

THE North Star MONTHLY

Every Small Town's Newspaper

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SEPTEMBER 2007
Volume 19, Number 5

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A DAY'S DRIVE UNDER A GLACIER A GEOLOGICAL FIELD TRIP

BRUCE HOYT

Anyone flying across America may get a chance to enjoy a high altitude view of mountain glaciers shaping the topography of the Rockies. Often three or more rivers of ice are at work carving cirques toward the core of a single massif to make a scraggy "horn" or shaving a ridge into a knife-edged "arête." These are mountain glaciers and generally what comes to mind for the word "glacier." Vermont's gentle landscape shows the work of a deep, enormous, unstoppable mass of ice, a continental glacier, which ground away the craggier forms of an earlier age. A day's drive in our area can reveal many features left behind by its work. Although most of the ice retreated 12,000 years ago its strength can be appreciated by an imaginary journey beneath its domain. Here is one possible road trip for that purpose:

Bypass your morning coffee pot and head straight down I-91 to Exit 17 early in the morning so you can enjoy the lakes of fog that
(Please See *A Day's* on Page 24)
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make the mountains appear to be floating. As you pass the highway mile markers, convert that horizon-

Laundramat Spins with Customer Service in the Heart of Hardwick



Photo By: North Star Monthly

Jeff Newman bought the Village Laundramat in Hardwick from his parents in January 2003. With their longtime employee, Gloria Lurvey, he runs the ever popular and busy business with a devotion to customer service.

TERRY HOFFER

Jeff Newman is like a lot of self-employed business owners. He is a jack of all trades. He's a salesman, bookkeeper, maintenance expert, planner, customer service manager, production and quality control supervisor, fire fighter and minister of security. He sells himself short in a sea of understatement when he says, "It's not very glamorous, but we sure meet interesting people."

Newman is the owner of the Village Laundramat located where the Grand Army of the Republic Highway (that's Route 15) meets Main Street in the heart of Hardwick. Newman's job is beyond full time, but if he were to step aside from the routine and responsibility, and if he were to pause and watch it all for a day or two, he would understand just how much of that multi-tasking and his devotion is appreciated by his customers and others around Hardwick.

Karen Banker is a regular customer. She says, "It's the only laundramat for 20 miles, but it's more than that. You see people here, and if there's anything going on in town they are talking about it. It's not that I love going to a laundramat, but it's a social thing, and Jeff's personality is such that I think people do love it. He and his helper, Gloria, are like two peas in a pod. I can't imagine Hardwick without them."

Gloria Lurvey began working at the Village Laundramat in 1984. At the time, the business was owned by Newman's parents, and today Newman says, "She does it all. She's great." Lurvey lives nearby, and she does much of the cleaning and maintenance and the handling of laundry that is dropped off to be washed, dried, folded or ironed for later pickup.

Lurvey has a quick smile, a hearty laugh and a great sense of humor. She keeps an eye on the laundramat when Newman takes an occasional day off. She closes up most evenings, and she has been known to post a sign on the Laundramat door that urges customers with questions or problems to come to her apartment nearby for help. Newman says, "Gloria's

always been in Hardwick, and she knows everyone."

Dave Davison moved to Hardwick nine years ago. Davison says with an apologetic laugh, "Before we moved up here from Texas I had never done much laundry. One day I went into the Village Laundramat and I asked Gloria to show me how to get stains out. She knows everything, and she knows everybody. It's a wonderful place. I'm sure it hasn't been easy with the shifting prices of fuel oil and propane, but Jeff does an amazing job."

In January 2003 Newman bought the Village Laundramat from his parents, and turning his back on the security of a job in St. Johnsbury with predictable pay raises and benefits he became self employed. "Our family has always been close," he says, "and I know my parents wanted nothing more than for this to stay in the family."

Since then, Newman has begun gradually replacing the washers with modern and more efficient machines. He installed a new hot water system, air-conditioning and a ventilation system. There are new signs, new paint and wallpaper and the business shows rejuvenated attention to detail. He says, "My mother was meticulous about this, and it showed. I guess I get it from her. I just like to have my ducks lined up in a row."

Newman says, "There isn't a lot of room to get fancy in this business." He flips through the pages of current issues of the trade magazines,
(Please See *You Won't Find* on Page 6)

(Continued from Page 1)

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Should the U.S. Be a Model for Universal Health Care?

Despite what some of our most prominent politicians are saying about the American system of health care (including “best medical care” and “best health care system in the world”) there are others who find that it isn’t so.

Michael Moore struck again this summer with his film *Sicko* and pointed out that health care in places like Europe, Canada and even Cuba, thanks to government run health care systems, is better than ours. But Moore sells entertainment, and his credibility is battered by the extent to which he makes systems in other places sound flawless. Those systems aren’t flawless, but the comparison does prove entertaining, and it does draw attention to some of the more objective data.

In June 2000 the World Health Organization ranked health care systems of 191 countries based upon their responsiveness, fairness of financial contribution, overall level of health, distribution of good health within its populations and how the resources are ultimately spent in providing health services. The World Health Organization rank put France at the top of the list followed by Italy, Spain, Oman, Austria and Japan. The United States was 37th.

In May 2007 The Commonwealth Fund, a distinguished and 90-year old American foundation established to promote independent research on health care issues, practice and policy, published the results of its surveys of patients and doctors and their analysis. The report shows the U.S. to be last, or next to it, when compared by performance, including quality of care and who gets it, against Australia, Canada, Germany, New Zealand and the United Kingdom.

Let me be clear that in many ways we are very fortunate, especially those of us blessed by health insurance. We have access to high quality care, and few of us would rather be shipped off to wait in the check-in in Oman than take our chances with care that is local or regional. But as a country that takes pride in its role as an example of high standards, we have neither the best medical care nor the best system to provide it in the world. Apparently far from it.

Whereas all other major industrialized countries have universal health coverage, the U.S. has 46 million without health insurance. The U.S. ranks last on almost all measures of fairness with the greatest range of disparity between the quality of care given to poor and wealthy patients.

Measured by infant mortality rate and life expectancy we are not very healthy. Fewer of us smoke than in other industrialized countries, but our obesity epidemic leads the world.

Our recent conversation with David Reynolds was encouraging. [See Page 8.] Reynolds is the senior health policy advisor for Vermont’s Senator Bernie Sanders. Reynolds says, “The American system of health care is broken. We spend more on health care than any other country in the world,” and the result is not very comforting.

Reynolds, a long time administrator of Northern Counties Health Care says, “I used to be one who said we can’t afford universal health care, but I don’t believe that’s the case anymore. With what we have spent in Iraq, it is clear that covering health care as a right of citizenship is a matter of political will, not a matter of cost.”

As the debates of the presidential campaign increase in their frequency and substance we should listen for evidence about how good our system really is. Hopefully, and Reynolds and Senator Sanders hope for this, too, we can 1. extend health coverage to those without it, allowing them primary or preventative as well as emergency care and 2. find the means to establish an effective and efficient single payer system for paying providers of our care.

As Reynolds says, the choice is one of political will, not one of cost.

Terry Hoffer

Show 'em How to Sweat!

The wonders of the human body are justifiably well proclaimed. Our bodies, a hodgepodge of features resulting from the seemingly random effects of evolutionary forces, may lack the logic of careful engineering, yet they are well suited for most of what we ask of them. Consider how we keep cool (besides using air conditioners). Our body’s cooling system utilizes a fundamental property of water. Water requires energy to evaporate. Put another way, water will extract heat when it evaporates. To keep cool, we allow water to evaporate from our skin. In dignified company we perspire; on dog-breath hot days we sweat.

Sweat evaporates from our skin, cooling us down. Seems straightforward, but the process of producing sweat is wondrously complex. Special nerve sensors in our skin, blood vessels and elsewhere signal the “thermostat” deep within our brain when our body’s temperature is above the optimal for body functioning. This area of our brain then sends signals to special glands throughout our skin (called eccrine glands) to produce sweat—an extract from plasma that is mostly water, but also contains small amounts of various minerals, hence the salty taste of sweat. Sweat that is produced by eccrine glands for thermoregulation is different from the sweat produced by more localized (for example, arm pit) skin structures called apocrine glands. These glands produce an oily type of sweat that is then degraded by the bacteria residing on our skin, with a result that is the sustenance of the perfume and deodorant industries.

Sweating is a natural and vital function of our bodies. Yet, outside of athletic endeavors, it is by and large a social embarrassment. Perhaps this is due to the association of discomfort, be it feeling hot, fatigued or unclean, with sweating. Under some circumstances, however, sweating is considered physically and/or spiritually cleansing. Those who enjoy a sauna can attest to this. And there are physical and emotional benefits to regularly “working up a sweat” through exercise.

We have the capacity to learn throughout our lives. Due to brain growth during childhood, this is the period when learning is most rapid. It is usually satisfying, as a parent or teacher, to witness a child’s mastery of information as demonstrated through his or her actions and behavior. As example of dissatisfaction, I was not excited when my children repeated advertising jingles they heard on the radio or TV (a demonstration of how well children learn through repetition and modeling). However, I was satisfied when my children later reached the point where they could discern the purpose of those jingles. It was sometime around that same period in their development that they also began to note the differences between what people say and what they actually do. How important during that stage of development to be with peers and adults who model the values and behaviors which we espouse.

Under appropriate circumstances, namely exercise, sweating is good. Too often we avoid activities that may result in our breaking into a sweat. Let’s embrace sweating. We should more often utilize the cooling system that Nature has provided us (being mindful of the need for hydration, as at the extremes of exercise in hot conditions, up to two quarts per hour of water can be lost through sweating.) And we need to demonstrate to our successor generations an enthusiasm for sweating. Children and adolescents quickly note the hypocrisy of a generally sedentary adult world touting the benefits of exercise. This is to say, if we hope to increase in our children a desire for life-long, health promoting fitness, we need to put action behind the message and model these activities.

Tim Tanner

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

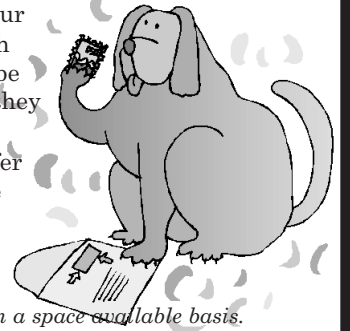
ARTICLES: We don’t have a big staff of writers. So we look forward to your sending your writing. If you have questions or ideas and want to ask us first, please call. We’ll send our guidelines. No fiction, please.

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

PRESS RELEASES: We prefer press releases that are unique to *The North Star*.

DEADLINE: 15th of the month prior to publication.

All materials will be considered on a space available basis.



Letters to the Editor:

Charles Fletcher
Texas Ranger

Dear North Star,
There was an error in the iden-

tification of Charles Fletcher in the article that appeared in the August issue of *The North Star*. Charles Fletcher was the son, the only child, of Isaac Fletcher. Isaac was the brother of my great-grandfather, Joseph Fletcher.

Harriet F. Fisher
Lyndonville

(See *Letters on Page 4*)

Gold Find in Black Hills Encourages Prospectors Beyond Measure Locomotives Plainfield and Windsor Collide Head-on in Rail Crash

The North Star
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THE NORTH STAR

September 1, 1876

Some of the leading life insurance companies of Hartford, Connecticut are said to be writing only from five to ten new policies daily, the dull times having a terribly bad effect on life business.

One steamer took fifty-four thousand four hundred and four watermelons to Boston on Friday last week.

Black Hills Gold - A Cheyenne W.T. despatch says the latest news by the Black Hills Pioneer, published at Deadwood, is encouraging beyond measure. Eight hundred ounces of gold dust arrived in this city today. Yesterday a solid piece of quartz was consigned to the Pacific coast for exhibition. It bristles with free gold all over. The piece weighs about twenty five pounds and is estimated to contain \$100 in gold.

Curtis C. Farnham who died recently at St. Johnsbury has had issued to him a pension certificate granting him \$6 per month from August 24, 1865. The amount of

about \$800 will go to his widow.

September 8, 1876

Mr. J.C. Whitcher of Peacham requests us to state that he is not a Democrat and that no one had any right to put his name on the Democratic committee for that town.

Louis Victor Amedee Henry died in Burlington last week. He was 110 years old and probably the oldest man in New England.

All kinds of vegetation has matured much earlier than usual. Most of the grain crops were harvested some ten days ago. Corn is nearly ripe for harvesting and promises to be a good yield.

Peabody House, Corner of Locust and Ninth Streets, Philadelphia, Pa. is convenient to all places of amusement and car lines in the city. No changes to and from the Centennial Grounds. Col. Watson, proprietor of the "Henry House" in Cincinnati for the past twenty years and present proprietor has leased the house and has newly furnished and fitted it throughout. He will keep a strictly first class house and has accommodation for 300 guests. Terms only \$3 per day. No bar has ever been kept in the Henry House, and none will be kept at the Peabody.

September 15, 1876

Notable War Record - Mrs. Esther Shontell of Middlesex sent seven of her sons into the army in the war of 1861. They were William, Benjamin, Frederick, Leander, Lewis, Joseph and Augustus. Two of the brothers were killed; the mother draws a pension for one of them,

and the other left a widow. Two of the soldiers were pensioned on account of wounds, and a third contracted disease, for which he asking a pension.

For a number of years a band of incendiaries and assassins known as the Mollie Maguires has existed in the anthracite coal region of Pennsylvania. These men were associated for the purpose of doing the bidding of the "bodymasters" of the murderous gangs, be it brutal beatings, incendiarism or assassination. According to the Philadelphia Ledger there are no more deliberate, cruel, cold-blooded and infamous murderers than those brought to light in the prosecutions now going on in Schuylkill County. Not even in the dark ages or in the worst conditions of European society in any country was anything more repulsive and appalling than the proceedings of the Mollie Maguires. A number of the murderers are now under the sentence of death, and not less than a dozen of the various gangs have been convicted of crimes varying from conspiracy to kill up to the very worst form of deliberate murder itself. They feared no law, human or divine.

September 22, 1876

We are probably the most heavily taxed people on the face of the globe and certainly got as little of anything that is worth having for the money. The Democratic House has reduced our expenditures \$30,000,000. And yet the Republicans seem to be surprised that the people show signs of desiring that the whole government shall

be placed in the hands of the Democrats.

Fire at Craftsbury - The dwelling house, two barns, two sheds, a hog pen and their entire contents belonging to S.W. Carter of Craftsbury were consumed by fire last week Friday night between 10 and 11 o'clock. The fire was discovered in an open chamber over the kitchen and had made such headway that there was no hope of saving the house. The fire extended to the barns so quickly that Mr. Carter had barely time to save his horse and cows. Loss about \$2500. Insured for \$1300.

Mrs. Sally Page, mother of our townsman Henry Page died last Friday at the age of 92 years and 8 months. Mrs. Page was the oldest person in town. She had lived in the state for 60 years and in the town for 50 years. She was born at the close of the Revolutionary War in Exeter, NH. Her life ran parallel with that of the nation and during her life the best part of the world's progress was made. She was born before the power loom, the railroad, the steamboat or the telegraph.

September 29, 1876

The Great Explosion of Hell Gate, near New York Harbor, took place Sunday afternoon and was witnessed by a vast crowd estimated as high as one hundred thousand. The rocky reef was blown to atoms by the terrible dynamite without the least injury to persons or buildings. The work has for several years been under the supervision of the U.S. Civil Engineers. Explosives used in the blast were 24,431 pounds of blasting powder, 26,471 pounds of nitroglyc-

erine, 1,932 pounds of giant powder, 600 pounds of mica powder, and 4,017 pounds of vulcan powder. The broken rock was loaded into small cars and pulled by mules along a railway to a derrick by which it was hoisted away.

Railroad Collision - Last Monday afternoon a serious collision occurred on the Montpelier and Wells River Railroad between a mixed train of seven boxed freight and three passenger cars drawn by the locomotive Plainfield going to Wells River and the locomotive Windsor with a single passenger car from Barre.

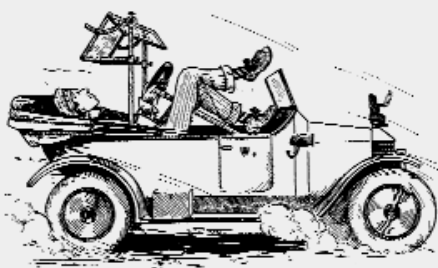
The latter reached the Barre Junction with the Wells River Road precisely on time. Horace Kempton is the switchman there assisted by a boy of 16. The boy changed the switch and became confused supposing that the Wells River train had come in. He suddenly recollected that it had not, and he commenced shouting for Thomas Bailey the conductor to stop. It was too late. The Barre train went on and when rounding a curve struck the approaching train doing serious damage to both engines, wrecking the tenders, crushing the leg of engineer Benjamin Merrill, who is believed cannot live, and seriously injuring conductor Bailey. The fireman, one engineer and one or two brakemen jumped from the trains. None of the passengers were injured. The blame of the sad accident seems to be wholly attributed to the switchboy there who is reported to have gone crazy when he found out what he had done. Engineer Merrill's right leg has been amputated.

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Letters to the Editor:

(Continued from Page 2)

Price Increase

Dear North Star,

I think it's a bargain. I love it. Thanks.

Marge Christiansen
East St. Johnsbury, VT

Sue Bowen on the Water Andric

Dear North Star,

Sue Bowen's Water Andric meanderings were wonderfully written, wonderful to read, wonderful for the neighborhood and for Sue herself. Thank you. And of course you couldn't and shouldn't cut the piece, it needed to be the whole length of itself, an extended marvel. As Sue wrote of the poplar tree across the Andric, lovely. More! More!

Reeve Lindbergh
Barnet, VT

Custer's Last Stand

Dear Terry,

I read everything in *The North Star*, but this time around I was especially interested in the Old North Star material and the dispatch dated August 4, 1876: "Custer's Last Fight." Your readers might like to know that Curly's story of Custer's disaster has been discredited.

As early as July 20, 1877, Lt. Col. Michael V. Sheridan interviewed Curly and reported, "Curly showed me the route he had taken and where he had hidden during the fight, and also described through a good interpreter the time and place at

which he deserted Custer, and I soon became fully convinced that he had run away before the fight really began, and that the greater portion of his tale was untrustworthy." For example, Curly said that Custer survived until nearly all his men had been killed or wounded. That doesn't sound right, since the Sioux always took out the enemy leader first to demoralize his troops. Besides, other, more credible reports say that Custer was among the first to die.

Historians speculate that Custer went against orders and attacked the Sioux on his own because he wanted word of his glorious victory to reach Philadelphia in time for the nation's centenary. He had hoped, the speculation goes, that his momentum would carry through to the Democratic Presidential Convention, at which he would become the party's nominee.

You probably know that the 1876 election was the first in which the candidate with the greatest number of popular votes did not win in the Electoral College: Rutherford B. Hayes (R) defeated Samuel J. Tilden (D) 185 electoral votes to 184, even though Tilden had 260,000 more popular votes than Hayes.

Maybe it's just as well that Custer wasn't around to accept the nomination. With a heroic candidate, the Democrats could have carried the day, and we can imagine the damage the country would have suffered if a block-head like Custer had become President.

David Brown
Shelburne, VT



Jon Gale a Model for Retirement

Jon Gale became my nephew-in-law by marrying my lovable and competent niece Deborah, an executive in a community action corporation in Maine. They live in an old family farm house in North Waterboro, ME built in 1804. It is a delightful place where I spent summer vacations working until I was 21.

Before his retirement two years ago at 61, Jon was a teacher and administrator in schools in New Hampshire and Maine. His last position was as the principal of Lyman Elementary School in Goodwin Mills, ME. Jon will be long remembered for creating an unusual program for fourth graders that is now permanently in the school's curriculum. It was only the second program of its kind in the United States. In ten-mile segments, fourth graders take a week to hike the 50 miles from Portsmouth, NH to their school. The kids were picked up by their parents and taken home each night and then delivered again the next morning to the new starting point.

At first there were doubters among parents, students and school officials who worried that the hike would be too much for children so young. But after holding meetings to explain the benefits for the kids Jon's plans prevailed: they would visit historical sites on the way, climb a small mountain, enjoy each other as they couldn't in school and generally toughen themselves with measurable health benefits. Thirty-three started the first year. All but one finished. They were greeted like heroes when they arrived at their school. Parents and other kids had arranged a parade and cookout to celebrate. The program is viewed so favorably that less ambitious experiences are now scheduled for younger students. Jon will continue his involvement each year by hiking with the kids whom he enjoys so much. The reason I dwell at such length on this hike is because it was a harbinger of the unusual activities one might expect from Jon in retirement.

Jon is six-foot-five inches tall, weighs 245 pounds, has a beard, and keeps in excellent shape. Mild hearing loss is his only physical impairment. He is warm and friendly by nature, full of energy and ready for any new experience. For him, retirement is satisfying, healthy and fun. But as much as I admire Jon, he is not my role model; I am too old, and he is too young. Trying to keep up with him would kill me in short order.

For starters, Jon was the popular chairman of the busy Board of Selectmen, and is still a member. Waterboro is now a thriving bedroom community for about 7,000 people, many of whom work in Portland, Biddeford and Sanford. When I was a boy in the 20's, there were about 1,000 residents.

Jon was recently president of the trustees of Elder Grey Meeting House Association, a church built in 1806. It is on a hilltop, across the road from a cemetery built in 1832. Since 1926, on the first Sunday in August, there is a memorial service. Otherwise the church is vacant, but well maintained by us descendants of the first settlers. (I am pleased to have attended all 82 of the services.)

The church was built at the bottom of a long hill, and, for the convenience of Elder Grey, the fragile minister, it was hauled by oxen to the top of the hill, but when the rum ran out, the church was pushed off the road to what has become its permanent location. The intention had been to haul it another mile to the minister's home.

For the 200th anniversary celebration, at the suggestion of my son Peter, Jon and several trustees were instrumental in arranging a reenactment, as best they could, of the original move. Jon and a friend built a small replica of the church and mounted it on a trailer to be hauled by four oxen a distance of one-quarter mile uphill to the old church. Everything turned out as anticipated, and there was excellent press coverage.

The capstone of Jon's retirement (to date) is perhaps his most unusual experience. A licensed Maine guide, Jon has always been an outdoor enthusiast and usually goes camping with friends in the White Mountains at least one weekend each winter. Jon has experienced -25 degree temperatures and 70 mph winds, slept in the open, in tents and shelters half-buried in the snow.

Several years ago he became intrigued with the summit of Mount Washington and its year-round Observatory, and became a dues-paying member of the Observatory Association. As a member he learned that he might be able to spend some time "on the rock."

That was all Jon needed. He qualified, and his talents were exactly what the staff needed, although at the time he didn't fully appreciate what that meant. He was invited to spend a week and jumped at the chance. As a result he spent about 12-hours a day cooking three meals for the personnel and performing housekeeping chores in the living quarters as needed.

There were dividends for Jon, of course, despite the work load. He became acquainted with the permanent and part-time professionals, and familiar with the hourly and daily duties they performed. He heard hair-raising tales about working in sub-zero temperatures and hurricane-like winds. The Observatory has recorded the world's highest wind velocity of 231 mph. Wind chills of -100 degrees are not uncommon.

Needless to say, with Jon's optimistic and inquisitive nature, his experiences were positive despite the work. He expects to be invited back next winter for another week of work and fun and looks forward to new experiences.

You might think that what I have described is more than any retiree can handle, but that is not so. Jon writes regular columns for a newspaper distributed in five area towns. He has mastered white-water canoeing and occasionally leads paddlers on lakes and streams throughout Maine. He and his wife have volunteered to take on the job of raising thousands of dollars from foundations to fund the town's expensive new library. I wonder what this consummate retiree will take on next, but I know it will be different.

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What's in a Name?

“When daisies pied and violets blue
And lady-smocks all silver white
And cuckoo buds of yellow hue
Do paint the meadows with delight, ...”
William Shakespeare, *Love's Labors Lost*

Biology was my major in college, and for three years I took courses in botany. Saturday field trips were a mandatory part of all field sciences – zoology, geology and botany. These were great opportunities to escape my college in the city of Manchester, England, for the moors and dales of Derbyshire or Cheshire, to study plants, animals, rocks and the local pubs!

