Leigh Larocque met with Board to discuss possibility of a senior housing site in Barnet Village. Larocque had asked representatives of Gilman Housing Trust to appear but they were unable to attend.

## Cabot

Town Clerk: Doug Harvey  
 Selectboard: Larry Gochey, Caleb Pitkin and Ted Domey

September 5, 2007

**Bank Credit Card** – Board approved resolution for Chittenden Business Card.

**Central VT Council on Aging** – Board considered request from Central VT Council on Aging for its \$1,000 appropriation and voted to delay releasing any further appropriations until after tax due date.

**Alcohol on Town Property** – Board discussed letter from VT League of Cities and Towns and agreed to ask Cabot Coalition to draft policy concerning alcohol consumption on town property.

**Willey Building Exclusive Use** – Board discussed request for exclusive use of Willey Building Meeting Room and Kitchen from November 20 - December 12 and voted against the request.

**Emergency Preparedness** – Board discussed local emergency planning committee.

**Civil Action** – After executive session to discuss a matter of civil action, no action taken.

**Whittier Hill** – Board discussed request to discontinue part of town's right-of-way in exchange for private property on Glaude property and

agreed to publish a warning and contact abutters notifying them of an October 17 meeting to discuss request.

**Town Auditor** – Board appointed Jane Brown as interim auditor until next town meeting.

**Sawmill Road Bridge** – Board discussed final plans for Sawmill Road Bridge project. Board agreed to draft a letter to justify town's need for salvageable material from old bridge.

**Willey Building Painting** – With no bids for painting Willey Building Board agreed to delay work until spring.

**UDAG Committee** – On request of Andy Leinoff Board approved administration authorization resolution for UDAG committee.

**Dog Issue** – Board reviewed letter from Melinda Frahmann concerning a dog bite and agreed to send a letter and a copy of dog ordinance to Alicia Ovitt and David Morrison, dog owners.

**Masonic Building** – Board approved historical society's use of Masonic Building parking lot during October 13 Apple festival.

**Solid Waste District** – Board appointed RD Eno to Central VT Solid Waste District board.

## Danville

Town Clerk: Virginia Morse  
 Town Administrator - Merton Leonard

Selectboard: Marion Sevigny, Denise Briggs, Doug Pastula, Marvin Withers and Michael Walsh

September 6, 2007

**Speeding on Town Road** – Jerry Randall presented petition signed by residents of Morrill Road area requesting speed limit be set at 35 mph. Board has been discussing speed limit changes and will keep petition in mind. Board requested that Merton Leonard prepare preliminary ordinance for next meeting.

**Walk-a-Thon** – On request of Britney Thresher, Board approved use of lesser-traveled streets in and around the Green for a walk-a-thon on October 13.

**Road Crew** – Road crew have been busy on rebuilding Brainerd Street including paving. While on the job they picked up firewood for garage wood boiler from a tree cut down at the parsonage. Other projects include grading, hauling winter sand, fixing O'Leary's drainage problem and fixing a ditch near Strifert's property.

**Speed Control** – Merton Leonard reported sheriff patrol was on Peacham Road and stopped a lot of cars, but were hindered by lack of speed limit signs. Signs will be installed next week.

**Electrical Service on the Green** – Leonard reported on chamber of commerce meeting about fire mar-

shal's report on wiring on the Green. All wiring has to be replaced, including service entrance on Bandstand. Town has to pay for a permit from VT Division of Fire Safety to have work done. As long as a licensed electrician makes temporary vendor connections at every function, an additional permit and inspection will not be required.

**Culvert Work at Joe's Pond** – Town received \$3,000 grant from resource conservation district to do culvert work and storm drainage repair on West Shore Road.

**Planning Commission** – Planning Commission is seeking new planning grant of \$15,000 to hire consultants to study and make recommendations for our village centers for inclusion in future bylaw changes. Board approved the request to apply for the funds.

**Cemetery** – According to his estate William Stanton left the cemetery fund \$25,000.

**VT League of Cities and Towns** – Board appointed Merton Leonard as designated voter for town VLCT annual meeting on October 11.

## Lyndon

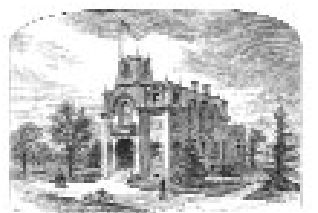
Town Clerk - Lisa Barrett  
 Administrative Assistant - Art Sanborn

Selectmen: Martha Feltus, Kevin Calkins and Kermit Fisher

August 20, 2007

**Highway Report** – Board reviewed highway report as the week ending August 10. At 62% through year the entire budget is 37% expended.

**NVDA Homestead Project** – Jim Davis met with Board and discussed Homestead Project. Plans call for a factory in the area that would build affordable (<\$75,000) housing, providing jobs and affordable modular housing. The company is a non-profit organization. Board approved



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## Excerpts from Selectboard Minutes from Area Towns

See your Town Clerk for complete minutes of the meetings

concept with Community Development Block Grant funds for start-up costs.

**April Storm Repairs** – The Town expects \$11,000 in FEMA reimbursement for costs incurred to repair infrastructure as a result of storm in April.

**Trash Pick-up** – Board noted positive letter from Ron Rindelhardt about quality of service received from town's trash hauler. Myers Company has purchased the St. Johnsbury operation of Vermont Hauling.

**Plantings at Park & Ride** – Plants that need to be subdivided at various town parks can be planted at Park & Ride area.

**Dog Waste Dispenser** – Dog waste dispensers are \$98 each. One without a receptacle will be placed at the ball field near the Municipal Building. One with a receptacle will be placed at the Park & Ride area.

**Access Permit** – Board tabled discussion of an access permit on Vermont Drive until next meeting. Ease of access is a concern due to narrowness of the road in that area.

**Fire Emergency Vehicle** – Rescue vehicle approved at town meeting was purchased. Retrofitting the vehicle will depend on USDA grant funds. Board approved resolution for the funding.

**Walk-a-thon** – Board approved request from The Pines to use Lily Pond Road and Route 5 for their annual walk-a-thon on September 22.

**Sanitation Bill Abatement** – Board voted to abate 2005 sanitation bill remaining unpaid from 1025 Pinehurst Street at request of collector of delinquent accounts.

**Road Projects** – Shoulder work on York Street and McGoff Hill will begin after Labor Day. Driveway tie-ins and line striping are complete. Hot mix requirements for the projects were below what was estimated, as was labor costs. Board signed letters to road crew members thanking them for excellent work on these projects.

September 5, 2007

**Highway Report** – Board reviewed highway report as of week ending August 24. At 65% through the year the entire budget is 40% expended.

**Waste Management District** – Board appointed Jerry Fournier as

waste management district representative to replace Bruce James, who resigned.

**Access Permit** – Board voted to grant an interim access permit to David Poor for access onto Vermont Drive with the standard conditions and the understanding that any clearing needed to be done will not create a drainage or erosion problem. Permanent access permit will be issued once emergency access issues have been addressed.

**Lyndon Institute Pep Rally** – Board approved request of Lyndon Institute to use Center Street for its annual pep rally on October 26.

**Mattocks Park Sign** – Board tabled discussion on proposed sign for Mattocks Park until future meeting.

**Oil Bids** – Board voted to accept bid of Fred's Propane and Heating Oil for fuel oil for the heating season ahead at \$2.385 per gallon.

**Liquor License** – Board approved liquor license for The Big Deli.

**Grand List** – On recommendation of board of listers Board voted to decrease grand list by \$382,700.

### Peacham

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

August 15, 2007

**Way Road** – Stewart O'Brien presented his complaint to Board about road crew's work on Way Road. O'Brien asked that the same dirt that was removed from the ditches be provided to him as fill on his property. Board instructed him to put his concerns in writing to town clerk.

**Litigation** – Following executive session to discuss concern of the Cranes and Kathy Somers about their well and potential contamination from hazardous materials in fill placed on their land, no action was taken. McKay noted Board does not have statutory authority to issue an emergency order to have the dirt removed.

