

# THE North Star MONTHLY

Every Small Town's Newspaper

DANVILLE, VERMONT

GOOD FOR THE WHOLE MONTH

\$1.50

APRIL 2008

Volume 20, Number 12

PAGE EIGHT

**Patchwork Farm & Bakery Makes Bread You Won't Forget**



PAGE SIXTEEN

**Vermont Fantasy Baseball League Batter Up**

PAGE EIGHTEEN

**April Showers and Wildflowers Can't Be Far Behind**

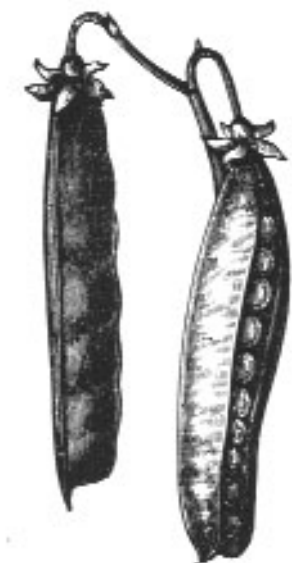
## APRIL - WAR AND PEAS

NATHANIEL TRIPP

Peas were my first favorite vegetable. Fresh peas from the garden, old fashioned shell peas, opening the pod is half the fun. Sometimes the peas stay in single file on one side of the opened pod, and sometimes, miraculously, the ranks divide evenly.

Opening peas is like drilling a squad of soldiers. Then you eat them. Where I grew up, 40 miles north of New York City, peas were traditionally planted on St. Patrick's Day. That was what my grandmother told me, anyway. In our little household her words were like the little seeds themselves, full of hope and promise,

(Please See *Brambles* on Page 15)



## Dave Allard Enjoys Spring Break



Photo By: North Star Monthly

Dave Allard checks the progress of his new maple syrup in the sugar house that he built on the family farm outside of Lyndon Corner.

VIRGINIA DOWNS

When he was 6-years old, David Allard fulfilled a dream that became a lifelong reality. He poured his first batch of maple sap into a kettle on his mother's kitchen stove and waited for the magic to happen. Making maple syrup has been his springtime passion ever since.

Today Allard is best known as the entrepreneur behind Lyndon Woodworking. His business has customers all over the world, but his heart is still on the family farm.

"This year we tapped 4,200 trees," he says, "and we could have tapped a thousand more."

"We" refers to an intern from Lyndon Institute who actually did the tapping in the maple orchard under Allard's supervision.

From his first experiment at age 6, he moved to an outside fireplace, then in the fourth grade built a little shack on the edge of the woods near the family farmhouse. "Dad got me a tiny arch, and I thought that I was just about in heaven," Allard says. "I made around 30 gallons that year, and I sold some to my teachers. I did that until I was in the eighth grade."

When Allard was a freshman at Lyndon Institute in 1972 he had constructed a large sugar shack on the field his father owned in Lyndon Corner. The same field was eventually to become the site of David's first building for Lyndon Woodworking.

After he graduated from L.I., Allard told his parents he wanted to live on his own. His mother proposed that he build them a stone house. "Then you can have the farmhouse," she said. Four years later he had finished the stone house, using skills acquired from the building trades course at L.I. It was there that instructor Bob Jackson taught him the woodworking skills that prepared him well for his furniture-building future.

Allard's sugarhouse, which I thought resembled a vacation chalet, was new the day I paid him a visit in maple season 15 years ago. When I remarked on its size, he said his father often said, "I didn't know he was planning to build a hotel."

Allard built a kitchen adjacent to the boiling room, complete with four-burner stove, microwave oven, sink, dining table and baseboard heat. He planned the room so his wife, Judy, and sons could come and go during the boiling season and sometimes have a meal together.

Allard built the sugarhouse from pine thinnings from the woods on the property. "I hired a guy with a portable sawmill and built it with help from my employees." Allard looks off onto the hillside where maple trees stand in great order. "Maples need room to keep healthy – 20 feet or so between each one. We are careful to keep the softwood away. Squirrels are a terrible problem – they like to chew on plastic piping and softwood trees, but they don't bite on hardwood, so they no longer bother us."

He says, "The bush hadn't been thinned in years and years, so I went through and really thinned it. I'm constantly working on it. I cut off a lot of firewood." He likes the woods work – he figures it helps keep him fit and it gives him a welcome break from the mounds of desk work at his office.

I asked why the inventory of syrup this year is so low. "It is true that the world is in short supply of syrup this season," he replied. "Part of the reason is that, as a natural product, maple syrup has become important to people who are health conscious. The public is buying syrup and the maple sugar instead of the other more highly processed options."

I called Jacques Couture of Westfield, president of the Vermont Maple Association, and I asked the same question. Couture says, "The inventory from last year's production in Vermont and Canada is about gone. Vermont's syrup sales are always far ahead of other states." Last

(Please See *It's Maple Time* on Page 6)

THE North Star MONTHLY

P.O. Box 319 • Danville, VT 05828-0319

**Maple Center Motors, Inc.**

1128 Memorial Drive  
St. Johnsbury, VT 05819  
(802) 748-4527  
autotrader.com

Gary Sanborn  
Kevin Sanborn  
David Greenwood



Doug Stetson  
Sarah Corey  
Anne Baker

**NEED COMPUTER HELP?**

Hardware or Software

★ **wyBatap.com** ★

(802) 633-4395

perstech@wybatap.com

If I'm not helpful there is no charge.  
See Business Directory on Page 32.



## Dave Clark - a Good Man Gone

Years ago (it might have been 50) my father discovered that one of his old school classmates was running a fishing camp in northern Maine. My father was pretty much a fair-weather fisherman, and we had only been fishing together a couple of times, but the lure of Katahdin, Baxter State Park and an old friend at Kidney Pond Camps caught his attention.

It's a haul to Millinocket even in the 21st century, but roads at that time were less than they are today. It was a long ride, but we found our way along the winding, gravel access road into the Park, and we were welcomed by my father's old friend. It was a wonderful experience for my father I'm sure, and to this young boy it was an extraordinary connection with people who ate and slept fly fishing and with those kind souls who provided for their hospitality. I'll never forget the Maine Guide, who was a camp resident, part time maintenance man and canoe paddler of magical proportion. His name was Junior Richards.

I watched and followed Richards around faithfully, and one afternoon in his cabin he scooped up a handful of his hand-tied flies, and he gave them to me. He taught me how to see brookies and rainbow trout that no one else could see, how to whistle like a loon and how to paddle a canoe in ways that I never imagined. We spent a day at Richards' own camp on the Nesowadnehunk Deadwater on the West Branch of the Penobscot River, and my father and I watched him cast flies and catch fish like Tiger Woods plays golf. It was spellbinding. Junior Richards was a good man.

Many years later I crossed paths with another good Maniac, the longtime town manager in St. Johnsbury, Dave Clark. Among town managers in Vermont Dave was a legend. Originally from Kennebunk, ME, he served 36 years as the manager of St. Johnsbury until he retired in 1996.

Dave could be blustery, and I often smiled as I called, waiting for him to pick up the phone, and I braced myself for his "MANAGER'S OFFICE" or "D. T. CLARK." I know he had a lot on his mind between the rotation of elected officials to whom he reported and all of the departments and employees of the town, but there was a gentle kindness that was thinly hidden below the bluster. I was a beneficiary of that kindness many times.

Dave was a lanky fellow. He could lean back in his office chair and pull his feet up on the edge of a drawer in his wooden desk and become the most amazing contortion of masculinity. It didn't seem to matter how old you were or how long you'd been around, but if Dave could trust you, you were welcome in his office, in his sugarbush and apple orchard on Crow Hill or, later, in the chambers of the State Legislature in Montpelier. I admired Dave, like I admired Junior Richards, tremendously. Dave understood people and he could tell stories with the best of them, but when Dave looked someone in the eye and he said, "You're a good man," no other reference mattered.

Dave was 85 and on sick leave from his seat in the Legislature when he left us one last time on February 21. Dave has gone on to the happy hunting grounds, or is it the happy lobstering grounds, wherever they may be. He didn't want a lot of fuss, and he would rather have cut his own firewood or picked his own apples than be celebrated. That was Dave Clark. He was a very good man.

Terry Hoffer

## A New Look. At What Cost?

Beginning April 1, the prescription you get from your doctor may look different. April 1, 2008 is the date that the new federal law regarding tamper-resistant prescriptions goes into effect. The law applies to prescriptions that are paid for by Medicaid, the joint federal-state health insurance program that covers lower income individuals and families.

In Vermont, this includes anyone who receives prescriptions through the various Green Mountain Care programs such as Dr. Dynasaur, Catamount Health, VHAP or VScript. Written prescriptions must prevent copying, modification or counterfeiting. Presumably tamper-proof by the method of transmittal, the new law does not apply to prescriptions that are phoned in, faxed or electronically transmitted to the pharmacy. There are a variety of methods to prevent copying or altering written prescriptions, all of which include the use of special, tamper-resistant paper.

The publicized goals of the new regulation are to decrease unauthorized, altered and counterfeit prescriptions. It is expected that this will ultimately save money. Estimates of the potential savings from decreasing fraudulent prescriptions range widely, from \$100 million per year to \$355-\$510 million over 10 years. (These estimates are quoted from several media and federal publications. Despite a moderate amount of on-line searching, I could not find the derivation of these figures.) More important to me than the financial implications is the potential of tamper-resistant prescriptions to reduce the misuse and abuse of pain killers, tranquilizers, sedatives and stimulant drugs.

The US Drug Enforcement Agency (DEA) regulates and ranks drugs that have the potential for addiction and abuse on one of five schedules based upon the abuse potential of the drug. Prescription fraud most often involves these so-called schedule drugs, particularly narcotic pain killers, benzodiazepines (Valium and many others) and stimulants. The Office of National Drug Control Policy reports that 2.2 million people age 12 and older have used prescription pain relievers (narcotics) for non-medical reasons at least once in the past 5 years. In many cases, these drugs are obtained by altering or counterfeiting prescriptions from health care providers. Prescriptions are changed to increase the strength of the drug, number of tablets or number of refills. Blank prescription pads are stolen. Sometimes the drugs obtained through the adulterated prescriptions are used by the individuals who altered the prescription to support their own habit of drug abuse, and sometimes the drugs are sold (termed by the drug enforcement community as drug diversion). Tamper-resistant prescriptions will hopefully decrease the availability and improper use of the schedule drugs. Unfortunately, altering prescriptions is just one of several ways that schedule drugs are illicitly obtained. It is unknown what impact the tamper-resistant regulations will have on this problem.

I don't know if fraudulent use of prescriptions for acute illnesses such as pneumonia or chronic health problems such as diabetes, high blood pressure, asthma or heart disease is a significant problem. I doubt it. If someone chooses to alter their prescription for, say, their blood pressure medication in order to avoid going back to their doctor, the principal victim of such fraud is the person taking the drug, as he or she is not getting optimal medical monitoring of their chronic condition.

The tamper-resistant regulations that take effect April 1 apply to all prescriptions paid for by Medicaid. As payer of the piper, the Federal government gets to call the tune when it comes to regulating the prescriptions it pays for. I guess Congress figures that lower-income people are more likely to alter their prescriptions. The regulations could just as easily have included other Federally-funded health care programs such as Medicare Part D (which covers prescription drugs for those 65 and older) and the VA—but they don't.

Why require that all prescriptions be written or printed on the more costly tamper-resistant paper (3.5 times the cost of regular printer paper for our office) without strong proof that prescription fraud extends beyond the schedule drugs? Would it be more cost effective to limit the use of tamper-resistant paper to prescriptions for narcotics, sedatives and stimulants? And then there is the prescription Catch 22. Electronic prescribing through computers is strongly promoted as less error

(Please see *At What Cost?* on Page 4)

THE North Star MONTHLY

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

**EDITOR:**  
Terry Hoffer

**ART DIRECTOR:**  
Suzanne Tanner

**CONTRIBUTING EDITOR:**  
Tim Tanner

**CIRCULATION:**  
Kathy Hoffer

**ADVERTISING:**  
Vicki Moore

**EDITORIAL ADVISORY BOARD:**  
John Haygood  
Jane Larrabee  
Susan Lynaugh  
Betsy McKay

The North Star Monthly (ISSN#1043-8041) is produced and published monthly by Polestar Publishing, Inc. located at 29 Hill Street, Danville, VT. Subscription Rates are \$16 per year. Printed in USA. Copyright 2008 by Polestar Publishing, Inc. All rights reserved. No part of this publication may be reprinted or otherwise reproduced without expressed permission from Polestar Publishing, Inc. Publisher is not responsible for errors resulting from typographical errors. Acceptance of advertising is subject to publisher's approval and agreement by the advertiser to indemnify the publisher from loss or expense on claims based upon contents of the advertising. Publisher does not assume liability for errors in any advertising beyond the cost of the space occupied by the individual item in which the error appeared.

Postmaster: Send address changes to **The North Star Monthly**, P.O. Box 319, Danville, VT 05828-0319. Periodical postage paid at Danville, VT.

**Contributors to this issue include:** Denise Brown, Jeff Gold & Ellen Gold, John Downs, Virginia Downs, Bruce Hoyt & Joanne Adams, Reeve Lindbergh, Isobel P. Swartz, Rachel Siegel, Van Parker, Ruth Goodrich, Bets Parker Albright, Nathaniel Tripp, Vanna Guldenschuh, Anna Rubin, Alice S. Kitchel & Burton Zahler, Bill Christiansen, Lois (Field) White and Dee Palmer.

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

## Write to Us

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

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

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

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

**DEADLINE:** 15th of the month prior to publication.

*All material will be considered on a space available basis.*



## Letters to the Editor:

### From Scotland to Barnet

Dear North Star,

I think your readers might be interested in knowing that there's

a strong connection between the Scotland visit that the Albrights wrote about in "Brush with the Dalai Lama" in your last issue and the Northeast Kingdom's Barnet, Vermont. That connection is Chogyam Trungpa, Rinpoche, founder of both the

(Please See *Letters* on Page 4)

# Washington Politicians Want US Troops To Maintain Order in Mexico Suit Alleging George Washington Paternity Settled By Supreme Court

**The North Star**  
 "WHERE LIBERTY DWELLS THERE IS MY COUNTRY"  
 1807-1889  
 Est. by Ebenezer Eaton  
 Danville, Vermont



**THE NORTH STAR**

April 6, 1877

It is said that the demand for ivory in England causes the death of fifty thousand elephants annually.

A new Hudson River steamer, the Saratoga, to run this summer, will cost two hundred and twenty-five thousand dollars.

The case of E. & T. Fairbanks & Co. against one Gilbert, which has been on trial in the United States Court at Chicago, has resulted in the success of the Fairbankses. It was for the infringement of a patent held by the company on a peculiar track for railroad scales, whereby a car may be weighed without detaching it from the train and without having the rest of the train pass over the scale track. They obtained a permanent injunction against the use of this device by others, and we see it stated that the matter of damages for previous infringements has been referred to a master for assessment.

**Listers' Meeting** - At the listers

meeting held at St. Johnsbury on March 26, the following rules were adopted to be used in appraisal of property in this county. Three year old colts, \$50; two year old colts, \$30; one year old colts, \$20; oxen four cents per pound; three year old steers, \$30; two year old steers, \$15; one year old steers, \$8; cows, \$30; sheep, \$3; hogs four cents per pound; hay per ton, \$6; wool per pound, 25 cents; bees per swarm, \$4; Merchants National Bank stock, \$75; First National Bank of St. Johnsbury, Lyndon Bank, Danville Bank and Newbury Bank, \$100 each; Railroad track per mile, \$2,000.

April 13, 1877

The State of Missouri offers five cents apiece for rat scalps.

**Protectorate for Mexico** - Some Washington politicians, it is reported, are urging the establishment by our government of a protectorate over Mexico. That country has been for years in a state of anarchy and confusion, which has made any real advance in prosperity impossible. A few weeks ago it had no less than three claimants of the Presidency, each supported by an army, and now General Diaz has driven out the other two, we hear that there is a deep seated dissatisfaction with him, which is likely to culminate soon in another revolution. The condition of the country is indeed a pitiable one, and a protectorate extended by our government might quite likely prove a benefit to Mexico, but its effect on us would as surely be the opposite of beneficial. It is to be hoped that

the whole scheme will never get beyond the designing politicians who are urging it for their own selfish purpose.

Last Sunday evening, at about 8 o'clock, three able bodied tramps came to our village and applied to the hotel keeper to be kept over night, saying they had no money, &c. They were referred to Murray Dole, one of our selectmen, and he kept them. They said they had been at work on a railroad in Shelburne, some four or five months, and during that time had received only \$20 for their labor.

April 20, 1877

**Examination of Teachers** - The spring examination of teachers required by law will be held for Danville at Phillips Academy on Saturday, April 28, at 9 o'clock. Each person intending to teach during the coming summer, is required to be present provided with paper, pencil and a copy of Hilliard's Sixth Reader. N.C.B. Haviland, Town Superintendent.