It was a great way to get to know fellow students and our professors. One botany professor, Dr. B., was a fanatical curmudgeon. His expertise was taxonomy, the classification and naming of plants. His method of torture was simple. As he strode along he would bend and pluck interesting plants from beside the trail. Suddenly he would turn in his tracks and present a specimen to an unwary student. “Name this!” If, without thinking, the student said, “Buttercup,” the wrath of God descended. “Genus?” - “Ranunculus,” “Species?” - now that was tricky because there are many species of Ranunculus.

A quick glance around, a lucky guess, “Repens,” might then lead to “Family?”, and then five features of that family and other related species, and so on, until the student was ready to collapse. Although Dr. B. was feared and disliked, he taught us respect for the Swedish botanist Carl von Linne, whose 300th birthday was celebrated this year on May 23, and his binomial system for naming living organisms still in use today. This system, which identifies a plant or animal by a generic and specific name, makes it possible for scientists across the world to know that they are studying and writing about the same organism.

Dr. B. warned us about the confusion of using local or common names for plants. I appreciated what he meant when I came to the United States. Cowslips to the British, including William Shakespeare, are members of the Primula family. To some Vermonters, cowslips are yellow Buttercup-family flowers (*Caltha palustris*) that grow in marshy meadows in early spring. The British, and some Americans, call them marsh marigolds. Well, the “marsh” part is correct but the “marigold” now there's another whole issue. So it goes, Dr. B. was correct. Common names are fun, full of local color, but full of confusion.

The same can be said for naming parts of the body. Some seem to get away unscathed - heart, lungs, brain, but what about the stomach? To many the stomach is an organ that seems to encompass most of what lies below the ribs. As a childbirth educator I soon found out that many babies seem to spend a good part of their prenatal lives in their moms' stomachs, not the uterus. This may be why some women think that they are having a bad attack of indigestion when in fact they are in early labor.

What an amazing number of common names there are for parts of the male and female anatomies. To my mind this is no place for confusion. I recently read about the 2007 Newbury Award winner for children's literature (for 8-12 year olds), *The Higher Power of Lucky*, which includes the word “scrotum.” This horrifying word that seems to send many children's librarians into a tizzy lest they might have to explain it to a children's reading group, has virtually condemned this book from the start. Many school librarians will not purchase the book because of this one simple word, despite the other many redeeming features of the story.

In another incident this spring, three high school junior girls were suspended from school in Lewisboro, NY, 50 miles north of Manhattan, for speaking the “V” word out loud in a public presentation of the acclaimed play, *The Vagina Monologues*. This feminist play is performed each year around Valentine's Day, in many communities, to raise awareness of violence against women. The students had been told not to say the word “vagina” aloud despite being allowed to present readings from the play. What a strange mixed message.

Why are we so embarrassed to use the correct anatomical names for parts of the human body? Teaching small children slang names for intimate parts of the body can often lead to embarrassment later in life when the slang is used inappropriately in an adult setting such as a doctor's office. I pity doctors who spend time deciphering the source of a patient's troubles from the euphemisms and misnomers for parts that hurt or are not working as they should.

The use of slang names must add to the general frustration of an office visit, waste time and contribute to the expense of health care. It also adds to the confusion of patients who really don't know what is actually wrong with their bodies and, therefore, how to care for them. So let's call a stomach a stomach and everything else by its proper name. As Shakespeare said, “A rose by any other name would smell as sweet.” But Dr. B. was correct, it just might not be a rose.

Isobel P. Swartz



Photo By: Lilla Lumbra

A demonstration on how to train a retriever is one of the events scheduled at Dead Creek Day on Saturday, October 6 in Addison.

Annual Dead Creek Wildlife Day Set For October

Anyone who enjoys wildlife should plan on being in Addison on October 6 for the sixth annual Dead Creek Wildlife Day.

Activities at the Dead Creek Wildlife Day are especially for people who enjoy hunting, fishing, birdwatching or learning about Vermont's diverse wildlife. The location is the Vermont Agency of Natural Resources' Fish & Wildlife Department Dead Creek Wildlife Management Area on Route 17 west of Route 22A in Addison.

Early risers can start the day with bird banding demonstrations starting at 7 o'clock. Two large tents at the Dead Creek headquarters will open at 9:30 a.m. featuring wildlife-related exhibits and kids' craft activities, like face painting and building bluebird boxes. The main events run from 10 a.m. to 4 p.m. There will be field trips, illustrated talks, live wildlife presentation, hunting dog training, fishing and hunting tips and more. For those who enjoy an evening stroll, an owl walk at the end of the day on the north end of Snake Mountain begins at 7 p.m.

All events are free and a free shuttle bus will provide regular access to field events nearby throughout the day. For more information or a schedule of events call VT Fish & Wildlife at (802) 241-3700 or visit the web site: www.vtfishandwildlife.com

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American Coin-Op and the Journal of Coin Laundry and Dry Cleaning, and he expresses his envy at the description of a suburban laundramat in

Jeff Newman sells himself short in a sea of understatement when he says, "It's not very glamorous, but we sure do meet interesting people."

propane, has gone up by fifty percent. I figure that by the end of the year that'll be more than \$12,000. That's an awful lot of quarters."

Newman describes the fine art of his business as trying to keep up with the seasonal peaks and valleys of his customers while balancing his cash flow against the unknowns of utility costs and his vision for improvement. His biggest customers are the Windridge Tennis Camp in Craftsbury and Circus Smirkus, Highland Lodge and the Caspian Lake summer people in Greensboro, but they are seasonal with needs that soar in June, July and August, leaving nine months of the year when the number of quarters coming into the Laundramat is far fewer.

Pennsylvania where the owner spent \$175,000 to install all new and matching equipment. "I'd love to have efficient equipment that all matches," he says. "Sometimes I'll be emptying the quarters out of the machines and someone will say something about all that money. You know, in the last three years my cost of fuel, that's heating oil and

But recognizing that he can't do all that he'd like in the way of improvement, Newman admits that the existing floor plan and the equipment work well. "The machines are all a little different," he says. "Some washers seem to prefer liquids while others prefer powders, and some want the soap before the water



Photo By: North Star Monthly

Business at the Village Laundramat is seasonal with the arrival of summer people on Caspian Lake and places like the Windridge Tennis Camp in Craftsbury and Circus Smirkus and Highland Lodge in Greensboro, which drop off laundry for later pick up. Between Jeff Newman and Gloria Lurvey the work gets done with plenty of good-natured bantering, and customers say they couldn't imagine Hardwick without them.

goes in and some want it after. So part of what we do is try to educate customers about the quirks of the equipment, and we have a great time doing just that. If the system all works and our customers are happy then, we don't have to use any 'Out of Order' signs, and that makes us happy,

too." Jennifer O'Guin is another regular and satisfied customer. She says, "I've lived in Hardwick for six years, and I just can't imagine the town without this place. It's always clean, and they have a bulletin board where I post things. But what I find myself noticing everyday is the way they maintain the outside of the building. It improves the appearance of the whole downtown. I appreciate it, and I wish the other business owners did that as well."

At the end of the day Newman will head for home. He lives in Danville. Gloria Lurvey will see that the building is

secure and that anyone who needs help has found it.

Tomorrow Newman will be back, perhaps with Linda, his wife, or one of one of his children, Rebecca or Michael, who fill in at times as part of this family business. But the mind of the self employed business owner is always - on the business. Tomorrow the lights will be on, and the Village Laundramat will be shining again in the morning. As Newman says, "If we can provide a place for people to do this chore, that's doing their household laundry, and have it be clean with friendly and helpful people - then that's a good day for us all." ★

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Come to the Table

Denise Brown



In two short weeks, my daughters will leave for college. They're both off to Boston, not so very far away, but in terms of the emotional transition for their mother, they might as well be sailing to Timbuktu.

I'm having trouble with their departure. I'm a little weepy. Okay, I'm a wreck. I know it's the natural and necessary course of things, that we raise our children to be independent, to achieve, to not simply fly but soar away from the proverbial nest. I know that, in truth, we don't want them living in the basement when they're 35. Still, it's tough.

This big old house, so well suited to marauding hordes of teenagers, will not be the same. No more shrieks of unstifled laughter echoing in the bedrooms from the floor above. No more bop-bop-bop-bop-bop of sneakered feet parading down the stairs and out the door, or piles of shoes abandoned in the middle of the hall. No more waiting minute by minute for the car to finally pull into the driveway after midnight.

No more, "Hey, Mom!" impatiently shouted out from another room.

Oh, dear.

Over the last couple of decades, I have managed to accomplish a thing or two beyond hearth and home. Occasionally, I've ventured out into the big world without an apron. I've brought home a paycheck. I've

been mentioned in newspaper articles that did not revolve around an auto collision, crop circles or my paring knife collection.

But I've always held being a mother as my most important task. If I failed at that, I felt, then nothing else mattered a bit.

So I see my son thriving in college, marching to the beat of his own techno metronome, happier than perhaps he's ever been. And now I see my daughters heading off to good schools, with the giddy bravado of the young and free, with dreams in mind for futures far more expansive than I ever could have imagined for myself. And as any parent would be, I'm very proud.

But the house will be empty without them. The heart a little empty, too, without the daily smiles and chats.

After they go, after a few nights — or maybe more — of foraging through snack boxes for a quick bite while listening to NPR, I'll likely return to my old kitchen ways. I'll fix proper dinners, at least now and then. I'll take the flour and sugar from the cupboard, pull down a few dusty cookbooks from the shelf and indulge in some therapeutic baking. Over the next couple of months, my poor Whirlpool range will get its exercise.

September, for all its professional newness, will come and go. The hillsides will ignite in brilliant color, and by October's end,

the leaves will have fallen to the forest floor.

This November, I suspect, will bear the sweetest Thanksgiving homecoming we've seen in years.

Elizabeth's "Better Than Therapy" Chocolate Cheese Cake

Both of my daughters are far better cooks and bakers than I was at their age. They experiment without fear and always opt for healthier choices. This simple dessert, which starts with a box mix, is perfect for those days when you need a special treat but can't muster the gumption to bake from scratch. And it's also reduced in fat, which means a guilt-free second helping.

16 ounces reduced-fat cream cheese
1 cup egg substitute, divided
1 scant cup sugar
1½ teaspoons vanilla extract
1 19.5 ounce box dark chocolate cake mix
1 cup natural (no sugar added) applesauce
¼ cup water
½ cup mini dark chocolate chips

Allow cream cheese to come to room temperature. Preheat oven to 325°.

First, make the filling: Place cream cheese in a medium bowl. Beat with electric mixer until smooth and creamy. Add sugar, ¼ cup egg substitute and vanilla extract. Beat on medium speed until well blended. (Once eggs and sugar are added to the cream cheese, avoid overbeating.) Set

aside.

Place cake mix into a large bowl. Stir in applesauce, water, and ¾ cup egg substitute. Beat for 3 to 4 minutes, until well combined and light in texture.

Grease well or spray with non-stick cooking spray a 9 by 13 inch cake pan. Pour one-half of the cake batter into the pan and spread over the bottom. Sprinkle with chocolate chips. Spoon the cream cheese mixture on top of the batter, leaving about ¾ inch of the edge bare. Spread lightly to form an even layer. With a large clean spoon, carefully drop the remaining cake batter on top of the cream cheese as evenly as possible.

With a knife, spread the cake batter so it covers the cream cheese entirely. Pull some of the batter up from the edges if necessary. If left uncovered, the cream cheese batter will brown, which affects both taste and appearance.

Cover the edges of the cake pan with strips of tin foil, to avoid overbaking. Place pan in oven on rack positioned just below center. Bake for 35 to 40 minutes, or until a tooth pick or cake tester inserted in the center comes out clean. Remove from oven and cool on a rack. Then cover cake with foil and chill in the refrigerator overnight.

This cake needs no icing, though a dusting of either cocoa powder or sifted confectioner's sugar at serving time, or a drizzle of chocolate sauce along the edge of the plate, will add the perfect touch. It's awfully nice served with a mug of hot coffee, though of course we can't condone the use of this item as a breakfast food.

The Full Monty

Not worried about calories or fat? Need a dose of culinary comfort as close to an intravenous restorative as possible?

Prepare cake batter with 3 eggs, 1 stick of softened butter or ½ cup oil, and 1¼ cup of water. Use regular instead of reduced fat cream cheese, and replace the egg substitute with one large egg. Layer batters and chips as direct-

This simple dessert, which starts with a box mix, is perfect for those days when you need a special treat but can't muster the gumption to bake from scratch.

ed. Double wrap the edges of the pan with foil and bake at 325° for about 45 to 55 minutes. A tester inserted in the middle will come out almost entirely clean when cake is done. Cool and refrigerate as directed. Cake will firm up beautifully by morning.

For a rich, mocha twist in either recipe, substitute cold black coffee for the water.

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

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We Can All Be Insured and Have Access to Health Care

TERRY HOFFER

Like politics and religion, there are topics of conversation that were traditionally treated with discretion giving private people the space they preferred for quiet deliberation. However, the silence over politics and religion seems to have been replaced by our tiptoeing around personal income levels and family access to health care. People don't talk about them. But as baby boomers surge into their retirement years, income and health care are going to be increasingly common and heated topics of conversation.

"With what we have spent in Iraq, it is clear that covering health care as a right of citizenship is a matter of political will not a matter of cost."

David Reynolds

Personal income will be a big deal especially as fewer and fewer of us are protected by pensions, those wonderful and permanent employment benefits that just keep on giving. For most of the rest of us, somewhere in the fog of social security, 401-K's, IRA's and their kin is our retirement income. That income, we hope, will provide for bigger cars, longer vacations, rising taxes and wonderful trips with grandchildren to places like Disney World. If it doesn't provide that, we'll cut back, we'll dream smaller dreams and stay closer to home, or we won't reinvent ourselves, we'll just keep on working.

The state of our health care and the insurance we may have for it is in a deeper and much darker hole. We hear, and some have discovered first hand, that the American system of health care is in trouble. One in seven of us have no health insurance. Many of those are children. In addition 55 million of us live in medically underserved areas where, with insurance or without, primary care is hard to find. And millions more are underinsured and stunned when they find that costly procedures excluded by their coverage force them to rack

up unpayable bills and debt totaling hundreds of thousands of dollars or more.

David Reynolds is senior health policy advisor for Vermont's independent U.S. Senator Bernie Sanders. Reynolds says, "The American system of health care is broken. We spend more on health care than any other country in the world. Forty-six million Americans are without health insurance. Our life expectancy lags behind most other industrialized countries, and even Cuba has a lower infant mortality rate [that's the percentage of newborns who die within the first 12 months of life] than the United States."

And beyond the obvious direct costs of health care and insurance, for those who have it, "Our property taxes are pushed up by the insurance we provide for school teachers, administrators and other town employees. Every paycheck we see includes a Medicare tax withholding, and every day we are faced with goods and services that are overpriced because of their association with somebody's health care cost."

From June 1973 to February 2007, Reynolds was executive director of Northern Counties Health Care, which grew from a two person health planning council to a network of six health centers (Hardwick, Danville, Island Pond, Concord and two in St. Johnsbury), two dental practices (Hardwick and Island Pond) and a home health care and hospice division with a combined total budget of \$13.5 million and 300 employees.

Reynolds says, "The last thing I was looking for was a new

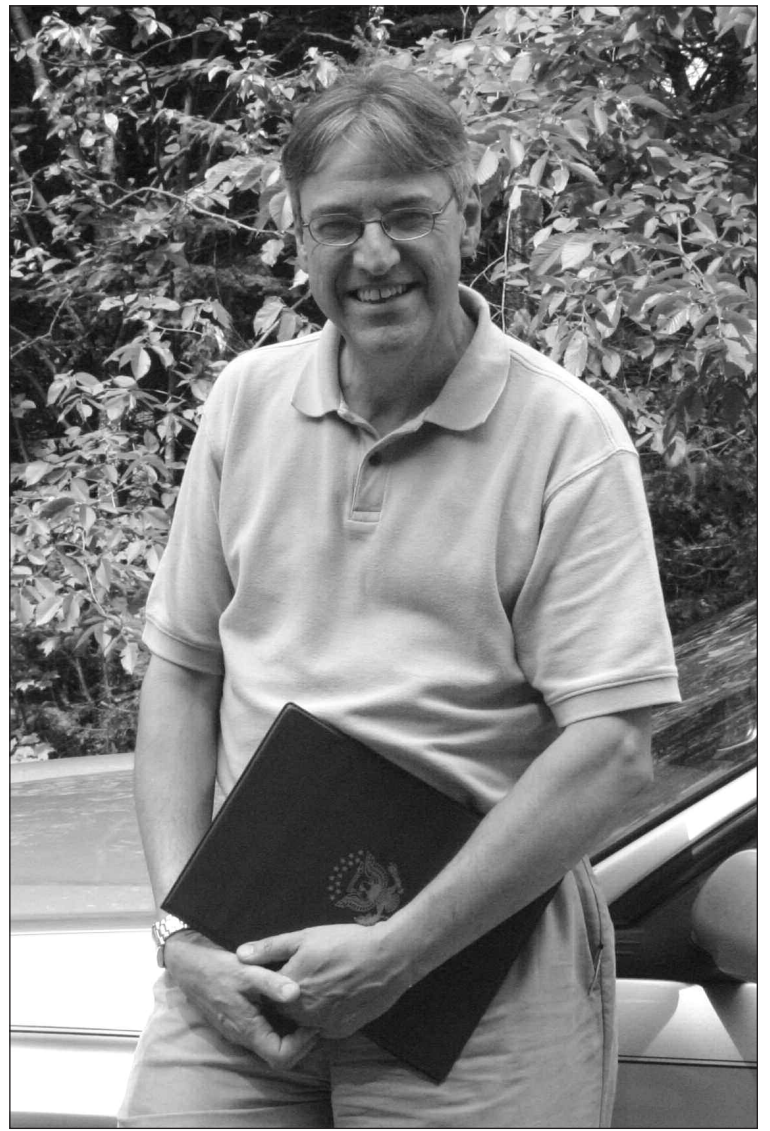


Photo By: North Star Monthly
David Reynolds of St. Johnsbury is senior health policy advisor for Vermont's U.S. Senator Bernie Sanders.

job, but after Bernie was elected to the Senate [Bernie Sanders was Vermont's US Congressman, and following the departure of Jim Jeffords from the Senate, Sanders was elected to take his place.] we talked several times about community health centers and federal health policy and one day he said to me, 'No one knows

more about the rural health care issues that I care about - than you.'" In February, Reynolds was appointed to the position of Sanders' senior health policy advisor. He has an office in Montpelier. He spends about a third of his time in Washington.

Reynolds says, "I used to be one who said we can't afford universal health care, but I don't believe that's the case anymore. With what we have spent in Iraq, it is clear that covering health care as a right of citizenship is a matter of political will not a matter of cost."

Reynolds sees light in the tunnel, and he describes his strategy as a means to fulfilling the Senator's vision of access to health care for all Americans at a price they can afford.

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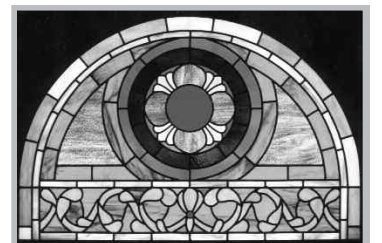
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instance, spends less than 11 percent and with a Medicare-like program covers everyone. The United Kingdom and other European countries, all with universal coverage, pay even less.

Reynolds says, "Thirty percent of our health cost is administration. A single payer system has got to make that lower. In Vermont, it is estimated that it would reduce health care expenses by 18 percent resulting in \$200 million we could use for something else - like health coverage for everyone."

Both the U.S. General Accounting Office and the Congressional Budgeting Office report that a single payer system with a basic level of insurance for everyone would more than pay for itself with reduced administrative costs. One approach advocated by some is to expand Medicare, the existing a successful public program, beyond the elderly to the entire population. According to the U.S. Health Care Financing Administration the Medicare costs for administration are about seven percent.

The other fly in the high priced ointment, Reynolds says, is the pharmaceutical industry. "No industry in America spends more on lobbying than 'The Big Pharma.' There never has been a bill passed in Congress over the objections of the pharmaceutical industry. That drives Bernie nuts."

Sanders is promoting a demonstration program with five competitive grants for states to develop experimental programs of state-wide universal coverage hoping that at least one will be a single payer model. Reynolds says, "States have been the working labs for environmental laws, social security, child labor and welfare reform. We think that, instead of recreating the whole system, we should offer states the opportunity to develop appropriate systems that work. Hopefully we'll get models ranging from totally public, to totally private with hybrid systems involving both private industry and government agencies, from which a national model can evolve."

Subsidized Insurance for Children - Few argue with the idea of providing health insurance for the future of the country, its children. Reynolds says, "The senate and house have passed a bill, an extension of the State Children Health Insurance Program (CHIP), that will provide health insurance for children in families at income levels up to 300% of the poverty level." Something like Vermont's Dr. Dynasaur program, the program builds on the Medicaid (for the low income) program in an

attempt to cover more of the 9 million American children without health insurance.

He says, "The latest compromise in the senate would see funding for SCHIP come from a 61 cents per pack increase on the tax on cigarettes. President Bush says he'll veto the idea as it sounds too much like government health care. What Bush doesn't seem to remember is that if you add up all the federal employees and elected officials, like himself, the veterans, the

Vermont's Northeast Kingdom in the days before its community health centers were created, there is a vast need for early intervention for physical and mental health care and for dental services. Over and over the community health center model has been shown to be cost effective and to reduce the total Medicaid costs. With board members who are part of the community and who use the services, health centers are responsive to community needs.

lion Americans with the existing community health centers, and \$5.7 billion would serve the 35 million Americans without access to such services. \$5.7 billion is the number we spend in three weeks in Iraq."

Increase the Number of Medical Providers with Emphasis on Primary and Dental Care and Nurses - Finally, as Reynolds says, what good are insurance and health centers if every prospective doctor and nurse decides to be a specialist and practice in areas of high population concentration where the pay is several times that of someone with the same credentials providing primary care in an office in rural America? The population is aging and living longer and the supply of medical care professionals just isn't keeping up.

Reynolds describes Senator Sanders's strategy to correct this as one to double the size of the National Health Service Corps. In exchange for doctors and dentists going into primary care and working in underserved areas, the NHSC provides scholarships or repayment of student loans accrued in medical training. Further, it has been shown that people who grow up in underserved areas, who attend nursing or medical schools, are more likely than others to want to live there. Reynolds says, "The NHSC program is not where it should be with currently only \$100 million available for schol-

arships and loan repayment." At the end of the day, like much of the deliberation over any federal policy, health care comes down to priorities and politics. Reynolds says, "Today health care is getting a lot of attention, and after Iraq, the communication received from constituents is substantially about health care."

Reynolds says he sees his new position as a great opportunity at this stage of his life. He is 59. "Most of the people working on this are career Washington people, and," he says, "most of the legislative aides are a lot younger than I. I think it says a lot about Bernie that he has someone from the ground level doing this."

He says, "With a new administration assured after the next presidential election, a lot of people are talking about health care. We may be at a tipping point where big changes are over the horizon. I'm excited about being involved." ★

Single Payer System refers to an approach to health care financing with only one source of money for paying health care providers. The payer may be a governmental unit or other entity such as an insurance company. The result is administrative simplicity for patients and providers and savings in overhead costs.

poor on Medicaid and the elderly and disabled on Medicare, something like 40 percent of the American population is already enjoying government-financed health care."

Adequate Facilities and Resources - With 55 million Americans without access to primary health care, in places like

"Instead," Reynolds says, "our system of health care is driven by the science and procedures. It favors expensive care and leaves primary or preventive care behind. It's not a health care system. It's a medical system."

Back to his point about political choices on the national level, Reynolds says, "We serve 15 mil-


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Has My Computer Taken over or Am I Still in Charge?

TERRY HOFFER

Computers are among the great mysteries of modern life. Sure I remember learning about binary math in elementary school, and I realize that the heart and soul of my computer is no more than a series of tiny switches, which open and close very very quickly. They could care less about abstractions and moral dilemmas. Those switches simply compute additions and subtractions with blazing speed in a manner that must be quite simple on some level, but pile up enough of those switches and calculations and they start producing colors, sounds, moving pictures, medical evaluations, interpretations of the unknown and goodness gracious who knows what will be next?