**Road Work** – Grading has been completed in East Hill area, Keiser Pond Road and Green Bay Loop. New turnaround was completed on East Peacham Road. Board approved purchase of a used mulcher for \$3,250 with funds from Equipment Reserve. Phil Jejer reported town will be reimbursed in excess of \$90,500 from the state for the recent paving. State will paint crosswalks and stop ahead warnings and bars in South Peacham. Board voted to remove moratorium on placing clean fill on private land.

**Road Crew** – After reviewing administrative assistant's road crew staffing analysis Board approved its conclusion that the road crew consist of 4 full time employees. Further Board approved revised job descriptions for road crew positions.

**Utility Easement** – Board approved

Verizon pole request for Keiser Pond Road.

**Economic Committee** – Board appointed Mel Reis to economic committee.

### St. Johnsbury

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

September 10, 2007

**Kingdom Animal Shelter** – Board visited proposed site of Kingdom Animal Shelter.

**Hooker Hill** – Board visited Hooker Hill to review concerns about road conditions.

**Liquor License** – Board approved a transfer liquor permit for Sweet Basil Café.

**Retirement Committee** – Priscilla Messier reported that town's employees would like to see retirement committee, as described in retirement plan document, fully appointed and active. Following discussion Board appointed Priscilla Messier, Aaron Rogers, Kurt Borgstrom, Marc Larose, Ida Rainville and Daniel Kimbell (chair) as the committee. Town Manager Mike Welch and Town Treasurer Sandy Grenier are also members of committee.

**Kingdom Shelter Property** – Board discussed feasibility of the proposed lot on US 5 for use as an animal shelter. Board took no action but shelter's building committee is considering alternatives.

**Hooker Hill Road Conditions** – Board met with David Ross and discussed conditions of road at Hooker Hill. After considerable discussion Board voted to apply shim coat those portions of Hooker Hill that are in bad condition, and direct the Manager to determine the status of parking improvements for the apartment building on Mill Street.

**Town Forest Invasive Species** – Board discussed the concentrated growth of the invasive species of buckthorne, which has taken root in town forest. Andy Fisher, Nick Comerci and Bruce Johnston reported on the growing problem and the difficulty in combating it. Board asked the group to develop a comprehensive plan for removal of buckthorne and investigate funding

sources.

**Three Rivers Transportation Path** – Board discussed Three Rivers Transportation Path and agreed to table discussion to September 24 meeting.

**Site at the Center** – The Manager advised Board that he has not received information from Site at the Center, which was requested over a year ago. Welch indicated he has contacted Glenn Harter that if concerns raised by Board are not addressed they will need to vacate the premises in Community Center.

**Labor Relations** – After executive session to discuss a labor relations agreement with employees, no action was taken.

### Walden

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

August 14, 2007

**Storm Damage** – Board noted letter from FEMA requesting information on April & July storms. Board will verify that the information has been submitted.

**Coles Pond Road** – Board discussed whether permit is required for work scheduled to be done on Coles Pond Road. Board will research this.

**Road Repairs** – Bill Half asked if town would haul road material that he will purchase for his road. Board directed Half to coordinate this with road foreman.

**Salt Shed** – Board voted to hire Dan Hill at a rate of \$50 per hour to write structures grant application for salt shed. Board noted further that Dan Hill is available to represent the town in any grant matters or other issues at \$60 per hour.

**Road Crew and Property Owner Problem** – Doug Luther reported that a problem arose between road crew and a property owner recently while the crew was ditching roads. Board agreed that in the future town crew should remove themselves from the situation and call state police.

August 28, 2007

**Fast Squad** – Butch Greaves expressed concern about Fast Squad members not being available to respond to emergencies in Walden and resulting delays when another service has to be called. Board will

seek short term solution through the local dispatcher and schedule a special meeting with Fast Squad to try to find a solution.

**Road Work** – Dave Brown reported on Better Backroads grant work at Coles Pond and that a culvert needs to be replaced on Maple Lane.

**Taxpayer Prebate Information** – Town clerk reported on recent controversy surrounding access to prebate information as public record. Board agreed it would be best to err on side of local residents. Therefore prebate information will not be publicly available in Walden.

**Speeding on Upper Harrington Hill Road** – Town Clerk reported a complaint about speeding on Upper Harrington Hill Road. Dave Brown noted this is a problem all over town. He suggested clerk call the constable.

**Road Name** – Board approved name of Cedar Creek Road located off of Gavin Drive and Allen Drive.

September 11, 2007

**Coles Pond Road** – Doris & Leo Dufresne reported a neighbor has been doing work on Coles Pond Road causing water to pool on their lawn. Board agreed to write the neighbor to ask him to stop the work and agreed to put in a new culvert or fix old one if possible.

**Fire Department** – Fire Chief Chris Bissell reported fire alarm in emergency services building is not operational and has had problems since it was installed. After discussion, Board agreed to have Bissell contact another vendor to determine cause of problem. If necessary a new system will be installed and cost will be split between town, fast squad and fire department.

**Fast Squad** – Board met with members of fast squad to discuss status and availability of members as well as response time from local ambulance services. There are currently 7 members and there is a need for more.

**Constable** – Constable reported someone tried to steal a vehicle on Keene Road.

**Roadside Ditching** – Perley Greaves reported a complaint that ditching being done by road crew on Cahoon Farm Road is too deep. Dave Brown noted ditching hasn't been done in many years in Walden and it is according to state standards. Ditching done through Better Backroads has worked saving town money in gravel and labor.

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Dean Inge

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# Pastor Gerry Is at Home at the West Danville United Methodist Church

TERRY HOFFER

Gerry Piper is the kind of person who listens carefully before she speaks. She observes, and she gathers things together before she draws conclusions. She's the new pastor, a full-time one at that, at the West Danville United Methodist Church.

Piper was born and raised in Milton, NH hard against the Maine border halfway between Durham and Ossipee. Milton was a paper mill town, and Piper says with matter of fact understanding, "We were poor, but we didn't know it. We rented our house, and we had no car. My father walked three miles to work, and my mother stayed home, but they always had time for us. We were loved, and we had food on the table." Piper admits that her mother often "robbed Peter to pay Paul, but she always seemed to find a way to pay Peter back."

Piper's life was rocked when her father died leaving her mother a widow with three young daughters. Piper was 10 at the time, but she had been

**"Whether we like it or not, contemporary society is not just two parent families with kids with the same last name."**

**Pastor Gerry Piper**

taught, and she fully believed, that "Jesus promised to go on and prepare a place for us, and someday he'll take us there." Piper's father was 44.

She remembers praying with her father in the last days of his cancer-shortened life, and she says, "I didn't want Dad to leave, but I believed there is a better place, and I prayed he'd be taken there."

Gerry Piper drew strength from that faith and went on to Plymouth State College and a career as a physical education teacher and coach. She taught at Blue Mountain Union High School from 1970 to 1980 where she coached all the girls' sports and crossed paths with many families with still-familiar names. She doesn't brag about it, but she probably gets more than a little credit for establishing parity in status and pay between men and women coaches at the time.

In 1980 she took a leave of absence and secured a graduate assistantship at St. Michael's College, which allowed her to earn a master's in education administration. "I wanted to be a school principal," she says, "but even with a master's degree I found that opportunities for someone with 10-years teaching physical education and no direct experience as a principal are hard to find."

Living in Waterbury she



Photo By: North Star Monthly

Pastor Gerry Piper became pastor of the West Danville United Methodist Church in June.

took part time work as security officer at the state capitol. She coached basketball at Spaulding High School in Barre and soccer and racquet sports at Johnson State College.

Disappointed but far from out, Piper decided that perhaps her calling was in a different place. "It wasn't that I heard a

voice or anything," she says, "but my father's death, an automobile accident while I was in college and the tragic death of two students at Blue Mountain made me think that maybe I was looking in the wrong place."