The building plans of the North Congregational Church of St. Johnsbury are ripening, and a handsome new brick edifice will soon result. Gov. Fairbanks is chairman of the building committee, and \$38,000 has already been pledged. The present church is to be removed or taken down and the new one erected on its site, with enlarged proportions we presume.

**Groton** - One day last week Orren Green left town, and by some "crook" or other fortune forgot to bid goodbye to his creditors. A good many people in town are

quite interested in him and regret that they failed to get a parting word. He leaves a wife and four children, but they lose nothing. In fact they are better off than ever, for they can have peace to say the least.

Weather continues mild. The snow is mostly gone, the roads are being settled, the robins made their appearance several days ago, and an early spring is promised.

The family of President Hayes are said to be coming to Vermont for the summer, but he does not propose to absent himself from Washington for any lengthened period of time.

April 27, 1877

The telegraph announces that the Supreme Court of the United States has decided the Bowen-Jumel case adversely to the plaintiff. This is the closing chapter of a romance which has a world of the sensational in it. George Washington Bowen, a well to do Connecticut man, claimed to be the son of Miss Betsy Bowen, a New Jersey girl, by George Washington, and born about the time the Father of his country had his headquarters at Morristown. Betsy Bowen subsequently became the wife of Mons. Jumel, a French emigrant and died without having any recognized legitimate children to inherit her vast estate. Bowen, who was discarded by his mother at an early age, comes forward, asserts his relationship, his Washington paternity and asks for a share in the estate. The case has been before the courts for several years and has now gone against Bowen, who not only

loses his money but all legal claim to his distinguished lineage.

The Bellows falls businessmen intend, it is said, to lay out \$10,000 in improving the roads to neighboring towns with a view to increasing trade.

Henry Smith, a section hand on the Southeastern Railroad, was severely injured last week, run over by a hand car. The handle of the car upon which Smith was riding caught in his clothing and threw him forward onto the track. Before the car could be stopped it passed over his body, bruising him badly about the spine.

The sugar season is about closed in this immediate vicinity but in Walden and some other sections this week has been quite favorable for sugarmakers.

On Monday Mr. E. Goff of Addison started for Washington Territory with two hundred and ninety eight sheep, the pick of some of the best flocks of Spanish Merinos in the country.

Adv. Jackson's Best Sweet Navy Chewing Tobacco was awarded the highest prize at Centennial Exposition for its fine chewing qualities, the excellence and lasting character of its sweetness and flavoring. If you want the best tobacco ever made ask your grocer for this and see that each plug bears our blue strip trademark with the words Jackson's Best on it. Send for samples to C.A. Jackson & Company, Petersburg, Virginia.

Adv. \$66 a week in your own town. Terms and \$5 outfit free. H. Hallett & Company, Portland, Maine.

# THE North Star MONTHLY

## New North Star Subscribers and Renewals

Wayne N. Anderson, St. Johnsbury VT  
 Richard & Laura Ashton,  
 St. Johnsbury VT  
 David Bardwick, Escondido CA  
 Ency G. Baxter, Amagansett NY  
 Jeanette H. Bergeron, Keene NH  
 Captain John J. Berrier, Rogue River OR  
 William Biddle, East Ryegate VT  
 Sanford & Lori Boyle,  
 St. Johnsbury Center, VT  
 Jane & Kevin Braley, Limington ME  
 Irene Brown, Warner NH  
 Charlie & Wynne Browne, Barnet VT  
 Richard S. & Fran Brucker,  
 Point Richmond CA  
 Carmen Calkins, Danville VT  
 Bob Chapman & Jack Fisher,  
 Boca Raton FL  
 Yvette Chester, Lyndonville VT  
 Dorothy D. Collins, St. Johnsbury VT  
 Pablo Conrad and Family, Brooklyn NY  
 Mrs. Charlene Cowens, Littleton NH  
 Eunice Craig, Newport VT  
 Phil Dauscher, Groton VT  
 John E. Deignan, Orlando FL

Harold Dunbar, Barnet VT  
 Mary Encarnacion, West Danville VT  
 Christina Fearon, Barnet VT  
 Bob & Joan Fitch, Northford CT  
 Judy Garland, Danville VT  
 Kenneth Guilbault, South Hadley MA  
 Evelyn S. Hastings, Danville VT  
 Chris Hawkins, St. Johnsbury VT  
 Marcia J. Hebel, Northport NY  
 Richard A. Heos, Woburn MA  
 Charles A. Joyce III, North Bennington VT  
 Bruce Kallahan, Danville VT  
 Karen Karnes, Morgan VT  
 Kerry and Jeanette Keenan,  
 St. Johnsbury VT  
 Luella Kirker, Greensboro VT  
 John & Jean Kleespies, Danville VT  
 Dave & Judy Lavelly, Danville VT  
 Alice M. Lee, Lyndonville VT  
 Charles LeRoy & Maria Salvaggio,  
 Searsmont ME  
 Dennis Lynaugh, La Grange GA  
 Darcie McCann, Lyndonville VT  
 Beverly D. McCann, Lyndonville VT  
 Irma McGill, Danville VT

Reta H. Morse, St. Johnsbury VT  
 Dennis & Jane Muraro, East Hardwick VT  
 Robert & Marilyn Page, Brattleboro VT  
 Garth & Georgiana Page, Groton VT  
 Walter J. Patterson, Sun City West AZ  
 Dick & Wanda Peters, Groton VT  
 Phil & Jean Pike, Cabot VT  
 Norman Powell, Carmel ME  
 Terry Powers, Wynnwood PA  
 Peter Randall, Lyndonville VT  
 Bertha Robinson, St. Johnsbury VT  
 Mrs. Vera D. Rooker, Greensboro NC  
 Liz Sargent & Anna Rubin,  
 St. Johnsbury VT  
 Marion E. Seigny, Danville VT  
 Ila Shatney, Cabot VT  
 Velma Stevens, Lyndonville VT  
 Sharon & Will Talbot, Fort Collins CO  
 Mr. & Mrs. Marvin Tauriainen,  
 Pittsboro NC  
 Beth Williams & Thomas Ziobrowski,  
 Danville VT  
 Lillian Dauphin Ballard Treagus,  
 St. Johnsbury VT  
 Mr. & Mrs. Roland Vance, Bedford NH

Mr. & Mrs. Richard Vance,  
 Danville VT  
 Ross Vance, Danville VT  
 Mr. & Mrs. Robert Vance,  
 Burlington VT  
 Mr. & Mrs. Russell Vance,  
 Nelliston NY  
 Vermont Arts Council, Montpelier VT  
 Vermont Department of Libraries,  
 Montpelier VT  
 Allen Vohden, Danville VT  
 Don & Audrey Walker, Montpelier VT  
 West Burke Library, West Burke VT  
 John & Eleanor White, Danville VT  
 Sally Wilder, Danville VT  
 Carol Zuccaro, St. Johnsbury VT

Send  
**The North Star**  
 to your friends.  
 They'll stop  
 asking  
 for yours.

**The North Star**  
 Only \$16  
 \$24 to Canada  
 Or send a year  
 to yourself.

**Please! Send a gift subscription to:**

Name \_\_\_\_\_  
 Address \_\_\_\_\_ Apt. No. \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 YOUR NAME \_\_\_\_\_  
 YOUR ADDRESS \_\_\_\_\_ APT. NO. \_\_\_\_\_  
 YOUR CITY \_\_\_\_\_ YOUR STATE \_\_\_\_\_ ZIP \_\_\_\_\_

**Yes! Send me The North Star Monthly:**

Name \_\_\_\_\_  
 Address \_\_\_\_\_ Apt. No. \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please let us know if you don't want your name published as a subscriber of *The North Star*.

Limited number of back issues are available for the previous 12 months. Get them for \$1.50 per copy at *The North Star* office or send \$2.50 each and we'll send them to you.

**SUBSCRIBE TODAY!**  
**\$16 / year**

North Star Monthly  
 PO Box 319  
 Danville, VT 05828  
**(802) 684-1056**

Long Distance  
 (800) 286-1056



## At What Cost?

(Continued from Page 2)

prone and more tamper-resistant than written prescriptions (at least until someone figures out how to hack into the systems). However, current regulations require a written prescription for drugs high on the DEA schedule. That is, the drugs with the highest potential for abuse (and, presumably, prescription fraud) cannot be prescribed using what is currently considered the most secure method.

Are tamper-resistant prescriptions cost effective? I remain to be convinced that the new regulations will save the amount of money proposed. Tamper-proof prescription paper adds another cost to the health care system, one that I hope will be offset by a reduction in the diversion of prescription pain killers, sedatives and stimulants. Success in this area will be difficult to measure. As with many preventive interventions, it is difficult to count events that did not happen because of the preventive effort. One indirect indicator of tamper-resistant success will be the street price of diverted drugs, as market forces of supply and demand apply to the trade of illegally obtained prescription drugs. One thing is immediately certain. As of April 1, many, if not most, written prescriptions will look different.

Tim Tanner

## About the Great Depression

It is a harrowing experience to live through a real economic downturn. My family somehow survived the worst one, the Great Depression of the 1930's.

The now-infamous sub-prime mortgage fiasco has helped to precipitate an economic recession, which gives signs of becoming a minor depression with troubling consequences. However, with a safety net of unemployment compensation, workers' compensation, Social Security, Medicaid and Medicare, created since the days of President Roosevelt, a depression should not be as catastrophic for individuals as it was in the 1930's when there was no safety net.

The experiences of my family during the 30's show what a depression could mean. I was born in 1919, and at age 88, I still have vivid memories of the Great Depression. I went through junior and senior high school and some college years during that time.

I did not live in Vermont until 1947, but I have heard that in the Northeast Kingdom the Depression did not bring the consequences experienced in many metropolitan areas. Fairbanks Morse reduced its work schedule to three days a week so it could continue in business and keep its workers employed. Farmers continued to eat well, and gardens were everywhere. My wife, a student at Lyndon Institute in the late 30's, was unaware that there had been a depression until she went to college in the 1940's.

The closer one lived to urban areas and financial centers, the harder life became. We lived in Winchester, MA, a suburb of Boston. My father was a Harvard-educated lawyer who became a stockbroker in the golden 20's when one assumed that prosperity would go on forever.

But such was not to be. We knew of fathers who committed suicide so families could collect on their life insurance policies, which had been forfeited when the insured could not pay the premium. After my dad let a \$25,000 life insurance policy lapse because he couldn't pay the premium, he told us about it, saying that although he thought about it he didn't commit suicide because he could be worth more alive for the family.

My father had chosen the worst of professions for an economic downturn. However, he loved the work, and he was employed in it for the rest of his life. When the Depression struck, he was working for a partnership that went belly-up when its partners went to prison for investing clients' money in unauthorized stocks. One, a close friend, had four children. My dad and he agreed that for the one year he would be in prison, my father would borrow money in the name of the prisoner, and the proceeds would support both families. They knew it was easier to borrow for a prisoner's family from sympathetic friends than it was to borrow directly to support our family.

More than once, I watched my father haul bags of coal on a sled up the hill so that we would have heat for the night and next day. One evening during a dinner of cornmeal mush, my father took a quarter from his pocket, saying that he didn't know where the next night's dinner would come from, but the quarter would get him back to the city to find it.

When I was in the 8th grade, I had enough money saved from snow shoveling to take a girl to the movies. It was to be my first date. When my father learned of my plan, he asked how could I waste the money, knowing our financial situation. I called the girl, canceled the date and went to bed crying.

We lived in a comfortable house for several years without paying the \$75 monthly rent. There was no point in the bank evicting us, for no one else with money was available to rent it. Thanks to a sub-prime mortgage, we bought the place and, in 1946, paid off the accumulated rent and mortgage when my folks sold the house and moved to Maine.

My parents were both college-educated and committed to getting three of us to college. My oldest brother was bright but kind of a scalawag and not college material. They could have made us go out and get jobs, but they didn't.

Dad had a wealthy stockbroker friend who had gone to Harvard. This man loaned my brothers money for four years of tuition while they attended Harvard as day-students. They earned spending money working summers, and my father fed and housed them while they hitchhiked from Winchester to Cambridge and back each day.

I was attending high school when they started college, so I had the opportunity to see what going to college and living at home was really like. My brothers had almost no college life or occasions to make good friends. When in 1937 it came my time to go to college, my father said that he would do for me what he had done for my brothers if I wanted to go to Harvard. If I insisted on going away, he said, I would have to do it on my own. I was adamant about going away, and I managed to get a promise from Yale that, if I kept my health, they would provide scholarships, loans and jobs to see me through. The arrangement worked fine.

Our folks were our heroes for life. My father fought the battle of survival for his family, but he could not have won it without the cooperation and support of my mother. When he was 55 in 1933, he told her to make her social life without him - he would not have the money or the energy to do anything except work. As I recall, they never again went out together socially at night.

Fortunately, summer weekends in Maine on an old family farm kept him going during those years. He would drive up from Boston on Thursday nights loaded with food. He never left the farm during the weekend, saying that if people wanted to see him, they knew where he was. It was back to Boston Tuesday mornings for another week of misery. The trunk of his car was loaded with fire-place wood from Maine for his comfort on winter nights.

May the leaders of our country find the wisdom to enable us to survive the days ahead without economic catastrophe.

John Downs

## Letters to the Editor:

(Continued from Page 2)

Samye (spelled Samai in the article) Ling monastery, visited by the Albrights and the Karne-Choling Shambhala Meditation Center in Barnet.

In 1967, the Tibetan teacher, Trungpa, Rinpoche moved to Scotland, where he was one of the co-founders of Samye Ling Meditation Center. This was the first Tibetan Buddhist practice center in the West. It was named after Samye, the first monastery to be established in Tibet in the 8th century.

Then, in 1970, Trungpa, Rinpoche found his way to Barnet, where, with western students, he founded what is perhaps the oldest Tibetan Buddhist practice center in North America, Karne-Choling. Right at our door step!

And tourists are definitely welcome. Karne-Choling is open to visitors and guests and hosts many programs for the public as well as for more experienced meditators. Indeed, "the opportunity to be exposed to the warmth and enlightenment" of Tibetan, as well as other remarkable teachers, is very available here in Vermont.

Karne-Choling can be reached at (802) 633-2384 or [www.karme-choling.org](http://www.karme-choling.org)

Vicki Giella  
Monroe, NH

### Thanks

Dear North Star,

Thanks for the good paper. A very enjoyable read.

Darcie McCann  
Lyndonville

Dear North Star,

I look forward to *The North Star* every month.

Vera Rooker  
Greensboro, NC

### Up on the Farm Early

Dear Editor,

*The North Star* without Lorna Quimby's column is apple pie without cheese. I hope she is soon well and writing again.

Lynn Bonfield  
San Francisco, CA

**Editor's Note:** On January 20, longtime *North Star* contributor Lorna Quimby had hip replacement surgery. She describes herself as feeling well, but the recovery is tedious. Hoping to continue writing without further interruption she borrowed a laptop computer, "but," she says, "it doesn't seem to understand."

I believe that we will be hearing about this in some detail in a future column.

Lorna is very grateful for your consideration.

**"DADS" GOT GAS**

ALL SIZES PROPANE CYLINDERS FILLED

MONDAY - FRIDAY 7:30 AM - 5:30 PM  
SATURDAY 8:30 AM - 4:30 PM  
SUNDAY 9:00 AM - 2:00 PM

**802-748-4208**

**DADS 4 BY TOOL & SUPPLY**

22 Memorial Dr., St. Johnsbury, Vt.

**Internet**

Unlimited Hours, No Contracts!

**\$9.95** /mo. No Credit Card Required!

- FREE 24/7 Technical Support
- Instant Movieing - keep your library full!
- 10 e-mail addresses with Webmail!
- Custom Start Page - news, weather & more!

**Surf up to 6X faster!**  
just 10 more

Sign Up Online! [www.LocalNet.com](http://www.LocalNet.com)

Call Today & Save!

**LocalNet 748-8188**

Reliable Internet Access Since 1994



### The Carpet Connection

Your full-service carpet and flooring store.

We are experts when it comes to carpet, vinyl, ceramic tile, hardwood, laminates and area rugs.

199 Depot Street  
Lyndonville, Vermont

(802) 626-9026  
(800) 822-9026

## Home Thoughts

“Oh, to be in England  
 Now that April's there,  
 For whoever wakes in England  
 Sees some morning, unaware,  
 That the lowest boughs and the brushwood sheaf  
 Round the elm tree bole are in tiny leaf,  
 While the chaffinch sings on the orchard bough  
 In England - now!”

(from *Home-Thoughts from Abroad* by Robert Browning)

It wasn't April but it looked like it to me when my husband and I and our 13-year-old grandson traveled there for a short visit in late February. Lush green grass; masses of daffodils, crocuses and snowdrops; budding hedgerows and early flowering trees - surely not the way Robert Browning or I remembered February.

When you leave your native land to settle permanently elsewhere it's a kind of death. Memories become crystallized in a moment of time. We forget that change is constant, even though we are not there to see it. I know that England has changed, as I have been lucky to visit quite frequently. But this trip reminded me of the things that do not change, the England that is bred in the bone, the part that will always be there.