Is it any wonder then that from time to time we are completely buffaloeed by our limited knowledge of the systems they describe with casual elegance as software and hardware? Who among us has not been stumped by it all at least once? It might have been using email, word processing or some other esoteric computer application that no one seems to know about or it might have been using computer controls on just about anything.

A recent arrival to Barnet offers an interesting combination of training and experience, and he offers to untangle nearly any web of computer frustration. Bob Roos semi-retired to a Barnet hillside overlooking the valley of Joe's Brook. His career spanned nearly 40-years with hands on experience with computers

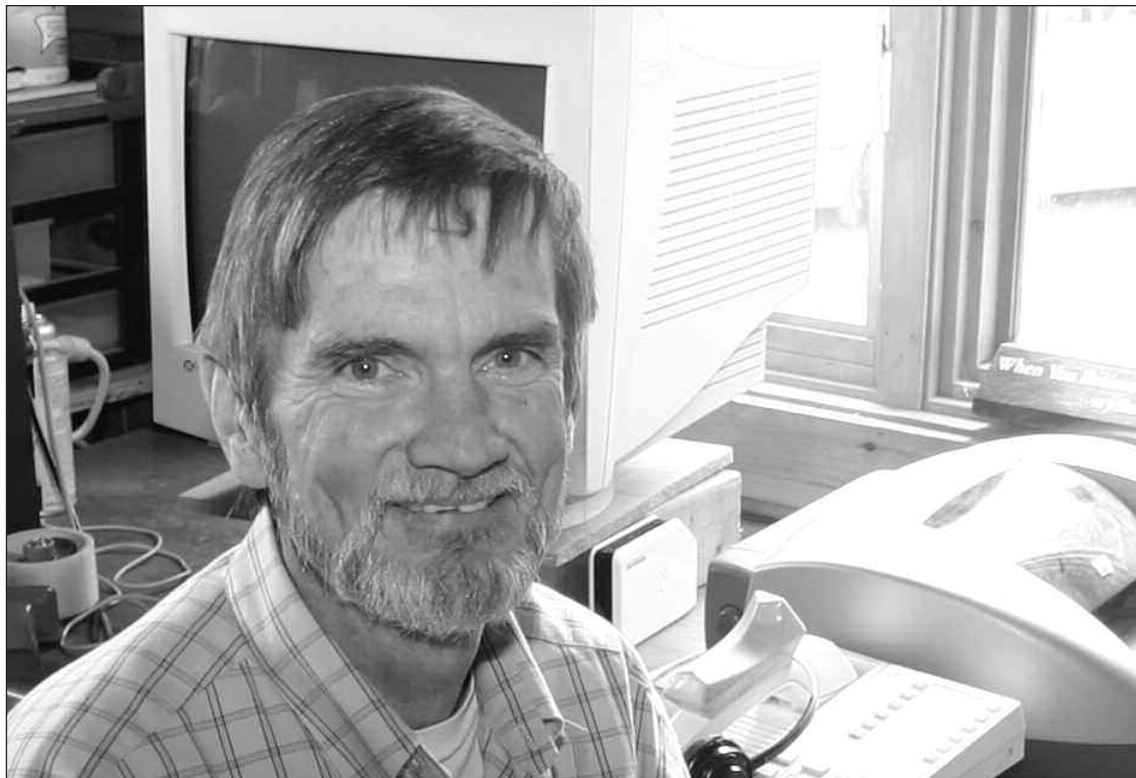


Photo By: North Star Monthly

Bob Roos describes himself as a personal technology consultant. With a career as a systems engineer for IBM, which morphed into a second career in the fast food business, he describes himself as a "customer service junkie." He offers computer support to individuals and small businesses, and he offers to untangle almost any web of computer frustration.

including 24-years with IBM as the dawn broke over the age of the personal computer.

Roos was a systems engineer involved in technical marketing when computers were the size of a small house. His assignments with IBM led to St. Louis, San Diego, Germany, San Jose and finally Rochester, MN where his experience with large systems proved especially valuable in the development and testing of smaller computers including the venerable PC.

Roos says, "I had the skills they needed at the right time. I enjoyed the people, and I loved the work." But it proved to be a tough time for IBM as sales of its small computers ate into the sales of its larger systems and the competition surged forward with PC-clones. Roos' career was

built around providing customer service, he says, with that very service driven by the customer. All of a sudden the "bean counters" and other business managers saw customer service as a profit center and one to be driven by sales and costs.

"I was always a customer service junkie," Roos says, "and I was convinced they were measuring the wrong stuff, but I couldn't convince them otherwise." Departmental- and company-wide consolidation led to offers for early retirement, and in 1992 Roos walked out the door.

"I took the lump sum," he says, "and I bought a fast food franchise in a Rochester mall." The franchise was one of some 30 chain restaurants known as 1 Potato 2.

1 Potato 2 was geared to the trend to healthier eating and

offered baked potatoes with a huge variety of toppings from the formidable Bacon Double Cheeseburger and the Chicken Stir Fry to the Veggie and Herb Cheese model - all served on potatoes. "There were 60 stores in the mall, and for eight and a half years I was one of them. I always had fun with customers, and I think we offered fantastic service." The chain was bought out, and the franchises were facing all kinds of changes, and in 2000 Roos closed the store. "It was a sad time," he admits.

Since then Roos and his wife provided foster care for Minnesota's Social and Rehabilitative Services while he continued moonlighting as a technical support person for individuals and small businesses with troublesome computers.

(Concluded on Next Page)

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Good Living Senior Center Trip to Saint-Gaudens Site

On Thursday, September 6, a motor coach from the Good Living Senior Center in St. Johnsbury will transport its passengers to Saint-Gaudens National Historic Site in Cornish, NH. History buffs, art enthusiasts, gardeners, coin collectors and any senior wishing to get out of town on a late summer day will relish this trip.

There will be a stop for lunch at Lui Lui Italian Restaurant in West Lebanon, and then we'll

continue to the beautiful national park that conserves the home, studios and gardens of the great American sculptor Augustus Saint-Gaudens (1848-1907).

Saint-Gaudens is famous for public monuments, which combine realism with powerful grace. One of his greatest achievements is the Shaw Memorial on Boston Common, commemorating the Civil War colonel and his regiment of African-American soldiers. He is

also renowned for creating masterpieces in miniature, particularly cameos, inaugural medals and coins for the U.S. Mint. This year marks the 100th anniversary of his 1907 twenty-dollar "double eagle" gold coin, which collectors consider the most beautiful of all American coins.

A guided tour of the grounds includes the family home, gardens, studios and bookstore. There will also be an opportunity to visit with a sculptor-in-residence at his studio. Interpretive information in Braille, closed-captioned video, audiotape and interactive computer formats are available at the visitor center.

Most areas of the park are wheelchair accessible.

The motor coach will leave St. Johnsbury from the Price Chopper parking lot at 10:30 a.m. and from the St. Johnsbury House at 10:35 a.m. The return will be at around 5:30 p.m. The cost of the trip is \$40, which includes coach fare, lunch, park fees and tips. Any interested senior can call the Good Living Senior Center at (802) 748-8470 to receive more information and make a reservation. ✦

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The Ten Commandments of Keeping a Personal Computer in Line

(Continued from Page 10)

Now in Barnet, after following two of three children to New England, Roos is offering his wealth of experience and the easy attitude that comes with a genuine appreciation for customers and satisfying their needs. He describes himself as a "personal technology consultant."

His career spanned nearly 40-years with hands on experience with computers including 24-years with IBM as the dawn broke over the age of the personal computer.

He says, "I speak Geek, and I speak English, and I see myself as the interpreter between technology and useful work. I try to

help people understand their computers as opposed to memorizing a sequence of steps to make them do things."

Roos offers a list of ten, perhaps the ten commandments of keeping a personal computer in line. This might be a list to keep on the bulletin board beside your own computer and one to review when things just aren't going smoothly.

1. Use good anti-virus and anti-spyware to prevent unwanted intrusions from the Internet to your computer.

2. Use the operating system's utility to defragment the enormous quantities of information that accumulate. Otherwise, like having a book with pages scattered all over the house, the computer will waste time tracking down the disjointed fragments of files.

3. Backup your crucial files. It's not if, but it's when will your system leave you stranded without access to its stored information.

4. Practice and be curious. Become familiar with your system beyond the most basic use of

the programs. The more you explore the more confident you will become with its features and responses.

5. Talk to people who use the same applications. A casual comment or a tiny crumb of information might open wonderful new doors. If you can't find someone else, Roos could be that person. He charges \$40 per hour with a one hour minimum, and that could be a bargain. (Check with him first as some of his work has a fixed charge, which could be more or less than the hourly rate.)

6. RTFM - Read the fine manuals. Your computer and your software came with directions and user manuals. Enough said.

7. Dust and dirt are demons. A can of pressurized air and having the computer case somewhere other than on the dusty floor can do wonders.

8. Check your memory. Computers are often sold with minimal memory, which is sufficient to make the system work, but it may be working much

harder than necessary. Simply starting and stopping programs is memory intensive, and additional memory is not very expensive and a big bang for the buck.

9. Update your operating system, something you can do online usually at no cost.

10. Try to avoid the temptation to get a system that is way more than what you need. Roos says, "I'm a believer in KISS, Keeping it simple, Sweetie." Computers get more complicated and bloated all the time, and the part of your system you actually use may be nearly overwhelmed by all the extra

stuff that churns away on-call because someone thought it made sense at the time the computer was assembled.

There you go, the ten commandments. If you are still puzzled and need a friendly voice, an expert with experience in computer development and fast food potatoes call Bob Roos. He likes to call his business wyBatap, a name his daughter offered as an acronym for "when you believe all things are possible." You'll find Roos at wyBatap.com or by phone at (802) 633-4395. And don't forget to ask about the potatoes. ✦

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Ask the Shrinks

Alice S. Kitchel and Burton Zahler

Dear Shrinks,

Last weekend our family had one of our usual gatherings. These get-togethers are generally fun, congenial affairs. However, over dinner a discussion about popular music devolved into an intense argument about whose music was the best. It was clear that sides were taken mostly on the basis of age. Folks in their 70's were as adamant as the teenagers. Even the 8 to 10 year olds were passionate in defense of their favorite popular music.

Is our family weird or is this normal? Can you explain this phenomenon?

Confused in St. J.

Dear Confused,

We haven't read anything about this phenomenon in the literature on families, but from our observations we suspect your family is quite normal (at least in this regard).

Music is one of humankind's universal and timeless expressions. From our reading we

know that playing and/or listening to music connects many different parts of the brain, including the memory/learning and spatio-temporal areas, and probably the limbic system, which registers and manages emotions as well. It is generally known that some music can enhance learning and relaxation and even lower heart rate and blood pressure. All in all, music has many, potentially strong effects on humans.

In considering the causes of your family argument there are probably other factors at work as well. When society and/or technology is in a period of rapid change most people experience an increase in anxiety. Many things are done to lower that anx-

ety. One example is to fantasize about a past (and presumably simpler) age. Another is to clarify the boundaries between oneself and others.

disagreement could brew.)

You can see that the "argument" you describe in your family is a benign subset of this process to manage anxiety. Your relatives want to confirm their identity by associating themselves with a time (when their music was popular) and can lower the general anxiety by arguing the point. And as long as the arguments don't get out of hand, it can all be fun. Each of them declares this aspect of his personality and has it confirmed by the differences of opinion.

Alice S. Kitchel & Burton Zahler, who each have a therapy practice in St. Johnsbury. ✦

Is our family weird or is this normal?

This can lead to seeing differences (political or religious or racial) as essentially dangerous; "they" are the enemy. (Add to this mix the memories and feelings your family members experienced about "their" music, and

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Thursday, September 20	Irwin Gelber	<i>A Grand Encounter: Columbus, Food and the Modern World</i>
Thursday, September 27	Jane Kitchel	<i>The Fight Against Hunger in America</i>
Thursday, October 4	Kelley Helmstutler Di Dio	<i>Feast for the Eyes: Food and Meaning in Baroque Art</i>
Thursday, October 11	Ginny Flanders	<i>The Down Side of Food</i>
Thursday, October 18	Grace Gershuny	<i>Behind the Organic Label</i>
Thursday, October 25	Joseph Kiefer	<i>"Feeding" The National Debate: Industrial Agriculture and the Politics of Food</i>
Thursday, November 1	Kit Perkins	<i>Home Cooking: The Ecology of the Local Foods Movement</i>
Thursday, November 8	Robert Resnik and Barbara Wagner	<i>Shoo Fly Pie and Apple Pan Dowdy - Music about Food!</i>
Thursday, November 15	Matt Gebhardt	<i>Let Chocolate Change Your World</i>

All Sessions are 1:30 - 3 p.m. at the St. Johnsbury House. Discussion will follow each program.

Individuals pay \$40 membership fee, which covers all 10 sessions and admission to the other 7 Vermont Osher Institute programs in the fall of 2007.

Non-members may attend individual sessions for a donation of \$5.

The first 50 paid members will be invited to a Free Gourmet Lunch on Thursday, September 13 at 12:30 p.m. Call 748-3926 for reservations.

Free Movies at Good Living Senior Center at the St. Johnsbury House begin on Tuesday, September 18 at 12:45 p.m. Call 748-2478 for information.

For membership information or additional information about the Osher Lifelong Learning Institute in St. Johnsbury call (802) 626-5135.

Send Memberships to: Osher Lifelong Learning Institute - St. J. c/o Mike Welch, Treasurer, 397 Railroad St., St. Johnsbury, VT 05819

North Country Chorus Invites New Members To Join 60th Season

Members of the North Country Chorus announce the start of their 60th season this fall. Rehearsals will begin on Tuesday, September 4 at 7:15 p.m. at the Wells River Congregational Church in Wells River. Plans are underway to perform *Laud to the Nativity* by Ottorino Respighi and *Magnificat* by Carl Philipp Emanuel Bach on November 30 and December 1 and 2.

Under the leadership of Musical Director Alan Rowe, the North Country Chorus is a community chorus of about 80 members from the Upper Connecticut River Valley.

The Chorus typically presents two series of concerts each year as well as three nights of Madrigal Dinners in January. Performances during the Christmas season and in the spring feature mostly sacred works.

The chorus invites all singers who are willing to commit to its standards of attendance and musical excellence. New members are welcome to join the group through September 11. Anyone interested in joining should contact Alan Rowe, musical director, (802) 748-5027, Conductor@NorthCountryChorus.org or Hope Hutchinson, President (802) 757-3649 or President@NorthCountryChorus.org

To learn more about the North Country Chorus visit www.northcountrychorus.org.



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String Worth Saving

Bill Christiansen

“Much ado about nothing” is an oft-quoted line penned by William Shakespeare. Nothing is a slippery concept to get a handle on.

The English language has many words to denote nothing: null, zip, empty, zilch, cipher, to mention a few. Nothing something has been a philosophical concept for centuries. Or, worded another way, is nothing something?

In mathematics, nothing is represented by the symbol “0.” That symbol appears in cuneiform tablets from about 300 B.C. written by the Babylonians. While we do not know their thinking about “nothing,” their use of zero as a place holder was borrowed from India, whose mathematicians developed the idea in the fifth century B.C. The concept of representing nothing with a symbol was slow to catch on in Western Europe. So, until the Middle Ages, merchants, who had to keep records, acquired slaves who were versed in the Eastern methods of mathematics.

Zero as a placeholder is common knowledge today but is a hard concept for a child to grasp. The place in question has nothing in it so we place a “zero” there. But now, it has something in it, so it is no longer nothing.

A conundrum we all faced at one time is mathematics is that division by zero is impossible. I can write “6 divided by 0” with no problem. So, how can we say it is impossible? The answer, if there was one, would be “nothing” not even zero!

A simple explanation is that division is the inverse of multiplication. Multiplication consists of manipulating groups and the numbers in a group. If I have six objects, I cannot separate them into no groups, since the smallest group will be at least one. Going the other way, if I have no objects,

can I separate them into 6 groups? Yes, with none in each group. Confused? This is one reason why Western mathematics took so long to accept zero.

The water gets muddier when we start thinking about the larger universe. Physicists estimate that roughly 74 percent of the universe is nothing, empty space. Only four percent is filled with baryonic matter, the stuff made-up of subatomic particles. What about the other 22 percent?

At the moment, we call that stuff “dark matter,” particles we cannot see. To make the picture even more complex, at the edge of space we can see the microwave front that is the remnant of the Big Bang. This wave front is moving away from the origin of the Big Bang at a tremendous speed. Is there empty space beyond the wave front? The answer seems to be - no. The wave front is creating new space as it moves outward. What is the space being created from? Nothing.

We hear a great deal about “black holes.” A black hole is not a hole at all but the opposite of nothing. It is the densest concentration of matter in the universe. Its gravity is so strong that not even light can escape its grip. This is why it is black. The word

“hole” seems to be misplaced in this context.

Atoms are mostly empty space. The solidarity of matter is an illusion caused by electric fields created by the subatomic particles. These are referred to as weak and strong nuclear forces. A solid is a lattice of atoms arranged in a very precise manner. The lattice contains far more space than that occupied by atoms. Spaces in the lattice are empty. We are just learning how to fill the empty spaces with smaller atoms.

There is a lattice called a “buckyball” (named for Buckminster Fuller) made of a series of carbon atoms. The atoms form a hollow sphere. It may be possible to fill the hollow space with drugs, which could be delivered directly to a target site within the human body. Is the space within the ball truly filled? The answer is probably, no. We have only created smaller empty spaces.

When the rocket motors on a spacecraft are fired in space, what do astronauts hear? Probably, nothing. Sound, with which we are all familiar, can only move through a medium of some kind. Sound is a wave form consisting of a compression wave and areas of less pressure. It is a mechanical wave form. Air is the medium on earth we have to thank for sounds we hear. In space there is no such medium to transmit sound, so space is silent. Light is different and does not need a medium for its promulgation, so light can

travel through the vacuum of space, unimpeded.

For those of us looking for a simpler world, nothing is not the answer.

A vacuum, what is that? Nothing. A vacuum is simply a void. It does not “suck” things in, things simply fall into the void. Put more precisely, pressure (read energy) outside the void force things into the void. When you “suck” on a straw in a can of soda, all you do is create a void inside your mouth and the air pressure on the surface of the soda forces the liquid up the straw. A vacuum could be defined as an empty space. Since vacuums are not perfect, we had better define them as partially empty space.

A final insult to common sense, modern physics says there is no such thing as nothing. So-called empty space is filled with pairs of particles and antiparticles, known as virtual particles. The virtual particles form from energy and quickly collide and annihilate each other. The virtual particles have a life duration of about 10-25 seconds, hardly the blink of an eye. Virtual particles popping in and out of existence create the energy available in the universe.

All of this is in accordance with the laws of thermodynamics, whereby energy and matter can neither be destroyed or created but can be changed from one form to the other. Current theory suggests that the whole universe was created out of a state of vacuum energy - nothing. With this in mind, nothing could be the key to the theory of everything. For those of us looking for a simpler world, nothing is not the answer.

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Bird's of a Feather Show Celebrates Artisans Guild's 10th Anniversary

"Birds of a Feather Show" sounds like an aviary event, doesn't it? But, don't be misled.

The Northeast Kingdom Artisans Guild turns a mighty 10-years old in September, and to celebrate its longevity, guild members have created an exciting gallery show of special works in clay, paper, textiles, glass, wood, jewelry and oil paintings.

The title of the show refers to Guild members' common bond, an initial desire to provide a showcase for the many skilled professional artisans living and working in the region. From its humble beginnings in a small room at Catamount Arts the Guild has grown from seven local artisans pursuing a dream to more than 100 from all over Vermont. They naturally provide each other with the mentoring and mutual support necessary to maximize a sustainable handcraft business.

The show, to be held in the Backroom Gallery at 430 Railroad Street, will run through October 2 with a gala artists reception open to the public on September 8 from 3:00-5:00 p.m.

A storewide anniversary sale will run from September 1-8. Store hours are 10:30-5:30 Monday through Saturday. ★

Beaudoin Family Project Comes to St. Johnsbury

When two recordings of French Canadian fiddle music by Louis Beaudoin and the Beaudoin Family of Burlington were released in the early 1970's, there was instant recognition that an extraordinary talent had come to light. For the next few years, Louis, his brother Wilfred and other family members traveled throughout the United States playing at concerts and festivals, showing that the Franco American tradition of dance music was as vital and vibrant as its Cajun counterpoint in Louisiana.

Louis' untimely death in 1980 brought an end to performances by this extraordinary family group, but members of the family and friends continued the musical tradition. His brother Willie

began playing fiddle regularly and continued to carry on the tradition until his health prevented him from traveling.

The Beaudoin Project was organized in 2005 by two master fiddlers, Donna Hebert and George Wilson, who knew Louis Beaudoin, learned his style and have been playing his tunes for years.

They were soon joined by three generations of Beaudoins to once again share the family's rich musical heritage with New England audiences. Louis and Julie Beaudoin's daughters Carmen Bombardier and Nina Lacourse Beaudoin sing the old French ballads and *chansons a repondre* (call and response songs) that they learned from their mother. Carmen's son Glenn



Donna Hebert is director of the Beaudoin Family Project.

Bombardier plays his grandfather's fiddle, and is learning his repertoire of tunes. Rounding out the group are guitarist Liza Constable who, like Hebert, is a member of the Franco American group Chanterelle, and pianist Selma Kaplan.

The Beaudoin Project will perform at the Morse Center in St. Johnsbury on September 22.

New Member Sign Up Night
Danville Cub Scout Pack

6:30 p.m. Sunday, September 2

Our Lady Queen of Peace Church in Danville

All boys invited 1st-4th grades including homeschoolers from Danville, Barnet, Peacham and Walden

Questions? - Please call Jim Jung at (802) 684-1019

the ARTS around

September

August 31 - September 6 *No End in Sight* (2007, U.S.) [NR]. Director: Charles Ferguson. The first film to chronicle the reasons behind Iraq's descent into guerilla war, warlord rule, criminality and anarchy, this is an eye-opening insider's tale of wholesale incompetence, recklessness and venality. Catamount Arts, St. Johnsbury. (802) 748-2800.

2 Jazz on a Sunday Afternoon, Catamount Arts, St. Johnsbury.

1 Cobalt Blue, Middle Earth Music Hall, Bradford.

2 Dirty Dozen Brass Band, Trapp Family Lodge, Stowe.

7 Ellis Paul, Middle Earth Music Hall, Bradford.

7-13 *Rescue Dawn* (2007, U.S.) [NR] Director: Werner Herzog. An American Navy pilot in the Vietnam War, is shot down over Laos, captured, tortured and held in a POW camp in the Laotian jungle, where he immediately begins plotting his escape, though no one has flown the coop before. A true story this wild-eyed bravado suggests the line between bravery and complete lunacy is a thin one. Catamount Arts, St. Johnsbury.

10 Paulo Nutini, Higher Ground, Burlington.

14 Session Americana, Middle Earth Music Hall, Bradford.

14-20 *Goya's Ghosts* (2006, Spain/U.S.) [R] Director: Milos Forman. Set against the backdrop of political turmoil at the end of the Spanish Inquisition and the beginning of the invasion of Spain by Napoleon's army, the film captures the essence and beauty of Francisco Goya's work, which is best known for both the colorful depictions of the royal court and its people, and his grim depictions of the brutality of war and life in 18th century Spain. Catamount Arts, St. Johnsbury.

15 Wagtail, Middle Earth Music Hall, Bradford.

16 Jazz on a Sunday Afternoon, Catamount Arts, St. Johnsbury.

19 Ben Harper, Flynn Theatre, Burlington.

20 Albannach, Morse Center, St. Johnsbury.

21 Beaudoin Family Project, Morse Center, St. Johnsbury.

21-27 *My Best Friend* (2006, France) [PG-13] Director: Patrice Leconte. A middle-aged antique dealer is blindsided by the revelation that none of his dearest acquaintances actually like him. His

business partner makes him a bet: if he can produce a best friend, she will let him keep the massive Greek vase he acquired that afternoon on the company tab. If not, it's hers. Catamount Arts, St. Johnsbury.