Piper completed a program at Drew University earning a local pastor's license and served as a short-term pulpit replacement in Northfield and Bristol and then as a full-time assistant at three churches in Middlebury, Ripton and East Middlebury. "It was a chance to preach at one church at a time and to organize programs with children."

The change of direction appealed to the former phys ed teacher, coach and athletic

(See *The Change* on Page 27)

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**2007 Schedule**  
 Athletic Director: Merlyn Courser CAA

**Boys High School Soccer**  
 October

2	Tuesday	Danville @ Winooski	4:00
4	Thursday	Danville @ Hazen	4:00
10	Wednesday	Rivendell @ Danville	B/G 4:00
12	Friday	Danville @ Lake Region	4:00
15	Monday	Williamstown @ Danville	4:00

**Girls High School Soccer**  
 October

3	Wednesday	Danville @ Williamstown	4:00
5	Friday	Lake Region @ Danville	4:00
10	Wednesday	Rivendell @ Danville	B/G 4:00
13	Saturday	Winooski @ Danville	11:00
16	Tuesday	Danville @ BFA Fairfax	4:00

**Boys Middle School Soccer**  
 October

2	Tuesday	Twinfield @ Danville	4:00/5:15 G/B
6	Saturday	Danville @ Oxbow	2:00 G/B
8	Monday	Danville @ Hazen	4:00/5:15 G/B
11	Thursday	Peoples @ Danville	4:00/5:15 G/B

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**Lyndon Institute**  
 Athletic Events ~ Fall 2007

<p><b>Varsity Football</b></p> <p>October              6 U-32 @ LI, 1:00 p.m.              12 LI @ Milton, 7:00 p.m.              20 LI @ Mill River, 1:00 p.m.              27 SJA @ LI, 1:00 p.m.</p> <p><b>Junior Varsity Football</b></p> <p>October              1 Oxbow @ LI, 4:00 p.m.              9 Colechester @ LI, 4:00 p.m.              15 LI @ SJA, 4:00 p.m.              22 LI @ Hartford, 4:00 p.m.</p> <p><b>Freshman Football</b></p> <p>October              3 LI @ SJA, 4:00 p.m.              10 Essex @ LI, 4:00 p.m.              17 North Country @ LI, 4:00 p.m.              24 Hartford @ LI, 4:00 p.m.</p> <p><b>Cross Country</b></p> <p>October              2 @ LI (Kingdom Trails), 3:30 p.m.              6 @ Thetford Invitational, 10:00 a.m.              9 @ Lamoille, 3:30 p.m.              13 @ Peoples Invitational, 10:00 a.m.              19 @ Lamoille (League), 2:00 p.m.              27 @ Thetford (States), 10:00 a.m.</p>	<p><b>Field Hockey</b>              JV Games to Follow V</p> <p>October              2 LI @ Stowe, 3:45 p.m.              4 LI @ Spaulding, 3:45 p.m.              6 Montpelier @ LI, 10:00 a.m.              10 LI @ Rice, 3:45 p.m.              12 Harwood @ LI, 3:45 p.m.</p> <p><b>Girls Soccer V &amp; JV</b></p> <p>October              3 LI @ Randolph, 4:00 p.m.              9 LI @ SJA, 4:00 p.m.              11 Spaulding @ LI, 4:00 p.m.              16 Montpelier @ LI, 4:00 p.m.</p> <p><b>Boys Soccer V &amp; JV</b></p> <p>October              2 Randolph @ LI, 4:00 p.m.              4 LI @ U-32, 4:00 p.m.              10 Harwood @ LI, 4:00 p.m.              12 LI @ Spaulding, 4:00 p.m.              15 Stowe @ LI, 4:00 p.m.</p>
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## Caldecott Award Winner Mary Azarian Exhibits at Backroom Gallery in St. Johnsbury

An exhibit of woodcut prints by Caldecott Award Winner, Mary Azarian, will open October 6 at the Northeast Kingdom Artisans Guild Backroom Gallery in St. Johnsbury.

Many of us know, love and collect her earthy wood block images – the *Cook's Garden Catalogue*, *The Farmer's Alphabet*, *A Symphony for the Sheep*, *Barn Cat* are among them. For the past 35 years woodcut artist Azarian has created distinctive wood block prints using an unorthodox technique.

Trained as a painter as well as a printmaker Azarian carves one block of the whole picture and hand colors each print individually with water color paints rather than using the traditional method of adding color with subsequent blocks. Rarely does she make detailed preliminary sketches but

draws directly onto a block of wood in pencil, then cuts away the part of the image she does not want to print, leaving the drawn image in the form of raised ridges.

Next she rolls ink over the design and lays the inked block on the bottom of her hand-operated 19th century Vandercook proof press. Finally, she puts paper over the block and rolls a weighted cylinder over it to create a black and white print which she hand colors.

Raised in Virginia, Azarian recalls a "wonderful childhood" exploring by pony the woods and countryside of her grandfather's small farm just 15 miles by dirt road from Washington, D.C. She moved to Vermont in 1963, where she was hired to teach in a poor rural K-8 school. It was there that, by necessity, she created a set of alphabet posters that became the

basis for her well-known *The Farmer's Alphabet*, a large-format book printed in black and white with contrasting red letters.

From the beginning she embraced farm life in Vermont, which included farming with horses and oxen, keeping chickens, a milking cow and sheep, making maple syrup and raising three sons. Mary's prints have always been influenced by this life and her many interests: flower and vegetable gardening, whole foods cooking, skiing, tournament bridge and medieval and Renaissance choral music.

In 1970 Azarian established Farmhouse Press in Calais. Since then she has illustrated more than 40 books. In 1999, her illustrations for *Snowflake Bentley*, a picture-book biography by Jacqueline Briggs Martin, won the Caldecott Medal. The book



Mary Azarian's woodcut prints will be exhibited at the Backroom Gallery in St. Johnsbury. The exhibition opens on October 6.

## The Change Appealed to Her and She Enrolled in a Seminary Program

(Continued from Page 26)

director, and she enrolled in a seminary program at Boston University. "For three years I commuted to Boston for three days a week, then three days at the churches in Lunenburg, East Concord and Gilman and then one day catching up on it all in Waterbury." In 1994 Piper became the full-time pastor for the same three churches, a position she had until 2004.

After Lunenburg she was called to the Orleans Federated Church, and in June 2007 she moved south to West Danville. "I always wanted to retire to a lake or a pond someplace," and now, at 62 but far from retired, she says, "It's just beautiful beside Joe's Pond."

Today Pastor Gerry is seeking the path to increasing the size of the congregation and membership at the church in West Danville. She says there are about 40 active members with a seasonal upswing between mid May and mid October. There are a lot of summer people for whom this is their summer church, and they take it just as seriously as the church they attend somewhere else in the winter. Since June the Sunday services have averaged

about 50 with a high of 73 and a low of 34 depending on weather and other activities. Piper is encouraged by the attendance and the membership involvement, but she quickly acknowledges that increasing the number of children in some form of Christian education is essential for the future of any church. "I know they don't want to sit for an hour and just do some sort of lesson. These are the same kids who are used to interactive computer games and things that flash and race across the screen. Whatever we do it has to be good, but it is an important source of spiritual and moral foundation."

Piper understands that families are as important as ever, but they are not simply those like

Ozzie and Harriet, that enduring family image from early sitcom television. "Whether we like it or not, contemporary society is not just two parent families with kids with the same last name."

She sees it all as a challenge and yet one she can overcome one step at a time. "If I can persuade people to enjoy the day and treat others as they would like to be treated themselves, I have been successful." She finds great pleasure in being a part of the community, and there is no question that she will be following the basketball season at Danville School. She is at home on the bleachers as she always has been on the basketball court. Pastor Gerry listens carefully, and she understands. ★

chronicles the life of Vermont's famous photographer of snow crystals, Wilson A. Bentley, who lived near Jericho, about an hour from Azarian's home.