Seeing England through the eyes of a young teenager, who knows very little English history, can be a challenging experience. The frustrations of “difference” in food and drink, in bathroom fixtures - especially showers, the hurry up and wait of public transportation, small yards, fast traffic on the “wrong” side of the road, all can interfere with the enjoyment of “difference.” For the most part, though, this was not the case, and they were far outweighed by the novelty of new experiences.

Beginning with our arrival at London's Heathrow Airport, the sheer number and multicultural aspects of the crowd in the immigration hall, and the quiet, patient waiting in line, was an eye-opener to someone used to noisy chatter and the tendency to skip the line, if possible. It reminded me that consideration for others is an adult attitude that helps a crowded society to function smoothly.

Walking on the walls of the ancient city of York has always been a great pleasure for me, especially in spring when the daffodils are in bloom. Explaining the ancient function of the wall and its guarded gatehouses, I realized that the concept of a walled and guarded city is foreign to an American, and yet many Americans seem to accept readily the concept of gated communities and walls or fences at our borders.

One of my deepest feelings about Britain is remembering the connection with those societies that have gone before, to tread where others have trod, to see the same mountains and rivers, changed, perhaps, but still recognizable. Cultural history is so plain to see in the layer upon layer of buildings and roads, farms and villas, churches and towns. York, a small manageable city, is a great place to see these historical strata in place yet surrounded by the bustle of modern life. There are two sites in York where this layering is plain to see - the crypt of York Minster (Cathedral) - where a series of building foundations from Roman times until the present lie one upon the other, differently oriented but occupying the same land. The second site is the Jorvik Viking settlement, which was discovered in 1980 when excavations were being made prior to the building of a small downtown mall. This site is now preserved as a unique interpretive center and museum 30 feet beneath the street and shopping area. That this one small speck of land has been inhabited for over 2,000 years by a sequence of Romans, Angles, Vikings, Normans and modern Britons is remarkable, and somehow comforting. It tells me that life goes on in an unbroken stream, and I am part of it in many ways.

I find it endearing that in 1985 my countrymen rehabilitated the memory of King Richard III, considered by some to have murdered several family members on his way to the throne, by celebrating a memorial mass in York Minster on the 500th anniversary of his death at the Battle of Bosworth. It is also endearing that next year Britain will celebrate the accession of Henry VIII to the throne in 1509, though not without some concerns expressed by Culture Minister Margaret Hodge. His philandering life style, six wives, two divorces and two wives beheaded at his command - not to mention his fight with the Pope over divorce, and the separation of the Church of England from the Church of Rome - are hardly examples of upright behavior. But positive efforts in instituting English as the common language, defining and mapping the boundaries of the realm and separating church and state seem to have won out. Many of us Americans would see in Henry's behavior merely a modern Hollywood or TV personality.

A special part of the trip for grandson and grandparents alike was our visit to Hadrian's Wall close to the northern extremity of the Roman Empire. This 73 mile barrier from coast to coast across northern England separated Romanized Britain from the unconquered northern land of the Picts. If ever there was a parallel between an ancient and modern army occupation it has to be this place. It is a great location to explain the Roman Empire to an American boy. What was it like to be stationed on The Wall? Cold and wet for sure - far from home, good food and friends - with constant attacks from small bands of invaders. Milecastles were built into the wall, check-points offering shelter. But more comfortable were the larger forts further from the wall, with barracks, temples with shrines and rituals, bath houses centrally heated by hypocaust systems, and eventually, small settlements nearby with more enjoyable pursuits. Walking the wall at its remoter points, the loneliness of soldiering can be deeply experienced and the human connection of past and present is very clear.

Nevertheless, despite trash and traffic, paving of farmland and pervasive surveillance cameras, things so painful to me but unnoticed by a teenager, the real England remains, not as a theme park but as a vital, bustling, modern country with deep roots in its past. We expect that over the next few years we shall find memories of this trip surfacing in conversations with our grandson as he begins to form connections between what we saw and talked about, and his new experiences that are part of becoming an adult.

Isobel P. Swartz

## The Opposite of Violence

Is dance:  
 People moving to their music  
 Slowly, quickly, makes no difference.  
 If we ever get the chance  
 To contradict aggression  
 We need more  
 Than absence of a conflict.

Lack of war  
 Is not enough, nor are  
 The sweet nouns of tranquillity,  
 Of calm and of quiescence:  
 Yes, serene  
 But uninhabited.  
 There's more to this than stillness.

So we dance  
 For grief and gladness. Celebration  
 Moves on mixed emotions,  
 Breath and heartbeat hold all rhythms,  
 Every tempo, any tune.  
 Let peace come to us dancing.  
 Let it come soon.

Reeve Lindbergh

For Carol Langstaff and the Flock Dance Troupe

## Danville Town Band

Spring Rehearsals begin Sunday, April 13  
 7:00 pm at the Danville School

We have a particular need for clarinets, oboe,  
 trumpet and bass clarinet, but

**ALL ARE WELCOME!**



## The Creamery Restaurant

*Dinner*  
 Tues. - Sat. 5:00-closing

*Pub*  
 Opens at 4:00

(802) 684-3616

*Closed Sundays & Mondays*

**HAPPY  
 BIRTHDAY  
 KATE  
 April 5**

## Dussault's Heating

**Sales  
 Service  
 Installation**

- Thermo Pride Furnaces
- Peerless Boilers



Box 301  
 St. Johnsbury, VT 05819

**(802) 748-4945  
 24 hour service**



## Danville Congregational Church

United Church of Christ  
 An Open and Affirming Congregation

**Rev. Douglas Carter  
 Pastor**

**Please Join Us**  
 for Worship  
 at 10:30 a.m. and  
 Sunday School at 9:30 a.m.

**Bring your family.**  
**(802) 684-2176**



## BERKSHIRE PAINTING CORPORATION

- Painting & Staining
- Interior & Exterior
- Power Washing
- Sheet Rock Repair
  - Quality Work
  - Free Estimates
  - Fully Insured

**Doug Winseck (802) 626-4071 East Burke**



## SUPPLIES

**Peter Hopkins**  
 13 Raymond Street  
 Lyndonville, VT  
 05851

**Phone (802) 626-5555  
 Night (802) 626-8042**



# It's Maple Time

(Continued from Page 1)

year the total syrup volume from Vermont was 450,000 gallons. Couture anticipates that sales this year will be as high as last year or higher. "There are new places in the world opening up as markets – Japan, Europe and South America, in particular. I'm optimistic the demand will be high."

**Now maple is an industry with a global reach.**

**Jerry O'Meara**

Allard urged me to call his neighbor, Jerry O'Meara, a professional advisor of maple syrup producers. O'Meara says, "We're talking about an industry that has gone from the native people who originally taught the settlers of Vermont and Canada how to make maple sugar. From those early years it became a

Mom and Pop venture, and now maple is an industry with a global reach. Fortunately, new technology has reduced the cost of producing syrup."

Allard agrees with O'Meara, having switched to the high-tech reverse osmosis process himself some years ago. Like a water purifier, reverse osmosis pushes the sap through a fine filter to separate the sugar from pure water and thus concentrate the sap prior to boiling it over wood or oil heat. Reverse osmosis can remove ¾ of the water saving the sugar maker substantially in time and the expense of heating. "I heat with oil, not wood, and the good thing is that the system is a great saver on fuel and time. With the automatic reverse osmosis system I can turn the machine on and go back to the office. It pretty much runs by itself, though I have to be around to check."

Commenting on his venture from farming into furniture-making, Allard explains, "I wasn't a college type kid, and when

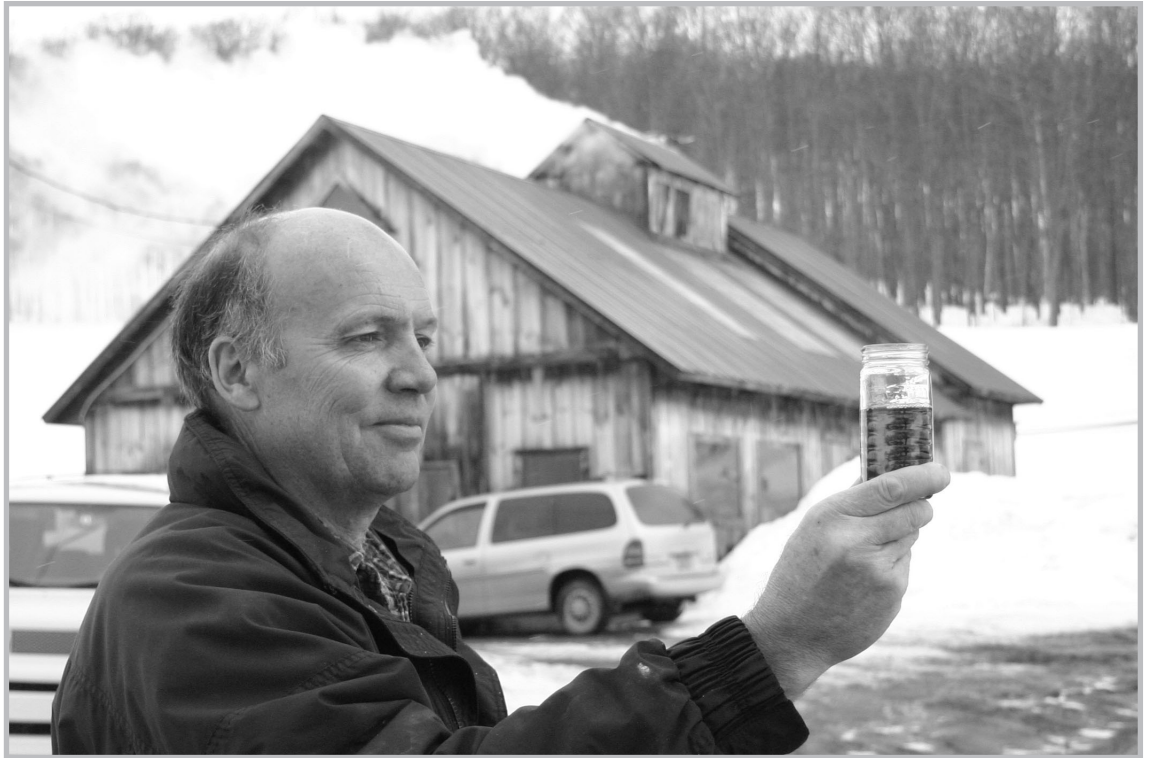


Photo By: North Star Monthly

*Dave Allard is the founder and president of the now global business Lyndon Woodworking, but in the spring when the sun is high and the evaporator is boiling off water from the sweet sap from his maple trees, there may be nowhere he'd rather be than here appreciating his family's history and the warmth and the beauty of Vermont maple syrup.*

Leslie Ham, a cabinet builder in Sheffield, offered me a job right out of high school I jumped at the chance." Two years later Allard created the nucleus of his present business, working by himself at first, filling local orders. Now his furniture is shipped all over the country, even to Alaska and Hawaii, with vigorous sales developing in stores in Japan.

"Every two weeks," he says, "I send a ship container to the New Heights firm in London. It amuses me to think of people walking down the street and seeing the sign 'Furniture Made in Lyndon' in the show room window."

Hearing of his customer in England reminded me of the time several years ago when my husband and I were visiting friends in Florida. We were stranded in a parking lot after our car wouldn't start. A friendly young man came to our rescue with a battery charger and, noticing our Vermont license plate, asked

where we were from. When we told him Lyndon was our home, he gasped, "No kidding! You wouldn't know David Allard, would you? I am his best customer for his wonderful furniture." We agreed, having bought two desks and a kitchen table from him when we had our own house built in Vermont.

Allard has three business locations now, his first in Lyndon Corner, one in North Concord and another in the St. Johnsbury - Lyndon Industrial Park, with a total of 93 employees.

Recently David and Judy Allard and their sons, Amos and Elias, now Lyndon Institute students themselves, had one of their traditional sugar-parties with friends. "We served French toast and fried dough with fresh syrup," Allard said. Judy was the one who named their syrup "Sweet Lyndon Maple" and she is his right hand helper, checking the plastic lines for invading "critters" and joining him when it's time to can the syrup. Having

grown up on a farm in St. Johnsbury she has been a natural and enthusiastic helper.

For a spring vacation the Allards went on a "Princess Cruise Ship" trip around the Caribbean, and as they always do when traveling they brought along one of their jugs of real Vermont maple syrup for the table, a custom they follow whenever they go out for breakfast. It's a great marketing idea and come to think of it one that I shall follow from now on to avoid those substitutes and imitations of the real thing.

Dave's father, Dean Allard, died in 1998. In Dean's honor, Dave built a casket, using maple from the orchard on the land where this syrup is made today. It's the same land and maybe the same trees where Dave and his father and grandfather before him gathered sap and made syrup.

For more sources of Real Vermont Maple see page 25. ★



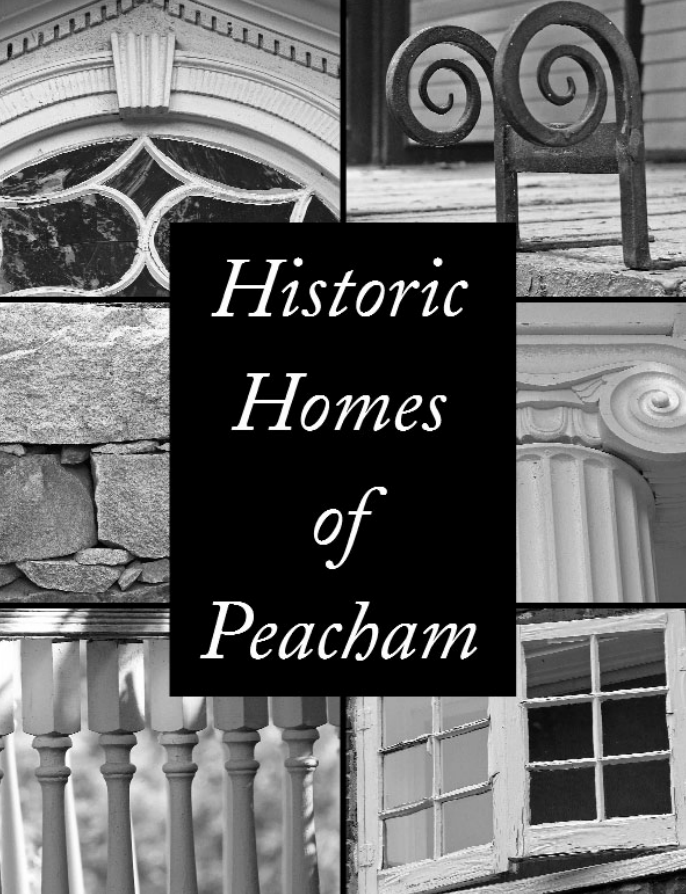
**Danville Animal Hospital**  
**Cats Only**  
**Vaccination Clinic**

**Saturday, April 5**  
 Noon - 1:30 p.m.  
 at the Danville Office

*Please bring cats in pet carriers.*

**No Appointment necessary (802) 684-2284**





*Historic  
Homes  
of  
Peacham*

Celebrating the history of over 100 homes in Peacham built before 1900.

The three year project combines over 200 historic and recent photos, architectural details and tales of the historic lineage for houses ranging from the classic New England Farm House to the grand style of the Greek Revival period.


\$30 for soft cover and \$40 hard cover (archival quality).  
 (Add \$5 for shipping)

Buy online at [www.peacham.net](http://www.peacham.net), by mail at  
 Peacham Historical Association, PO Box 101, Peacham, VT 05862

or

Contact Mel Reis (802) 592-3079

Dr. Mark A. Leipert  
 Dr. Richard Leven  
 Dr. Stephen Feltus  
 Dr. Rebecca Hogan  
 Dr. Andrew Ishak  
 Peter Boyle, Optician




**STYLE+FOCUS**

**Buy One Pair of  
 Sunglasses (Prescription or  
 Nonprescription) at regular prices and  
 get a second pair at half price.**

**(Second pair does not have  
 to be the same prescription.)**

**Offer Good through April 30, 2008**



**Optical Expressions**

**Berlin Mall**  
 282 Berlin Mall Rd., Unit 4  
 802 223-2090

**Green Mountain Mall**  
 US 5, St. Johnsbury Center  
 802 748-3536



## Remembrance: Delmar Petrie

LOIS (FIELD) WHITE

His image walking toward his home in the hamlet of Green Bay in Peacham during World War II remains among my memories. He was dressed in his Army uniform and coming home on furlough to the farm of his parents, Robert and Zelma (Darling) Petrie. I was a little kid, coming along the dusty dirt road from an afternoon of playing with my schoolmates who lived over near Martin's Pond. Del Petrie and I met between the Green Bay schoolhouse and our farm (where the MacLeans now live). He smiled and said, "Hello, Lois." I was so awestruck to see this soldier who seemed ten feet tall that I just mumbled something. That meeting really brought the war home to me.

Del was born May 16, 1920, the third of four children of Rob and Zelma. His younger brother, Albert, was my schoolmate. The Petries lived just beyond the Green Bay schoolhouse, where the Hoveys now live. Del attended the South Part and Green Bay schools and Peacham Academy. He once told me that his dad rented a pony for him to ride to the distant schools. Del started working at an early age and saved enough money from his first job to buy his sister Roberta a winter coat.