22 Suzanne Vega, Opera House, Lebanon, NH.

22 Sweet Honey in the Rock, Flynn Center, Burlington.

22 Barre Tones Annual Concert, Opera House, Barre.

22 The Drunk Stuntmen, Middle Earth Music Hall, Bradford.

28 Micahel Pickett, Middle Earth Music Hall, Bradford.

29 The Kennedys, Middle Earth Music Hall, Bradford.

28-October 4 *Lady Chatterley* (2006, France) [R] Director: Pascale Ferran. Magnificent adaptation of D.H. Lawrence's classic novel, *Lady Chatterley* tells the story of a passion that is both innocent and subversive - one that transcends, without ever ignoring, class and social conventions. Catamount Arts, St. Johnsbury.

28&29 The Civilians in Gone Missing, Hopkins Center, Hanover, NH.

30 Jazz on a Sunday Afternoon, Catamount Arts, St. Johnsbury.

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Fall Foliage Festival Starts October 1

BETTY HATCH

Have you seen the green fliers and the schedule for the annual Northeast Kingdom Fall Foliage Festival? Seven towns in Caledonia County and neighboring Washington County will entertain visitors during the first week of October when trees should be dressed in their brightest colors. There is still time to make plans for your vacation in the Northeast Kingdom.

Each of the towns has a day-full of activity and hearty meals to keep folks happy. Walden's "Day in the Country" will feature craft and antique dealers at their fair at the Walden Church on Noyestar Road. There will be a ham supper at 5 and 6 p.m. Call Eveline Rice at (802) 563-2380 for reservations for the supper. Pick up a day's program when you register in the morning.

Cabot features the Cabot Creamery and its cheeses on Tuesday with activity all day long. Visit the Cabot Library and exhibits in the historical rooms. Enjoy the famous beef stew at noon and a Vermont turkey supper at 5 and 6:30 p.m. Pick up the program at their coffee hour at 8:45 a.m.

Wednesday, October 3, is Plainfield Day for interesting tours to a glass blower, Grandview Winery, Rock of Ages, even a hike to Owls Head and lunch served at the top. There will be a barbecued chicken - mostoccoli and baked beans supper served at 5 and 6 p.m. For reservations call Joanne Martin (802) 454-7301.

Peacham residents boast their town's settlement in 1776 and will feature historical exhibits at the historical house and a ghost walk at the cemetery. On October 4 Enjoy a spaghetti supper with vegetarian or meat sauce at 5 or 6:30 p.m. Call (802) 592-3558.

Start October 5 in Barnet with

a pancake breakfast in Barnet Center from 8 a.m. to noon. The day's activities in Barnet include arts and crafts, historical buildings and a ham dinner starting at 4 p.m. For reservations call (802) 633-2681.

Saturday, October 6, is the big day in Groton. There will be a lumberjack breakfast from 7 to 10 a.m. at the Methodist Church and a band concert in the bandstand at 11 a.m. The annual street parade starts at 1:30 p.m. The Groton chicken pie supper at the Groton Community Center is always popular with four seatings, and tickets are a must. Get them early by writing Diane Kreis, 389 Scott Highway, Groton, 05046. Phone (802) 584-4748.

St. Johnsbury closes the festival week on October 7 with an arts and crafts fair, Farmers' Market and other activities. Pick up a program at the information booth on Main Street. Don't miss the planetarium show at the Fairbanks Museum or the art

gallery at the St. Johnsbury Athenaeum. Pancakes and a ham brunch will be served at the St. Johnsbury House from 8 a.m. to Noon.

There is still time to make plans for your vacation in the Northeast Kingdom.

For a flier and suggestions for accommodations, contact the Northeast Kingdom Chamber of Commerce at 51 Depot Square, St. Johnsbury 05819. You may visit the Chamber website at www.nekchamber.com

A flier will give you the name of the chairman for each town, schedules and contact information. If you can't spend the whole week with us, come for a day or two. Come and get acquainted. We think you'll be pleased.

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Garden Vice - A Villainous Villanelle (With apologies to Elizabeth Bishop's "One Art")

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I've noticed some shenanigans and sins
I'm finding very hard to pardon.

Alas! I've been too negligent regarding
The floral moral code, the outs and ins
Of bold Perennial border-disregarding.

The Lilies of the Valley played a part in
This whole distressing mess. To my chagrin
They've started busting out like Dolly Parton.

And "Shrinking" Violets? Hah! I beg your pardon?
These girls expand—To try and rein them in
I'd have to take an eight-armed armored guard on.

Sweet William is a wanton: wild and ardent.
The Hosta's huge, I think it's having twins.
I sigh and wonder where my quiet yard went.

I'll have to steel myself, and then I'll start in.
I'll fight for order, and I pray I'll win,
But even as I write this sad synopsis
I can see my Russian Sage commingling with my
Coreopsis.

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Adults - \$8; Children 12 and under - \$4
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Danville Town Hall Contra Dances

Dave Machell: Caller

LOIS (FIELD) WHITE

*First couple to the right, and
circle four hands 'round,
And swing with the other
fellow's lady;
When you get done, go back
where you begun
And swing with your
Honolulu Baby.*

DAVE MACHELL

Anita Duclos Machell taps her feet and looks on approvingly as her son sings the words, calling out figures for a "singing square" dance. Dave Machell's mellow tones fill the Danville Town Hall to the accompaniment of fiddles and piano. His wife, his two older brothers, their wives and his daughter and her friend dance to his calls.

Dave has been calling square dances since he was 8-years old. His mother came from an enthu-

siastic dancing family, and her dancing career goes back over 80 years. It's a family affair. Anita remembers going with her parents and her siblings to "kitchen junkets" in rural North Danville as she was growing up, and she attended dances in the Grange Hall in North Danville, which was situated between Richard and Ann Vance's home and the Pope Brook.

Anita's husband, Carl Machell (he was known as Tom), was a dance caller, and Dave learned traditional calls from listening to his dad. Dave joined the glee club at Danville High School, and at 13 he went to a music festival at Goddard College. Music teacher Emerson Lang had arranged for several teen-age callers to attend the festival and demonstrate their dance calls.

Dave is Anita and Tom's third son. He was born in St.



Photos By: North Star Monthly

With Ron Langley on piano and David Carpenter on fiddle, Dave Machell leads the contra dances in the Danville Town Hall.

Johnsbury although the family lived in North Danville near Goss Hollow. When Dave was 5 the family moved to a farm in North Danville Village. Tom called at dances, and the oldest son, Rodney, called occasionally. By the time Dave was 8 he knew some singing squares. He's been at it ever since.

Dave and his girlfriend, Barbara Ward, went to dances during their high school years. They married and lived in an apartment on Henry and Caroline Sherry's farm, where Dave worked as a hired man for a few years. He enlisted in the U. S. Navy and served from 1962 through 1966. After discharge he worked for Universal CIT Financial, The Howard Bank, Sears Roebuck and then opened a Western Auto Store in St. Johnsbury.

In 1981 Dave and Barb took over her family farm on Pumpkin Hill in Danville from her parents, Kenneth and Florence Ward. The Machells have lived there since.

Today Barb is a real estate broker and Dave operates a school busing business, but through all these years his hobby has been calling square dances. He remembers calling dances in many town and lodge halls as well as at Frye's Barn in Danville. He takes great pleasure in remembering musicians who have played with him including Burt Porter, Millie Beck, Arnold Ball, Homer and Kenneth Ailes, Paul Fuller, Russ McReynolds, Rich Knights, the Best of Friends, Dwayne Gilman and others.

Dave's repertoire, all sung to familiar tunes, includes Little Brown Jug, Wabash Cannonball, Red River Valley, Two Ladies Cross Over (I Loved Her in the Springtime), Golden Slippers, Hinkey Dinkey Parlez Vous, Darling Nellie Gray, Honolulu Baby, Marching Through Georgia, Kiss Her in the Moonlight (Listen to the Mocking Bird), Oh Johnny and Haymakers Jig (Skip to My Lou).

We hope he will be singing these squares at dances for many more years.

ANITA MACHELL

Anita Duclos Machell describes the "kitchen junkets," which took place several times a week with 70 to 80 neighbors attending. Her parents always took their kids. Homes were sparsely furnished during the 1920's and 30's, and what furniture there was could be easily moved. Musicians moved parlor organs into the front halls between the parlors and the living- or dining-rooms, and that's where the musicians and caller stood, played and called the changes. Dancers formed squares with the overflow setting up in the kitchen. Dancing started after chores were done and the neighbors arrived and often went until midnight or later if the junket was on a weeknight. (One was not supposed to dance on a Sunday). There was a break mid-

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Contra dancing migrated from France to England and the New World where George Washington, among other founding fathers and mothers, enjoyed the relaxed pace and live music. Contra dancing is still popular, and dancers of all ages get into the swing in the Danville Town Hall.

way through the evening for sandwiches and cakes brought by the dancers and coffee made by the hostess. Parents brought children, and the little ones went to sleep atop coats heaped across the farmhouse beds.

If you'd rather not dance you can just listen to the music and, as Anita Machell says, "Dance in your head."

Anita attended dances in her teenage years in the old North Danville Hall. She attended the North Danville School then high school at Phillips Academy now the Danville High School. She became acquainted with Tom Machell who came to basketball games to see her play. The couple

married after Anita graduated, and they continued going to dances run by Clarence and Arlene Hubbard in the North Danville Hall and at a lodge hall on Hill Street in Danville Village. Anita remembers Walter, Lyman and Esther Corriveau's Band and many others of the era.

Tom called for dances for many years. Later he suffered a heart attack, and the couple stopped dancing. A few months later he declared, "If I'm going to die I might as well die on the dance floor," and the couple resumed going to dances at the Lyndon Corner Grange Hall. Tom did not die dancing, but at 68 he did die of heart failure. Anita says, "We danced our lives through."

Today Anita Machell is 90 and says she suffers no aches or pains. She would rather dance than eat, but she dances now, "only in my head." She did dance the "Goodnight Waltz" with her son Rodney at that recent Danville dance, and she said, "I

thought Dave did a good job calling."

SQUARE DANCES

New England-style square dances are danced to live music with a combination of keyboards, fiddles, guitars, mandolins, banjos and stand-up bass fiddle. Couples are arranged in a square with partners standing side by side and all facing inward.

The head couple stands with its back to the music facing couple #3, and couples #2 and #4 (the sides) face each other. There may be several squares on the dance floor.

Dancers learn by dancing New England squares. The caller usually walks couples through the moves before the music starts. An evening of dancing consists of three or four square dances, some "round dances" such as waltzes, foxtrots, polkas and gallops. Thus a caller needs a repertoire of only a few squares to call a full evening of

dancing. The "singing squares" called by Dave Machell in Danville are examples of New England squares.

Newer Western-style square dances are set up in a square identical to the New England dances but are danced to taped music. The dancers must undergo several months of instruction to learn the moves. There are several levels of Western-style dances, and dancers graduate from one level before beginning instruction in the next level. Dances of this kind are held in the Lyndon, Newport and Bradford areas.

CONTRA DANCES

The currently popular contra dances (or "string dances" as we used to call them) came originally from France ("contra" is French for "across"), migrated to England where they were called country dances and then to the New World. President George Washington enjoyed dancing the contra "Sir Roger de Coverley." Many of the figures are from old-time New England squares. Dancers stand in long lines across from their partners. No preliminary instruction is needed.

Contra dances are danced to live music and consist of mostly contras, with a waltz or two and perhaps a schottische or polka.



Dave Machell has been calling dances since he was 8.

The caller walks the dancers through the figures before the dance begins and calls out changes rather than singing. Some of the traditional contra dances are the Virginia Reel, Portland Fancy, Boston Fancy and Money Musk. There are contra dances in Danville, Montpelier and Norwich as well as many other locations throughout Vermont and beyond.

Dance schedules are published in local newspapers and can also be found at www.dancegypsy.com and other Internet sites. Dancing includes vigorous physical activity, music and socializing, and dancers can continue as long as their legs hold out. If you'd rather not dance you can just listen to the music and, as Anita Machell says, "Dance ★ your head."

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\$ Follow the Money

by Rachel Siegel

The Economics of Elan (continued)

We talk about having a service or retail or creative economy, now that we no longer manufacture so much, but the Parisians are way ahead of us: they've been doing it for centuries. Although the French economy has agricultural and manufacturing sectors, in Paris it is all about service, retail and creativity.

The encouragement and critiques of other artists inspire more than just a profusion of cafes. That concentration of artists, in turn, increases the supply - the quantity and quality - of creativity, and thus its attraction for buyers.

It's an economy that profits from creativity - either contemporary or historic. Ubiquitous street signs point out where

poets, writers, philosophers, painters and sculptors once lived, worked, drank and discussed, and since for the last few centuries everyone who was anyone had to go to Paris to do so, they all were there at one time or another. Even dead artists are an attraction: travel guides highlight cemeteries for the many pilgrims who come to pay homage at the graves of everyone from Chopin to Piaf to Jim Morrison.

Of course, the arts themselves attract legions of tourists. Great masterpieces of painting, sculpture and architecture draw thousands, who also sleep, eat, drink and support the service economy that evolved to accommodate them. The performing arts thrive: the opera and ballet are legendary, and buildings where they are staged are attractions in themselves. After all, Parisians invented the soiree, gathering for performances of preludes, poetry or punditry.

Tourists shop. Before the great globalization of the past 30 years, traveling meant shopping for things not available, or not affordable, at home. Now there is nothing abroad that is not available at home or via the Internet, and floating currencies assure consistent prices. Still, Paris has shopping, and much of that shopping is for fashion. The most famous houses of design-

ers, couturiers, furriers and jewelers are there, and they provide the allure of buying on the cutting edge of imagination.

This is an economy that has cashed in on its creativity and on its creative history, and it does so without apology. The museums and performances, all government subsidized if not sponsored, are not cheap tickets. Pricing benefits from an emphasis on the unique or rare - where else can you see the Mona Lisa? It also relies on tourists' more relaxed spending - having already invested in travel and accommodations, no one balks at a fee for entrance.

This economy values the creative arts as it has realized value from them. The arts are not an afterthought or poorer relation of the more productive or profitable manufacturing, retail or service sectors of the economy. The arts are the product. Although largely supported or subsidized by the government, the arts are profitable, as current products and as historic attractions. They attract capital, in the form of tourist dollars, that not only more than returns those subsidies, but that drives the large hospitality sector of the retail and service economies.

Arts organizations in the U.S. are more often seen as charities on the fringes of our productive economy. Usually organized as non-profits, they are viewed as not profitable, producing arts that are not valuable enough for our economy to support. The arts themselves are more often thought of as intel-

lectual indulgence than as the marketable commodities that they are.

Only lately - and usually at the very high end - have we begun to realize the value of the creative economy, not only of its actual products, but also of its power to stimulate the service, retail and even manufacturing sectors of the economy. As the prosperity of the last two decades has created unprecedented wealth in our society, the arts markets have grown, and communities that historically attracted artists or arts patrons - such as Soho, Santa Fe or even Vermont - have expanded as destinations for the growing tourist and residential markets, because the arts are there.

More importantly, perhaps, a creative economy, in which creative works and workers have real market value, attracts more of them. This may be one reason that so many aspiring, and later critically and financially successful, artists gathered and still gather in Paris. Creative people tend to stimulate each other's productivity. The encouragement and critiques of other artists inspire more than just a profusion of cafes. That concentration of artists, in turn, increases the supply - the quantity and quality - of creativity, and thus its attraction for buyers.

A creative economy creates marketable commodities and a flow of capital into the service and retail sectors. As importantly, it creates creativity, an aura of stylishness, that lends allure - and value - to all other sectors of

the economy. After all, Parisians invented chic, too.

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. She recently returned from a stint as Paris bureau chief for The North Star Monthly.



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ANTIQUES

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397 Railroad Street, St. Johnsbury, Vermont 05819
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Frye Antiques

216 Broad Street, Lyndonville, Vermont 05851
I-91 Exit 23 and follow US 5
(802) 626-3883

Providing a diverse collection of antiques, collectibles, books, ephemera and vintage clothing. Located right on scenic Route 5, our many rooms are filled to overflowing. Be sure to allow yourself plenty of time to browse. Open Wednesday - Sunday 10 a.m. - 5:30 p.m. We are a good reason to come to northeastern Vermont. fryeantique@charter.net

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37 Depot Street, Lyndonville, Vermont 05851
(802) 626-3465

Proprietors Blaine and Aryn Holloway. A multi-dealer shop containing everything from A-Z. If you need it (or even if you don't) we probably have it! Country and primitive decor, linens, tools, furniture, glassware, Native American items, sterling silver, costume jewelry and more. We are located right in the heart of Lyndonville on Route 5 ~ come see us.

Cobwebs & Collectibles

Lawrence & Kathleen Simpson
I-91, Exit 23, US 5 South and 2.5 miles from US 5 on the South Wheelock Road.
(802) 626-9778

Antiques, books, collectibles, furniture, rugs, glass, tools. Selling and buying. We'd love for you to stop in and see us while you're out viewing the awesome fall colors of Vermont. Friday and Saturday 10 a.m. - 5 p.m. Sunday Noon - 4 p.m.

Saranac Street Antiques

111 Saranac Street, Littleton, New Hampshire 03561
(603) 444-4888

Proprietors John Hale and Pam Cavanaugh. We feature a very large selection of fine antique furniture. Also quality area dealers specializing in primitives, White Mountain art, tools, country pieces and exceptional glass and china. Consider us a "must see" on your antiques list. We have recently doubled our size so have twice as many wonderful things. Open every day at 10 a.m. for your shopping convenience.

Sheffield Antiques & Collectibles

Rte 122, Sheffield, Vermont
(802) 626-8087

We have possibly the largest collection of dollhouses and dollhouse furniture in the northeast. Also, small items such as dishes and glassware ~ too much to mention; Come see for yourself. Located right in the center of beautiful Sheffield village. Open by chance or appointment.

Antiques & Emporium

182 South Wheelock Road, Lyndonville, Vermont 05851
(802) 626-3500

Our large bright shop is loaded with antiques, glassware, furniture, clocks, paintings and prints, collectibles, hand made rugs and much, much more. We have something for everyone, and there is ample parking at our new location. Open Daily 10 a.m. - 5 p.m. Closed Tuesdays. Always buying.

Route 5 Antiques & Collectibles

US Route 5, Lyndonville, Vermont 05851
(802) 626-5430

A multi-dealer shop with antiques and merchandise arriving each week. Featuring coins, clocks, furniture, oil lamps, glassware and most anything else you might be searching for. Buying one item or a complete household. Ample parking. Open Daily 10 a.m. - 5 p.m. Closed Tuesdays.

Antiques at 110 Main Street

110 Main Street, Montpelier, Vermont 05602
(802) 229-5081

Located in beautiful historic downtown Montpelier, we have a large selection of jewelry, linens, Kitsch, fun curiosities and vintage collectibles - all unique and one-of-a-kind. "We share memories." Be sure to stop in and check us out. Open 10 a.m. - 6 p.m. Monday - Saturday and 11 a.m. - 4 p.m. on Sunday.

Old Friends Shop

One of the shops at the 1874 House

35 South Main Street, Hardwick, Vermont 05843
Antiques - paintings, prints, books and pottery. Tons of collectibles and gifts - funky and affordable. We also have previously owned name brand clothing. We offer a truly unique shopping experience that you will not soon forget. Open 11 a.m. - 5 p.m. Monday - Friday and 10 a.m. - 2 p.m. on Saturday.

Harrington's Red Loft Antiques and Fabrics

Junction of US 2 and VT 15 in West Danville, Vermont
(802) 684-2020

At the outlet of Joe's Pond, the Harrington's Shop is filled with a huge selection of antique furnishings including furniture, china, glassware, antique and collectible dolls, accessories and toys. Visit the backroom for cookbooks, gently used literature, old games and more. The sewing room is stocked with vintage linens, sewing items and fabric for the quilter. We buy quality antiques. Open daily 10 a.m. - 5 p.m. Sunday by chance or appointment.

The Miller's Thumb, Rob and Anne Brigham

14 Breezy Avenue, Greensboro, Vermont 05841
(802) 533-2960

Don't miss an autumn visit to The Miller's Thumb on the shores of pristine Caspian Lake in Greensboro Village. The restored grist mill is recognized for the superb collection of pottery, Vermont crafts, women's clothing and many distinctive home furnishings and garden accessories. Antique furniture is a specialty with inventory constantly turning. Don't miss the view of the rushing stream beneath the floor of this converted mill. The shop is open Memorial Day through mid Christmas.

No Small Potatoes

Vanna Guldenschuh

The new emphasis on eating local foods is a wonderful new trend that almost everyone can embrace. I started researching it in earnest last year when I was asked to be one of the speakers at the OSHER series on food this fall. I love using as many Vermont ingredients as I can and favor the other aspects of the local food movement – reducing the carbon footprint of your food and nourishing the regional economy while enjoying the increased freshness and quality of local food.

There are pros and cons surrounding this movement – but I ask that you stay open minded and have a good time finding the local foods that appeal to you.

I like knowing where some of food I eat comes from and that there are less chemicals involved in the processing of these products. However, I am not going to forsake flour ground in the Midwest, sugar from the south or a good Florida orange in the winter.

Good eating should be fun, and eating local food is a way to find this fun. It has fun words

like localvore (someone really devoted to eating food produced within 100 miles of home) and it takes you to fun places like farmers' markets and stands. So, give local eating a try – once a week – once a month - or as you can. You will be glad you did so, but be careful you might find it slightly addictive.

I made the following recipes with as many local ingredients as I could find. They are simple recipes, but you don't need to get too fancy when you are using quality ingredients.

Roasted Vermont Chicken with Garden Vegetables

We buy our chickens from a neighbor, and our freezer is full of them. They are incredibly delicious. They actually taste like chicken. I had almost forgotten how amazing a roasted chicken could taste. You can find several farms that sell free range chickens in the area.

- 1 6-7 lb roasting chicken
- 1 teaspoon softened butter
- ¼ cup fresh parsley
- Salt and pepper
- 6-8 carrots – peeled and chunked
- 2 onions – quartered
- 1 good sized bunch green onions
- 1 head fresh Vermont garlic (optional but it is yummy)
- 2-3 Vermont apples quartered
- 3 cups Vermont apple cider

Mix the butter and parsley, and rub it over the roasting chicken. Stuff the chicken with the apple pieces and the head of garlic (just cut it in half – no need to even peel it.) Put the vegetables in the bottom of a roasting pan and place the chicken on top. Pour the cider over all and add a small amount of water to provide enough liquid in the bottom of the roasting pan. Cover the pan and put in a 375-400° oven for about 1½ hours. You will have to baste the chicken every 15 minutes with the aromatic cider, which is gathering the chicken juices in the bottom of the pan. Uncover the chicken after about an hour. It will make it nice and brown. Keep basting, and make sure the liquid does not evaporate from the bottom of the pan. Simply add water if there is a danger of this happening. The chicken will be done when the legs move freely. Sorry there is no pop up button – you will have to use your chef's eye or a meat thermometer.

When the chicken is done put

it on a platter (I usually cover it with foil) to carve. Put the vegetables in a bowl and set aside. Empty the cider and chicken juices from the bottom of the pan into a sauce pan. Reduce the juices about a quarter, and add a piece of butter to thicken a little. Carve the chicken onto the platter, and pour some of the light sauce over it. Put the rest of this liquid into a pitcher to serve with the chicken and vegetables.

I think mashed potatoes are the best accompaniment to roast chicken, but do what you want. Slice some of the last of the season tomatoes to enjoy with this feast.

Corn Chowder

What can be more Vermont than corn, potatoes and cream? These simple ingredients combine to form a satiny soup with real country fragrance. This soup can be enhanced by the addition of locally grown leeks.

- 2 onions – thinly sliced
- 2 leeks – thinly sliced (optional)
- 4 tablespoons Vermont butter
- 4 cups peeled and cubed new potatoes
- 4 cups fresh cut cooked sweet corn
- 2 quarts corn water
- 1 cup heavy cream
- Salt and pepper
- ½ cup parsley



Cook the ears of corn (cook a lot of ears – you can always freeze any extra) in at least 2-quarts of water. Let them cook a little longer than you usually would for immediate eating. Take the ears out of the water and put them aside to cool. Strain the corn water (we don't want any silk in the soup) into a large saucepan and add the potatoes and a little salt. Let the potatoes simmer until done. Set the corn water and potatoes aside. Melt the butter in a soup pot and add the onions and leeks. Let them cook slowly until they are very soft. Meanwhile, take the kernels off the cobs and add them to the potato and corn water mix. Add the potatoes and corn (you can mash them up a little to thicken the soup) to the onions. Stir for proper consistency. If it is too thick you can add more water or chicken stock. Cook this mix slowly for about 15 minutes and add the cup of Vermont heavy cream and the fresh parsley. Add salt and pepper to taste.