Azarian's show at the Backroom Gallery, 430 Railroad

Street in St. Johnsbury will run from October 6 - November 17. For those who would like to meet the artist, a reception, open to the general public, will be held Saturday, October 13 from 3-5 p.m.

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### St. Johnsbury Academy Fall 2007 Sports Schedule

Athletic Director: Tom Conte - CAA  
Headmaster: Tom Lovett

#### Boys Soccer Varsity and Junior Varsity

10/2 Essex @ SJA 4:00  
10/4 SJA @ Peoples 4:00  
10/6 Stowe @ SJA 2:00  
10/10 Randolph @ SJA 4:00  
10/13 SJA @ U-32 11:00  
10/15 Northfield @ SJA 4:00

Coaches: Richard McCarthy, JV - Adam Kennedy

#### Cross Country

10/2 @ Lyndon 3:30  
10/5 @ Harwood 3:30  
10/6 @ Thetford Invitational 10:00  
10/9 @ Lamoille 3:30  
10/13 @ Peoples Invitational 10:00  
10/19 League Champs @ Lamoille 2:00  
10/27 States @ Thetford 9:00

Coaches: Chip Langmaid, Tara Hemond and Richard Boisseau

#### Girls Field Hockey Varsity and Junior Varsity

10/2 Harwood @ SJA 3:45  
10/4 SJA @ Milton 3:45  
10/6 Stowe @ SJA 2:00  
10/8 Rice @ SJA 3:45  
10/10 SJA @ Spaulding 3:45

Coach: Fran Cone, JV - Paula Bystrzycki

#### Girls Soccer Varsity and Junior Varsity

10/3 North Country @ SJA 4:00  
10/5 Stowe @ SJA 4:00  
10/9 Lyndon @ SJA 4:00  
10/11 SJA @ Randolph 4:00  
10/16 SJA @ Burlington 4:00

Coaches: Roberto Abele, JV - Karen Alexander

#### Football Varsity

10/6 Burlington @ SJA 1:00  
10/13 BFA @ SJA 1:00  
10/19 SJA @ Hartford 7:00  
10/27 SJA @ Lyndon 1:00

Coaches: Shawn Murphy, Craig Racenet & Hank Van Orman

#### JV

10/1 Hartford @ SJA 4:00  
10/8 SJA @ North Country 7:00  
10/15 Lyndon @ SJA 4:00  
10/23 Spaulding @ SJA 4:00

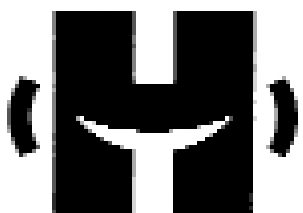
Coaches: Mike Bugbee, Frank Trebilcock and Lon Howard

#### Freshman

10/3 Lyndon @ SJA 4:00  
10/10 BFA @ SJA 4:00  
10/17 Hartford @ SJA 4:00  
10/24 North Country @ SJA 4:00

Coaches: James Bentley & Joe Tomaselli

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# He Went to College The Hard Way

HARRIET F. FISHER

*A young lad of about 14 stood by the window pretending to look out over the fields as he fought back tears of disappointment. His father had just informed him, though reluctantly, that there was no money for college.*

*For a long time the boy dreamed of going to college. It had been his mother's wish as well, and it had been arranged; but her illness and death in 1797 at the age of 42, used up the savings and put an end to his dreams.*

*Isaac Fletcher was born November 23, 1784, on a farm in the Joint Grass section of Dunstable, MA. He had an older sister, Polly, and three younger sisters, Betsy, Caty and Lucinda. His mother's constitution had been frail, and the death of little Lucinda at the age of one year and 21 days may have contributed to her decline and death.*

*Through perseverance and hard work, Isaac did go to college. His story is an example of how a young lad made a dream of college come true more than 200 years ago. It wasn't easy. There were others who worked hard for college, but Isaac Fletcher is the one I know about, and through him I know how one lad managed it.*

Isaac's father, Joseph Fletcher, was a good provider and sympathetic, but after his wife's illness and death, there was no money for college. Giving up his idea,

Isaac, though not having a robust constitution, worked on the farm with diligence and good will.

Later on Isaac's father, Joseph, married a widow, Abigail Read, who had several children. This made a for lively household with a father and mother for the Read and Fletcher children. A family rule for generations of Fletchers was that children be taught the value of money and time, and any money spent by the children should be earned by themselves.

Isaac had the use of some land on the farm, and he raised potatoes and tobacco. With these crops he earned some money and bought a copy of Pike's Large Arithmetic, which he studied in leisure evenings. By his own perseverance he mastered every rule and could solve every problem in the book. Isaac continued to work and use money for books and study until he was 19.

Seeing Isaac's determination for education Joseph said that all he could do was give Isaac his time so he could acquire a liberal education. "If you can succeed on your own industry and economy you have my blessing." He also told Isaac that if he couldn't make it, he would "always have a seat at the table," and work on the farm.

Encouraged and supported by his father, Isaac sold a pair of oxen he had raised and trained, a few sheep and whatever else he had of his own he could convert to cash. The sum was a little over \$150. This he saved to draw on when

needed and he struck out for prep school in Groton, MA with his clothes and a few books. He found board and room a mile and a half from the school because it was cheaper than any he could get near the school.

After a year at Groton, he entered Dartmouth College in 1804. In later years he put it this way, "My feelings suffered much for my means were scanty and my dress and style humble."

The Hon. Isaac Redfield wrote of Isaac Fletcher in 1843 saying the young man's efforts were highly regarded and that perhaps the gift of a son's time and support by his father were to be highly regarded, perhaps more so than the giving of money. Redfield said this could instill in a son a feeling of being his own master, the value of small earnings and accomplishment. By the father's sustaining the son's hope and heart, and permitting him to feel that his father's house was a resort to fly to in case of failure in his undertakings, there would be no feelings of having disgraced himself or forfeited the good will of his home and family.

Redfield also said, "How very little aid there is in our country indispensable to the attainment of a college education." This was years before the Morrill Land Grant College Act of 1862.

During his college years, as was common in that day for earning money to continue, Isaac taught school during some of the winter terms. He maintained a high standing for scholarship, and Redfield wrote, "as his election to the Phi Beta Kappa Society in his junior year, and his appointment to commencement in 1808 will attest."

Isaac's next step after college was teaching in the Academy at Chesterfield, NH. He studied law in the offices of Prescott & Dunbar in Keene, NH, plus other offices in Vermont, and was admitted to the bar in Newfane, VT. He settled in Lyndon in 1811, opened a law office and soon enjoyed an extensive practice. He was a lawyer for three counties, Caledonia, Essex and Orleans.

By 1813, having established himself in Lyndon, Isaac married Abigail Stone, an accomplished and elegant woman whom he had met while he was teaching in Chesterfield. He built a house on Chapel Street in Lyndon, which was considered grand and aristocratic in its day. He also built a law office in a corner of the spacious yard and was, to quote Charles M. Chase in the Vermont Union, (the Lyndon weekly newspaper), "the headquarters for a large surrounding country for sound and legal opinions."

The garden contained a beautiful summer house standing on a ledge amidst roses, Chase wrote later, and the garden and orchard were handsomely laid out with walks and flowers. "It was the only establishment in town at that date supporting architectural gardening and in this respect was quite noted."

After the Fletchers died, the property was sold to L.K. Quimby who moved the house to a hillside behind the Lyndon stores and business buildings, turned it into a tenement house and built himself a handsome house of a different style. In later years it was known as the Vinton house.

Isaac Fletcher was four times representative from Lyndon to the state legislature, onetime speaker of the House, state's attorney for Caledonia County for eight years, military aide to Governor Richard Skinner and for many years adjutant and inspector-general of the militia of Vermont. In this capacity General Fletcher was sent by Governor C. P. Van Ness to meet with the venerable Lafayette who visited Vermont in 1824 to relieve Gen. Barton from his imprisonment for debt in the common jail in Danville. Lafayette was a friend of Barton and paid for his freedom.