Del and his brother Gordon worked as hired men on farms and in the woods. During the "snowed-in" periods in Green Bay he and Gordon sometimes had to leave their work-sled at Martin's and lead their team through the drifts to Watson's. They left the horses there and plowed through the waist-deep snow the rest of the way home.

Del and Gordon enlisted in the United States Army in the early 1940's. Del attained the rank of sergeant and served in England, France and the European Theater under General Dwight D. Eisenhower. Del was involved in the D-Day invasion in June, 1944. He served honorably but never wanted to discuss his war experiences.

Del met Dorothy (Donna) Cowley, who lived in Essex outside London, while he was stationed there. The couple fell in love and later married. Del returned to the States after his period of service ended, and Donna immigrated to Vermont. She was a "war bride." The couple married again in the United States. Later, Del and Donna purchased an 1830-era home in South Peacham and lived there for over 60 years. They raised their children, Michael and Annmarie, there.

Del was highly regarded for his carpentry skills and owned his own contracting business. Many area people live in houses that Del either built or remodeled. He loved to read and garden, and he was an active member of the Peacham Congregational Church.

Del died on February 2, 2008 in Dover, NH at the Hyder Hospice House. Services will be held at the Peacham Congregational Church on Saturday, April 26 at 1 p.m. ★



Delmar Petrie

## Remembrance: Rochelle Miller

LOIS (FIELD) WHITE

Rochelle Miller loved Vermont, and she loved Frank Miller. Rochelle met and became friends with Frank in Texas in 2004. Frank, son of Eloise and the late Richard Miller grew up in Peacham and graduated from Danville High School in 1971. Although his work has taken him to many far away places (he currently resides in Houston), his heart has never left Peacham where he has a home.

As Rochelle and Frank's friendship blossomed into romance, Rochelle became a frequent visitor to Peacham and the family camp on Martin's Pond. Rochelle came to love Frank's family and her Vermont "home."

Rochelle received *The North Star* in Houston and would read it from cover to cover as soon as it arrived in her mailbox. It provided a wonderful connection to her Vermont community, both past and present.

Frank and Rochelle became engaged and planned their wedding for late May at the Peacham Congregational Church. They came to South Peacham in early March to visit and finalize plans for their marriage.

Rochelle became ill with influenza and, tragically, died suddenly from complications on Saturday, March 8, 2008 at NVRH. She was 48-years old.

Rochelle is survived by her

mother, Marjorie Miller of Texas; her sister, Rita, and family also of Texas; her brother, Wayne Miller, of California, and her finance, Frank.

Frank says, "Rochelle had a little girl sparkle about her." Her

cheerful demeanor and wonderful personality endeared her to all who met her. She was constantly amazed and delighted by Vermont's bright foliage; the brilliance of winter's snow and the greenery of spring and summer. She loved the warmth, character and integrity of the people.

Rochelle will be buried in the Peacham Cemetery in the spring. She is mourned and deeply missed by her Texas and Vermont families and by all her friends and acquaintances. ★



Frank Miller Photo

Rochelle Miller near South Peacham Brook

### Nominations Requested For

#### PHILIP AND JOANNA MANNING'S DANVILLE SCHOOL AND COMMUNITY HELPING HAND AWARD

*The Award honors a person willing to do more than their share to make the Danville School and its community a great place to be*

Nominees may be:

- (1) A Danville School student.
- (2) A member of the Danville School staff.
- (3) A community member volunteering directly at Danville School.
- (4) A community member that exemplifies those qualities that build a supportive and healthy community in which a school and young people can thrive.

Send nominations, including explanation, by **May 15, 2008** to: Manning's Danville School And Community Helping Hand Award Danville School, 148 Peacham Road, Danville VT 05828

NO Chimney?  
NO Problem!

Now You Can Experience the Warmth & Comfort this Winter with a Harman Direct Vent Pellet Stove



Made in the U.S.A.

Install on Any Outside Wall of Your Home

Looks Like a Stove. Heats Like a Furnace

100% Renewable Energy. Grown Here!

10x Less Work than a Wood Stove!

Come Feel the Heat!  
Declare Your Energy Independence



**TAYLOR RENTAL**

3262 US Rte 5, Derby, VT 05829  
(802) 766-2714  
Mon - Fri 7 a.m. - 5:30 p.m.,  
Sat. 7 a.m. - 3 p.m., closed Sunday.

Financing available at THE FARMYARD STORE.  
Come see the PELLET PROFESSIONALS.  
It's worth the drive.  
Renewable energy for a cleaner world

### Sunshine Boutique & Jewelers

has been offering the Northeast Kingdom an eclectic combination of fine jewelry, artwork, women's clothing and gifts in an eclectic setting for 35 years. Since 1972 owners Fred and Robin Little have been offering a lovely shopping experience at their charming St. Johnsbury store that began as a natural food store. Mr. Little is also the jeweler at the store, offering repair, design, and appraisals at the convenient Eastern Avenue location. At Sunshine Boutique, customers can always expect superb customer service.

BOUTIQUE  
GALLERY  
JEWELERS

sunshine

BOUTIQUE

17 Eastern Avenue  
Downtown St. Johnsbury  
802 748-2933



# This Is No Common Bread from Patchwork Farm & Bakery

TERRY HOFFER

Charlie Emers followed a long and winding path to his bakery beside the Lamoille River in East Hardwick.

**In the summer he'll make 600 - 700 loaves during three days each week of baking.**

Born in Providence, RI, he remembers family ski trips to places as far afield as Burke Mountain. "My father always wanted to try new places," he says, and as a family they did. In the fall of 1981 young Emers came north again to Johnson State College. In Johnson he had an interest in studio art and his eye on the ski trails on Mount Mansfield.

Five years later Emers graduated not from Johnson but from the School of the Museum of

Fine Arts in Boston with a portfolio of work that included oil painting, printmaking and sculpture. With a spirit of wanderlust he set off for Martha's Vineyard and then for the familiarity of northern Vermont. Eventually he found work on an East Hardwick truck farm where seeds were sown and organic produce was harvested for outlets across Vermont, New Hampshire and Canada.

In 1994 Emers and his wife bought property on the fringe of that same East Hardwick farm, and there they started a market garden of their own, raising vegetables to sell in the Hardwick Farmers' Market. With two young daughters and increasing demands beyond their most basic financial needs, Emers' wife became an elementary school guidance counselor, and he took part time work at the Galaxy Bookshop in Hardwick.

Today, laughing about the mysterious hand of serendipity, Emers tells about bringing home a book from the bookstore one night. It was a do-it-yourself manual, instructions for building

a homemade, wood-fired oven.

"There I was," he says, "Mr. Mom planning for the next farming season, starting seedlings to sell and to plant, taking care of the two girls and baking. My own Mom got me started. She was one of those people who made her own yogurt and bread, and she always emphasized home cooking. There was no Captain Crunch in our house. There was always homemade bread coming out of the oven, and I got her interest in baking. I'd always loved to make bread, and that night I thought that having a wood-fired brick oven would be fun."

In February 2003, Emers' winter storage building for vegetables embraced another purpose, and, with a borrowed commercial mixer and a secondhand pizza oven he started baking.

"I lined the gas ovens with fire bricks," he says, "and the first day I made 13 loaves." Starting with Whole Wheat and his signature, Country French, Emers shifted his regular daily routine to include that of a traditional baker. "I'd mix dough at 2



Photo By: North Star Monthly

Charlie Emers is the owner and baker behind the label that says Patchwork Farm & Bakery. You may have seen it on shelves in grocery stores around Hardwick and St. Johnsbury. This particular and beautiful loaf was made as a decorative experiment, but Emers' regular fare is especially wonderful for its flavor and texture. Try his Country French or (our favorite) the Patchwork Olive Bread. Watch for the Patchwork label and new varieties as they appear.

o'clock in the morning, and by 10 o'clock I had fresh bread at the Buffalo Mountain Coop in Hardwick."

It was a withering pace, and Emers thought at first he could do it all with parallel careers, one

in the garden and the other in his kitchen baking bread. But he says, "I learned pretty quickly that I couldn't do it all."

Then came the homemade oven. Following the concept in the book Emers constructed it as an addition to the original storage building; the oven is a 6 foot by 8 foot by 8 foot mass of masonry surrounding a brick-lined oven.

The oven is heated with wooden slabs actually burned inside the oven itself, over the course of some 36 hours. The continuous series of wood fires push the internal temperature to 1,000° or more. After the blaze has finally died down, Emers cleans the oven with a rake and a brush and waits for the heat to stabilize at a temperature of about 560°. By then his dough has been mixed, proofed and made ready to bake, and depend-

**PROM IS COMING ARE YOU READY?**

**TUXEDO RENTALS**

Courteous,  
Experienced

**Uniquity**

443 Railroad St., Suite 2  
St. Johnsbury, VT 05819  
(802) 748-1912

Stress-free Fittings Mon.-Fri. 9:30-5:30 Sat. 9-5 Sun. by appt.

**MAYO'S GLASS SERVICE**

**HAS A PRICE & STYLE FOR YOU!!**

Looking Great Inside and Out with Harvey Vinyl Replacement Windows

- Tilt-in-sash for easy cleaning
- No painting or scraping
- Reduced heating costs
- Improved home looks
- Free estimates

Call us today for a **FREE ESTIMATE.**

Come see us at  
744 Portland Street, St. Johnsbury, VT  
(802) 748-8895 or (800) 286-6296  
www.mayosglass.com

**THE SAWYER & RITCHIE AGENCY**

A DIVISION OF NORTON JOHNSON INSURANCE, INC.

Rest Assured ~

Sawyer & Ritchie offers:

All lines of Insurance Coverage,  
Professional Prompt Service,  
Convenient Location and  
Convenient Parking

Open 8:00 a.m.-4:30 p.m. Monday through Friday  
Weekends and Evenings by appointment

PO Box 196  
Danville, VT 05828  
(802) 684-3411  
(800) 734-2203 (VT toll free)

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





and it's hard to find them in Vermont."

Emers does almost all of the work himself, but he understands that he's on the brink of taking on regular help. In the summer he'll make 600 - 700 loaves during three days each week of baking. The following days they are delivered to food coops in Montpelier, Plainfield, Hardwick and St. Johnsbury as well as to Marty's in Danville, the Lake Parker Country Store, Craftsbury General Store, Pete's Greens CSA in Craftsbury, the Greensboro Early Learning Center and Willy's Store in Greensboro. "The big three," he says, "are Hunger Mountain in Montpelier, Buffalo Mountain in Hardwick and Willy's in Greensboro. In the summer I could sell 400 loaves a week at Willy's. It's almost unbelievable."

Through the winter, Emers catches his breath, baking not three but two days each week at a pace of 400-450 loaves a week.

"I still want to work around my family schedule, and small is not at all bad. There is no way I'm going to be in some industrial park someday with ovens going around the clock and, like some industrial bakers, making fresh bread every day but Christmas. There is no way. I've

thought about opening a retail outlet in Hardwick, but that's a commitment and an investment I'm not ready to make. I will always try to be more efficient, and if I can do that without detracting from the quality of my bread or the interaction I get with people along the delivery route, I'll be happy.

"I have met the most interesting people," he says. "People I never would have met otherwise. I get letters and all kinds of feedback. They don't always agree about ingredients. In fact there was quite a debate for awhile about whether our Rye Bread should have caraway seeds in it. It seems there's the European Rye with caraway and the New World Rye without. For now - I make it without."

He says that if you asked ten people what they like about Patchwork Bread you'd probably get 10 different answers. His biggest sellers are his Country French sandwich loaf, his Polenta and his Roasted Potato Bread. But the Blue Cheese Walnut and his Roasted Garlic Bread are not far behind.

My favorite, the best bread I ever tasted, is Patchwork's Olive Bread.

Emers says he has found the way to get by without much sleep. "It's exciting," he says,

"and it keeps me going. Someone said to me once that if you feel good about what you are doing, the result will be success however it is measured." He looks into his homemade brick-lined oven, and he smiles at the next batch of bread. "And this works for me."

**Charlie Emers' Country French Bread**

- 2½ cups whole wheat flour
- 5 cups unbleached flour
- ¼ cup rye flour
- 3 cups water
- 3 cups stiff sourdough starter
- 1½ tablespoons salt

Dilute sourdough starter slightly with water. Combine flours together, and add to the sourdough mixture. Mix in a bowl until it is thoroughly combined. Then knead on a counter for 10-15 minutes. Add in salt, and knead for another five minutes or until the dough is smooth. Cover and let rise for about 1½ hours. Punch down and let rise for another 1½ hours. When the dough has risen to about twice the volume put on board and divide into two pieces. Shape into desired form, and let them rise for 3-4 hours. Bake in 450° oven for about 30-40 minutes. Makes approximately two 2-pound loaves. ★

ing on the number of loaves, their ingredients and moisture content, and the outside air temperature, the oven, he says, will hold heat for 6-8 hours without significant loss.

It's almost a magical process, he says, and one that still entertains his artistic sensibilities and his interest in baking that goes back to his mother's kitchen in Rhode Island.

Five years and a mountain of home-made bread later, Patchwork Farm & Bakery is still growing. Emers, the baker, fires up this home-made, brick-lined oven two days a week during the winter and three days each week in the summer.

"I still grow potatoes and garlic for my bread, but I've let the bulk of the market garden slide. To the extent that I can, I buy

supplies from the area." Emers talks about the "locavore" movement in which produce is sold as being from within 100 miles of its point of sale.

There is even a "110-mile diet," which is based upon "local eating for global change." The movement has become such a phenomenon that the word locavore was named the 2007 word of the year by the editors of the New Oxford English Dictionary.

"I'm not a purist," Emers says, "but I like to know where my supplies come from." He mills flour from wheat and rye berries grown in Glover and Westfield. Much of the rest he gets from Canada. "My breads are made primarily with products from suppliers I know, but," he admits with a bit of apology, "I love olives, avocados and salt,

*Protect your dream home with a name you can trust...*

**Kinney Pike**  
Kinney Pike Insurance, Inc. Insurance Specialists  
Crafting Insurance Since 1904

Protecting families and businesses in Vermont and New Hampshire for over a century.

Go to [KinneyPike.com](http://KinneyPike.com) or call (800) 639-1010 in St. Johnsbury

Six offices statewide: Burlington, Poultney, Randolph, Rutland, St. Johnsbury & White River Jct.

*River Garden Cafe*

ROUTE 114 • EAST BURKE VILLAGE  
802.626.3514

Lunch 11:30-2 • Dinner 5-9 • Sunday Brunch 11-2 closed Mon. & Tue.

- - fresh ideas...fresh ingredients - -

**CLOSED FOR THE MONTH OF APRIL**

More branches  
More services  
More products

**Positive Growth**  
Just what you want from your bank.

As the largest independent bank serving Vermont's Northeast Kingdom and Northern New Hampshire, we are committed to providing the best in banking.

With the addition of new branches we can offer all our customers more locations and a wider range of financial products and services, from health savings accounts to the most competitive checking account in the region. Of course, as we continue to grow we'll never forget that we are your local bank, and our prime interest will always be you.

**Passumpsic Savings Bank**  
Your Partner in Financial Success  
[www.passumpsicbank.com](http://www.passumpsicbank.com)

Vermont: St. Johnsbury • Lyndonville • Danville • Island Pond • Newport  
New Hampshire: Tilton • Lancaster • Groveton

Member FDIC



# Come to the Table

Denise Brown



No one who loved the BBC production of *I, Claudius* as much as I did could visit the Isle of Capri without a hike up the side of Mount Tiberio to what remains of the Villa Jovis. Accessible only by foot, a fairly steep climb from the central Piazza Umberto in Capri proper, the haunted haunts of Emperor Tiberius sit like a monument to all that was awful and grand in Imperial Rome.

**If a place could be said to have bad energy, this one, to me, sure does.**

As a teenager, I reveled in the toga-laden soap opera, caught up in the machinations of the ancient rich and famous and unimaginably horrible. Finally I was on the scene, in a world still

a playground for the wealthy, a haven of million dollar villas, shops to rival Rodeo Drive and ocean cruising yachts awaiting an owner's yen.

Like the Scarecrow's directions to Dorothy on her quest to find the Emerald City, we discovered that some folks went this way, and some folks went that. Fortunately or not, we chose the footpath less traveled and found our confused selves wandering behind an enclave of homes. A young mother protectively cross-examined us in Italian while her toddler splashed about in a wading pool. She relaxed when she heard our "Scusi, Villa Jovis?" and cheerfully pointed us up and beyond.

In short order, the route became increasingly shaded and the homes, increasingly palatial, their clean, cool facades painted in pastel shades. We peeked through wrought iron gates, down columned lanes and we gazed upon sun-dappled porticos festooned with huge, hand-painted urns and marble statues. Here and there, bougainvillea vines

clasped around the fences meant to keep the likes of us out.

I bristled when my companion said, "This reminds me of southern California."