A simple and heavenly combination.

Local Dessert

I think the best 'local ingredient dessert' is fresh fruit with Vermont cheeses. We are fortunate to live in a state where we have a choice of many artisanal cheeses, yet we often don't think of serving them for dessert. Give it a try. I think you will find your guests quite receptive.

You can find these cheeses in gourmet stores, food coops and the supermarket. I can think of several places between Danville and St. Johnsbury where you can purchase many of these cheeses. When you serve them for dessert you only need a small amount (See Vanna's Local on Next Page)



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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		Girls Soccer Varsity and Junior Varsity	
9/4 North Country @ SJA	4:30	8/30 Harwood @ SJA (NL)	4:30
9/8 SJA @ South Burlington	1:00	9/5 SJA @ North Country (NL)	4:30
9/11 SJA @ Lyndon	4:30	9/8 SJA @ U-32	11:00
9/14 Harwood @ SJA	4:30	9/11 Montpelier @ SJA	4:30
9/18 SJA @ North Country	4:30	9/13 Spaulding @ SJA	4:30
9/20 Oxbow @ SJA	4:30	9/19 SJA @ Harwood	4:30
9/26 SJA @ Montpelier	4:00	9/21 SJA @ Spaulding	4:30
9/29 SJA @ Spaulding	10:00	9/25 Peoples @ SJA	4:30
10/2 Essex @ SJA	4:00	9/27 SJA @ Northfield	4:30
10/4 SJA @ Peoples	4:00	10/3 North Country @ SJA	4:00
10/6 Stowe @ SJA	2:00	10/5 Stowe @ SJA	4:00
10/10 Randolph @ SJA	4:00	10/9 Lyndon @ SJA	4:00
10/13 SJA @ U-32	11:00	10/11 SJA @ Randolph	4:00
10/15 Northfield @ SJA	4:00	10/16 SJA @ Burlington	4:00
Coaches: Richard McCarthy, JV - Adam Kennedy		Coaches: Roberto Abele, JV - Karen Alexander	
Cross Country		Football Varsity	
8/30 @ Lake Region	4:00	9/1 Brattleboro @ SJA	1:00
9/4 @ SJA	3:30	9/8 S. Burlington @ SJA	1:00
9/8 @ Harwood Invitational	10:00	9/14 SJA @ Essex	7:00
9/11 @ Stowe	3:30	9/21 SJA @ Middlebury	7:00
9/15 @ Essex Invitational	9:30	9/28 SJA @ Rutland	7:00
9/18 @ Danville	3:30	10/6 Burlington @ SJA	1:00
9/22 @ U-32 Invitational	10:00	10/13 BFA @ SJA	1:00
9/25 @ Harwood	3:30	10/19 SJA @ Hartford	7:00
9/29 @ Burlington Invitational	9:30	10/27 SJA @ Lyndon	1:00
10/2 @ Lyndon	3:30	Coaches: Shawn Murphy, Craig Racenet & Hank Van Orman	
10/5 @ Harwood	3:30	JV	
10/6 @ Thetford Invitational	10:00	9/4 SJA @ Spaulding	4:00
10/9 @ Lamoille	3:30	9/10 BFA @ SJA	4:00
10/13 @ Peoples Invitational	10:00	9/17 SJA @ U-32	4:00
10/19 League Champs @ Lamoille	2:00	9/25 SJA @ Colchester	6:00
10/27 States @ Thetford	9:00	10/1 Hartford @ SJA	4:00
Coaches: Chip Langmaid, Tara Hemond and Richard Boisseau		10/8 SJA @ North Country	7:00
Girls Field Hockey Varsity and Junior Varsity All JV Games Follow Varsity Games		10/15 Lyndon @ SJA	4:00
9/1 SJA @ Bellows Falls (NL)	11:00	10/23 Spaulding @ SJA	4:00
9/6 NCU @ SJA (NL)	4:00	Coaches: Mike Bugbee, Frank Trebilcock and Lon Howard	
9/8 Lyndon @ SJA (NL)	10:00	Freshman	
9/11 Bellows Falls @ SJA (NL)	4:30	9/5 SJA @ Hartford	4:00
9/14 SJA @ U-32 (NL)	4:00	9/12 SJA @ Rice	4:00
9/20 SJA @ Lyndon	4:00	9/19 SJA @ Lyndon	4:00
9/22 SJA @ North Country	10:00	10/3 Lyndon @ SJA	4:00
9/26 Missisquoi @ SJA	4:00	10/10 BFA @ SJA	4:00
9/29 SJA @ Montpelier	10:00	10/17 Hartford @ SJA	4:00
10/2 Harwood @ SJA	3:45	10/24 North Country @ SJA	4:00
10/4 SJA @ Milton	3:45	Coaches: James Bentley & Joe Tomaselli	
10/6 Stowe @ SJA	2:00	GO HILLTOPPERS!	
10/8 Rice @ SJA	3:45		
10/10 SJA @ Spaulding	3:45		
Coach: Fran Cone, JV - Paula Bystrzycki			

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Lyndon Institute Athletic Events ~ Fall 2007

Varsity Football		Field Hockey JV Games to Follow V	
September	LI @ Bellows Falls, 1:00 p.m.	September	Fair Haven @ LI, 11:00 a.m.
7	MMU @ LI, 4:00 p.m.	1	LI @ Montpelier, 4:00 p.m.
15	Colchester @ LI, 1:00 p.m.	6	LI @ SJA, 10:00 a.m.
22	LI @ Rice, 1:00 p.m.	8	LI @ SJA, 10:00 a.m.
28	LI @ North Country, 7:00 p.m.	12	North Country @ LI, 4:00 p.m.
October		14	Missisquoi @ LI, 4:00 p.m.
6	U-32 @ LI, 1:00 p.m.	18	North Country @ LI, 4:00 p.m.
12	LI @ Milton, 7:00 p.m.	20	SJA @ LI, 4:00 p.m.
20	LI @ Mill River, 1:00 p.m.	26	LI @ North Country, 6:00/8:00 p.m.
27	SJA @ LI, 1:00 p.m.	28	LI @ Milton, 4:00 p.m.
Junior Varsity Football		Girls Soccer V & JV	
September	U-32 @ LI, 4:00 p.m.	August	LI @ Lake Region, 4:30 p.m.
4	LI @ Essex, 6:00 p.m.	28	Milton @ LI, 4:30 p.m.
11	LI @ North Country, 6:00 p.m.	30	
17	Spaulding @ LI, 4:00 p.m.	September	LI @ Peoples, 4:30 p.m.
24		5	North Country @ LI, 4:30 p.m.
October	Oxbow @ LI, 4:00 p.m.	7	LI @ Harwood, 4:30 p.m.
1	Colchester @ LI, 4:00 p.m.	11	Northfield @ LI, 4:30 p.m.
9	LI @ SJA, 4:00 p.m.	13	LI @ Oxbow, 10:00 a.m.
15	LI @ Hartford, 4:00 p.m.	15	Stowe @ LI, 4:30 p.m.
22		19	U-32 @ LI, 4:30 p.m.
Freshman Football		25	LI @ North Country, 1:00 p.m.
September	Brattleboro @ LI, 4:00 p.m.	29	
5	LI @ BFA, 5:00 p.m.	October	LI @ Randolph, 4:00 p.m.
12	SJA @ LI, 4:00 p.m.	3	LI @ SJA, 4:00 p.m.
19	LI @ Hartford, 4:00 p.m.	9	Spaulding @ LI, 4:00 p.m.
26		16	Montpelier @ LI, 4:00 p.m.
October	LI @ SJA, 4:00 p.m.	Boys Soccer V & JV	
3	Essex @ LI, 4:00 p.m.	August	LI @ Peoples, 4:30 p.m.
10	North Country @ LI, 4:00 p.m.	31	
17	Hartford @ LI, 4:00 p.m.	September	LI @ Lamoille, 4:30 p.m.
24		4	North Country @ LI, 4:30 p.m.
Cross Country		8	SJA @ LI, 4:30 p.m.
August	@ Lake Region, 4:00 p.m.	11	LI @ Oxbow, 4:30 p.m.
30		14	Northfield @ LI, 4:30 p.m.
September	@ SJA, 3:30 p.m.	18	LI @ Montpelier, 4:30 p.m.
4	@ Stowe, 3:30 p.m.	20	Lake Region @ LI, 4:30 p.m.
11	@ North Country, 4:00 p.m.	26	LI @ North Country, 10:00 a.m.
18	@ U-32 Invitational, 10:00 a.m.	29	
22	@ Harwood, 3:30 p.m.	October	LI @ SJA, 4:00 p.m.
25	@ Burlington Invitational, 9:30 a.m.	3	Spaulding @ LI, 4:00 p.m.
29		9	Montpelier @ LI, 4:00 p.m.
October	@ LI (Kingdom Trails), 3:30 p.m.	11	
2	@ Thetford Invitational, 10:00 a.m.	16	
6	@ Lamoille, 3:30 p.m.	Boys Soccer V & JV	LI @ North Country, 10:00 a.m.
9	@ Peoples Invitational, 10:00 a.m.	August	Randolph @ LI, 4:00 p.m.
13	@ Lamoille (League), 2:00 p.m.	31	LI @ U-32, 4:00 p.m.
19	@ Thetford (States), 10:00 a.m.	September	Harwood @ LI, 4:00 p.m.
27		4	LI @ Spaulding, 4:00 p.m.
GOOD LUCK VIKINGS Paul Wheeler, Athletic Director		10	Stowe @ LI, 4:00 p.m.
		12	
		15	

An Inconvenient Surprise

BETS PARKER ALBRIGHT

It was that time in Vermont that is no longer winter but not quite spring. There's the struggle with frosts that early plantings, dug in by over-optimistic gardeners, get nipped by. So, this particular year, we were off to Scotland with our garden planned but not planted.

Our houseplants were boarded out with neighbors. Our luggage was minimal for our planned two-month stay. We had left a few bulky items, for a Scottish spring, in a friend's attic there on our previous visit.

My husband, Peter, stuffed our tickets and passports, retrieved from a special drawer, into a flat satchel hung around his neck. He carried the checkbook for our Scottish account and some British currency from our last trip. The essentials were accounted for.

After a final look around, we headed toward Boston and the air-

port in our Subaru, which we would leave with a college classmate of mine in Newton. She would drive us to the airport then we would go through the routine of boarding and wait for takeoff time.

After our friend had dropped us off and driven away, Peter settled me with our bags and went to check us in. He placed our tickets and passports on the counter. The official thumbed through them in the usual way, then gave Peter a funny look. "We have a problem," he said. "Both these passports belong to your wife. One is current, and one out of date." HELP!! Peter felt that awful tide of emotion wash over him that goes with being away from home without proper papers. And he was responsible - he had made a huge assumption when he grabbed the passports from the drawer.

In shock, Peter asked the man what to do next. The man replied, "Wait while I ask my colleague,

Scottie, to come over here. He has dealt with this kind of thing once or twice before. He'll be glad to help if he can." (If he CAN?, Peter thought. I wonder who this Scottie person can be!)

Scottie turned out to be one of the nicest people we ever met. He came with a friendly reassuring smile, putting us at ease immediately. He was indeed a Scot, and he asked us about our trip. "Okay, are you touring through Britain?"

Peter explained that he was a doctor and that we were both going to work in a Scottish health center in Fife, whose director was a long-time friend of ours. Scottie smiled at that, saying, "Oh aye, I know Fife well - a lovely part of Scotland. Well now, what you need to do is call the State Department in Washington and tell them what has happened."

(Who, me? Peter thought, call the State Department?)

Scottie went on, "Today is Saturday, so you'll get the duty officer. If he hasn't had a fight with his wife over breakfast, your story will probably persuade him to let you travel. You can't go back to Vermont to get your passport - your plane leaves in two hours."

Scottie gave Peter a phone number, and Peter went off to place the call. It turned out the duty officer was having a good day, so Peter got off with a mild scolding, and the encounter was not unpleasant. He would fax us a special letter of transit that would allow us to board the flight, but we would have to deal with the British authorities when we arrived there. Peter

thanked him and rang off. We held our breath, but in a remarkably short time the paper came through, and we boarded the plane, after giving Scottie profuse thanks for his wonderful help and attitude.

We were exhausted by all of this, but at the same time we settled into our seats with a relief, even satisfaction, at having squeezed through a tight place safely. The plane was late departing, due to a need to de-ice the wings, as the weather was poor, but we were off with the hope that our trouble was behind us.

We got out our neck pillows and slept. There was no food offered and only orange juice in the morning. Even so, we were glad when we touched down on British soil.

We noted that the sun was shining at the terminal as we negotiated the corridors to British Customs. When we came to the counter there, we found out what Scottie meant by "dealing with the British authorities."

Peter told our story to the sober young woman behind the counter, who said, "Who told you that you could enter the United Kingdom without a passport?"

Peter said, firmly, "The Department of State in Washington," and handed her the letter of transit.

She read it with no change of expression, and said, "This is very irregular. I will have to consult my

superior officer. Excuse me." Once again it was time to hold our breath and hope for the best. What could they do? Send us back to Boston? Thankfully not. After an agonizing wait, the supervisor came out to inform us that we would be admitted. What we would have to do was have our son find and send us the proper passport. Then, by a certain date, we would have to travel to Glasgow Airport to a branch of the Home Office to have the passport stamped. Only then would we be officially in the country.

We walked out into the Scottish sunshine and breathed deeply. We really had made it. We were met by a driver we hired to deliver us to our destination in Fife. In the succeeding days we went through the prescribed steps, including another lecture at Glasgow Airport about being more careful in the future. With the way airport security is today, we probably would never have gotten off the ground in Boston without both passports firmly in hand.

We were very fortunate to have come through the adventure so well, perhaps better than we deserved. We learned from the experience, both that it pays to be organized about your official papers, and that officials can be interesting, sometimes very kind and helpful, when you do get in a jam.

Vanna's Local Foods

(Continued from Page 20)

alongside the fruit so you can splurge a little on the cheese. A combination of Vermont cheddar, Vermont bleu and one of those soft gooey Vermont bries or camembert will satisfy even the most discerning palates.

Slice apples and pears (if available) into a bowl and squeeze a small amount of lemon over them. Set aside. Slice small pieces of the cheese and leave covered at room temperature for at least an hour before service.

Right before serving place small pieces of the cheese on a dessert plate, and arrange the fruit next to them. A few berries always add a little color. If you have some berry sauce put a few drops on the outside of the plate - very chi chi.

Of course, you can always make a maple cream or apple pie for dessert. I'm sure this wouldn't disappoint anyone.

Remember, hunting season is coming up and there is no finer local food than that brought to

the table by the hunters in the family. Compliment your game feasts with other ingredients grown in the area. Think local - it's a great way to eat and a proven recipe for culinary adventure. ★

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DANVILLE SCHOOL 2007 Schedule

Athletic Director: Merlyn Courser CAA

Boys High School Soccer

August			
28	Tuesday	Danville @ Rivendale	B/G 4:30
31	Friday	Danville @ UCA	4:30
September			
4	Tuesday	Richford @ Danville	4:30
6	Thursday	Winooski @ Danville	4:30
12	Wednesday	Hazen @ Danville	4:30
18	Tuesday	Lake Region @ Danville	4:30
20	Thursday	Danville @ Williamstown	4:30
26	Wednesday	UCA @ Danville	4:30
28	Friday	Danville @ Richford	4:30
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

August			
28	Tuesday	Danville @ Rivendale	B/G 4:30
30	Thursday	Oxbow @ Danville	4:30
September			
5	Wednesday	Concord @ Danville	4:30
7	Friday	Danville @ Richford	4:30
13	Thursday	Danville @ Hazen	4:30
19	Wednesday	Williamstown @ Danville	4:30
21	Friday	Danville @ Oxbow	4:30
25	Tuesday	Hazen @ Danville	4:30
27	Thursday	Richford @ Danville	4:30
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

September			
14	Friday	Oxbow @ Danville	4:30/5:15 G/B
18	Tuesday	Danville @ Twinfield	4:30 G/B
21	Friday	Hazen @ Danville	4:00/5:15 G/B
24	Monday	Danville @ Peoples	4:30 G/B
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

What's Happening at the Town Hall?

Barnet

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

August 13, 2007

Speeding on Joe's Brook Road – Sarah Walls appeared to express concerns about excessive speed past her house on Joe's Brook Road near Barnet Center Road. Board agreed to make decision at next meeting.

Road Name Change – Board noted request to change road name from Bunker Hill to Gilkerson Lane. Hearing will take place at next Board meeting.

Overweight Vehicle Permits – Board approved overweight permits for C&C Bunnell, Nathan Foster and Robert Switzer.

Passumpsic Village Store – Board reviewed semi annual report on conditions at former Passumpsic Village Store by Lincoln Applied Geology. Data from tests shows contaminant concentrations continue to generally decline site-wide. Engineers recommend semi-annual sampling.

Barnet Landfill – Board also noted receipt of a report on former Barnet Landfill. There is no indication of problems with any sampling sites.

Town Garage – Board discussed Bimson Drive land adjacent to fire station for a site for a new town garage. It appears that no work will commence until next spring.

Fire Department – Fire Chief Ron Morse met with Board and discussed mutual aid agreement with Danville and possible use of Brock House at Harvey's Lake beach. Fire department could weatherize it and use it for training. Morse also inquired about use of fire station for receptions including service of beer and wine. Board will confer with town attorney.

Constable – Following request by second constable and discussion, Board voted to not buy uniforms for constables.

Trash Compactor – Stan Robinson reported box for trash compactor

arrived and compactor will arrive shortly. Board discussed exactly where to locate it.

Cabot

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

July 18, 2007

UDAG Committee – On request of Andy Leinoff, UDAG committee chair, Board authorized transfer of UDAG treasurer's responsibilities from town treasurer to UDAG committee.

Personnel – After executive session to discuss a personnel matter Board voted to appoint Doug Harvey as interim town clerk and treasurer.

Board of Listers – After discussion Board agreed to postpone appointing someone to fill opening on board of listers.

Property Tax – Board voted to accept 2007 Municipal Property Tax Rate including general: \$.1902; highway: \$.3108; and local agreement: \$.0002. Total tax rate is: \$.5012

Computer Appraisal Services – Board reviewed and agreed to sign letter of agreement for computer appraisal services with VT Property Valuation and Review.

Cash Agreement – Board agreed to sign corporation cash agreement with A.G Edwards.

Mutual Aid – Board discussed mutual aid agreement for firefighting services with Danville and requested that Skip Bothfeld, Cabot fire chief, review it before signing.

Heating Fuel Agreement – Board discussed Ultramar heating fuel agreement and decided to contact Ultramar to negotiate fuel cost.

Cabot Skylighters Landowner Permission – After discussing landowner permission form from Cabot Skylighters, no action was taken.

Dog Issues – Board reviewed letters from Lori Clark, Melissa Mason and Jennie Gilbert concerning dog attacks and "dog do-do" problems. Board will

discuss further at next meeting. Larry Gochey volunteered to have signs made and installed around town to remind dog owners to police up after their own animals.

Zoning Fees – Board discussed need for increasing zoning fees and requested Carlton Domey develop a fee schedule for review at next Board meeting.

Building Without a Permit – Board discussed material submitted by Chatot concerning "illegal structure" being built on Forant land. Board will check if a building or sewer permit was ever issued to Forant and discuss issue at next meeting.

August 1, 2007

Speeding on Town Roads – Following inquiry from Gary Savoca as to speed control on Danville Hill Road, Larry Gochey explained traffic sensors have been placed at four locations to gather data in determining what areas should be patrolled by sheriff.

Banking Resolution – Board signed banking resolution from Chittenden Bank.

Water System Improvements – Board discussed letter from VT Department of Environmental Conservation indicating Cabot water system improvement project was bypassed because no action was taken on securing municipal bond. Board will discuss with Brian Houghton and Village Trustees and invite them to a meeting to determine a course of action.

Dog Issues – Gary Savoca met with Board to discuss dog ordinance. Caleb Pitken explained the ordinance requires animal to be under control of owner at all times but does not specifically discuss picking up "dog do." Larry Gochey produced two signs town had procured, one for controlling and the other for cleaning up after animals. Signs will be installed in near future. Resident Perry Mason reported he and his family are still having problems with vicious dogs at Spencer property on Main Street. Board will invite Leonard Spencer, building owner, to next meeting to discuss on-going dog issues at his property. In the meantime, Caleb suggested Masons contact Spencer via mail addressing their issues and concerns.

Zoning Fees – Discussion of revised zoning fees was tabled until next meeting.

Cabot Skylighters – After discussion with Mark Codling and Rikk Taft, Board voted to sign Cabot Skylighters landowner permission form as presented.

Request for Road Closure on Whittier Hill – Board reviewed Ruth Glaude's proposal about road closure on Whittier Hill and agreed to discuss a possible land swap, a corner of her property for current town right-of-way, which runs through her property.

UDAG Committee – Andy Leinoff reported he had collected all UDAG historical data from town clerk's office and provided an overview of UDAG committee's financial status. Board requested monthly status reports for UDAG accounts.

Sawmill Road Bridge – Ted Domey discussed plans for new bridge on Sawmill Road. Board will evaluate possibility keeping temporary bridge and any salvageable material from old bridge, for use elsewhere once construction is complete.

Wiley Building Elevator – Board discussed delay in repairing vandalized elevator in Wiley Building. Board authorized RD Eno to determine claim status and provide other options for getting elevator repaired.

Wastewater Committee – Board appointed Michael Hogan as chair of wastewater committee.

Structure Built without Permit – Carlton Domey, zoning administrator, reported no permits were issued to Mr. Forant, and Board discussed how to proceed with Chatot complaint of an illegally built structure on Forant property.

August 14, 2007

Mutual Aid Agreement – Board discussed mutual aid agreement with Danville Fire Department and agreed to table decision until new agreement is reviewed by Cabot Fire Chief Skip Bothfeld.

Joe's Pond Association – Board agreed to donate \$175 to Joe's Pond Association for aquatic nuisance control project.

Health & Wellness Clinic – Board agreed to pledge \$100 to People's Health & Wellness Clinic as requested.

Board of Listers – Board agreed to Doug Harvey's request to attend lister training session.

Dog Issues – Board reviewed letter from Mark Whitman describing a dog bite incident and directed town clerk to send a letter and a copy of dog ordinance to Phil Carpenter, the dog's owner. Owner of rental property at 3065 Main Street, Leonard Spencer, met with Board and agreed that all of his future lease agreements will prohibit occupants from having dogs on the property.

Zoning Fees – Board tabled discussion of proposed fee schedule until Carlton Domey is available to present the schedule.

Request for Road Closure on Whittier Hill – Board discussed Ruth Glaude's request for discontinuance of right of way that runs through her property in exchange for a portion of her property on corner of Whittier Hill Road and Smith Road. Board will research the process for making this happen.

Fuel Bids – Board discussed process for soliciting fuel bids.

Sawmill Road Bridge – Board discussed plans for work on Sawmill Road bridge.

Wiley Building – RD Eno and Walt Ackerman, presented estimates for doors leading to third floor of Wiley Building. Board expressed concern at cost and requested the committee to seek proposals for constructing and installing wooden doors. Board discussed painting Wiley Building and urgency for getting bids promptly.

Town's Credit Card – Town Clerk reported payments of town's website bill in the past were posted to town's credit card, which was recently canceled. Board directed clerk to inquire about a new credit or debit card.

Danville

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

August 16, 2007

Town Poor Farm – Jared White met with Board to describe his Danville School Senior Project. White will clean out old cellar holes that are the remains of town poor farm at Pumpkin Hill Town Forest. He will do historical research with advisor Jeremy White. Board approved proposal.

Road Work – Kevin Gadapee reported road crew is working on repair of July storm damage and seasonal road work. They will be working on reconstruction of Brainerd Street prior to repaving.

Scrap Metal – Board voted to allow Rodger Pearson to collect scrap metal gathered at bulky day on September 15.


Fireworks Permit – Board discussed declination of a fireworks permit for Rodger Pearson by Fire Chief Gadapee. After discussion of research of various state precedents by Mert Leonard, Board voted to support decision by Chief Gadapee.