Isaac Fletcher was twice elected to Congress from the fifth district of Vermont (Caledonia, Essex and Orleans counties), serving from 1837 to 1842 when Martin Van Buren was president.

Editor Chase described Isaac as "a lawyer of medium size, reserved, serious, dignified, aristocratic by nature not by design, and not easily approached but always courteous."



Isaac Fletcher was born November 23, 1784, on a farm in Dunstable, MA.

cratic by nature not by design, and not easily approached but always courteous."

The Fletchers had one son, Charles, born in 1817 in Lyndon. After his birth his mother suffered a stroke, which paralyzed her left side. She could walk, supported by her big Newfoundland dog, which never left her side when she was on the street. When Isaac was away, he always made sure she had someone, often a relative, to live with her at home. She died in 1855 having outlived her husband by several years, and also her son Charles, who died of consumption in 1851, at 33, having lived a full and active life.

While he was in Congress in Washington, Isaac wrote very interesting letters, many of them to his friend Epahras B. Chase in Lyndon. Many of Isaac's contemporaries in Washington were men of historical note.

Isaac died in 1842 at age 58 (not in 1837 as Lyndon, Gem in the Green says in error), having, as his friends said, worn himself out with hard work. In Dunstable history the biographer says, "He was an indulgent parent, a kindhearted friend, charitable to all, unwilling to offend or pain anyone, hospitable and generous, and accomplished more for good and less for evil, I think, than most others."

Isaac Fletcher was the great-great-uncle of author Harriet F. Fisher.

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# No Small Potatoes

Vanna Guldenschuh

The humble apple scents the air of Vermont in the fall. It's found in the wild, on old homesteads and is cultivated in many orchards and backyards. Apples provide a delightful eating experience for breakfast, lunch, dinner and dessert. Raw, cooked, sweet or savory - apples impart magnificent flavor and fragrance to a variety of recipes.

They scent the meat with a wonderful perfume as they steam the bird from inside.

- Instead of putting plain water under pork, ham, chicken or turkey in a roasting pan try using a combination of water and cider. It creates an aromatic broth to both baste the roast and makes a flavorful sauce after the roast is done.

- Throw a whole apple in any soup you are making. Take it out before it disintegrates - it's only for flavor.

- Apple is a tasty addition to chicken salad.

- Any chicken or turkey stuffing will be enhanced by the addition of a few chopped apples. They add to the flavor and moisten the dressing.

Some good everyday ideas for using apples and apple cider:

- When cooking chicken, partridge, Cornish hens or turkeys without stuffing, fill the breast cavity with apples sliced in quarters.

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From Isabelle Wright (back) Diane, Sandra, Louise

tion of a few chopped apples. They add to the flavor and moisten the dressing.

### Pork and Apple Meatballs

I call these meatballs, but you can use them in many ways - flattened for breakfast sausage or luncheon burgers, rolled small for vegetable soup, served with egg noodles and butter, and so forth. They will become one of your favorite things to make. Make a large batch of this mix and freeze in one pound packages for convenient use all winter long. You can double or triple the recipe below.

- 1 lb. ground pork
- 2 apples - peeled, cored and finely chopped
- 1 bunch scallions - finely chopped
- ½ cup homemade breadcrumbs (from English muffins)
- 2 teaspoons coarse salt
- Hefty pinch of sage, savory and marjoram
- Pinch of nutmeg
- 1 teaspoon pepper
- 1 teaspoon sugar
- 1 egg

Sauté the scallions in a small amount of butter, and add the apples. Cook just till the apple is slightly softened and set aside to cool. Combine all the other ingredients in a bowl and mix well. Add the cooled apples and scallions. (You may freeze any extra you have made at this time. Don't add the egg to any of the mix you are going to

freeze. Add it after you thaw it out.)

Shape into meatballs and put on an oiled tray in a 375° oven for about 20 minutes. Cook until well browned. If you are making patties, sauté them on top of the stove till browned well on each side.

I like to add a little cider to the pan juices when I have finished cooking the meat and cook onions and vegetables (cabbage is one of my favorites for this dish) in this flavorful mix on top of the stove. Put the meatballs back in the pan for a few minutes to fully flavor the vegetables and serve over buttered egg noodles.

You will find many ways to use these pork and apple meatballs.

### Sautéed Apples and Cranberries

You can enhance any dinner at a moment's notice with this simple condiment. It is best made at the last minute or at most an hour before service. The color is grand, and the aroma is pure New England.

- 2 cups fresh cranberries
- 3 apples - cored and thinly sliced - no need to peel
- 1 fresh orange or ½ cup orange juice
- 2 tablespoons butter
- ½ cup sugar
- Pinch of salt and pepper

In a large sauté pan melt the butter. When fairly hot add the cranberries and sauté them for a couple of minutes or until they just start to soften. Squeeze the orange over the cranberries and sugar (or pour the juice) and cook for another

minute. Add the apples and cook until they begin to soften - add the salt and pepper and give it one quick stir. That's it. You have a colorful and tasty condiment for pork, chicken or lamb. It is a welcome addition to many sandwiches. Try it instead of ketchup.

### Apple Bread Pudding

The bread you use in this recipe is important. I use a firm homemade style white loaf. A baguette or Italian loaf can be used. Make sure the bread is a little toothsome and not full of air. Using bread you cut yourself is helpful.

- 1 loaf white bread with the crust removed
- 4 tablespoons of butter
- 1½ cups applesauce
- 2 cups peeled, cored and sliced apples
- 6 eggs
- 3 cups whole milk
- ¾ cups sugar
- 1 teaspoon vanilla

Preheat the oven to 350°. Cut the bread in 1/2-inch slices. Cut the slices in half (roughly 2"x3" pieces) and set aside. Lightly butter the bottom of an 8 x 11-inch lasagna pan and put a layer of the sliced apples in the bottom. "Butter" each side of the bread with the applesauce and lay in the pan on top of the apples overlapping one another (like putting shingles on a roof).

Crack the eggs into a mixing bowl and whisk by hand or with an electric mixer set on low. Add the sugar and whisk or use mixer to slowly combine the eggs with the sugar. Add vanilla. Whisk in the milk until combined to form a nice custard mix. It should not be foamy. Pour half the mix over the bread. Push the bread down into the mix with the palm of your hands until the bread has absorbed the liquid. Add the rest of the liquid. Let it sit for about 15 minutes to insure the milk is absorbed.

Put a thin layer of apples on the top of the pudding and dot with butter. Place the pudding in middle of the oven for about 30 minutes.

The pudding should be puffed and brown but still a little nervous. Check for doneness by inserting a knife into the center of the pudding and pulling it toward you just enough to see if there is milky liquid in the pan. If the bottom is still milky (clear is all right) put it back in the oven for 5 minute intervals checking for doneness each time.

Serve while still warm with warm maple cream sauce and a small slab of vanilla ice cream.

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Morning Edition with Mitch Wortlieb				Only a Game	Sunday Boch
Classical Music with Walter Parker				Weekend Edition	
Military Report with Steve Delaney at noon				Car Talk	On the Media
90-minute Weekend Edition				Wait Wait... Don't Tell Me!	Studio 360
Performance Today with Fred Chail				Interlude	A Prairie Home Companion
Fresh Air with Terry Gross				Saturday Afternoon at the Opera with Peter Fox Smith	All The Traditions with Robert Heznik
All Things Considered with Neal Charnoff				All Things Considered	
Markets/News				A Prairie Home Companion	From the Top
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## Fire Department Prepares for Water Rescue

A recent acquisition by the Danville Volunteer Fire Department is a welcome addition to the department's materiel for emergency response.

Assistant Chief Troy Cochran described the Oceanid Rapid Deployment Craft (RDC) as "like an inflatable canoe with holes in the bottom." Cochran says the new boat makes the department "better prepared for water rescue."