"California?" I exclaimed, having none of it, too entranced by a fairy tale land in which every square inch seemed cultivated for pleasure and beauty to take the comparison well. "This is nothing like California! It's Capri."

Verbal fisticuffs were avoided by a stop at an open air terrace for a light lunch of Caprese salad and glasses of chilled Prosecco. The glimmering Gulf of Naples lay below and before us. The Faraglioni, the famous rocks jutting out of the sea, stood as they have for eons to our left. Calm and perspective were restored. In other words, I proved my point.

We retraced our steps a bit and recalculated our ascent. My sandaled feet began to ache. Occasional sightseers, on their way down, smiled and said, "It's worth it!" in encouragement.

And it was. Though in a word, the ruins were creepy.

The villa's remains rise from a rock wall, which falls 600 feet to the water below. We paused to consider the vertiginous balcony from which legend tells us Tiberius tossed disappointing slaves and mistresses to their deaths.

Even in 2,000 years' worth of disrepair, the site inspires awe. Built originally as a refuge to escape the constant threat of assassination back in Rome, the villa consumed 75,000 square feet of nearly inaccessible real estate, and included once magnificently decorated private apartments, receiving rooms, servants quarters, a colonnaded promenade to take in the view, cisterns to catch valuable rain water and the traditional triumvi-

rate of cold, warm and hot baths.

My foremost thought while examining the multileveled expanse of honeycombed surfaces, still-perfect archways and thick walls held together by limestone concrete was this: how many slaves must have given their lives to the creation of this place? How many endured the hot sun, lugged countless bricks up these steep hills or fell from rough scaffolding or out of the Emperor's good graces during the years of building this massive fortress?

As we completed our tour, we stepped down an outer stairway with the wind literally howling through the trees. If a place could be said to have bad energy, this one, to me, sure does. Not even the little Church of St. Maria del Soccorso, built in the 18th century upon the highest point, could alleviate the negative vibes.

Our throats parched and my poor feet blistered, we stopped at a watering hole, marveling at the view toward Anacapri over a pair of the most expensive lemonades in the world. I thought of the villa's lighthouse, once used to send smoke or fire messages to the mainland. The lighthouse collapsed three days prior to the scandalous old goat's death.

A great believer in omens, Tiberius, Suetonius writes, was terrified of thunder. What anguish he must have felt at the rumblings that shook the very foundation of his lavish estate.

How the mighty fall. Or perhaps, just an ancient episode of "As the World Turns."

## Tomato-Basil Tart

Caprese Salad is impossible to recreate without summer-ripe tomatoes. Try this to tempt the most flavor from trucked-in pro-

duce.

- 1 cup flour plus more for rolling out
- ½ teaspoon salt
- 4 tablespoons chilled butter
- 3 tablespoons ice water
- 1 tablespoon vinegar or lemon juice
- 6 medium tomatoes
- 1 teaspoon dried basil
- 2 cloves garlic, minced
- 3 tablespoons extra virgin olive oil
- Salt and pepper to taste
- 1 cup fresh basil leaves, loosely packed, chopped
- 8 to 10 ounces mozzarella, thinly sliced
- 2 ounces grated parmesan
- Extra olive oil for drizzling bottom of tart

Preheat oven to 425°.

In a small bowl, mix the flour with the salt. Cut in the butter with two knives or a pastry blender until the mixture resembles cornmeal. Add the water and vinegar or lemon juice and toss to distribute. Gather into a ball, adding a bit more water if mixture seems too dry. Knead very lightly and roll out into a 10-inch circle. Fit the dough into an 8 or 9-inch ungreased tart pan, trimming and shaping edges as desired. Prick with a fork and pre-bake for 10 to 12 minutes, until golden. Remove from oven and allow to cool. Lower oven temperature to 375°.

Meanwhile, quarter the tomatoes; remove and discard the seeds and core. This should yield about 3½ cups. Chop into bite-sized pieces and place in a medium-sized bowl. Add the dried basil, garlic, olive oil and salt and pepper to taste (don't skimp with either). Stir well and allow to macerate while pastry bakes and cools.

To assemble the tart, drizzle bottom with a little olive oil to lightly coat. Sprinkle with parmesan cheese. Add the fresh basil leaves to the tomatoes and stir well. Distribute over the pastry. Arrange the slices of mozzarella evenly around the tart, working them into the tomatoes so some of the cheese is exposed, some not. Drizzle with additional oil if you like.

Bake about 15 minutes, until cheese is melted and beginning to bubble and brown as desired. Allow to cool slightly before slicing and serving. Serves six to eight as a side dish, four as a light lunch with perhaps a cup of clear soup.

Look for a collection of *Come to the Table* columns later this year. Write to Denise at [kitchenhelp@cahoonfarm.com](mailto:kitchenhelp@cahoonfarm.com) for details.

## David Toll, M.D.

### Pediatrics

1394 Main Street  
St. Johnsbury, VT 05819  
(802) 748-2348



## The Old Crow Craft Farm

"It's a Country Shop"

Feather Trees, Hooked Rugs, Primitive Candles,  
Country and Primitive Furniture, Lamps,  
Crafts, Collectibles and Antiques.

3 miles from Cabot Village. 2 miles from Walden Fire Station.

Route 215, Foster Drive, Cabot, VT (802) 563-2526

Open: Wed-Sat, 10-5 and most Sundays 10-5, call; Closed: Mon & Tues.

[HISTORIC PRESERVATION]

# S.A. FISHBURN

CUSTOM CABINETRY  
ARTICULATED DESIGN  
DESIGNING

We bring years of experience and a passion for excellence to everything we do. Exact and professional, straight forward and honest, skilled and quietly confident. Call us for a consultation.

S.A. FISHBURN, INC.  
DANVILLE, VERMONT 05829  
802 684-2524  
[fish@kingston.com](http://fish@kingston.com)



## HARMAN PELLET FURNACE & BOILER

### PF100 Pellet Pro Furnace

- ▶ 0-100,000 BTU's
- ▶ Automatic Ignition and Operation
- ▶ Low Maintenance
- ▶ 160 lb. Hopper
- ▶ Environmentally Friendly and much more



### PF105 Pellet Boiler

- ▶ 0-112,000 BTU's
- ▶ Automatic Ignition and Operation
- ▶ Low Maintenance
- ▶ 205 lb. Hopper
- ▶ Environmentally Friendly and much more



3262 US Rte 5,  
Derby, VT 05829  
(802) 766-2714

Mon - Fri 7 a.m. - 5:30 p.m., Sat. 7 a.m. - 3 p.m., closed Sunday.

Financing available at THE FARMYARD STORE.  
Come see the PELLET PROFESSIONALS.  
It's worth the drive.



Open Tuesday - Saturday  
9 a.m. - 5 p.m.  
Sunday 1 - 5 p.m.

Open Mondays 9 a.m. - 5 p.m.  
mid-May through mid-October

Planetarium shows:  
Saturday & Sunday at 1:30



# Peacham Welcomes Penrod

ANNA RUBIN

Something wonderful has been underway in Peacham since November. With the concentrated quiet focus of seasoned stagehands, Ron and JoAnne Crisman have been calling auditions, hammering out a stage set and rehearsing a musical production. "Episodes in the Life of Penrod" will be performed April 26 at 7 p.m. and April 27 at 2 p.m. at the Peacham Town Hall.

The central character of this production, Penrod, appears in several books by Booth Tarkington, a prolific author from Indiana, who wrote more than 50 books. JoAnne Crisman says she happened to find an old copy of Penrod at a book sale and read it to her children all of whom wanted more. "Later," she says, "as a project for a master's degree at Johnson College I thought it might be fun to condense some of Penrod's mischievous antics into a musical play, which could be used for schools but also could be enjoyed by adults."

Tarkington wrote in the early 1900's when telephones were considered a new luxury. Many people were exchanging their horses and buggies for Model T's, and names like Thomas Edison, Alexander Bell and Henry Ford were current. European immigrants crowded cities, and World War I was science fiction. In a manner that transcends generations, Penrod found ways to entertain himself and his friends and at the same time kept his parents wondering when his next ideas would lead to a family crisis. The Penrod musical by Ron and JoAnne Crisman lets this timeless spirit sing and dance across the stage.

JoAnne Crisman serves as director. She explains how she and her husband were inspired to bring "Penrod" to Peacham. "Penrod was produced once several years ago, and I always hoped to do it again. However after the loss of the Peacham Academy building, which had a stage and space for a large audience, there wasn't anywhere to easily do a play that called for multiple sets for a house, a shed, a dance studio and a tent for a dog and pony show. Ron was cajoled into being the stage manager, so we began looking at the Peacham Town Hall. After taking many measurements he decided it would be possible to construct a stage to fit. It's a great space, and the hall is handicapped accessible with bleachers that will seat a large audience."

So it was necessary to build a stage ... and not just any stage. Ron Crisman designed and constructed a system of modular panels that can be combined into any configuration. He adds, "There will be a lighting system that provides space and lighting needs. And it will be 'Green.' All of the interior and footlights will use high efficiency florescent floodlights that use less than a quarter of the energy required by normal incandescent fixtures.

The entire electricity load will be about the same as an electric iron."

Ron and JoAnne Crisman have worked in theater together before, starting in college and continuing their theatrical partnership after they were married. JoAnne says, "Ron was technical director for several plays in college, building sets, setting up lighting, locating props and acting. I worked with props and sets, acted, sang in musicals and have a minor in theater. We were both members of our small town Theater Guild - acting, directing, doing publicity for two or three plays a year. I taught music in Iowa, Illinois and Vermont. Music teachers were generally expected to present one or two programs or concerts a year for parents and the public. I tried to plan and write programs that related to an area of music the students were learning about in their classrooms. One year we did a narration and songs about the Civil War. Another year it was songs about the West and the pioneers and immigrants who crossed the country to settle in sod huts."

The Penrod cast includes children and adults from Peacham and surrounding towns. The Crismans were delighted with the talent they found. "We really enjoy the children and their energy and enthusiasm," says JoAnne. "We have a nice group of children (and parents) who appear to be enjoying the play. Two boys, both with some past theater experience, are

learning the part of Penrod; one will be Penrod on Saturday night and the other Penrod on Sunday's matinee."

The Peacham Historical Association is sponsoring the event. Mary Ellen Reis, president of the PHA was enthusiastic about the project from the moment she first discussed it with the Crismans. "Drama and the performing arts have a long history in Peacham," Mary Ellen says. "There have been several organizations in Peacham such as the Dramatic Club of Peacham (formed in the late 1880's) and over the years, several organizations, utilizing local talents, have come and gone. The PHA is grateful to the Crismans for their contributions to further promote the arts in Peacham."

Penrod transcends time and place - it revives the memory of long, hot, lazy summer days in some familiar small town where families sit on the porch at night talking together with their neighbors, kids play Kick the Can, Hide and Seek and other games until dusk. Penrod reflects a time when both mothers and fathers were close to home and kids were free to ride their bikes, walk six blocks alone to play with their friends and stay out all day till someone called that it was suppertime ...

Tickets for Penrod are on sale, \$7 for adults, \$5 seniors and students, \$15 for families. ✦

## Athenaeum Award To Be Presented to Vermont Composer Gwyneth Walker

The 2008 St. Johnsbury Athenaeum Award will be presented to Gwyneth Walker. The presentation will take place on Saturday, April 5 at 7:00 p.m. at the North Congregational Church in St. Johnsbury at the world premier performance of Walker's cantata *Lessons from the Sea*.

The cantata is based on text passages from Anne Morrow Lindbergh's book *Gift from the Sea*. The author's daughter, Reeve Lindbergh, will join Bella Voce in the role of narrator. Gwyneth Walker, who received a Lifetime Achievement Award from the Vermont Arts Council in 2000, is a former member of the faculty of the Oberlin College Conservatory and has been pursuing a full-time career as a composer since 1982.

Since that time she has composed over 160 commissioned works for orchestra, band, chorus and chamber ensembles. This first performance marks a long association between the composer and the Bella Voce Women's Chorus of Vermont, a chorus of 40-45 auditioned singers. Founded by Dr. Dawn Willis in 2004 the ensemble is considered to be one of the finest women's choirs in New England.

The Athenaeum Award honors Vermonters for their lifelong dedication and achievement in the arts and humanities. Walker was selected this year for her distinguished and prolific accomplishments in music. The award presentation will be held after the intermission.



Gwyneth Walker

# PENROD

## A Musical Play



Join us for an evening of music and fun  
for the whole family!

**Peacham Town Hall, Peacham**

**Saturday, April 26, 7 p.m.**

**Sunday, April 27, 2 p.m.**

**Tickets: \$7 Adults, \$5 Students or Seniors, \$15 Family**

**For Ticket Information, call (802) 592-3989 or visit**

**[www.peacham.net/historical/penrod.php](http://www.peacham.net/historical/penrod.php)**

Directed, adapted and written by JoAnne Crisman.

Based upon the books of 19th century writer Booth Tarkington.

Stage management and set design by Ron Crisman.

Proceeds benefit the Peacham Historical Association

### AquaRealm Aquarium & Pets

Your Local Full Line Pet Store  
[www.AquaRealmAquarium.com](http://www.AquaRealmAquarium.com)

**Spring Cleaning SALE**  
Get up to 50% discount on select items!

418 Railroad St.  
St. Johnsbury, VT  
802-748-8858

D.J. Nelson, 12+ Years Experience

Monday-Friday 10-7;  
Saturday 9-6; Sunday 12-5

### FRIENDS IN SPRING by Fred Swan



Prints • Calendars • Puzzles  
Conservation Framing with UV-filtering Glass  
& Artcare Mats and Boards

Dri-Mounting • Canvas & Embroidery Stretching • D-I-Y Framing Materials

**The Framing Format & Gallery**  
485 Lafayette Street • St. Johnsbury, Vt • 802-748-3964

[www.framingformat.net](http://www.framingformat.net)



# Mill River Furniture Comes to St. Johnsbury

It's not a unique story, but theirs is unusually successful. For ten years, Skip and Debbie Gray performed as talented and professional musicians playing clubs and larger night spots along the coast of Virginia and North Carolina. Then the appeal, the stability of a "real job" pulled them off stage.

For five years, they call it their "transition phase," Skip worked in a mattress and furniture store and Deb went back to college to be certified as a music teacher. They were working double time, looking forward to a quieter time and hopefully a chance to raise a family.

In January 2002, Skip set out for northern New England and what he saw to be a more afford-

able and more satisfying way of life. "We were determined," he says, "to find a better place to raise a family. Vermont seemed to be it, and we figured we would do whatever it took to make it work."

Skip found work in a mattress store in Essex, VT and commuted back to see his wife on weekends.

By the summer of 2002 the Grays had relocated to the Vermont hills above Danville, and Skip says, "I realized there were popular brands missing among the available mattresses. I thought that this was my opportunity. We might have started out in St. Johnsbury," he says, "but the growth in Littleton was undeniable, and I figured we needed



Photo By: North Star Monthly

Skip and Debbie (center) Gray started their Mill River Furniture business as the Sleep Source in Littleton. In April they will open this second location in St. Johnsbury. At left is their daughter, Morgan.

all the help we could find."

In August 2004 the Grays opened their Sleep Source store in Littleton specializing in beds and mattresses.

"I suppose there are some who think we pulled this all out of our hats," he says, "but we worked 12 hours a day for eight or nine years. The lessons we learned were invaluable." Sales doubled the next year, increased by 25% the third and, with the

addition of more furniture and a rebirth as Mill River Furniture, sales increased yet again in year four.

In July 2007 the Grays bought a building, formerly Lynaugh Roofing, on Railroad Street in St. Johnsbury, and they have been remodeling it since. In April they will open for business with a grand opening scheduled for May.

Skip says, "We've always

liked St. Johnsbury, and we know from across the river that the town is being taken more seriously. Each success story is another step up on the ladder of critical mass for businesses here, and we believe that if we make an investment, the next person is more likely to make one as well. Space is affordable in St. Johnsbury, and there are opportunities for businesses filling a need."

"Of all the places we could have picked," Debbie says, "it's hard to imagine one we might have liked more."

The Grays are outgoing and naturally comfortable with people. You can still find them at times playing music and singing, and they have a family now, a daughter, Morgan, in school in Danville. Soon they will have a second location for their business, Mill River Furniture, which they started in 2004 in Littleton.

Watch for their opening across from the Mobil station and Subway store on Railroad Street in April and a celebration of the new store in May.