North Danville School Roof – Leonard reported re-roofing of North Danville School is complete, but roofer is requesting additional money for removal and disposal of the 3rd and 4th layers of old roofing. Roofer had checked front of building and found two layers. Back side had four layers and sides had three. Board approved final invoice of \$16,758.50, which includes extra charges.

Danville Fair – Fire marshal visited Green prior to August Danville Fair and found multiple wiring violations. The Danville Chamber of Commerce will correct these prior to next year.

Walk-a-Thon – On request of Brittany Thresher, Board approved use of Green for a town wide walkathon for diabetes, contingent upon its approval of the route.

Sheriff Patrol – Board approved new contract with Sheriff's Department for



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

traffic patrol of 10 hours a week during school year.

Sewer Connection – Board approved application by Steve Willis for sewer connection at 139 Route 2W.

Bandstand – Board discussed reports of unauthorized use of bandstand on Village Green. Board confirmed all use of Green must receive prior approval and directed Leonard to lock breaker box to prevent unauthorized use of electrical power.

Lyndon

Town Clerk - Lisa Barrett
 Administrative Assistant - Art Sanborn
 Selectmen: Martha Feltus, Kevin Calkins and Kermit Fisher

August 6, 2007

Highway Report – Board reviewed highway report for week ending July 27. At 58% through year entire budget is 35% expended.

Solid Waste Pick-up – Elizabeth Robbins discussed problems with trash falling off of garbage truck and trash cans being run over by trash hauler. Art Sanborn spoke to hauler and they said they will try to be diligent regarding these issues.

Access Permit – Board approved access permits for Rebecca Stohler onto Vail Drive.

Wastewater Permit – Board approved wastewater permit for Debra Reynolds Harris on York Street with fee of \$1,000.

Sand Bids – Board approved proposal from Gingue Construction for 12,000 yards of sand (6,000 yards for 2007 and 6,000 yards for 08) at \$3.25 per yard. This will insure the material will not freeze over winter. Sand will be stored at top of pit.

Planning Commission – Board accepted with regret resignation of Eric Berry from planning commission.

Tax Rates – Board approved 2007 tax rates with general fund: \$3090 and highway fund: \$4093. Education rates, set by the State, are \$1.2687 for home-stead and \$1.4178 for non-residential.

Catering Permit – Board approved catering permit for Packing House for beer tent at Caledonia County Fair.

Excess Weight Permit – Board approved excess weight permits for Grant Construction and Donald Moore Jr.

Perpetual Care – Board approved perpetual care agreements for Ethel Jenkins and Albert & Nancy Croteau.

Liquor License – Board approved 2007 liquor license for King Mart.

Guild Fund – Board approved annual accounting of Guild Fund for probate court.

USDA Bond – Board approved the USDA bonding documents for miscellaneous improvements at wastewater treatment plant.

Peacham

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

July 11, 2007

Acceptance of Village Land – Board received deed and other documentation representing three plus acres of land in Peacham village behind Peacham Historical Association building and voted to accept deed signed on June 20 conveying property from Vermont Land Trust to town.

Road Conditions – A resident reported damage to a vehicle due to town road conditions, resulting in an insurance claim against town. Clerk will pursue claim procedures with town's insurance provider.

Transfer Station – Board discussed staining of transfer station siding. Color will be chosen soon.

Brush Dump – Board discussed use of brush dump for town use. Beth McCabe will research.

Road Crew – Administrative Assistant Phil Jejer, reported paving of TH#1 is nearly complete. Shoulder work remains to be done. Fire Station access was paved by Pike Industries as a donation to town. Better Back Roads Grant for 2008 was resubmitted. Town received \$7,000 grant for 2007.

Winter Salt – Quotes for winter road salt have increased by \$4 per ton.

Town Garage – Town garage consultant is preparing budget figure for town garage. Underground fuel tank was inspected on July 11. Tank passed inspection. Board discussed hazardous waste handling at garage.

Grader – Board discussed road grader work. Use of grader has increased.

Road Department Strategic Plan – Board discussed strategic plan for road work with Jejer including trucks inventory, number of equipment operators, equipment assessment and maintenance, personnel tasks, snow plowing, availability of crew, part-time crew, use of outside contractors for emergencies and comparative time schedule for administrative assistant's road- and administrative-duties. Board discussed job descriptions for "primary equipment operators" and "other road crew members." Workload has shown need for two grader operators. Board directed administrative assistant to prepare list of qualifications for road crew positions by August 1.

August 1, 2007

Possible Water Supply Contamination – Board discussed proximity of fill dirt to Crane and Somers' water supply. Crane and Somers voiced their concern about possible hazardous materials from fill dirt contaminating their water supply.

Board and town health officer will seek guidance from VT Health Department and Agency of Natural Resources Water Quality Department. Board voted to direct clerk to summarize claim and present it to town's insurance carrier at VLCT and a copy be forwarded to town attorney.

Tree Board – Town tree board reported town received a grant from state for a sum not to exceed \$4,000. Board voted to accept grant.

Keiser Pond Road – Ken Goslant presented comments on maintenance of Keiser Pond Road.

Cemetery – Jim Varnum asked about cemetery accounting and metal flag holders for veterans' graves. Treasurer described cemetery accounting status, and Board will contact sextons about flag holders.

Zoning Board of Adjustment – Cindy Daniels expressed concern about new construction next to her property. Zoning board of adjustment is scheduled to address her appeal at its next meeting.

Road Conditions – Phil Jejer reported on seasonal road work. Board discussed road crew job descriptions and road department strategic plan.

Tax Rate – Board discussed tax rate and voted to set total homestead rate at \$2.4643 and the total non-residential tax rate at \$2.4804. Board also discussed exemptions for disabled veterans.

Town Budget – Board discussed budget status and cash flow.

Cemetery Deed – Board voted to approve transfer of a cemetery lot from Ernest Shatney to Pauline Gauthier and approved cemetery lot deed for John Steele Moore and Christine Lee Moore.

Board of Listers – Board approved contract and use of Marshall and Swift Cost Tables by Listers through June 30, 2008.

Damage Claim – Board reviewed letter from Matthew Kiley asserting claim against town for damage to his automobile. Board instructed clerk to refer matter to town's insurance provider.

St. Johnsbury

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

August 13, 2007

Tax Rate – After discussion Board approved tax rate recommended by town treasurer and downtown improvement district commission with general fund: \$.5878; highway fund: \$.4606; local agreement: \$.0009; special services: \$.5873; school nonresidential: \$1.8272; school homestead: \$1.5879 per \$100 of valuation and

downtown improvement district: \$500 per parcel.

Water Billing – Sandy Grenier reported new computer software for utility billing prints bills on paper not post-cards and that approximately 1,800 accounts will be billed using envelopes four times a year.

Tax Sale – Grenier advised Board that six properties were sold at tax sale. Three of those have been redeemed.

Kingdom Animal Shelter – Kevin Oddy, president of the Kingdom Animal Shelter provided an update on status of animal shelter. Construction costs are estimated to be \$350,000 financed by a loan and grant from USDA. To meet conditions of grant funding, Oddy proposed that town donate the two parcels of 1.2 and 3.69 acres being considered for the project. After considerable discussion about capital and operating expenses Board agreed to conduct a site visit at next meeting.

Appointments – Board voted to appoint Tim Angell, health officer; Troy Ruggles, deputy health officer; Scott Raymond, downtown improvement commission and Jim Impey, industrial park board.

Neighborhood Improvement Initiative – Joel Schwartz advised Board there is \$61,000 remaining of \$1 million HUD-NI grant awarded to town after Daniels Block Fire. Town has about \$1,000 of legal expenses, and he has requested permission from HUD to use balance to cover a portion of local share of costs of renovation of Pomerleau Building. HUD approved request. Board voted to support transfer of funds as described.

Safe Routes to School Grant – Following presentation by town manager, Board approved application for grant funding through Safe Routes to School program for projects that will remove barriers to walking or biking to school. Estimate for application is \$150,000 not including feasibility study.

Connecticut River By-Way Sign Program – On recommendation of

town manager, Board voted to provide matching share required for installation of Connecticut River Scenic ByWay signs.

Church Street – On recommendation of town manager, Board voted to discontinue road laid out as Church Street on land owned by William Rodd.

VT League of Cities and Towns – Board appointed Sandy P. Grenier as town's voting delegate at VLCT annual town fair.

Liquor Control Background Checks – Board voted to require background checks on new applicants for liquor licenses and that applicant will be required to pay \$10 fee for the check.

Main Street Playground – Board agreed to sign letter of commendation recognizing Joe Fox for excellent work in getting Main Street playground constructed.

Review of Public Lands – On request of town manager, Jerry Rowe and Bryon Quatrini volunteered as a sub-committee to review all town owned property to determine if there is property that can be disposed of.

Consecutive Water Systems – Board discussed responsibilities of four separately licensed consecutive water systems including Mt. Pleasant Associates, Green Lantern Mobile Home Park, Passumpsic Fire District and St. Johnsbury Center Fire District.

Revaluation – Board discussed schedule for reappraisal.

Audit Report – Board conveyed congratulations to town clerk and treasurer Sandy Grenier and staff for favorable report provided by town's auditor.

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

Walden

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

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A Day's Drive Under a Glacier: A Geological Field Trip

tal distance into a vertical mile of ice, and imagine that mass scraping away much of northern New England and dumping it into the ocean as the terminal moraine that makes up Long Island, Nantucket, Cape Cod and other features of southern New England. Also consider how much the north-south orientation of our bedrock hills forced a north to south direction of the ice as it squished out of Canada, trenching out the Connecticut River Valley.

We get a lot of snow in Vermont – 40 inches sometimes in a single storm. The accumulation

of snow weight has crushed many a barn roof. But the snow depth in glaciers is so much greater that the compression crushes the crystalline structure into a more plastic form that is able to flow.

Mountain glaciers move under the influence of gravity. Continental glaciers squish. It's hard to imagine snow in Labrador having enough weight to push its edge across New England. Keep in mind that the ice at a depth of 40 feet or more acquires an ability to flow, though much slower than cold molasses. (Did you know that glass also flows? Windows of old

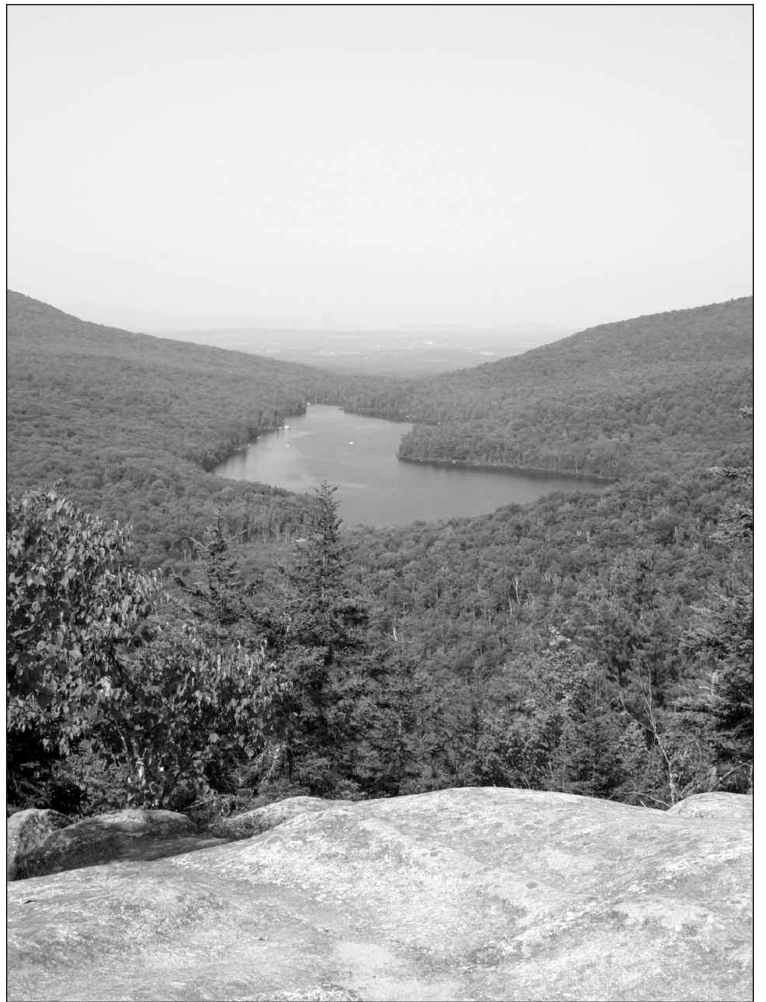
cathedrals have become thicker at the bottom due to the pull of gravity.)

At Exit 17, take US 302 west toward South Ryegate. About 100 yards up the hill, stop at the P&H Truck Stop for the grandest breakfast you ever imagined. Finish up with another cup of coffee and fresh-baked apple pie topped with a chunk of Vermont cheddar. You are ready for the road.

Continue west on Route 302. About a mile up the road you might turn right through the hamlet of Boltonville and make a side trip to Ticklenaked Pond about a mile north on the left. Here is a body of water, longer in its north/south orientation, lying between two ridges. Its geologic history and make-up is similar to a more impressive body you will see later. There also is some fun in this odd name to tell friends back home.

Return to Route 302 and continue toward Groton. The landscape along this road is dominated by agriculture, with hayfields and corn clothing the rolling hills. The glacier left a layer of dirt or "till" averaging 25-feet deep over bedrock. To a geologist there is an important difference between basal till with rounded rocks, which have ridden a long way under the ice, and ablation till with angular rocks showing that they were torn off more local bedrock. The former is likely to be the under-layer of swamps, while the latter drains better and is more suitable for farming. However, Vermont farmers make all soils yield, even "having cultivated rock," as Robert Frost noted about Lunenburg farms. In this area, the ablation till came mostly from Blue Mountain, to the north.

About two miles beyond the village of Groton turn right onto VT 232. The evergreen-lined road passes Lake Groton, a three-mile-long body of water filling a north/south basin left by the continental glacier. A glacier gets its digging power by seasonally melting a bit and then snatching up



Photos By: North Star Monthly

From the summit of Owl's Head in Groton State Forest, you get a wonderful view of Kettle Pond. Kettle ponds are formed when iceberg-sized chunks, left behind by a wasting glacier, are partially buried by sand and gravel deposited by meltwater streams. A recent addition to the Owl's Head outlook is an interesting sign describing the geological features in view.

mountain-scraping boulders as it refreezes. Sharp eyes will find sharp palm-sized, slightly flattened, versions of these glacial tools. Moistened and rubbed, these rocks reveal scratches acquired in their work.

At the sign for Owl's Head drive up the road to the parking area and trail leading 200-yards or so to the summit lookout, or if the road is closed walk up the 1.9 miles to the parking area. There is a structure near the top, a lookout tower, a reminder of the work of the Civilian Conservation Corps during the years of the Great Depression. To the east there is a small but typical U-shaped glacial valley. The compact basal till beneath it has held a wetland, which nourished mosses, layer after layer, to form a rich peat bog.

The soil here is too acidic to hold nitrogen so some of the plant life has adapted to catch insects and digest the proteins into usable nutrients.

To the west, Kettle Pond is among the trees. Kettle ponds are formed when iceberg-sized chunks, left behind by a wasting glacier, are partially buried by sand and gravel deposited by meltwater streams. The depression left after the ice melts becomes the basin for a small pond. Massachusetts' cranberry bogs and many of Minnesota's 10,000 lakes are kettle ponds.

The soil on Owl Head's granite top was partially pushed away by glacial ice. You may be able to see north/south striations carved by rocks bound in the glacier.

When you return to your car continue north on Route 232 to the junction of US 2. Route 2 east will take you 20 miles back to St. Johnsbury, past Joe's Pond and through Danville.

Although Route 2 goes into St. Johnsbury and much farther east, you want to turn off onto I-91 north toward Lyndonville. I-91 parallels US 5, and it is the faster and higher road. Much of the area along that lower road sits on a glacial kame, a formation revealed more by digging than by external observation. A kame marks an edge of the glacier where gravel with different sized pebbles may be found in distinguishable layers. These layers record the seasons as the torrents of spring melt water carried all but the biggest stones away from that edge. As the edge melted and retreated, the melt water, or outwash, was coming from farther away, finally calming down enough to let down a layer of small rocks and sand. A wintry season might then advance the glacier and position it to repeat the process.

Folks who lived in the area 40+ years ago remember a gravel pit



Recent efforts have provided grass cover stabilization, but grassed-over gravel pits are still evident along Route 5 and the Passumpsic River between St. Johnsbury and St. Johnsbury Center where automobile dealerships and other businesses have appeared. See the grass covered slope in the middle distance in the vicinity of the Aubuchon Hardware store and Saint J Auto.

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Even on this hazy day in August the most spectacular natural sight in Vermont can be seen from Burke Mountain. Two mountains, Mount Hor on the left (2,648 feet) and Mount Pisgah on the right (2,751 feet) guard the deep and narrow Lake Willoughby, formed in part by a finger of the continental glacier, which gouged out the lake in the late Pleistocene era.

road takes you to a splendid view of the Green- and the White Mountain ranges as well as Victory Bog.

The most spectacular natural sight in Vermont lies 10 miles to the north: Two mountains, Mount Hor on the left (2,648 feet) and Mount Pisgah on the right (2,751 feet) guard the deep and narrow Lake Willoughby, formed in part by a finger of the continental glacier, which gouged it out in the late Pleistocene era. The two mountains were once part of one vertical rock sandwich with more granitic material on either side and softer (or perhaps fractured) rock between.

Lime suitable as crop nutrient was once gathered from marle lake deposits south of Mount Hor, giving support to the vulnerable soft center theory.

Another theory contends that north-south fractures were formed in dinosaur times when the supercontinent of Pangea pulled apart to form separate continents. Those fractures may be responsible for the orientation of many Vermont rivers and might also have made rock between Hor and Pisgah more vulnerable to the glacier as it rode up over the Willoughby dome plucking pieces and piling them at the end. This great view invites a closer look, so make your way back into East Burke, cross the bridge near the pond and take the road to Burke Hollow on the right. If hunger has arrived you may want to stop at one of the fine area restaurants before moving on.

The Burke Hollow Road will take you about five miles around and over the hills to West Burke. This area was once under Lake Hitchcock, a huge body of water formed from the melt and then shed as the removed weight of the glacier let the land rebound. [See Alan Parker's Ancient Lake Gave Us Podunk, *The North Star Monthly*, October 2004] When you arrive at West Burke, look for Route 5A (not Route 5) toward Westmore. In about nine miles, the road pitches down toward the lake. You are passing over the terminal moraine where the glacier deposited material gathered in widening and deepening the Willoughby gap.

Trailhead parking is provided here and the short walk out into the cool woods will let you see (and climb if you want) garage-sized glacial erratics brought there by the ice.

When you return to your car, continue along the lake absorbing as much of the natural beauty as you can. White birches beside the dramatic cliffs make this a much-photographed area. Stop halfway at the WilloughVale Inn. The dining room is open from 6 to 8 p.m. on Wednesday through Sunday and makes a wonderful place to have a dessert or beverage on the porch and enjoy the magnificent view. Mount Hor and some of the mountains beyond exhibit the typical glacial form of being steeper on the lee side (south) and less steep on the incoming (north) side. You may want to buy the book "Willoughby Lake, Legends and Legacies" to learn more about this area. It's available in the lobby at the WilloughVale.

You have to go home eventually, but consider taking off your shoes to wade at the public beach at the north end of Willoughby. Just past the beach, take VT 16 to Barton and then I-91 south back to St. Johnsbury.

Many thanks to Ballard "Bud" Ebbett, geologist and professor emeritus at Lyndon State College, for his help in preparing this article.



Photo By: Robert C. Jenks
Jenks Studio of Photography

Burke Mountain arose from deep within the earth 350 million years ago as a molten intrusion, baking the surrounding material into durable armor that resisted water erosion and two million years of repeated ice ages. At 3,267 feet, Burke stands above the surrounding farmland. This is a monadnock. With its 2,000-foot vertical drop, Burke offers excellent ski and biking trails.

(borrow pit in local terminology) off Pine Street now covered by the St. Johnsbury Academy sports fields, a gravel pit pushed out to make the Green Mountain Mall property above flood plain, a gravel pit on Oak Street where a well is now part of the municipal water system, a gravel pit below Passumpsic used as an easily available cover for town trash and several played out and grassed-over pits that are now the sites of automobile dealerships and other businesses along Route 5.

Even the wonderful amphitheater used by the Bread and Puppet Circus in Glover was once a borrow pit. The few remaining active borrow pits are now largely owned by sand and gravel companies, which sieve the valuable resource into mortar sand, pea stone and larger aggregates.

These commercial areas are off limits to the public due to OSHA requirements.

Get off the Interstate at Exit 23 and take Route 5 north through Lyndonville. Leave Route 5 at the north end of town near the Lynburke Motel and turn right onto VT 114 toward East Burke. Shortly the road curves around to the right, crossing the Passumpsic River and railroad tracks. Turn left on Darling Hill Road, which comes up immediately. This road goes up and then levels off on high ground, which slopes down on either side. This is an "esker." It once was the gravelly bottom of a huge river flowing on and through the continental glacier. When the glacier melted, this long strip of sediment plunked down where it is.

That esker continues on the east side of the Passumpsic River, south of Lyndonville.

The farms along this road were once part of a cooperative that shared equipment and labor. About 4-miles along you will come to the creamery on the left where the farms brought milk to be processed. The Darling mansion sits on a hill to the right. Just past this property, pause by the roadside to take a look at Burke Mountain, three miles to the right.

Burke Mountain arose from deep within the earth 350 million years ago as a molten intrusion, baking the surrounding material into durable armor that resisted water erosion and two million years of repeated ice ages. At an elevation of 3,267 feet, Burke stands above the surrounding farmland. Such a feature is called a "monadnock." With its 2,000-foot

vertical drop, Burke offers excellent ski trails, many of which can be seen from this viewpoint.

Drive down into East Burke. Just before you cross the bridge into the village, take note of the road on the left. You will return to this road to continue your journey after a side trip up Burke Mountain. Turn left after the bridge.

Past Bailey's General Store turn right into the Pub Outback parking lot and go all the way to the back. A small borrow pit has been dug into the old glacial outwash, showing layers of fine gravel interspersed with layers of coarser material. The pit is private property but can be viewed adequately from the parking lot.

Continue north through the village to the slight rise in the road where Burke Mountain Road angles off to the right.

The bridges on this road are not generous so don't try to share them with a logging truck. Pass the entrance to the Sherburne Base lodge and continue past the campus of Burke Mountain Academy. Turn right and travel up the mountain road. Consider the time and make a choice at the fork to turn right toward the Mid-Burke lodge or left onto the steep and winding 2-mile toll road to the summit. Both provide a good view of the next glacial feature, but the toll

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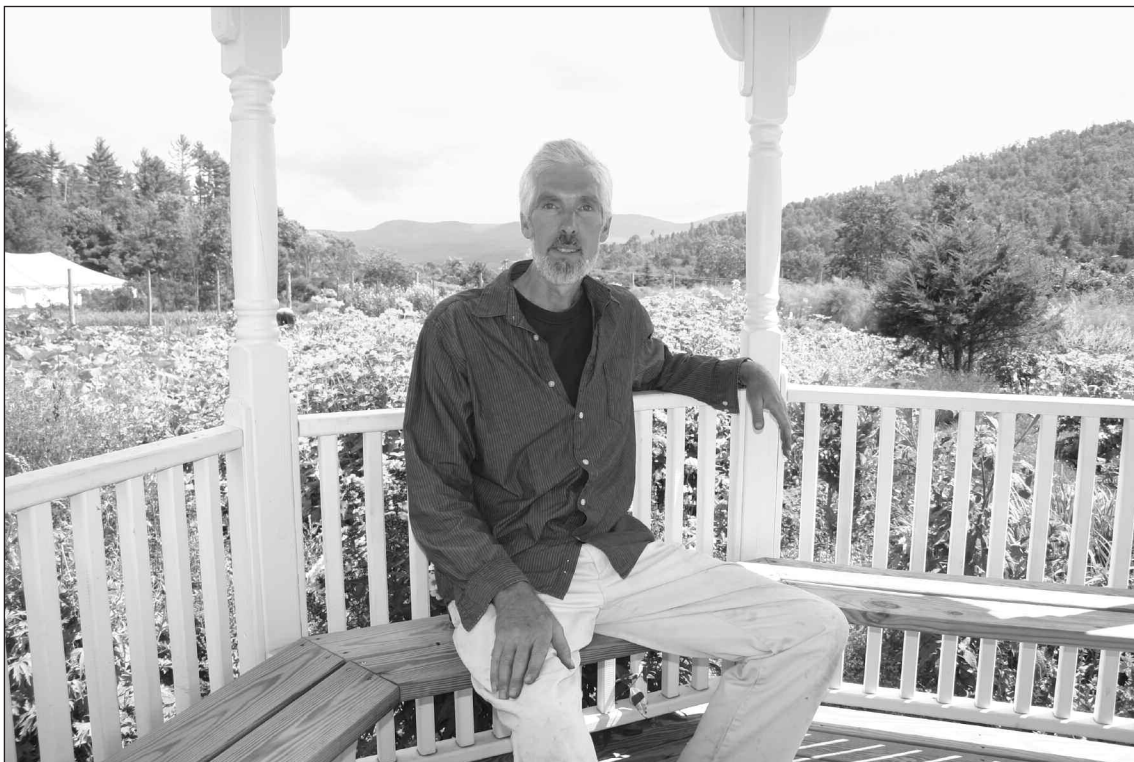
SANDY RAYNOR

Snakes - a really big one with a diamond pattern marking its topside. This is what Jan Enhoven was researching on his computer as I came to his Barnet home.