Designed to allow rescuers to "drive" the boat's open end over a victim while the victim's head remains above water, the boat is suited to rescues in open water or those in which the victim has fallen through ice. Cochran says that after his department's training

with the boat, he is convinced that any future rescue will be far less labor intensive and safer for the victim and safer for the rescuers as well.

The Oceanid RDC was purchased in a cooperative effort by the fire departments from Danville, Peacham and Walden, which each contributed \$500, and a generous donation of \$2,000 from Marty's First Stop and Surefine, one of Marty's grocery distributors. Cochran says, "Marty is one of our biggest supporters."

The RDC weighs 50 pounds and, when inflated, extends to 15 feet. Made of a durable PU/PVC/polyester the boat will support more than 2,000 pounds

in the water and serve as a litter once the rescue team has returned it to shore.

The boat will be stored and carried with the Danville department's other portable rescue equipment, and Cochran says that it can be fully inflated at a rescue scene in 60 seconds.

Peacham Fire Chief says, "It won't capsize and it will be safer all the way around in an actual rescue."

Walden's Second Assistant Fire Chief Jason Larrabee says, "There have been times when we could have used this on Joe's Pond. The occasions are rare," he says, "but it only takes once to make it worth having."



Photo By: North Star Monthly

(L-R) Marty Beattie joins Danville Assistant Fire Chief Troy Cochran, Walden Second Assistant Chief Jason Larrabee and Peacham Chief Jeff Berwick in a training exercise with the new Oceanid Rapid Deployment Craft. The inflatable boat was purchased cooperatively by the three fire departments and a generous donation from Marty's First Stop matched by the grocery distributor Surefine.

## It Was a House Divided

BETS PARKER ALBRIGHT

When my brother Dick and I visited our grandmother in the country, it was a short walk along a wooded path to the home of my great uncle and aunt. They lived in a large old house that was neatly divided into two parts, connected by a glassed-in corridor. One side, that was Uncle Dick's, smelled of rich tobacco smoke and was strictly masculine in atmosphere. The other half was very feminine and everything was on a petite scale.

Aunt Jessie was one of Grandmother's several sisters, and she appeared to enjoy "delicate" health. No one ever said what was wrong with her, but she spent most of her time in her quarters reclining on a flowered chaise. She had a young man at her beck and call, who would don his uniform and drive her large black car into New York so that she could feed the pigeons living near the Plaza Hotel with the very best crumbs. As far as I know, Aunt Jessie could walk, but I never saw her attempt it.

Uncle Dick enjoyed having us visit, especially my brother, to whom he would show his large collections of precious stones and his exotic butterflies impaled on pins in glass-covered boxes. There were also stuffed birds. (When my brother inherited all these things, it created quite a space crisis in our modest city apartment.)

Aunt Jessie lived to a ripe old age, and in time, after she was widowed, holed up in the Plaza Hotel where she was not very welcoming to visitors. But Keeler, the chauffeur, drove daily into the city to take her for a brief drive to feed her pigeons in the park.

To return to the divided house, Uncle Dick had a housekeeper in

his quarters who attended his needs and cooked his meals, which he ate alone. Dick and I were fascinated by Ethel, the housekeeper, who told us stories about her experiences during World War I. (I think they were true.) It seems that she was shipwrecked by a torpedo and dumped into the sea, where she clung by rope to a raft for some days until they were rescued. She showed us her hands, badly scarred and misshapen by the clinging and the long soaking in the sea. We loved to listen to the stories, as it could be pretty dull on Aunt Jessie's side of the house.

It was always tiresome when we were summoned back over the path to Grandmother's for a prop-

er meal, served by the butler, Michael, a rather sinister Boris Karloff figure. He hissed at us when we hesitated over a roll from the offered basket. He tried to blight our lives when we were out and around the place. He would chase us when we climbed the peach or cherry trees to pick fruit. And he threatened to hold our heads under the tap when we went through his special pantry to beg cookies from the cook, who was kind to us.

But in spite of the rough spots, we loved to get out of the city and enjoy the country scene so freely. It was nice to be welcomed by family members who seemed glad to have children in their homes, at least for visits.

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Do you have some free time? Do you want to help an organization in the Northeast Kingdom as a volunteer? For information call the Retired and Senior Volunteer Program and the Volunteer Center at (802) 626-5135 or (802) 334-7047.

## Water Systems

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# Click & Clack Talk Cars

## READER MIGHT NEED NOSE PLUGS

Dear Tom and Ray:

How do you clean air-conditioning ducts in your car? Deanne  
 TOM: The best way to do it is with a spray product, Deanne. The ducts are a nightmare to take apart, so avoid that if at all possible. I assume you have a smell coming from the ducts. Otherwise, why would anybody ever think of cleaning air-conditioning ducts? In any case, there are products available at any auto-parts store that are designed to do just that.

RAY: You turn the key to the "run" position, crank up the fan full blast, and then spray the stuff into the fresh-air intake, which is near the cowl - where the hood meets the windshield. If you're not sure where the cowl is, it's where all those leaves and twigs collect.

TOM: Spray the stuff at the air intake, it gets sucked in, travels through the ducts, where it kills mold and mildew, and ends up in your passenger compartment, which is a good reason not to experiment with household cleaners, like bleach. Because anything that goes into those ducts will end

up in your lungs, even if it is in small quantities.

RAY: If that doesn't work, the smell might be coming from the AC evaporator, where water can collect if the drain is clogged. In that case, your mechanic can unclog the drain and use a product that gets injected directly into the evaporator case.

TOM: By the way, if your car has a cabin air filter, this would be a good time to change that, too. Good luck.

## SMALLER ENGINE IS BETTER

Dear Tom and Ray:

I am in the process of buying a new Subaru Outback. My question is: Do I need the six-cylinder model, or does the four-cylinder engine in this year's models have enough get-up-and-go to be sufficient? I hate to spend extra money for gasoline, plus, it is supposed to be fed premium gas, so the cost continues after purchase. Anne

TOM: Anne, don't do it!

RAY: Carmakers keep trying to convince us we need more power. They say, what if you need to pass someone on the highway? When's the last time you drove a car that

had trouble passing someone on the highway?

TOM: The fact is, most cars are obscenely over-powered nowadays. It costs you money (to buy the bigger engine), it costs you more in fuel (because you have to feed the thirstier engine AND you have to carry that bigger engine around every time you drive), and it costs our country in blood and treasure because it makes us more dependent on foreign oil.

RAY: If we had a need for bigger engines, that would be one thing. But we don't. Most of us commute every day. Or we take our kids to piano lessons and baseball practice. We pick up our spouse at the train station, and go to Grandma's once or twice a year. And none of that requires a minivan with 275 horsepower.

RAY: In terms of the Outback, Anne, there's even one more reason to avoid the bigger engine. It's a pain to work on.

TOM: It's shoehorned into the engine compartment, and you have to be a contortionist to reach anything that's not on top. That costs money, because mechanics charge by the hour. And the longer it takes them to get to a part, the more you pay in labor.

RAY: What you want is the

right amount of power for the car you drive, considering your normal, everyday driving. And for almost all conditions, the four-cylinder, double overhead cam engine in the Outback is perfect. It's got 175 horsepower, which is plenty for a 3,300-pound vehicle.

## UNDER INFLATION IS MORE DANGEROUS

Dear Tom and Ray:

Is there any way tire pressure can increase without manually filling the tire? I was driving from Flagstaff to Tucson, and 30 minutes from Tucson, the tread blew off the front driver's side tire. The tire guy said someone must have put air in the tire during an oil change or something. But it had been several months since any service. Can altitude, barometric pressure, heat or speed affect the tire? Bryan

TOM: You're lucky, Bryan. Often, when one of the belts blows off, the whole tire comes apart. Including the air. And at highway speed, that can be extremely bad news.

RAY: Over-inflation probably had nothing to do with this. It had more to do with the age and condition of your tires.

TOM: To get more details, we checked with the expert of the tire world, Bill Woehrl from Quincy.

RAY: Bill spent his career as a tire engineer, and now runs a company called TFI: Tire Forensics Investigation.