## Union Bank

www.unionbankvt.com

Member FDIC

### St. Johnsbury Academy Spring 2008 Sports Schedule

#### BOYS VARSITY/JV LACROSSE

4/29	Spaulding (NL)*	(H)	4:00
5/1	Harwood (NL)*	(H)	4:00
5/3	Spaulding SAT*	(A)	3:00
5/5	Montpelier	(A)	4:00
5/8	Milton	(H)	4:00
5/10	Hartford (NL)*	(H)	11:00
5/13	Harwood*	(A)	4:00
5/15	Lamoille*	(H)	4:00
5/17	U-32 (NL)*	(H)	11:00
5/20	Rice*	(A)	4:00
5/22	Randolph	(H)	4:00
5/24	Montpelier (NL)	(H)	11:00
5/27	U-32*	(A)	4:00
5/30	Vergennes	(H)	4:00

\* JV Games Will Follow Varsity

#### GIRLS VARSITY/JV LACROSSE

4/23	Randolph (NL)	(H)	4:00
4/25	U-32 (NL)*	(A)	4:00
4/28	BFA St. Albans (NL)*	(H)	4:00
5/1	Montpelier (NL)*	(A)	4:00
5/3	Oxbow SAT	(H)	3:00
5/6	Montpelier*	(H)	4:00
5/8	Chelsea	(A)	4:00
5/10	Hartford (NL)	(A)	11:00
5/13	Sharon Academy (V)	(H)	4:00
5/13	Harwood Club (JV)	(H)	5:15
5/14	Spaulding*	(H)	4:00
5/16	Lamoille*	(A)	4:00
5/20	Rice*	(H)	4:00
5/23	Randolph	(A)	4:00
5/27	U-32*	(H)	4:00
5/30	BFA St. Albans*	(A)	4:00

\* JV Games Will Follow Varsity

#### VARSITY BASEBALL/SOFTBALL

4/22	N. Country (NL)	(A)	4:00
4/24	Spaulding (NL)	(H)	4:00
4/29	Mt. Abe	(A)	4:00
5/1	S. Burlington	(H)	4:30
5/3	Milton (SAT) JV	11:00 (H)	2:00
5/8	Burlington	(H)	4:30
5/10	Mt. Mansfield	(H)	11:00
5/12	Rice	(A)	4:30
5/12	JV-BB (Rice)SB (Stowe)	(H)	4:30
5/15	Spaulding	(A)	4:00
5/17	Colchester	(H)	11:00
5/20	Champlain Valley	(H)	11:00
5/22	BFA	(A)	4:30
5/24	Missisquoi	(A)	11:00
5/27	N. Country	(H)	4:30
5/28	Midd	(A)	4:30
5/31	Essex	(A)	4:30
	JV	(H)	11:00

\* All dates JV teams will be at opposite sites

#### GOLF SCHEDULE

4/28	BFA,MMU & NC	(H)	3:00
4/30	Girls Invitational	(A)	2:00
5/2	BHS, CVU & Essex	(A)	3:00
5/5	CHS, MIDD & NC	(H)	3:00
5/7	MMU, Mt. ABE&SBHS	(A)	3:00
5/12	Girls Invitational	(A)	2:00
5/13	Rice, SHS & VER	(A)	2:00
5/15	Boys Invitational	(A)	8:00
	Girls Invitational	(A)	3:00
5/16	CVU, Milton & VER	(A)	3:00
5/19	Girls Invitational	(A)	12:00
5/20	CVU, MIDD & SBHS	(A)	3:00
5/22	MMU, NC, SBHS	(A)	3:00
5/23	Girls Metro	(A)	1:00
5/29	Boys Metro	(A)	9:00
	Girls Tournament	(A)	1:00

Go Hilltoppers!

#### BOYS TENNIS

4/10	S. Burlington	(H)	3:30
4/26	Middlebury	(A)	11:00
4/28	Stowe	(H)	3:30
5/1	N. Country	(A)	3:30
5/3	Spaulding	(H)	3:00
5/5	Harwood	(A)	3:30
5/8	N. Country	(H)	3:30
5/10	Montpelier	(A)	10:00
5/12	U-32	(H)	3:30
5/15	Middlebury	(H)	3:30
5/17	Stowe	(A)	10:00
5/21	Montpelier	(H)	3:30
5/24	Harwood	(H)	11:00
5/27	Spaulding	(A)	3:30

#### GIRLS TENNIS

4/21	Lake Region	(H)	3:30
4/26	Middlebury	(H)	10:00
4/28	Stowe	(A)	3:30
5/1	N. Country	(H)	3:30
5/3	Spaulding	(A)	3:00
5/5	Harwood	(H)	3:30
5/8	N. Country	(H)	3:30
5/10	Montpelier	(H)	10:00
5/12	U-32	(A)	3:30
5/15	Middlebury	(A)	3:30
5/17	S. Burlington	(A)	11:00
5/21	Montpelier	(A)	3:30
5/24	Harwood	(A)	11:00
5/27	Spaulding	(H)	3:30

#### TRACK SCHEDULE

4/23	Vacational Meet	(A)	TBA
4/25	Lake Region, NC & Spaulding (FROSH)	(A)	3:30
4/30	Burlington, Danville (H)		3:30
	N. Country & Oxbow Burlington	(A)	3:00
5/2	Boys/Girls Invitational Burlington (Day 2)	(A)	2:00
5/3	Boys/Girls Invitational Champlain Valley	(H)	3:30
5/6	Northfield & Randolph		
5/9	Bob White Relays	(A)	3:00
5/10	Girls Iverson Rebel Relays	(A)	10:00
5/14	Essex, Hazen&Oxbow	(H)	3:30
5/17	Hanover, NH Invit.	(A)	10:00
5/21	Lyndon	(A)	3:30
5/23	FROSH (Former Metro Schools)	(A)	3:00
5/28	Lamoille, Milton, Mt. Mansfield	(A)	3:30
5/31	Essex Invitational	(A)	10:00
6/7	State Meet, Div. 1	(A)	9:30
6/14	New England Meet	(A)	TBA

#### ULTIMATE FRISBEE

4/4	Amherst H. S. GV&BV	(A)	3:00
4/5	Amherst H. S. GV&BV	(A)	10:00
4/20	Darrow Shaker Cup JV's	(A)	9:00
4/23	St. Pauls Boys V	(A)	4:00
4/26	NMH Open Tourn. BV	(A)	9:00
4/27	Andover Invite BV	(A)	9:00
4/27	NMH Girls Tourn GV,JV	(A)	9:00
5/3	Amherst Invite GV,BV	(A)	9:00
5/4	Amherst Invite GV, BV	(A)	9:00
5/10	Greenfield Tourn. GV, BJV	(A)	9:00
5/11	VT St. Champs BV	(A)	9:00
5/17	STJA Invite ALL	(H)	9:00
5/18	STJA Invite ALL	(H)	9:00
5/24	NE Qualifier BV	(A)	9:00
6/1	NE Champs GV,BV	TBA	TBA

- Galvanized Tanks for Sugaring
- Fencing and Gardening Supplies

Check out our improved pet section!

Now taking orders for chicks, ducklings, goslings and turkeys

Now carrying Science Diet Pet Foods

Monday-Friday 8:30-5:30 Saturday 8:30-1:00  
**(802) 748-0010**

### North Danville Brainerd Library

Summer:  
MWF: 2-4 p.m.  
Wednesdays: 6-8 p.m.  
Winter:  
2 - 4 p.m. MWF

## HAWKINS DENTAL GROUP

Hubert Hawkins, DDS  
Bonnie Johnson, RDH  
Brenda Lane, RDH  
Sheila Amadon, RDH

**(802) 748-2325**  
New Patients Welcomed

### PREVENTIVE CARE FOR A WHITER AND BRIGHTER SMILE

Including:  
Teeth Whitening; Restorations, Crown, Bridges, Extractions;  
Complete & Partial Dentures, Perio & Endodontic Treatment,  
Seeing Our Patients at their Appointed Time.

We emphasize a caring staff with Professional Dental Treatment.

1350 Main Street, Suite 1 St. Johnsbury VT 05819





# Follow the Money

by Rachel Siegel

## “Not Your Tax Dollars at Work”

Much has been made of the wealth of the wealthiest and its extraordinary growth, by any measure, in our past two decades of prosperity. The salaries and spending of CEOs, athletes, hedge fund managers and Internet entrepreneurs are the stuff of modern life.

More quietly, another class of players has joined the unimaginably wealthy, and their influence is beginning to be more visible. These are non-profit institutions, especially family foundations and universities.

The wealthiest of the last century – Carnegie, Ford, Rockefeller – redefined noblesse oblige, establishing private foundations endowed by the wealth from capturing economies of scale in the new world of mass production and mass marketing. Now new private foundations have been created by the new generation of wealthy whose new economies of scale with new technologies have also created enormous wealth.

Excessively wealthy entrepreneurs have focused their energies on charitable services: curing disease, building infrastructure, feeding the hungry, and relieving the effects of disasters and wars. Dollars are flowing like never before.

Poor people in poor countries have relied on “foreign aid” since the end of formal Western colonialism, roughly since the end of the Second World War, but until recently, that had meant public funds provided by wealthier governments or the global government of the U.N. As more developed economies face expanding social expectations with aging populations, however, their purse strings have tightened. Problems – in some places dire problems – persist, however, and so charities now go where governments no longer can or care to tread.

Even more quietly, some older, established non-profits, particularly private universities, have become profoundly wealthy. Using their endowments as

weapons of mass investment, they have redefined stewardship, and now use the modern portfolio theories developed in the last half-century to reap extraordinary rewards. They have every advantage: an infinite time horizon with which to wait out market volatility, tax-free returns, reliable streams of income – tuitions and alumni donations – to hedge investment risks, access to the best and brightest minds and the latest research, and relative privacy in which to develop and test their strategies.

Universities have used their wealth to relieve their operating budgets of operating expenses such as faculty salaries and financial aid. Faculty salaries, especially for research, have long been reliant on grants from government agencies, but now that financing is

more competitive and comes with more strings attached. Student aid has relied heavily on government guaranteed loans and scholarships since the GI Bill, but now that aid lags way behind tuition increases, and is also harder to get. So endowments are beginning to pick up the slack, creating faculty “chairs” and broadening “need-blind” admissions.

Universities have always used funds for capital improvements, but now are expanding into broader communities: investing in commercial properties in surrounding neighborhoods, and even in infrastructure such as roads and airports.

As they do so, these private institutions take over the roles of our public governments as the providers of our foreign aid, or our higher education, or our transportation or communication systems: our traditional “public goods.” We asked our governments to provide those goods because it was crucial to insure access to and maintenance of those

systems to promote economic growth. Now, however, as our local, state, and federal governments struggle to keep other public promises, private benefactors are beginning to take up the slack, playing a larger and larger role in providing public goods.

Of course, all goods were produced in the private sector until, over the years, we asked our governments to provide them – and that was only after we found that the private sector wasn’t doing that well enough, or widely enough, or fairly enough. Now we have many – too many? – such public goods.

Increasingly, we rely on donations, rather than tax dollars, to finance our vital infrastructures, turning our public goods over to a more private sector. As we do so, as we become more dependent on private funds for our public needs,

we are redefining the idea of “public” goods, and really, the idea of who we are as economic individuals within an economic society, and of who is responsible for our opportunities.

We all welcome relief for our over-burdened governments and our over-taxed selves, but as we choose, or default to, more private financing – through charity or investment, locally or globally – we should question what those more private means mean for our more public ends.

*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.*

## WHEELER True Value Building Materials

29 Church Street  
Lyndonville, VT 05851  
(802) 626-5102  
or 626-5040



## Wheeler Sports

Team Sports Products  
Images Of Vermont  
Silkscreening and Embroidery  
246 Church Street  
Lyndonville, VT 05851  
(802) 626-8235  
Fax: (802) 626-6180  
Email: wheel56@together.net

## Lyndon Institute Spring Athletics 2008

### Varsity Baseball

Sat.	April 19	@ Bellows Falls	11:00
Tues.	April 22	@ Rice	4:00
Thurs.	April 24	Lake Region	4:00
Sat.	April 26	N. Country	11:00
Wed.	April 30	@ Vergennes	4:00
Sat.	May 3	Randolph	4:00
Mon.	May 5	@ Northfield	4:30
Tues.	May 13	Oxbow	4:30
Thurs.	May 15	@ U-32	4:30
Sat.	May 17	@ Randolph	11:00
Mon.	May 19	Northfield	4:30
Thurs.	May 22	@ Harwood	4:30
Sat.	May 24	@ Oxbow	11:00
Tues.	May 27	Montpelier	4:30
Thurs.	May 29	Lamoille	4:30
Sat.	May 31	@ U-32	11:00

### Varsity Softball

Tues.	April 15	@ Brattleboro	4:30
Sat.	April 19	@ Bellows Falls	11:00
Tues.	April 22	@ Rice	4:00
Thurs.	April 24	Harwood	4:00
Sat.	April 26	N. Country	11:00
Wed.	April 30	@ Vergennes	4:00
Sat.	May 3	Randolph	4:00
Sat.	May 10	Otter Valley	1:00
Tues.	May 13	Oxbow	4:30
Thurs.	May 15	@ U-32	4:30
Sat.	May 17	@ Randolph	11:00
Thurs.	May 22	@ Harwood	4:30
Sat.	May 24	@ Oxbow	11:00
Tues.	May 27	Montpelier	4:30
Thurs.	May 29	Lamoille	4:30
Sat.	May 31	@ U-32	11:00

### Track & Field

Fri.	April 18	@ Middlebury	3:30
Wed.	April 23	@ Windsor	3:30
Fri.	April 25	NEK Frosh	3:15
Wed.	April 30	@ U-32	3:00
Fri.	May 2	@ BHS Invite	3:00
Sat.	May 3	@ BHS Invite	10:00
Tues.	May 6	Lyndon	3:15
Sat.	May 10	Girls @ Iverson Relay	10:00
Thurs.	May 15	@ Milton	3:30
Wed.	May 21	Lyndon vs SJA	3:15
Fri.	May 23	@ U-32 Frosh/Soph	3:30
Wed.	May 28	@ CVU	3:30
Sat.	May 31	@ Essex Invite	10:00
Sat.	June 7	State Meet @ Windsor	
Sat.	June 14	NE's @ Thornton Acad.	

### Golf

Mon.	April 28	STJCC	3:30
Wed.	April 30	@ Montpelier	3:30
Mon.	May 5	@ Oxbow	3:30
Wed.	May 7	@ Lamoille	3:30
Mon.	May 12	STJCC	3:30
Wed.	May 14	@ Stowe	3:30
Thurs.	May 15	@ NC Invite (Boys)	3:30
Mon.	May 19	@ NC Invite (Girls)	3:30
Mon.	May 19	@ Harwood (Boys)	3:30
Wed.	May 21	@ Randolph	3:30
Tues.	May 27	Div. II Sectionals CCVT	
Tues.	June 3	Girl's States @ Proctor/Pittsford	
Wed.	June 4	Boy's States @ Middlebury	

## Marty's 1st Stop

US Route 2 ▶ Danville, VT ▶ (802) 684-2574

Mon.-Thurs. 5:30 a.m.-8:30 p.m.  
Fri. & Sat. 7:00 a.m.-9:00 p.m.  
Sun. 7:00 a.m.-8:00 p.m.

**DELI**

Megabucks Tickets  
Mobil Speed Pass

**PIZZA** served everyday

## DANVILLE SCHOOL

### 2008 Schedule

Athletic Director: Merlyn Courser CAA

### Softball

April			
17	Thursday	Danville @ Blue Mt.	4:00
22	Tuesday	Hazen @ Danville	4:00
24	Thursday	Lake Region @ Danville	4:00
29	Tuesday	Stowe @ Danville	4:00
May			
3	Saturday	Danville @ Lake Region	3:00
6	Tuesday	Danville @ Richford	4:30
8	Thursday	Danville @ Stowe	4:30
10	Saturday	Winooski @ Danville	11:00
12	Monday	Blue Mt. @ Danville	4:30
13	Tuesday	Danville @ Hazen	4:30
15	Thursday	Peoples @ Danville	4:30
20	Tuesday	Danville @ BFA Fairfax	4:30
22	Thursday	Northfield @ Danville	4:30
24	Saturday	Danville @ Williamstown	11:00
27	Tuesday	Richford @ Danville	4:30
29	Thursday	Danville @ Enosburgh	4:30

### Baseball

April			
17	Thursday	Danville @ Blue Mt.	4:00
19	Saturday	Danville @ Proctor	1:00
21	Monday	Lake Region @ Danville	4:00
22	Tuesday	Hazen @ Danville	4:00
29	Tuesday	Stowe @ Danville	4:00
May			
3	Saturday	Danville @ Lake Region	3:00
6	Tuesday	Danville @ Richford	4:30
8	Thursday	Danville @ Stowe	4:30
10	Saturday	Winooski @ Danville	11:00
12	Monday	Blue Mt. @ Danville	4:30
13	Tuesday	Danville @ Hazen	4:30
15	Thursday	Peoples @ Danville	4:30
20	Tuesday	Danville @ BFA Fairfax	4:30
24	Saturday	Danville @ Williamstown	11:00
27	Tuesday	Richford @ Danville	4:30
29	Thursday	Danville @ Enosburgh	4:30

### Lacrosse

April			
23	Wednesday	Danville @ Lamoille	5:30
May			
1	Thursday	Danville @ U-32	5:00
5	Monday	Danville @ Harwood	5:30
8	Thursday	Danville @ St. J Academy	5:30
15	Thursday	Danville @ U-32	5:30
17	Saturday	Danville @ Colchester	11:00
24	Saturday	Danville @ St. J Academy	12:30
27	Tuesday	Lamoille @ Danville	4:00
30	Friday	Colchester @ Danville	4:30

### Track & Field

April			
30	Wednesday	@ St. Johnsbury	3:30
May			
6	Tuesday	@ Peoples	3:30
14	Wednesday	@ North Country	3:30
20	Tuesday	@ Harwood	3:30
23	Friday	@ U-32 Frosh/Soph	3:30

June



**CLOSED**  
April 13 - April 28

Trout River Brewing

Route 5, Lyndonville, VT  
(802) 626-9396





Hopkins Center Photograph

With its dynamic energy, groundbreaking technique and stylish movement, the Alvin Ailey American Dance Theater has transformed perceptions of American dance in every corner of the globe. Grounded in the brilliant blues legacy of Alvin Ailey "the quintessential American choreographer," says the The New York Times, the company continues to embrace the luscious and sublime.