Enhoven had put in a nine-hour day at the expansive flower

and vegetable gardens at Karme Choling, where his job as "master gardener" has earned him a reputation as a sage growing anything organic. Enhoven is one of the most contented human beings I've come across in my 40-something years as an adult.

It wasn't always this way for the Karme Choling gardener.



Photos By: North Star Monthly

Jan Enhoven is the head gardener at Karme Choling, the sprawling Buddhist Meditation Center in Barnet. A native of Holland his path led from a family farm beside the North Sea across Asia to Nepal and finally to Barnet. His bountiful and well organized gardens have earned him great respect as a "sage growing anything organic." On this day we caught him taking a well earned break in the garden gazebo surrounded by flowers and vegetable plants.



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Growing up in Holland on his father's commercial vegetable farm, he lived in a coastal hamlet by the North Sea. His father established some greenhouses, mainly for growing tomatoes for the European market, shortly after young Enhoven was born. Every bit of profit was fed back into the business, to expand the greenhouses, which yielded cucumbers and grapes as well as a huge volume of tomatoes. As a result Enhoven's memory of his childhood is that of being very poor. He was expected to learn some of the business and contribute as a worker by age 5. His first assignment was prepping boxes for the shipment of 3,000 tomatoes each week.

Enhoven's father kept abreast of the industry and the latest pesticides and chemical fertilizers, never understanding why someone would forgo the potential for

profit for organic farming. Eventually, the greenhouses sprawled over five acres, and the Enhoven family became quite wealthy.

"For me, that's the ultimate purpose of farming. Not growing crops but cultivating our human nature."
Jan Enhoven

"Polder Landscape" is what the Dutch call the farming district that utilizes narrow canal systems with windmills to pump water, otherwise rains flood homes and ruin the crops. Enhoven learned to enjoy the frozen canals in winter, ice skat-

ing for miles with the neighbors who enjoyed the national pastime. "There wasn't much snow, it was wet and windy," says Enhoven in his lilting accent as English is his second language. He became an accomplished speed skater, but it was as a ping pong player that he became a town hero.

As he told these stories of his Dutch beginnings, he summed it up as a forlorn period of life. "I never felt appreciated by my parents," he says. "It's as though I was born into the wrong family."

Even as a young adult, with a small portion of the family land to begin farming vegetables to sell for his own livelihood, Enhoven felt out of step. He was convinced to create organic gardens, a task that took two years before anything could be planted, selling the first crop of squash and Brussels sprouts to a buyer

Every solution has to start somewhere.



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Paul Searls Leads Series on Two Vermonts

Dr. Paul Searls is the author of *Two Vermonts: Geography and Identity, 1865-1910* and an assistant professor of history at Lyndon State College.

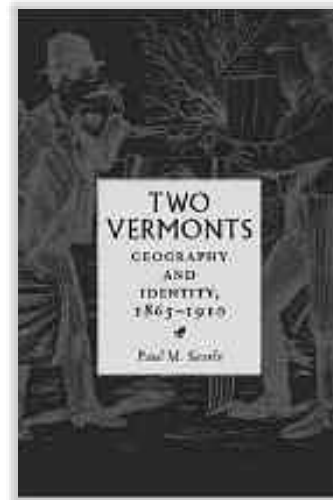
Beginning on September 12, Searls will lead a four-part supper and discussion series featuring the premise of *Two Vermonts*, that the cultural conflict in Vermont history between the competing forces of agrarian rural and urban, modernity and preservation, and tourism and development are very much a part of the state's vitality today. "Who is a Vermonter," Searls asks, and why does it matter?"

Searls focuses on how these issues developed during the post-Civil War years and traces them to the present.

The series will meet on Wednesdays at 6:00 p.m. The group will meet twice in Danville at the Pope Memorial Library on September 12 and 19, once on October 3 at the Peacham Library and finally on October 10 at the Barnet Library.

The hosting libraries will provide a light supper and copies of the books will be available for participants to borrow and read. There will be no charge.

The series is sponsored in part



by the Danville Historical Society, the Pope Memorial Library, the Barnet Historical Society and the Peacham Library.

For further information call (802) 633-4436.

who shipped them to Germany. What started in 1980 became profitable for the young farmer until his back flattened him in bed for over a week. The doctor determined it was a slipped disc.

Enhoven began planning a trip to China, a pilgrimage leaving farm life behind by 1985. Having learned to be frugal at a young age, Enhoven had savings for a year-long adventure in Asia, criss-crossing the vast continent until he landed in a monastery in Katmandu. There he studied and practiced meditation with monks for a month and found his sense of happiness grew as he studied the Buddhist concepts and discipline. That awakening led him to Karne Choling and Barnet where he sought to pursue a deeper understanding of Tibetan teachings.

Karne Choling had a garden established for food production, and Enhoven felt at home digging in the soil and making compost. He took over the position of head gardener in 1990, and under his care the food and flower production expanded until 1994, when he was urged to return to his family home and care for his failing mother.

After his mother died, Enhoven hadn't considered returning to America until a letter arrived from the director of Karne Choling, inquiring if he would be interested in being its gardener. He was offered a stipend plus room and board. He didn't hesitate to rejoin the meditation community in Barnet, and he returned to the Green Mountains.

Back in Vermont his heart sank as he saw the gardens with more weeds than plants for harvest. The soil was depleted. The gardens were in need of care and attention. With his Dutch persistence at work he restored fertility to the soil. Today there are over a 150 garden beds, 40-feet long, producing some 30,000 pounds of vegetables each season.

Enhoven met Suzanne Duquette at Karne Choling, and they were married in 1999. They bought a house in Barnet and set it up as a guest house called Blue Skies. Today Enhoven, the gardener, doubles as a breakfast cook and laundryman at Blue Skies. But it's his day job that gives him his greatest satisfaction.

"I'm trying to demonstrate the basic goodness in everything to people who come to my gardens - even snakes - and the rats," he laughs, which have made short work of several rows of his ripening corn. "For me, that's the ultimate purpose of farming. Not growing crops but cultivating our human nature.

"Meditation gives fresh air to your mind. You're not constantly thinking of plants as an accounting sheet. And I'm very receptive to the changes each morning as I approach the gardens. There's such magic happening in the soil." We both smiled at that truth, having experienced a frozen, lifeless ground for many months and then an abundance of life as August rolls around each summer.

Jan Enhoven's smile is a deeply satisfied one, too. ★




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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.

Walden Hill Journal

ELLEN GOLD

September 5, 2006 - We've had an international start to September with four days in Danville, Quebec attending our 4th annual arts symposium. Once again Jeff was invited for the "jumeau" (twinning) of the two Danvilles, fostering exchange and goodwill between the sister cities. Two days of rain dampened attendance a bit, but those who turned out were definitely interested in seeing the artists at work and looking at artwork. As usual there was great *bonne ami* among the artists, and we were graciously included. The Quebecois certainly know how to have a good time.

September 6, 2006 - There's just enough break in the clouds for a rosy sunset glow. A splash of red and orange in a few of the maples compliments the sky. We're at that point in September where everyone is talking about early foliage. This just might be the year where predictions come true. The old maples on Walden Hill Road, which usually hold back, are starting to change. Canadian and snow geese that hole up for about a month in Danville, Quebec before their long migration south arrived about three weeks ahead of schedule this year. Something in their radar was urging them to begin journeying south. I need a dry day to dig the last of the potatoes.

Those that we've had so far have been very tasty. The kale, which was being nibbled down to bare stalks, has regrown leaves now that whatever was feasting on it moved on. Hopefully we'll salvage enough for a few pots of stew for the freezer.

September 10, 2006 - A crisp 44° this morning after a low of 41° last night. Color continues to spread across the valley with fields turning golden brown. We've just returned from a two-day anniversary excursion back to the Lac Brome region in Quebec. We enjoyed a feast of French cuisine and a scenic drive along the wine route. Sunny weather prevailed, and fall color has begun sprouting in Canada as well. We continued with a half day of sunshine at home yesterday, which gave me just enough time to dig the remaining potatoes and mow a bit of the yard. We hoped to harvest more basil but will leave that chore for today.

September 12, 2006 - Frost warnings last night, but we fare OK on the hill. We brought in the geraniums and tuberous begonias and covered the dahlias in case. Fortunately we had done our final basil harvest as well. Now, with the exception of zucchini and husk cherries, all the frost vulnerable vegetables have been picked, eaten or cooked and frozen. We're seeing the end of blackberries as well. Individual trees are turning with



Photo By: Jeff Gold

"Our emerald, jeweled chrysalis is still firmly anchored to the woodpile with no sign of the monarch butterfly emerging."

the occasional maple in full color. We seem to be rapidly moving from summer to fall. Our woodpile is seasoned and ready to bring in once we've had a frost. Mark Breen in his morning weather report, calls this a "sparkling, classic fall day." Looking out our window, with the directional rising sun highlighting the colorful valley under a cloudless sky, I agree. The finishing touch is a thick blanket of floating fog, outlining the Connecticut River Valley.

September 22, 2006 - Fall officially arrives at 12:03 a.m. tomorrow. Today it's overcast, which makes colors more vibrant and varied. I've located my favorite tree for this fall. It's a bright red swamp maple, of course, and the first sight I see out of the bathroom window each morning. It's at the edge of the woods, so somewhat more protected. Hopefully that'll help it retain its colorful leaves longer. We survived another frost warning last night. Cloud cover moved in to keep the temperature at 40°. It's the dahlias I'd like to save. There's only one blossom opened so far. It looks like

the green "pinching" I did earlier this summer helped the beautiful bushy foliage but didn't encourage early blooming.

September 25, 2006 - Color is picking up daily with individual trees combining to form a quilted tapestry, covering the hills. We entertained friends from California and fortunately had enough clearing during the rainy weekend, for a foliage tour through the Greenbanks Hollow covered bridge and to Peacham. We ended a very full day with the short hike through beautiful Groton State Forest to Owl's Head. Clouds with long sunbeams highlighting the lake and colorful hills made for a very impressive view. The wind, however, made it difficult to remain out in the open long. Fortunately the gusts were forcing us back from the edge of the ledge rather than propelling us towards it.

September 27, 2006 - The thermometer is showing a low this morning of 39°, but that sensor is under the eaves, not on the ground. Dahlias and basil will quickly let me know what the ultimate frost answer is for sure. Meanwhile,

we've had clear, starry nights with the Milky Way sweeping across the front of the house. That was quite a sight for our city guests.

September 28, 2006 - It's a warm but blustery fall day. The forecast is for the wind to be even stronger tomorrow with gusts to 45 mph. Fortunately the colorful leaves are still securely fastened to the trees. Woolly bear caterpillars have been out and about, soaking up sun while it lasts and searching for likely spots to crawl into for the winter. Our emerald, jeweled chrysalis is still firmly anchored to the woodpile with no sign of the monarch butterfly emerging. I'm not sure if they winter over in that state or if this is a late blooming butterfly. Flocks of wild turkeys are gleaned the fields for grasshoppers, crickets or whatever they find. We still have not had a frost on the hill so there are plenty of creepy crawlies available.

September 30, 2006 - Steady, chilly, constant rain today put a damper on Danville's Autumn on the Green festivities. People came out but didn't stay long. Jeff salvaged the day with our first woodstove fire of the season. A lone deer was grazing in the field as I headed down the road for band rehearsal. Our neighbors reported a big bull moose near the woods by our back field. He had evidently just rubbed the velvet off his rack, which was an impressive shade of deep red. I'll take a look in the lower woods to see if any trees show signs of recent scraping or possible shreds of his skin.

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Up on the Farm Early

Lorna Quimby



One cardinal rule for camping, as I discovered from listening to conversations from neighboring campsites, was "You must be a Good Sport." A Good Sport does not find fault with the campsite, even when you set up in wet clay. A Good Sport does not criticize her husband's packing skills or lack thereof. (This was a no-brainer for me, as Dick is a demon packer.)

There is, however, the open-

Filled with pictures of sunny, sandy beaches, blue sea and curling waves, the brochures promised paradise.

the-back-of-the-car-and-throw packer. We heard comments from the o.t.b.o.t.c.a.t.'s loving family as they tried to find air mattresses, sleeping bags, the bag of toys for the baby and where, oh where is his formula? Such comments usually resulted in "The next time you can pack, if you know so blantly-blank much!"

A Good Sport keeps the corners of her mouth up. She remembers that old saying she learned at her mother's knee, "If Mama ain't happy, ain't nobody happy!" And so, to insure happy memories of vacations, she tries to be a Good Sport.

Our camping trip in 1967 to Cape Cod tried my Good Sportedness to the utmost. I'd sent away for brochures and lists of campgrounds on the Cape. Filled with pictures of sunny, sandy beaches, blue sea and curling waves, the brochures promised paradise.

Campgrounds have wonderful names that imply an ocean of a mountain view. We had learned to pick a central campground and do day trips. Putting up a tent each night and taking it down the next morning, driving two- or three-hundred miles and setting up shop again was not how we veteran campers wanted to spend our precious vacation time.

We went after school got out in June. That Sunday was cloudy and humid, but I was sure we'd have better weather. (What a Good Sport.) The sun hid itself

above the clouds, which let down the gentle rain from heaven all that week.

As we drove onto the Cape, I looked for a glimpse of the sea. All we saw was a solid bank of signs, "Keep Out," "No Parking," "No Turning in Drive."

Our campsite had no trees, just low scrubby pines. It had no view, either. We set up in a light rain. Fortunately, by that time we'd invested in a tarp, which, stretched over the site's picnic table, protected us as we ate. There was no handy branch to anchor the tarp. We had to use one of the poles that propped a canopy over the tent's zippered door.

One of our treats while camping was a campfire. While we were setting up the tent, the girls would run to the camp store and bring back marshmallows to toast over the fire. Dick and the girls had contests to see who could get the most "toasts" out of a single marshmallow. But on Cape Cod, campfires were not allowed because of the fire hazard. Marshmallows toasted over charcoal briquettes leave a lot to be desired. And sitting around and watching coals die down was not the same as watching the colors play around embers from a driftwood fire.

As we ate supper, the fog moved in—and a foghorn on a nearby lighthouse began to blow. Faithfully, it blatted off and on through that night, the next night and so on for the week.

We cooked breakfast on the camp stove. It was early in the season, and most of the sites were empty. We couldn't do our usual "people watching." We huddled damply under the tarp while we ate and planned the day.

In a magazine put out by one of the car manufactures, we saw an article touting a Cape Cod restaurant. I wanted to brag to people how we'd eaten at such a

wonderful spot. When a place is discovered by an author who shares the treat with the whole Northeast, that place will not be the same when you get there. We found the restaurant in the midst of an expansion. As a result of the article, the owners hoped for an increase in the summer trade. They were not fully prepared to serve, the season was just starting, and college students who were the summer help were just getting oriented. The food was all right, but service was slow. I would do no bragging about a fabulous meal when we got back. The best meal we had on the Cape was in a restaurant we discovered as we were getting desperate to eat and saw its sign beside the road.

One morning, instead of just mizzling, it was raining when we woke. It rained harder and harder all day. We visited Plimouth Plantation that day, wearing the ponchos that we'd picked up in an Army store. When I saw the replica of the Mayflower and realized how small it was, I was filled with admiration for the early seafarers and the Pilgrims. The Pilgrim mothers, coping with their families, stuffed below deck, with no showers, dryers or even decent latrines, must have been Good Sports extraordinaire.

When we returned to the campsite, water was standing on the floor of the tent. I bailed it out with a pan. We took the sleeping bags to the laundry room and kept four dryers busy until the bags were dry enough to use.

The next day, the rain let up, so we walked on the beach. We had to drive to a park before we could do so. We found shells we hadn't seen further north, a perfect moon shell, and we saw lots of starfish. Fishermen were casting in the surf, their catches stored in water-filled coolers. We left when the rain started again.

That was our week on the Cape: rain, drizzle, damp and clammy, and no warming ourselves over a campfire. Two things brightened our stay. One was the sign on a side street marking "The Olde Helpee Selfee Laundry." The other was the meal of scallops we

bought in a fish market. I have never seen scallops any larger. We drove back to the camp and immediately cooked them in butter. We had all we could eat of the sweet tender things.

Saturday morning, as we took down the tent and packed everything. The sun came out. The air

was wonderful. The Good Sport could finally relax. As we got away heading north to Vermont, a certain aroma of sea air developing from the girls' shell collections, the highway leading to the Cape was filled with bumper-to-bumper traffic.

Bones

Bare bones of trees,
Gleam pallid beneath the pond.
Raspings of winter's ice,
Currents of wind driven waves,
Have stripped them clean of bark.
They rest upon the black of leaves and silt,
Pale as ivory,
Like some dead beast.
Their carcasses lie ready,
Reaching up to snag
The unsuspecting boater,
Or maybe, reaching for the elements
From which they came.

Isobel P. Swartz

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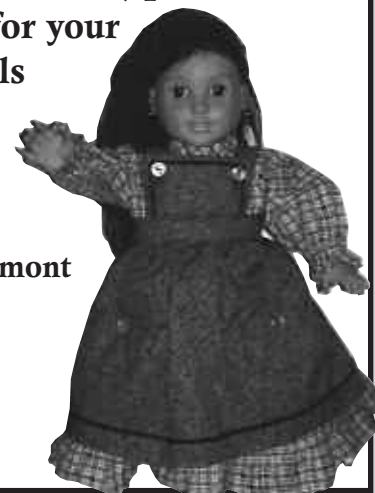
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Danville Conservation Commission Sponsors Town Forest Celebration

ALAN PARKER

In the life of our community, each of us can think of some important part of our natural and cultural heritage that we want to protect and conserve.

The Danville Conservation Commission, now just over one year old, is charged with offering advice to the Town's leadership about how to plan for the long-term protection of important local natural resources and cultural landmarks. As the Commission undertakes this task, one of our first questions is, "What do the people of this town treasure most within its landscape?"

Many know of a particular spot somewhere off the beaten track that is worthy of our special attention and protection; a vernal pool that teems with life in the early spring, a bear denning site, a spot with an especially breathtaking view or an old cellar hole that sings with history.

What many of us are not aware of is the commonly held resource that is our Town Forests. There are two such places in Danville: one just off the North Danville Road at the site of the old town dump and the other in the Pumpkin Hill area off Penny Lane.

The Conservation Commission is planning a public celebration of the Pumpkin Hill Town Forest on Saturday, September 22, from 11 am 'til 3 pm. The Commission invites everyone to gather there on that day to learn more about this special place and to share whatever they might know about the history of the area. There will be free lunch provided, walking tours of the trails and natural features of the site, and a demonstration of a project being undertaken by Danville High School senior Jared White. White is doing a Danville School senior project to restore the site of the old Town Farm on the Town Forest property.

There is much we don't know yet about this place, although many have, over the years, worked to create trails and open spaces that allow others to take in the pleasures of the forest surroundings.

As the people of Danville begin to think about how to protect a host of natural resources throughout their town, it makes sense to begin by celebrating those places that we hold in common. The Conservation Commission's long-term goal for this work is to develop a management plan for the Town Forests that keeps them accessible for all, protects and enhances their natural landscape, improves the quality of the forest and provides opportunities for mixed-use recreation and utilization of the resource.

Anyone wishing for more

information about the event or who would like to help to plan and organize it, is welcome to be in touch with members of the Conservation Commission: Tracy Zschau: 684-1073; Dave Houston: 684-1122; Dave Machell: 748-5248; Andrea Machell: 748-7138; Susan Blow: 684-3649; or Alan Parker: 684-1030.

Make plans to spend part of the day with us on September 22. Together, we can learn more about this commonly owned treasure and shape a vision of how it can be a special place for all for years to come.

Nothing Like a Visit from the Grandchildren

VAN PARKER

They arrived with their parents on July 28 and left on August 9. The first half of the visit we had them to ourselves. The last half their parents joined us. Then it was time to visit other grandparents, cousins, aunts and uncles. All of a sudden they were gone.

Our son and daughter-in-law are suburbanites from Bethesda, MD. Their offspring have been to visit us both in summer and at Christmas. They are not strangers to this part of Vermont. But we had never had them here for so long or without their parents.

My wife and other local family members had drawn up a list of activities, places to go and things to do. But I must admit to being a bit apprehensive. How would we fill all those hours? Could I, at age 77, keep up with

them? Could I take my usual nap?

I should have known better. Lucy was right. After a day or so everything seemed to fall into place. We developed what you might call a flexible routine. For our 8-year-old grandson Jackson that meant watching the Red Sox and sometimes viewing the summary of the last night's game on "Breakfast with the Red Sox." For our just-turned-11 granddaughter Maddie (for Madeleine), it meant helping her grandmother cook and doing some very good cooking on her own. For 4½ -year-old Faith it meant entertaining herself on a swing in the back yard, sometimes for hours at a time.

We spent part of one day trying to catch a frog. Another was mostly taken up with a visit to Ben and Jerry's ice cream factory. Every day but one was good for swimming. During the time

of their visit they swam in a neighbor's pond three times, at least twice in a nearby brook, twice in Harvey's Lake and once each at other lakes.

Their dad had worked it out so they would be here during the Danville Fair. Their cousin and aunts from Walden had them to their place. On the way back their aunt took them to one of Danville's small cemeteries to read what was written on the stones. One of their other relatives had us all over to a picnic at his cabin. We visited the corn maize. They picked raspberries.

Lucy and I hoped our suburbanite grandchildren would get a sense of what it was like to live in the country and, in particular, in this part of Vermont. We know you can't really program something like that. We did learn that Maddie, who just finished the fourth grade, had written a poem about Vermont.

It will seem a little strange not to hear Jackson saying "Hey Papa. Let's have a catch" or to watch the expression on Faith's face as she floats backward in the water or to hear Maddie laugh and talk about what she did and what she's going to do.

I must confess to feeling a bit tired as their car pulled out of the driveway. But it was a good kind of tired. We hope they'll be back next summer. We think there's a pretty good chance they will.