TOM: Bill says over-inflation almost never causes tire failure. The standard tire is inflated to about 30 to 35 pounds per square inch. Under hot weather and highway conditions, the temperature of the air inside the tire rises about 50 degrees. That increases the pressure inside the tire about 5 psi. The burst pressure of a tire is about 200 psi. So unless you had your tires pumped up to 195 psi (you didn't), you didn't come anywhere near bursting the tire from too much pressure.

RAY: Bill says the most vulnerable part of any steel-belted radial tire is where the belts are attached to the rubber near the edges of the tread, also called the "shoulders" of the tire. If the tire is not abused, belts should stay attached to the rubber for the entire tread life of the tire.

TOM: But if the tire is defective at the end of its useful life or if the tire has been abused in some way, the top belt can separate. When it tears, it tears violently, so

**Special Thanks from the Danville Senior Meal Site** for generous donations of food (mostly freshly harvested produce) to Gil and Jane Kitchel, Margaret Springer, Ida Wheeler, Gilly Beattie, Robin Rothman, Zack Remington and Humana Insurance, Carol Ottinger, Tome Dente and Ed Hebebrand. Thanks, too, to Alice Hafner for her freezer space and the Pope Library for ice cream.

**#6747 ST. JOHNSBURY**  
 This 3 bdrm., 2 story home offers an awesome opportunity to be a great investment property as well as a terrific starter home. Within walking distance to the St. Johnsbury Academy and town. Don't let this pass you by! Need 48 hours to show!



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This property consists of 10 acres +/- on both sides of Rt. 2, with spectacular views of Mt. Washington. Included in the package are 4 studio apartments, a 1 bedroom cottage and a 3 bedroom main house with garage and shed. PLUS the land is permitted for 2 more cottages! All units have new roofs, furnaces, appliances, sheetrock and flooring. The main house has new mahogany siding. Great development or investment potential in a village known for its community, that also serves as a bedroom community to St. Johnsbury and Montpelier.

MLS #2629226

**\$589,500**



**Lyndon:** This 5-bedroom house has a new kitchen and stainless steel appliances throughout. Handicap accessible, this is a good home for providers. Private master bedroom with large Jacuzzi tub in bath. Large walk in closet. Above ground pool with deck.

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## Danville Senior Action Center

### October Meal Schedule

- October 2** - Meat Lasagna, Garlic Bread, Peas and Carrots, Orange Juice, Chocolate Chip Cookies.
- October 4** - Shrimp with Rice, Whole Wheat Rolls, Mixed Vegetables, V8 Juice, Fruit Cocktail.
- October 9** - Kielbasa on a Bun, Cream of Broccoli Soup with Saltines, Winter Squash, Orange Slices.
- October 11** - Chicken Parmesan, Homemade Breadsticks, Pasta with Marinara Sauce, Cantaloupe, California Vegetables.
- October 16** - Beef and Barley Mulligan, Pumpkin Bread, Spinach Salad with Mandarin Oranges.
- October 18** - Meat Loaf, Mashed Potatoes, Mixed Vegetables, Whole Wheat Rolls, Orange Juice, Apple crisp.
- October 23** - Chicken and Biscuits, Cranberry Sauce, Apple Stuffing, Broccoli, Ice Cream.
- October 25** - American Chop Suey, Whole Wheat Rolls, Mixed Vegetables, V8 Juice, Tossed Salad.
- October 30** - Spaghetti with Meatballs, Garlic Bread, Tossed Salad, Carrots.

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.



it's a crapshoot as to whether the next layer of rubber will tear, too, and cause a blowout.

RAY: And the most common form of abuse is under-inflating your tires. That's right, UNDER-inflating them.

TOM: Let's go back to our tireologist. Woehrle says that under-inflating puts additional stress on the tire's shoulders, where the belts are attached. And if a tire is under-inflated by 10 or 15 psi, the temperature at those shoulders can reach 200 degrees. So you've got a vulnerable part of the rubber that's hot being stretched and pulled, and that's a recipe for tire failure.

RAY: By the way, overloading the car with say, luggage or a couple of elephants does the same thing as under-inflating the tires. It stresses the shoulders of the tires.

TOM: So Bill says if you're going to make a mistake in inflating your tires, it's much better to over-inflate them a bit than under-inflate them. There are really no horrible ramifications of over-inflating the tires by 10 or 15 psi, except that when you go over bumps you'll bounce up and hit your head on the dome light.

RAY: The dangers of under-inflation are catastrophic tire failure. So for all of our readers: Make sure your tires have sufficient tread and have not exceeded the manufacturer's mileage rating. Make sure they're less than 10-years old, even if they have low miles (because old rubber gets brittle and has a greater tendency to crack).

And check your tire pressure once a month to make sure your tires aren't under-inflated. ✦

# Those Borders Aren't What They Were

VAN PARKER

No walls separate the United States from Canada, at least not yet. People who fly over the border areas see one continuous landscape. One country merges seamlessly with the other. I am told a person can even walk around inside the Derby Line library and find him- or her-self going into Canada and back into the United States all within the library.

Two of my recent experiences going in and out of Canada were probably typical. Perhaps we were more fortunate than most. In mid-August we drove to Prince Edward Island to see some old friends. We had our passports with us. Crossing into Canada was both easy and pleasant. The wait couldn't have been more than two or three minutes. We noticed the line of cars going into the United States was backed up for quite a distance and wondered what our return trip would be like. Would it take an hour to cross into Maine?

Fortunately we were lucky. On our return from New Brunswick the line was mercifully short, and the wait was less than 15 minutes.

Ten days or so later we went to Canada again, this time with friends from Kentucky. We weren't gone long, a few hours for lunch and a bit of sight seeing. Getting through the Canadian customs was as easy as it had been on our last visit. Nor did it take long to get back through the American customs.

Maybe the American customs officer had had a bad day, but we felt less than warmly welcomed into the good old U.S. of A. He asked me to open the trunk. Finding only some green mesh and environmentally friendly grocery bags, he quickly waved us on our way.

A recent article in the *Burlington Free Press* described long delays of at least an hour at one busy crossing. The Canadians had thoughtfully brought in "comfort stations" to ease the way for travelers to the United States.

Our Senators Patrick Leahy and Bernie Sanders have met with officials on both sides of the border to see what they could do to make it easier for travelers. All of us, especially those who practically commute between the countries, have got to appreciate those efforts.

This made me think about

borders and barriers and things like that. When we were in Holland, a year and a half ago, we learned how easy it was to travel throughout Europe. If you are a citizen of a member country in the European Union, you can go from one E.U. country to another as we would go from state to state. In Europe the barriers are coming down. Here they seem to be going up. On our southern border we're building a wall, not so much to prevent terrorism as to stop illegal immigration. Is this a sort of Berlin wall in reverse, keeping

people out instead of holding them in?

I know terrorism is a serious problem, but do we have to fight it by becoming a fortress? Could we work with other countries, like Canada, to make us all safer? Maybe these are questions we should be asking.



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## West Barnet Senior Action Center

### October 2007 Menu

**October 3** - Buffet.

**October 5** - Closed for Foliage Festival.

**October 10** - Baked Stuffed Chicken Breast, Mashed Potatoes, Cranberry Sauce, Peas, Homemade Rolls, Jell-O.

**October 12** - Liver and Onions, Mashed Potatoes, Carrot & Raisin Salad, Vanilla Pudding with Oranges.

**October 17** - Autumn Stew, Tossed Salad, Biscuits, Grapenut Pudding.

**October 19** - Baked Beans, Hot Dogs, Brown Bread, Cole Slaw, Orange Jell-O with Pineapple.

**October 24** - Sweet & Sour Chicken on Rice, Broccoli with Cheese Sauce, Green Beans, Wheat Bread, Brownies.

**October 26** - Hot Beef Sandwich, Mashed Potatoes, Mixed Vegetables, Sauerkraut Salad, Cake with Frosting.

**October 31** - Halloween trick or Treat Special.

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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**DANVILLE:** ML#2674841 This classic country store has been a mainstay of the Danville business community for over 100 years. It currently has inventory, fixtures, and equipment for a hardware retail business, which are all included in the sale. If hardware isn't your interest, the 2000+ sq. ft. of space is only limited by your imagination. Come take a look today.