Jazzy, soulful, sensuous and powerful, Alvin Ailey American Dance Theater comes to the Hop for an unforgettable appearance in the intimate Moore Theater. Performing Ailey's spiritual signature piece Revelations and Talley Beatty's Road of the Phoebe Snow, set to jazz by Duke Ellington and Billy Strayhorn, they once again prove their preeminence in the dance world. Performances are at 7 p.m. on April 22 and 23.



## Pope Notes

Dee Palmer,  
Library Director

Many thanks to all who supported the Library and our Young Adult Program at Town Meeting. We are very grateful to those who came to our delicious ham luncheon – we served a record crowd this year. We invite you to stop in and see your tax dollars at work – there is something for everyone here at the Library– story hour, young adult after school program, a community meeting space, public access computers and wireless connection, bestsellers, 35 periodical subscriptions and more.

We are in the process of automating our library and would appreciate the return of overdue books to help with our

inventory. We do not charge fines (donations are cheerfully accepted) no matter how overdue your books and other library materials are. Please help make this process go a little faster and easier.

Our last book discussion in the Southern Writers series will take place on Wednesday, April 23 at 7:00 p.m. Suzi Wizowaty will lead the discussion of *Oral History* by Lee Smith. Books are available at the Library.

The St. Johnsbury Lions Club has again given us a generous donation to be used for the purchase of large print books and audio books, both important components of our collection. We are fortunate to be able to

provide our patrons with a selection in both areas, thanks to the Lions Club.

Tickets for our quilt raffle are on sale at the library, \$1 each or 6/\$5. The quilt is on display in the library.

Our latest book acquisitions are: *Bel Canto* by Patchett, *Lost and Found* by Sheehan, *The Secret Between Us* by Delinsky, *The Appeal* by Grisham, *Go With Me* by Freeman, *Sweet Revenge* by Davidson, *A New Earth* by Eckhart Tolle, *Baby Talk: A Guide to Using Basic Sign Language to Communicate With Your Baby* by Beyer and *The Baby Signing Book* by Bingham.

Our newest books on CD are *A Thousand Splendid Suns* by Hosseini, *The Summons* and *The King of Torts* by Grisham and *The Colorado Kid* by King. Come check them out.



## April

**1&2** Broadway National Tour: "The Producers," Flynn Center, Burlington.

**2** Joe Jackson, Metropolis, Montreal, PQ.

**4&5** Keo Woolford: *I Land*, Flynn Center, Burlington.

**4** Omar Sosa Afreecanos Quartet, Hopkins Center, Hanover, NH.

**4** Anne Galjour, Work in Progress, Hopkins Center, Hanover, NH.

**4-10** *Taxi to the Dark Side* (2007 US) [R] Director: Alex Gibney. It's impossible to watch this documentary without coming to understand that torture is exactly what the policy of the Bush administration and the United States government has been and continues to be. Catamount Arts, St. Johnsbury. (802) 748-2600.

**5** Vance Gilbert, Middle Earth Music, Bradford.

**8** Tom Chapin and Friends, Opera House, Lebanon, NH.

**11** Europa Galante, Hopkins Center, Hanover, NH.

**11** Tempest, Middle Earth Music, Bradford.

**11-17** *Persepolis* (2007, France) [PG-13] Directors: Vincent Paronnaud & Marjane Satrapi. This lyrical animat-

ed film for adult audiences powerfully proves the wide range of the medium in its capacity for distinctive and moving storytelling. A coming-of-age tale of a plucky and precocious Iranian girl during the Islamic revolution of 1979. Catamount Arts.

**12** Phil Kline and Ensemble, *Zippo Songs* and *Fear and Loathing*, Flynn Center, Burlington.

**12** Andre Laplante, Pianist, Opera House, Barre.

**12** Rustic Overtones, Opera House, Lebanon, NH.

**16** Qawwali Masters: Sufi Music of Pakistan, Hopkins Center, Hanover, NH.

**16** Ultima Vez with "Spiegel," Flynn Center, Burlington.

**18** The Acting Company with Shakespeare's *The Tempest*, Flynn Center, Burlington.

**18&19** Ilkhom Theatre, *White White Black Stork*, Hopkins Center, Hanover, NH.

**18-24** *The Band's Visit* (2007, Israel) [PG-13] Director: Eran Kolirin. Low key comedy about an Egyptian band's visit to Israel overflows with visual wit, verbal charm and subtle acting. The Alexandria Police Ceremonial Orchestra and arrives to play at an Arab cultural center. No one,

however, is there to meet them. Catamount Arts.

**19** Carla Bley Trio, Flynn Center, Burlington.

**19** Author Thomas Moore, Opera House, Barre.

**19** Rani Arbo and Daisy Mayhem and Nightingale, Opera House, Lebanon, NH.

**20** Leo Kottke, Opera House, Lebanon, NH.

**22&23** Alvin Ailey Dance Theater, Hopkins Center, Hanover, NH.

**24** Theaterworks USA, Anne of Green Gables, Hopkins Center, Hanover, NH.

**25-May 1 4 Months. 3 weeks, 2 days** (2007, Romania) [PG-13] Director: Cristian Mungiu. From the opening scenes in a university dorm, we are immediately drawn into the bleakness of life in a society about to collapse. It is 1987, the final days of Nicolae Ceausescu's Romanian dictatorship, and everyone ignores the rules and cheats on the system. Catamount Arts.

**26** Brad Mehidau Trio, Hopkins Center, Hanover, NH.

**26** Miss Vermont Pageant, Opera House, Barre.

**26** Lila Downs, Opera House, Lebanon, NH.

**26** John Prine, Flynn Center, Burlington.

Fully Insured

Interior and Exterior



(802) 473-7429

422 Emerson Falls Rd. St. Johnsbury, VT 05819



### Sanderson's Wooden Bowls

Perfect for that Special Gift

Each Bowl is Hand-turned from Native Vermont Hardwood

[www.vtbowls.com](http://www.vtbowls.com)

Sam & Weeza Sanderson  
2902 VT RT 114 East Burke, VT

(802) 626-9622

Visitors Always Welcome

## Danville Restaurant & Inn

Casual Dining • Lodging • Fully Licensed

### FRIDAY NIGHT SPECIAL

Chicken Pie Buffet \$9.95

### SATURDAY NIGHT BUFFET: \$11.95

Breakfast: Tuesday - Saturday 7 - 11 a.m.

Lunch: Tuesday - Friday 11 a.m. - 1:30 p.m.

Dinner Reservations are a must.

Main Street, Danville VT

(802) 684-3484

Steve A. Cobb, owner  
Justice of the Peace & Notary Public  
Weddings/Civil Unions  
By appointment or by chance



## CATAMOUNT ARTS

ARTSBUILDING COMMUNITY



Museo Temple 115 Eastco Ave., St. Johnsbury, VT

Bringing Art to the Northeast Kingdom

[WWW.CatamountArts.org](http://WWW.CatamountArts.org)

(802) 748-2600



## Brambles and black locust sprouted where the peas had been.

(Continued from Page 1)

and that's what St. Patrick's Day means to me even now, 60 years later, and living in a climate where you are lucky to plant peas in April.

**Now, more than 50 years later, I can still almost envision the boy I was then.**

There was an Italian gardener in my earliest memories, and he planted peas faithfully, but by the time I was 5 or 6 he had been let go, and for some years thereafter the garden lay fallow. Brambles and black locust sprouted where the peas had been.

It was not many more years before I started planting them myself, and although their planting was often followed by an inch or two of wet snow, the peas always prevailed, uniform green ranks stood at attention through all sorts of weather.

Now, more than 50 years later, I can still almost envision the boy I was then. My knees were freezing from kneeling on the wet, cold ground, my trousers were stiff with mud. I had been grubbing out the prickly intruders with my bare hands, determined to plant peas. I like that boy I see out there in the garden on his hands and knees. I was becoming the man of the house, not nearly a man myself, but taking some important first steps on what would become a long journey.

Over the months to come, I would begin to learn of the stubbornness of weeds, the need for

fertilizer, and over the following years the garden would grow bigger. It only lay fallow when I went off to war, and I suppose that if there had been omniscient others watching me they would have seen it coming.

I had been marching vegetables across the fields and towards the woods, more ranks of beets and corn and carrots, great emplacements of squash, batteries of peppers and tomatoes. I found happiness in the conquest and regimentation of the garden, just as I had with toy soldiers.

When I came back in April of 1969 it was a little late to start the peas, but I did anyway and we had a pretty good garden that year. I was a much more diligent gardener, too. Now fully a man, I enjoyed a man's work with the sun on my bare back and felt stronger than I ever had before. It was the strength of a survivor.

I had led a platoon of infantrymen in war and managed to avoid any haunting miscalculations along the way. I learned about leadership; not what the military calls leadership, which is really just "follow-ship," but real leadership, which means, among other things, the courage not to follow. I had become solidly anti-war, wary of politicians, suspicious of bellicosity. Within a few more years I moved to Vermont.

Here I am again, on my knees, a springtime supplicant planting peas. The ground is cold, winter still in its bones. That little garden of my childhood is long gone, first to weeds, and then to bulldozers, and my grandmother is long dead, too.

I've raised five children and countless bushels of peas since then, and led my own grandchildren to the garden for their first taste of fresh peas. Still, I find myself thinking about those days

long ago, and that boy who was such a passionate gardener, and who used to get up long before anyone else did every Saturday morning to watch "Modern Farmer" on television. How could such innocent steps lead to war?

Well, I guess I trusted the pesticide and fertilizer salesman a lot more back then, too. At that time, the late '50's, and that place, where a sour, stony soil was sprouting suburbia, theirs was pretty much the only message. The old barns were empty, and my own ancestors were too old fashioned. Trumpets of progress, trumpets of conquest filled the air.

In Vietnam I learned to listen to the whispering, like a river, like soil against a plow, like wind in the pines on a spring day, while planting peas. I'd heard it before, of course, but this time I knew it was the truth. ★

## National Healthcare Decisions Day and Advance Directives Workshop

In association with National Health Decisions Day on Wednesday April 16, the Good Living Senior Center and the Vermont Ethics Network are sponsoring an Advance Directives Workshop from 1:00 – 2:30 p.m. at the Good Living Senior Center at the St. Johnsbury House.

John Campbell, director of the Vermont Ethics Network will explain the purpose of an Advance Directive, how to prepare one and how to register one with the new Vermont Advance Directive registry.

"An Advance Directive can assist patients and their loved ones in communicating personal wishes about the type and kinds of health care one wants," says Campbell. "It is particularly important for your doctor and other care givers to know your wishes in critical care situations."

Campbell will also explain how to register your Advance Directive with the Vermont Advance Directive Registry. The registry is an electronic database, which will allow health care providers to immediately access your Advance Directive in an emergency. Vermont recently passed legislation to combine the so-called "living will" and the durable power of attorney into one comprehensive Advance Directive for Health Care.

For more information about the Advance Directives Workshop, contact Susan Shaw at the Good Living Senior Center at (802) 748-8470.

April 16, 2008 has been formally designated as National Health Care Decisions Day to help raise awareness about the importance of advance care planning. Information about Advance Directives and National Healthcare Decisions Day is available by calling the Area Agency on Aging, Caledonia Home Health or Northeastern Vermont Regional Hospital.

### Come In Today and Discover The Possibilities...

#### For The Living Room...



- Comfortable Furniture That Fits
- Express Your Style With a Huge Selection of Fabrics or Leathers to Choose From.
- Design Services Available
- Sofas From \$599

#### For Casual Dining...



- Build the dining room of your dreams
- Choose the size, shape and colors to fit your room perfectly
- Add a buffet or pottery cabinet to complete the look
- 5pc. dining sets from \$599

#### In the Bedroom...



- Choose from solid hardwood beds with matching case goods in 12 beautiful finishes
- Find your ideal bedroom at the right price.

#### The Largest Selection of Quality Mattresses In The Area...



Let us find the right mattress for you.

Featuring:

Welcome to bed™

Free mattress delivery, setup & removal.\*  
Queen sets start at just \$399.

\*SEE STORE FOR DETAILS

**Coming Soon**  
Our Newest Location  
166 Railroad St.  
St. Johnsbury, VT

**Mill River Furniture** LLC

**SLEEPSOURCE™ MATTRESS GALLERY**

49 MAIN STREET, TAX FREE LITTLETON, NEW HAMPSHIRE 03561  
603-444-7378 • WWW.MILLRIVERFURNITURE.COM

### APARTMENT FOR RENT

**PEACHAM VILLAGE HOUSING:** 135 Church St, Peacham: **First Month Rent Free.** Nice 1 bedroom in quiet country setting. Available to Elderly or Disabled families with or without children. Off street parking, large yard and laundry in building. Property manager and maintenance staff on-site regularly. \$487/mo. H/HW/Elect incl. Call Joni or Melissa toll free @ (877) 395-9049 or TTY (800) 253-0191 to apply.

Equal Housing Opportunity.

### DANVILLE SERVICE CENTER

Route 2, Danville Village (802) 684-3481

#### A Spring Changeover

for your car or light truck

Ask us about NEW TIRE prices or let us mount the ones you had last year.

- Mount 2 tires and computer balance starting at **\$16.95** (\$21 value)\*
- or
- Mount 4 tires and computer balance starting at **\$32.95** (\$42 value)\*

Get Ready for Those April Showers!  
**\$3.00 off** any pair of new wiper blades.

\*special or alloy wheels extra Offer good for the month of April.

HOURS: 7-5 Mon. thru Fri. • 8-1 Sat. • Mechanic on Duty





# Too Early for Baseball? Think Again

TERRY HOFFER

There are some brave souls who never give up on the Great American Pastime. That, of course, is baseball.

Who can ignore the World Series in October or the end-of-the-season races to the playoffs? And truly there is nothing quite like cheering for a team that claws its way out of an early inning deficit and wins in the afternoon sun on a cloudless day in August.

**I'd give anything right now to hear the sound of a baseball smacking into a catcher's mitt.**

I have never been there, but I can understand, too, the appeal of watching a preseason game in Florida. No March in Vermont that I can imagine would allow for lush, green, grass-covered

baseball fields or base paths that are anything but mud. At this time of year, I could stand a little too much Florida sun, and right now I'd give anything to hear the sound of a baseball smacking into a catcher's mitt. But when it comes to those first uncertain games in April at Fenway Park with snow on the seats and wind swirling through the stadium before it heads out over Boston Harbor, I'll pass.

Then there is Barry Lawson. This guy never stops.

Born into a family in a suburb of Boston, Lawson was raised as an only child. "I spent a lot of time entertaining myself," he says, "and when I was 10 I created a baseball league of eight teams. They competed against each other in a game I invented with playing cards. I'd play by myself for hours, for days at a time. One baseball season just spilled into the next." And that was good.

Lawson went to Dartmouth, and there he played varsity baseball and freshman- and club-hockey. Now in his 60's he still plays senior league baseball. Lawson says, "I'm a statistical



General managers of the 2008 Vermont Fantasy Baseball league include (L-R) Bob Hersey, Dick Browne, Dart T (Missing are Dave Edwards and Bill Cobb.) With theoretical baseball teams created with actual major league pla on the basis of the actual offensive and defensive performance of the players. At the end of the season Vermont F holding the trophy, was league champion.

nut. I'm not a brilliant mathematician, but I love the numbers," and thus his never-ending affection for baseball.

Lawson is the commissioner of Vermont Fantasy Baseball, his own homegrown version of the fantasy games that have spread around the world with computer based communications. Fantasy baseball (and similarly, fantasy football, basketball and other sports) is played by participants who create theoretical teams that play theoretical games through the course of the actual season. More on that in a moment.

This year, 2008, is the 13th season for Lawson's Vermont

Fantasy Baseball. There are nine participants, called general managers. "Most of them," Lawson says, "are avid Red Sox fans. There may be one," he grimaces, "who is a Yankee diehard. But they range in age from early 40's to mid 60's. All played team sports at some point, and they all appreciate a good game."

The general managers in this league are Dick Browne, Charlie Browne, Dave Edwards, Bill Cobb, Tim McKay, Dart Thalman and Lawson, the commissioner, all from Peacham. Larry Cipollone is from Burke, and Bob Hersey is from Littleton, NH.