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7 A.M. Morning Edition with Mitch Wertlieb		8 A.M. Only a Game	Sunday Bach
8 A.M. Classical Music with Walter Parker		9 A.M. Weekend Filmm	
9 A.M. Military Report with Steve Delaney at noon		10 A.M. Car Talk	On the Media
10 A.M. (Wednesday) Weekend Edition		11 A.M. Wait, Wait... Don't Tell Me!	Studio 360
11 A.M. Performance Today with Fred Child		NOON Interlude	A Prairie Home Companion
12 P.M. Fresh Air with Terry Gross		1 P.M. Saturday Afternoon at the Opera with Peter Fox Smith	All The Traditions with Robert Hesnik
1 P.M. All Things Considered with Neal Chamoff		2 P.M. All Things Considered	
2 P.M. Musical/pezo		3 P.M. A Prairie Home Companion	From the Top
3 P.M. (Monday) Hour of Health	3 P.M. (Tue-Fri) Sync/Board	4 P.M. (Wednesday) Open Source	Classical Music
4 P.M. (Friday) Martin McParland	5 P.M. Living on Earth		
6 P.M. Specials with George Thomas		6 P.M. Trivia & Showrock	This American Life
7 P.M. Classical Music		7 P.M. My Place	Sound and Spirit
8 P.M. Classical music overnight		8 P.M. Hearts of Space	Classical Music
9 P.M. Midnight			

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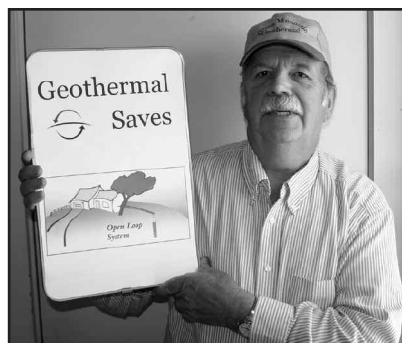
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Pursuing the Here and Now

DON TESCHER

Back in 2001 or thereabouts living in Vermont,

I wrote a poem entitled "A Sense of Place," which followed the ambling footsteps of Vermont poet Walter Hard. The poem asked the eternal question, "Do you really know where you are?" The answer seemed to be, "Does it matter? Somebody does."

The final comforting words of the poem read,

"I started out that morning to walk up That road of many names to ask Postmaster Hastings Why in heaven's name he'd let me go on thinking Where I lived was Joe's Brook Road. I turned around and walked back home. Ralph would have looked at me and smiled, "Got your mail, didn't you?"

The following rumination would seem to be a postscript:

Shortly after April Fool's Day in 1999 I moved from Hill Street in Danville (that's the Village in the Hills) to 25 Beechwood Street in Thomaston, Maine (the Town That Went to Sea). Of that much I am sure. But the winds of change blow wicked strange, and the following week I received a letter from the town of Thomaston informing me that as of November 1 (the day after Halloween) I would be living at 39 Beechwood Street. This change, the letter explained, would make it easier for that big red truck to find me if I caught on fire. Dutifully I packed my bags and waited for the moving van. I waited for the van in vain.

On the second of November when I looked out of the window I shouldn't have been surprised to find I was still in the same place. Frankly I am now at sea. Maybe the Town that Went to Sea is still sailing around out there somewhere. Maybe I won't be here when she reaches port.

Distracted, I reread the letter and discovered that I was NOT moving but that the town was changing street numbers, arranging the even numbers on the west and the odd numbers on the east. Not surprisingly, I would be on the odd side. So, while I was still

in my cozy gray shingle cottage the number on my gate way would change from 25 to 39, an easy transition since there has never been a 25 there anyway (I guess the landlord didn't believe in playing the numbers).

The next question sprouting in my fertile mind was: where will the 25 go when I become 39? (and will I remain 39 forever like Jack Benny?) And will there be another 39er out there getting my mail while we both go through the laborious process of writing friends to say, We have NOT moved? At the post office I was assured that these changes take time and that although theoretically there may be two 25's and two 39's for a while - maybe as long as a year - as everyone gets the word out, our faithful postman has our actual whereabouts firmly in his head and will take care of things.

As Ralph Hastings reassured me on a similar occasion in Vermont, "Got your mail, didn't you?" I hope so, Ralph. I hope so.

Last week I received in that mail a third telephone directory, listing my home address at 25 Beechwood Street. During the interim, Postmaster Hastings passed on, my friendly pipe-smoking letter carrier retired, and the cozy gray shingles on my cottage were replaced by aesthetic cream colored clapboards.

Funny, the pigeons and gold finches still find their way to the birdfeeders under the apple tree.

Don Tescher is a longtime poet and friend of The North Star who lived for many years in Danville. Although now in Thomaston, ME he visits the Green Mountains at times as he did briefly this summer. Tescher turns 90, entering his tenth decade, on October 13. ★

The Cork & Bottle

Gerd Hirschmann

There's considerable room for experimentation and expression of your own personality in matching food and wine. Pick a good wine and pair it with a meal you enjoy, and you probably won't go wrong.

Think of wine as a condiment. It should compliment the food.

When pairing food and wine, the wine shouldn't overpower the food, nor should food overpower the wine. Think of wine as a condiment. It should compliment the food.

Wine consumed by itself tastes different from wine with food, because wine acts on food similar to the way a spice does. Acids, tannins and sugars in wine interact with the food to provide different taste sensations.

Wine can enhance the flavor of food. A good match will bring out nuances and enhance the flavors and unique characteristics of both the food and the wine.

Memorable food and wine pairing is achieved when flavor, body, texture, intensity and taste harmonize.

Above all don't stress over the perfect food and wine pairing. The best pairing is good food, good wine and good company. Friends and loved ones are the most important ingredients.

Taking wine as a gift to a dinner party does not mean precise matching of the wine to the food unless it has been requested. Of course then enough information about what is being served is necessary to make an informed choice. Just bring good wine. Match quality of food and wine. A grand dinner party with multiple courses of elaborately prepared dishes deserves a better wine than hamburgers on the

grill with chips in a bag.

When you're serving more than one wine at a meal, it is a good idea to serve lighter wines before full-bodied ones. Dry wines should be served before sweet wines unless a sweet flavored dish is served early in the meal. Lower alcohol wines should be served before higher alcohol wines.

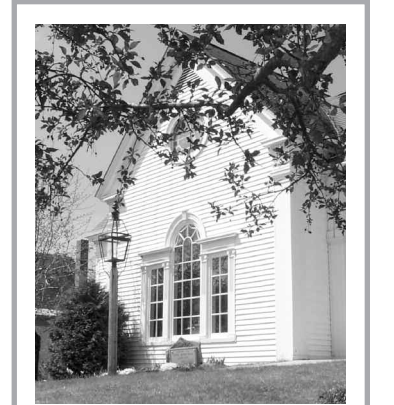
Sometimes the best wine is reserved for the cheese course. Red wines go well with mild to sharp cheese. Pungent and intensely flavored cheese is better with a sweeter wine - be it white or red. Goat cheese pairs well with dry white wine, while milder cheeses pair best with fruitier red wine. Unless very ripe, soft cheese like Camembert and Brie pairs well with just about any red wine from Cabernet or Syrah to Pinot Noir or Rioja.

When drinking wine with dessert try to make sure the food is not sweeter than the wine for it not to taste sour. Dessert wine should always be sweeter. Ice wine would be a safe bet, but there are many other options

such as Sauternes or other late-harvest wines, and desserts after all don't always need to be that sweet.

Be aware of that cup of coffee at the end of the meal. It will almost kill your taste for wine. Save it for after your last sip of wine.

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



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Letters from the Past

When writing was a necessity and an art

Lynn A Bonfield



Love letters from the nineteenth century make for charming reading today. They present a different world from the twenty-first century, a world

where nosy neighbors gossiped about young lovers and even checked to see how long it took a man to leave his fiancée after the candle was snuffed out.

While studying medicine at Dartmouth in 1848, Luther Fletcher Parker (1821-1898) penned a series of letters to the woman he planned to marry, Louisa Martin (1822-1896). As was the custom at mid-nineteenth century, Lute, as he was called, referred to Louisa's home as "Deacon Martin's" since her father held that prestigious position in the Peacham Congregational Church. Of particular note is Lute's thinking about their future life together. Louisa stated in her letters (unfortunately not preserved) that she expected him to be a "great" doctor. In his reply he defined his view of the principle of greatness and what that would entail for a physician. He returned to the subject in his last sentence, pointing out that greatness took time. Lute and Louisa married in 1850 when he set up practice in Barnet. In 1853, they moved to Peacham where he earned the status of greatness as a beloved physician for almost a half of a century.

greatly lament, but cannot cannot help it.) & hope you will give this my representative a cordial reception & I will promise that he will give you in return a short If not so agreeable an entertainment. I acknowledge the receipt of your wholesome epistle of Aug 29 which came into my hands on the following Friday at Six A.M. which made a new being of me for a while at any rate. I couldn't say how many times I read it over and will not say how often since....

As for me myself I hardly know what to say about him. Now what do you want I should say about him? I dont know that he has changed one job or title either for the better or worse though perhaps this would be slandering him a little. I believe he has been full as steady as he is wont to be since he has been here- Idles away but very little little time Is healthy & hearty. attends all the Lectures which range from five to seven pr day & follows them from the books. is most of the time in excellent spirits. but sees now and then a day that the top of his head is rather pressed. & some days is exceedingly troubled to keep his mind and body together the one delight to play the truant it gets off with Louise every day more or less & oftener more than Less cant seem to be contented to stay here in Hanover,

Hanover N.H.
Tuesday Sept 5 1848

My Dear Louisa

At this late hour & you may say unreasonable delay I again take the pen: and with it will scratch a few words and send them to Dea[con] Martin being unable to attend in person at this time (which fact I

but will slip away as quick as thought goes directly to the Deacons but having so much business to attend to here it can stay but a short time but makes up this by going the oftener. What kind of a strain is this that I have run into? I remember that I am talking to you Louisa & to none else: were it not so I should talk differently.

I would give all of my old shoes could I but step into Deacons Martins house this evening. I know I wouldn't be particular about leaving at ten or twelve though all the neighbors should lose the nights rest in watching to see the candle go out. Five weeks have slid away since I saw Louisa. The Girl that is "alternately at the sink and wash tubs." Time flies rapidly. nine weeks will soon slip away & then all accidents being averted I am again in Peacham. I fear this time will appear longer to you than me. I have so much for the mind to work upon that it cannot stop to measure time. So it passes unheeded, flies swifter than a weavers shuttle. "The wash tubs Girl as she would style herself," needn't borrow any trouble, for Lute will be pretty sure not to be caught in any snare that may be set for him, especially by any one that knows just enough to spend all her time



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\$235,000

WATERFORD ▶
MLS# 2665610
There are not many homes on the market as tastefully furnished as this contemporary cape, situated on 2 private acres in Waterford. Named one of the top Energy-Efficient Homes in Vermont, it has lots of built-ins, wood floors and ceilings, oil heat and wood stove and a 2-car garage. From the kitchen you can access the rear deck. The master bedroom has a full bath. There's a home office, as well as 2 other bedrooms, full bath and 2 sitting rooms. This is NOT your ordinary cape.



\$269,000



ST. JOHNSBURY
MLS# 2669349
If you want a sweet home with character, this is a must -see for you. With its hardwood floors, fireplace, brand-new custom-built kitchen with appliances and breakfast bar, glassed in porch, 1 1/2 baths, natural

woodwork and 1 car garage, this home has COTTAGE written all over it.

\$139,000

Danville Senior Action Center

September Meal Schedule

- September 4** - Ann Fildy's Beef Stew with Vegetables, Corn Bread, Spinach Salad, Kiwi Cheesecake.
- September 6** - BREAKFAST! Bagels and Cream Cheese, Veggie Omelets, Corned Beef Hash, Melon, V-8 Juice.
- September 11**- Baked Fish, Pasta Roma with Tomatoes, Broccoli with Cheese Sauce, Whole Wheat Rolls, Healthy Start Ice Cream Rolls.
- September 13** - Salmon Pea Wiggle, Saltines, Egg Noodles, Carrots, Orange Juice.
- September 18** - Ground Turkey Sloppy Joe's on a Roll, Peas and Carrots, Apple Bread Pudding.
- September 20** - Roast Pork, Apple Stuffing, Honeyed Carrots, Whole Wheat Rolls, V-8 Juice.
- September 25**- Barbecued Chicken, Pasta Salad with Roasted Vegetables, Baked Sweet Potato Fries, Peaches and Cream with Biscuit.
- September 27** - Pot Roast with Potatoes and Carrots, Tomato Juice, Whole Wheat Rolls, Cranberry Juice.

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



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"Real Estate for The Real World"



Photo from a Private Collection While studying medicine at Dartmouth in 1848, Luther Fletcher Parker (1821-1898) wrote letters to the woman he planned to marry, Louisa Martin (1822-1896). Lute and Louisa married in 1850 when he set up practice in Barnet. In 1853, they moved to Peacham where he earned the status of greatness as a beloved physician for almost a half of a century.

one year or two to the dangerous eminence which the people call greatness – true greatness is not readily appreciated & acknowledged by the multitude. The flowers that earliest blossom & of quickest growth the plants of one year gets the praise & is most admired for the present. while the oak or pine is but little regarded till often they have stood the freesings of many a winter, & withstood the attack of many Hurricanes. now I believe it is to be some so with man especially the Physician. he has every body to deal with if he meets with good success as it is termed. that is his patients recover in the first of his career why he is the doctor that cures disease and therefore is lauded to the skies and is looked upon as almost superhuman making themselves believe that he can & therefore will cure all disease. the Doctor perhaps thinks so himself but this is a delusion & he will sooner or later learn it. people are apt too often to forget that they must die in spite of what all Doctors can do for them but because they have been very sick & recovered under the care of a certain physician – they say if I am sick again the same will be the result – & the Doctor get all the praise. But should he happen to have these fatal cases among his first as he is as likely to have as otherwise the story is different. It perhaps will not be interesting to you should I pursue this subject farther but would say dont

make yourself believe that I shall rise to any great degree of eminence in one year. The man that rises quick has great reason to fear that his fall will be as sudden. People will learn within five years that the Doctor cant cure everybody & he gets but little credit for what he has done. Dr Crosby [of Dartmouth] in his introductory said that he had been a close observer for 25 years & considered it a great calamity for a young man in the first year of his profession to do a thousand dollars worth of business. he said the one that does it may expect to be obliged to leave his place for some other before 5 years. it takes more than one sunny summer for a Physician to grow that he can not be moved out of his place by the passing storm but enough I see that my space is becoming somewhat narrowed & that this scribble must soon be closed for want of room.

I hope that the good people of Peacham will not give themselves extra trouble about Lute & Louisa. just tell them to keep cool & when their interference is needed they shall be notified. Mrs Miners I hope will not suffer for want of something or somebody to talk about now I am away if she should get out of business tell her that you get a letter from me now and then & that she has my respects hoping that she has recovered of her lameness and is not obliged to watch all night to learn when Lute goes away– I have not yet concluded what to do the

coming winter but think it possible that I stop at P— I go over to Norwich to day & give Mr Coolidge [Carlos Coolidge ran for Vermont governor as a whig and won] my vote cant be denied that privilege. Peacham I suppose is in an uproar. I cannot help them. I have had no letters from P. except thine nor expect any! I will be as good as I can according to your request but as for the (Great) that is the

work of time. Accept this with much Love from Luther

The original of this letter is in private hands; a photocopy is at the Peacham Historical Collections. Letters in this series are transcribed as written with no changes to spelling, punctuation, or capitalization. Editor's additions are in brackets; words missing are indicated by ellipses. ★

drumming upon a Piano. . . . You say to me "Learn to be great." appearing to be anxious that I should get a great name now dont flatter yourself into the belief that I shall rise in

West Barnet Senior Action Center

September 2007 Menu

September 5 - Hot Dogs, Macaroni and Cheese, V-8 Juice, Stewed Tomatoes, Biscuit, Vanilla Pudding with Mandarin Oranges.

September 7 - Buffet.

September 12 - Salisbury Steak, Apple Juice, Mashed Potatoes, Cole Slaw, Spinach, Whole Wheat Bread, Pineapple Upside Down Cake.

September 14 - Chicken and Biscuits, Fruit Juice, Mashed Potatoes, Peas and Carrots, Biscuit, Jell-O.

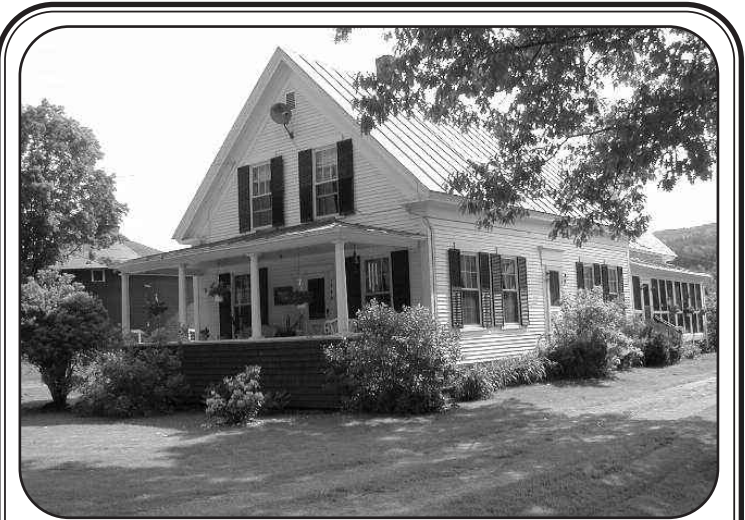
September 19 - Spaghetti with Meatballs, Orange Juice, Tossed Salad, Italian Bread, Tropical Fruit Cup.

September 21 - Roast Turkey with Stuffing, Cranberry Juice, Peas and Potatoes, Whole Wheat Rolls, Jell-O.

September 26 - Beef Stew, V-8 Juice, Tossed Salad, Biscuits, Grapenut Pudding.

September 28 - Baked Fish, Fruit Juice, Mashed Potatoes, Mixed Vegetables, Assorted Breads, Ice Cream.

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



MLS # 2668975: This unique Vermont landmark property features Vermont's first round barn, plus a picturesque three-bedroom cape farmhouse. Situated on 32.5 acres +/- of rich, mostly open, rolling fields this property includes a garage/barn, along with any additional outbuildings. The pristine setting with frontage on the Passumpsic River and Joe's Brook make this truly a one of a kind property. **\$320,000**



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BARNET: MLS# 2670080 Reported to be the oldest home in Barnet, this well-maintained home offers 3 bedrooms, 1&1/2 baths, large country kitchen, formal dining room, living room, 1st floor master bedroom, 1st floor laundry, attached garage and outbuilding all on 1.3+/- acres. High School Choice. **\$199,900**

P.O. Box 68, Main St.
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Start your search here.



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WALDEN: MLS# 2669960 Your whole family will find activities to enjoy when you own this well-built get-away camp in the Walden wilderness. Many snowmobile and ATV trails just outside your door, as well as some of the best hunting in the northeast. This 10-acre property is bordered by the 10,000-acre Steam Mill Brook Wildlife Management Area and has easy access via a 3-season road and a short snowshoe hike or snowmobile ride in the winter. Inside is a 3/4 bath, 3 bedrooms with built-in bunks that will sleep 8 to 10, spacious kitchen, dining, living area with gas appliances, gas lights and woodstove. After a day filled with outdoor activities, enjoy an evening around the campfire watching the sun set over Mt. Mansfield. **\$89,500**

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BARNET: MLS# 2664450 Stately post and beam colonial nestled on the back corner of a 5+ acre lot with views of Harvey's Lake (Lake within walking distance). This 13-room, 4-bedroom home has spacious rooms and the warm feeling of being surrounded by wood. Property also has a small barn, 2-car garage, shed and open 3-stall storage shed. The play area with fire pit is the perfect spot for building memories. **\$279,000**



PEACHAM: MLS# 2662338 34+/- open and wooded acres provide the setting for this custom-built home located in Peacham. Entertain and relax in the open floor plan featuring a cook's kitchen w/granite counter-tops, island and walk-in pantry. The 1st floor also offers a music room, a new 3/4 bath, dining area and living area w/fieldstone & slate hearth. On the lower level are 2 BRS, office, full bath & laundry room. Choice of schools 7-12. **\$435,000**

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AROUND THE TOWNS



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.

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

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

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

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

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

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

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

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

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

Thursdays - Introduction to Computers, Cobleigh Library, Lyndonville. 10 a.m.

(802) 626-5475.

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

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

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

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

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

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

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

September

3 Sheffield Field Day, Arts & Crafts, Food Booths, Chicken Barbecue, Fiddlers' Contest, Memorial Cake and Dessert Silent Auction, Dancers and Musicians, 9 a.m. - 3:30 p.m. (802) 626-9416.

5 The Neolithic World of Stone with Bob Manning, 1 p.m. Emory Hebard State Building, Newport. (802) 334-5752.

5 Book Discussion: G.J.A. O'Toole's *The Spanish War: An American Epic*. Greensboro Free Library, Greensboro, 7 p.m. (802) 533-7797.

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 Good Living Senior Center trip to Saint-Gaudens National Historic Site. (802)748-8470.

8 Craftsby Municipal Forest Committee workshop on "Town Forests as Community Assets," 10 a.m. - 3 p.m., Craftsby Academy. (802) 253-8227.

8 Burke Mountain Mountain Bike Race, Barbecue and 3.7 miles to the summit, (802) 673-6061.

10 NEK Audubon Informational



Hoffer Family Photograph
Helon Hoffer spent a college semester in a coastal community in Kenya and studied contemporary Swahili culture amid the practice of Islam. Coastal East Africa represents an extensive commercial network which has linked Africa to Asia and the Middle East since the first century. The School for International Training program is based in Mombasa, the heart of commercial and cultural connections to other ports in the Indian Ocean. Hoffer worked on a wooden dhow and completed an independent study on the Island of Lamu.

- and Planning Meeting: 4:30 - 6 p.m., Fairbanks Museum, St. Johnsbury.
- 10** West Danville Community Club Potluck Supper and Member Meeting, West Danville Methodist Church, 6:30 p.m. (802) 684-2192.
- 11** Legal Advice Clinic for seniors with civil law issues, Good Living Senior Center. 9:30 a.m.- 3 p.m. (802) 748-8470.
- 11** Film discussion following 7 p.m. film at Catamount Arts, St. Johnsbury. (802) 748-8813.
- 13** Osher Institute, Enjoying the Harvest of Vermont, St. Johnsbury House, St. Johnsbury. 1:30 p.m. (802) 626-5135.
- 13** Harvest Supper followed by Food and Vegetable Auction, 5:30 p.m. Church of Cabot. (802) 563-2457.
- 15** Fall Bulky Waste Day, Danville Stump Dump, 9 a.m. - Noon. (802) 684-3491.
- 15** Green Cone sales event. Green Cones are backyard food scrap digesters, which can reduce household trash production by 20%. Hardwick Recycling Depot, 9 a.m. - Noon. (802) 472-5424.
- 15** Terry & Ben Claasen Northeast Kingdom Lakes Century, Ride 25, 50, 75 or 100 miles on paved roads from Crystal Lake State Park, Barton. 7-10 a.m. (802) 525-6212.
- 15** Fall Foliage Festival, Parade, Crafts, Music, Local History Display, Coventry, 10-4 p.m. (802) 754-2288.
- 16** NEK Audubon bird walk at Victory Basin. Meet at Damon's Crossing at 8 a.m. (802) 626-9071.
- 16** Music for a Sunday Afternoon, Music for Brass and Organ, St. Mark's Episcopale Church, Newport, 4 p.m. (802) 334-7365.
- 18** "Food For Thought" movie series begins with West Bank Story at Good Living Senior Center, St. Johnsbury. 12:45 p.m. (802)748-8470.
- 20** Osher Institute, Grand Encounter, Columbus, Food and the Modern World, St. Johnsbury House, St. Johnsbury. 1:30 p.m. (802) 626-5135.
- 22** Danville Conservation Commission's lunch and celebration of the Pumpkin Hill Town Forest, 11 a.m. - 3 p.m. (802) 684-1030.
- 22** Call to Artists, On the Lawn at St. Johnsbury Athenaeum, 9 a.m. - 3 p.m. (802) 748-8291.
- 22** These Ruins Are Inhabited, Joe Ford's 1976 Play Revisited, Lyndon State College. (802) 626-6459.
- 25** "Food For Thought" film series presents Babette's Feast, at Good Living Senior Center, St. Johnsbury, 12:45 p.m. (802)748-8470.
- 27** Osher Institute, The Fight Against Hunger in America, St. Johnsbury House, St. Johnsbury. 1:30 p.m. (802) 626-5135.
- 29** Chicken Pie Supper to benefit Newark Volunteer Fire Department, Newark Street School, 5-7 p.m. (802) 467-3788.
- 29** Burke Fall Festival, 10 a.m. - 2 p.m. East Burke. (802) 626-4124.
- 30** Lamplight Service and Hymn Sing with Rev. Hank Cheney of St. Johnsbury at Old North Church, North Danville, 7:30 p.m. (802) 748-4096.

See also the Arts Around the Towns Calendar Page 14.

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