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**DANVILLE:** ML#2615278 Circa 1876 - classic Vermont Post and Beam farmhouse in a pretty setting in Danville. This home has 4 bedrooms, 2 baths, dining room, den, large eat-in kitchen. There's an attached shed and carriage house. The 2 acre +/- lot has frontage on the Joe's Brook.

**\$169,900**

### BEGIN REALTY ASSOCIATES

### BEGIN REALTY ASSOCIATES



**AROUND THE TOWNS**

**October**



**October**

**COMMUNITY CALENDAR**

**Daily** - Northeast Kingdom Artisans' Guild Backroom Gallery, Artisan's Guild, St. Johnsbury.

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

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

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

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

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

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

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

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

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

**Saturday & Sunday** - Planetarium Show 1:30 p.m. Fairbanks Museum, St. Johnsbury. (802) 748-2372.

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

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

**1** NEK Audubon Informational and Planning Meeting: 4:30 - 6 p.m. Fairbanks Museum, St. Johnsbury.

**1** NEK Fall Foliage Festival, Walden with Ham Supper at Walden Church, 5 and 6 p.m. (802) 563-2380.

**1** "No Smoking: the Politics of a Global Movement," with Donley T. Studlar, 7 p.m. Alexander Twilight Theater, Lyndon. (802) 626-6426.

**2** NEK Fall Foliage Festival, Cabot with Turkey Supper, Cabot United Church, 5 and 6:30 p.m. (802) 563-2328.

**3** NEK Fall Foliage Festival, Plainfield with Barbecued Chicken-Mostaccioli and Baked Bean Supper, Grace Methodist Church in Plainfield, 5 and 6 p.m. (802) 454-7301.

**3** The Revival and Transformation of Antiquity in the Renaissance with Dr. Hanna Gray, St. Johnsbury Athenaeum. 7 p.m. (802) 748-8291.

**3** Stark Decency, the story of Camp Stark, New Hampshire's only World War II prisoner-of-war camp, with Dr. Allen Koop. Stanstead College. Stanstead, Quebec, 7 p.m. (819) 876-7891.

**3&4** AARP Driver Safety Class, 8:30 a.m.-12:30 p.m., for drivers 50 and older. Bradford Fire Station, Bradford. (802) 222-9026.

**4** Denise Brown lecture, 12:30 p.m. Lyndon State College Library Reference Area, Lyndon. (802) 626-6426.

**4** NEK Fall Foliage Festival, Peacham with Spaghetti Supper at Peacham Congregational Church, 5 and 6:30 p.m. (802) 592-3558.

**4** Osher Institute, Feast for the Eyes, St. Johnsbury House, St. Johnsbury. 1:30 p.m. (802) 626-5135.

**5&6** Book Sale, Cobleigh Library, Lyndonville. Friday: Noon - 7 p.m. Saturday: 9 a.m. - 3 p.m. (802) 626-5475.

**5** NEK Fall Foliage Festival, Barnet with Ham dinner at Barnet Center Vestry, From 4 p.m. on. (802) 633-2681.

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

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

**6** Rubber Ducky Derby, Ben's Mill, Barnet. 10 a.m. - 3 p.m. Blacksmith on duty. Many machines now operational. Ducks swim at 11 a.m. Hazen McLaren

will display and sell paintings to benefit the Mill. Cider & donuts available. (802) 748-8180.

**6** Bird Feeders for Kids of All Ages, Kids 5 and up learn to make bird feeders from recycled material, 10 a.m. - Noon. NorthWoods Stewardship Center, East Charleston. (802) 723-6551.

**6** NEK Fall Foliage Festival, Groton with Chicken Pie Supper at Groton Community Center, 4:30, 5:30, 6:30 and 7:30 p.m. (802) 584-4748.

**7** Autumn on the Green, Danville, 10 a.m. - 4 p.m.

**7** NEK Fall Foliage Festival, St. Johnsbury with Pancake and Ham Brunch at St. Johnsbury House, 8 a.m. - Noon, (802) 748-3678.

**8 COLUMBUS DAY**  
**8** West Danville Community Club Meeting, West Danville Methodist Church, 7 p.m. (802) 684-2192.

**11** Osher Institute, The Down Side of Food, St. Johnsbury House, St. Johnsbury. 1:30 p.m. (802) 626-5135.

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

**12** Nulhegan River Paddle from Nulhegan Pond to Wenlock, 9 a.m. NorthWoods Stewardship Center, East Charleston. (802) 723-6551.

**13** Children in Vermont's work force - their many jobs and what this meant to their lives, 10 a.m. - Noon. VT History Museum, Montpelier. (802) 828-2180.

**13** Cabot Apple Pie Festival. Main Street Gym, Cabot. (802) 563-3396.

**16** "Vermont Women's History Project: Strengthening the Future by Illuminating the Past," with Judith Irving, Bradford Historical Society's Annual Meeting, Potluck supper 6 p.m. with program to follow. Vestry, Bradford United Church of Christ, Bradford. (802) 222-4423.

**18** Osher Institute, Behind the Organic Label, St. Johnsbury House, St. Johnsbury. 1:30 p.m. (802) 626-5135.

**18** Sudan Looking Forward with LSC Student Gabriel Poth, 7 p.m. Burke Mountain Room, LSC, Lyndon. (802) 626-6426.

**18** Home Energy Diet, Exploring Energy Efficiency for your Home with Author Paul Sheckel, 7 p.m. NorthWoods Stewardship Center, East Charleston. (802) 723-6551.

**20** NEK Audubon trip to Dead Creek Wildlife Management Area to see snow geese and Shelburne Museum for John James Audubon exhibition of prints. Meet at West



Dunham Family Photograph  
*While on a river cruise from St. Petersburg to Moscow, Russia, Wallace and Janet Dunham from Madbury, NH read The North Star at Kizhi Island in Lade Onega. The area was settled in the 12th century, and the island eventually became the cultural center of the region. A fine example of early Russian architecture is the Church of the Transformation built in 1714. The church has 22 domes built entirely without nails in three tiers. The interlocking logs are caulked at the seams with a combination of hemp, jute fiber and tar. When the sun hits the ash domes, the gilded colors shine like silver. The cathedral and its adjacent bell tower are designated as UNESCO World Heritage Sites.*

- Danville park and ride at 7 a.m. (802) 626-9071.
  - 21** Taste of the Kingdom, Dishes from the region's best restaurants to benefit Lyndon State Foundation, 4-7 p.m. Inn at Mountain View farm, Lyndon. (802) 626-6458.
  - 24** Book discussion, F. Scott Fitzgerald's "The Great Gatsby." 7 p.m. Pope Library, Danville. (802) 684-2256.
  - 25** Osher Institute, The National Debate: Industrial Agriculture and the Politics of Food, St. Johnsbury House, St. Johnsbury. 1:30 p.m. (802) 626-5135.
  - 25** Full Moon Paddle, 7 p.m.
  - NorthWoods Stewardship Center, East Charleston. (802) 723-6551.
  - 26** The Yellow Dress, one woman play, 9 p.m. Alexander Twilight Theater, Lyndon. (802) 626-6426.
  - 28** Daylight Savings Time Ends.
  - 29** The Music of Anton Bruckner: "Cathedrals in Sound," 7 p.m. Burke Mountain Room, LSC. (802) 626-6426.
  - 29&30** AARP Driver Safety Class, 9 a.m.-1 p.m., for drivers 50 and older. Cobleigh Library, Lyndonville. (802) 633-4395.
  - 31 HALLOWEEN**
- See also the Arts Around the Towns Calendar Page 14.

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**2008 Vermont Life Calendars**

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Vermont Apple Cider  
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