It's an interesting group - a

soil scientist, a stock broker, a lawyer and two far ranging consultants with clients across the country. There is a museum administrator, a hospital chief financial officer, a college professor and, finally, he who is arguably the bull in the china shop, the most rabid of sports fans, the king of the trash talk and the one-time owner of the Danville General Store.

None, certainly while they participate in this league anyway, take baseball casually.

Each general manager will study the performance of active players in years past and the prospects of rookies likely to play in major league baseball this year. There is a preseason draft in which general managers select players for their rosters thereby assembling a theoretical team of 12 players plus a pitching staff.

Each team will have two catchers, a first-, a second-, a third-baseman, a short stop and a spare infielder. Each team will have three outfielders and a spare. And finally, each will have a designated hitter and the combined pitching staff of one of the 14 American League teams.

Lawson has determined relative values for all the available players based upon their career performance, and his general managers must assemble a team within a maximum cost range, a budget not unlike the salary caps of the majors.

Once the teams are created in early April and the season gets

modern wisdom of america


Offering fraternal financial services to help you reach your financial goals.



David Matte  
FIG  
P.O. Box 88  
Danville, VT 05828  
802-684-3371

Deb Wallens-Matte  
FIG, LUTCF  
P.O. Box 88  
Danville, VT 05828  
802-684-3371

Touching lives. Securing futures.™



**H.A. Manosh Corporation**  
since 1959

We have not one but four drills for your convenience

- Well Drilling
- Water Systems
- Hydrofracturing
- Water Treatment
- Video Well Inspections
- Water Fountains

120 Northgate Plaza  
Morrisville, VT 05661  
(802) 888-5722 or (800) 544-7666  
Web Site: www.manosh.com

**Mayo's Paint Dept.**  
The "Perfect Palette" is here ~  
Come in and check it out!



A great "Spring Pick-Me-Up"

**OPEN**  
7 a.m.-5 p.m. Mon.-Fri.  
8 a.m.-Noon Sat.

802 Railroad Street  
St. Johnsbury, VT 05819  
**(802) 748-8826**





# Thoughts on the Moon

BETS PARKER ALBRIGHT

I woke up, knowing it was still night. The moon was large and nearly full, shining through the roof window. As I lay and watched, it moved slowly across the window space – large, pure and clear. I thought about what the moon symbolizes in our lives, something lovely and romantic and yet beyond our reach. It was always connected in my mind with the unreachable, and set apart from our everyday lives – always there, shedding lovely light on our world.

We have our own Earth, our own planet. It was given to us in pristine condition, whole and beautiful and able to supply our needs, to feed our bodies and souls. We could live here forever, if we took care of and cherished it.

But – what have we done? We have polluted it, wasted its wonderful gifts and given little thought to what the Earth needs from us. If one person treated another that way, we'd say that it was abusive and shameful. We even treat our cats and goldfish better than that. So – what do we do, what can we do, to change our ways while it's still possible? Or do we simply deplore the mess we have created and look beyond to stars and other planets to save us and give us new gifts?

That lovely moon still appears in the night skies, but now it has been trampled by rough boots and probed by us, greedy seekers of new space to gobble up. As we take what we can from the moon, we are eyeing the next-nearest orbs and speculating how we can make use of them. We build ever-fancier spacecraft (at great

expense) and off we go into the wild blue yonder with some ill-defined plan to rescue our not-quite-ruined planet or to find new ones to despoil.

I don't begin to know the answers, but how about this for a start: let's not spend more of our limited treasure in space until we have fully addressed the vicious plundering and neglect of our precious Earth that we are engaged in, and turned it around. We must return to a state of balance with our planet, and we must learn how to maintain that balance indefinitely, or our species will certainly perish. It is in this direction that we should direct our creative imagination, energy and money.

I may look at the moon by night, but by day I sometimes sit on my back porch looking out upon the lovely acres that are in our care and rejoice that they are still beautiful and unspoiled. It would be wonderful if more peo-

ple could have even small bits of land to cherish and appreciate. Meanwhile we can teach our young ones the value, the responsibility of caring for our planet and the joys of country life as opposed to city-dwelling and its crowded highways. Our riches are different from those of city folk, but they are endlessly rewarding, from early spring after a long winter to radiant autumn with its vast palette of color.

I like to think about the many generations of people who have shared in this beauty. I feel like singing, and slightly paraphrasing, with the poet Blake:

"... and did those feet in ancient times walk upon (New) England's mountains green, and was the holy Lamb of God on (New) England's pleasant pastures seen?"

Who knows?



Photo By: North Star Monthly

... Dick Brown, Barry Lawson, Tim McKay, Larry Cipollone and Charlie Brownne. ... fantasy Baseball league standings are calculated. Last year Dick Brownne,

underway, team results are determined every two weeks based upon the statistics of the actual performance of the baseball players, themselves. Offensive players with good batting and base running performance, will help their Vermont Fantasy Baseball team. Defensively, the theoretical teams are judged by performance of their pitchers. The higher a team's offensive score and the lower the team's defensive score the better. Twice a month each team's performance is calculated and compared in a mathematical or statistical way against the others.

Throughout the season, team standings within the league are calculated and compared. There are 13 biweekly prizes and various grand prizes given at the end of the year. (Those are the redistribution of the cash entry fees paid at the start of the season.)

And so it goes. The season unfolds for the Vermont Fantasy Baseball league with a healthy dose of baseball, camaraderie, the pride that comes only with successful competition and maybe even a bit of living out the retained fantasy of one's youth.

The general managers have fun. They realize, some anyway, that it's only a game, and all will probably study the box scores with a wider interest than the sort of person who roots for a single team all year and has a bumper-sticker that says, "David Ortiz for President."

So for a baseball season in

which there are no bloated ticket prices, no sold out games, no parking problems, no rain delays and not even grass-stained knees, let's Play Ball for now anyway that's fantasy baseball. ★

## MICHAEL K. WALSH & SON, Builders

New Construction ♦ Remodeling ♦ Renovations  
Finish Work ♦ Decks ♦ Wallpapering ♦ etc.  
♦ Call Now for Spring Projects

Solid reputation of quality workmanship,  
reasonable rates and dependability



Over 25 years of experience (802) 684-3977 Danville, VT

## Your "Workshoe Headquarters" in downtown St. Jay

- Danner
- Chippewa
- Wolverine
- Carolina
- Georgia Boot
- Merrell
- LaCross
- Muck Boot
- Bog Boot
- Mud Boots

Also, NEW spring line of Carhartt now in stock

Open 7 Days a Week

**Caplan's** Over 85 Years of Service

457 Railroad Street • St. Johnsbury, VT 05819 • (802) 748-3236


OFFICIAL Boy Scout Supplies

## Stuart V. Corso, D.M.D.

GENERAL AND FAMILY DENTISTRY

31 Mountain View Drive  
Danville, VT


(802) 684-1133



**New, Used & Rare Books**

**BOOK LOVER'S HEAVEN**  
Special Orders and Browsers are Always Welcome.


**GREEN MOUNTAIN BOOKS**  
Broad Street, Lyndonville, VT 05851 (802) 626-5051 Open M-F 10-6; Sat 9-5



**NORTHEAST KINGDOM ARTISANS GUILD**

*A Vermont Artisans Cooperative*

**In the Backroom Gallery:**  
April 7 - April 12  
Annual Inventory Show and Sale  
April 17 - May 29  
"A Print Portfolio"  
Two Rivers Printmaking Studio



MONDAYS - SATURDAYS 10:30 - 5:30  
Under The Purple Awning At  
430 RAILROAD STREET, ST. JOHNSBURY 802.748.0158



# Wildflowers That Bloom From Spring Through Fall

BRUCE HOYT AND JOANNE ADAMS

Knowledge of flowering plants has long been a part of the Fairbanks Museum's offering to the community. The Museum herbarium contains thousands of pressed specimens dating to the 1890's, and the Museum maintains an archive of W. E. Balch wildflower photographs as well.

Every year, from April to October, a more ephemeral exhibit exists in the form of a seasonal "flower table." Many nature enthusiasts come regularly to see this ever-changing collection of local wildflowers. In jelly jars, juice glasses and an assortment of vases as the season and flower height progress, the flowers appear in random arrangement without discrimination between the beautiful and the merely functional. Labeling by the Museum staff helps amateur

botanists confirm the handbook identification of their own gathered specimens.

The labels in current use were printed by Hazel Bigelow, a retired draftsman from Fairbanks Scales. At first, Curator Fred Mold preserved her work by making a sandwich of the label with Elmer's glue and Saran Wrap and then pressing it under a brick until dry and clear. Later, he happily received a plastic laminator and invited Bigelow back to the drawing board to remake the labels.

Providing fresh specimens for the flower table requires a lot of effort. This probably began with Museum Director Delia Griffin in the early 1900's continuing with Mabel Shields and then Vera Whitney.

Each week for many years, Museum Assistant Vera Whitney, brought in a sap bucket filled with the blooms of the season. These



Photos By: Jeff Gold

**BLOODROOT:** 6" (when blooming, taller later). Single 1 1/2" flower per stalk with 8-10 white petals around the golden center. Stems underground; have red juice. One deeply lobed, toothed, pale grayish or bluish leaf; often embraces flower stalk. **Habitat:** Woods.

humble buckets represented many Sunday afternoon hours of searching near her home in St. Johnsbury Center. For two decades, Monroe residents Robert Morey brought in weekly buckets of wildflowers from the Barnet area to refresh and broaden the exhibit. Now the twice weekly collecting is done by Edith Anne Emery. Photographer Herman Willey added virtual flowers to the record with fabulous color pictures of lady's slipper, showy orchis and other endangered species, which Vera and succeeding botanists never picked.

Museum Assistant Ruth Crane began collecting and arranging the flowers in the 1960's and, later, took on total responsibility for the exhibit. She has been collecting specimens for the table for nearly 35 years. After a long winter of evergreens on the flower table and tall snow banks along the roadsides, she looks forward to that quintessential harbinger of spring,

the pussy willow (*salix discolor*). Ruth had a long-time source for the pussy willows in the field above her house in East St. Johnsbury, but it was eaten by deer a few years back, so she is hoping that there will be some new shoots with buds this year.

In addition to the flower records kept at the Museum, Ruth keeps a journal that includes some of the other flower table responsibilities, such as when to augment the table's limited shelf space with extra glass shelves (late summer), when to wind down collecting in the fall, and when to add the evergreens to the table. Now she shares that job with Museum Exhibit Designer Joanne Adams. Several local wildflower enthusiasts donate help as well.

As the current "owners" of the flower table, Ruth and Joanne update yearly documents, which record the first annual appearance of the many flowers in our region. Joanne has prepared abbreviated monthly lists and presented them at the end of this article with the goal of encouraging *North Star* readers to take their American wildflower guide and go on a monthly quest, looking for these and others. There are plenty. The Museum herbari-

**The Museum herbarium contains 317 local flowers and about a thousand species.**

After pussy willows, she looks forward to sweet-scented hepatica and perky spring beauty as some of the earliest flowering plants. She does most of her collecting near her long driveway.

**REID & BALIVET**  
ATTORNEYS AT LAW

ERNEST TOBIAS BALIVET  
JUDITH A. SALAMANDRA CORSO

DANVILLE GREEN • DANVILLE, VT • (802) 684-3666

**THURSTON AUTO SALES**  
Ernie Thurston and Bill Dimick

**Used Cars and Trucks**  
**BUY - SELL - TRADE**  
**Appraisal Services**

P.O. Box 12  
1320 Memorial Drive  
St. Johnsbury, VT 05819  
thurstonauto@earthlink.net

Cell: 802-922-4062  
Office: 802-748-6373  
Fax: 802-748-2815

**Matt Pettigrew**  
**ELECTRIC**

"Quality comes first."

Residential • Commercial

Providing all aspects of electrical work including excavation for underground wiring and services.

Insured and licensed in Vermont and New Hampshire.

For prompt professional service call:

**Matt Pettigrew (802) 751-8201**  
**Danville, Vermont**

WWW.NVRH.ORG We treat you like family.

NORTHEASTERN VERMONT REGIONAL HOSPITAL

**Healthier Living Workshop**  
A FREE PROGRAM FOR PEOPLE WITH CHRONIC CONDITIONS

Do you have a chronic health condition that is affecting your life? Would you like to change your life for the better?

**You will learn:**

- how to deal with frustration, pain, fatigue, and isolation
- exercise techniques for maintaining and improving strength, flexibility, and endurance: use of medications
- how to communicate with health professionals, family, and friends
- nutrition... and more!

You will receive a 300 page booklet and relaxation audio tape. Any adult with one or more chronic conditions can participate. A friend or care giver is welcome to attend with you.

**Thursdays**  
**April 24 to May 29**  
5:30 to 8:00 p.m.  
CORNER MEDICAL,  
LYNDON

**Fridays**  
**May 2 To June 6**  
9:30 a.m. to noon  
NVRH BUSINESS  
CENTER 127

**10 Participant Minimum**

**Healthier Living Workshop**  
A FREE PROGRAM FOR PEOPLE WITH CHRONIC CONDITIONS

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
PHONE \_\_\_\_\_

PLEASE CHECK WHICH SESSION YOU PLAN ON ATTENDING:  
I will be attending:  
 April May Session  
4/24/08 5/29/08  
 May June Session  
5/2/08-6/6/08

TO ENROLL CALL 802 748-7590 OR MAIL THIS TO: LAURAL RUGGLES NVRH, HOSPITAL DRIVE, ST. JOHNSBURY





**SPRING BEAUTY:** 10". Flowers 3/4", pink or whitish striped with dark pink, with five petals and five yellow stamens with pink anthers. Leaves are dark green and linear usually one pair midway up the stem. **Habitat:** Moist woods.

um contains 317 local flowers (genera) and about a thousand species when distinguishing details within each genus are considered. Personal searching skills may be enhanced by a visit to the flower table or by participation in one of the Museum sponsored walks or classes.

Writing one's findings on the calendar might bring a bit of satisfaction, especially if reviewed again in January when snow is up to the window sill. Occasionally, someone will come across a quaint flower calendar made by an artistic child years ago. Certainly a treasure to be preserved. In our modern age, something akin to that participation in nature can be found with a digital camera and computer photo-software.

However the activity is done, it will surely be enjoyable and enriching.

A month-by-month list of local flowers is printed for you here. It has been limited mainly to herbaceous species. Common names were chosen rather than the more exact genus-species names, and

they may differ from the common names in other regions or a particular wildflower guide. This clip-out list is issued as an incentive for *North Star* readers to expand their knowledge of local flora. For those who would like a bigger challenge, a more complete list is available, free of charge, at the Museum flower table. There are wildflower guidebooks for sale at the Museum gift shop.

**Some of the wildflowers found locally and brought to the Fairbanks Museum:**

**APRIL FLOWERS:**

- Pussy Willow
- Trailing Arbutus
- Coltsfoot
- Hepatica (round-lobed)
- Bloodroot
- Bluets
- Gill-over-the-ground
- Wild Ginger
- Hepatica (sharp-lobed)
- Early Saxifrage
- Spring Beauty
- Trillium
- Common Blue Violet

**MAY FLOWERS:**

- Adder's Tongue
- Wood Anemone
- Red Baneberry
- Wild Oats
- Buttercup
- Clintonia
- Blue Cohosh
- Wild Columbine
- White Daisy
- Jack-in-the-Pulpit
- Marsh Marigold
- Showy Orchis
- Periwinkle
- False Solomon's Seal
- Starflower
- Wild Strawberry
- Painted Trillium
- Canada Violet
- Dog Violet
- Downy Yellow Violet

**JUNE FLOWERS:**

- Canada Anemone
- Crown Vetch
- Northern Bedstraw
- Bladder Campion
- Chicory
- Common Cinquefoil
- Alsike Clover
- Red Clover

- Black-eyed Susan
- Daisy Fleabane
- Forget-me-not
- Blue-eyed Grass
- Orange Hawkweed
- Blue Flag Iris
- Small Yellow Lady's Slipper
- Mountain Laurel
- Musk Mallow
- Tall Meadow-rue
- Meadowsweet, Spirea
- Black Medick
- Common Milkweed
- Black Mustard
- Pineapple-weed
- Maiden Pink
- Queen Anne's Lace
- Sheep Sorrel
- Staghorn Sumac
- Tall Anemone
- Birdfoot Trefoil
- Yarrow
- Everlasting Pea
- Pitcher Plant
- Pickerel Weed
- Evening Primrose
- Steeplebush
- Sundew
- Thistle
- Boneset
- Wild Thyme
- Indian Tobacco
- Touch-me-not, Jewelweed
- Fireweed
- Wintergreen

**AUGUST FLOWERS:**

- Jerusalem Artichoke
- 16 varieties of Aster
- Wild Bergamot
- Butter and Eggs
- Goldenrods (most)
- Common Nightshade
- Indian Pipe
- Great Ragweed
- Pink Smartweed
- Tansy
- Pasture Thistle
- Turtlehead

**JULY FLOWERS:**

- Alfalfa
- Broad-leaved Arrowhead
- Yellow Bedstraw
- Cattail
- Pearly Everlasting
- Goldenrods
- Joe-Pye Weed
- Fragrant Water Lily
- Spatterdock, Cow lily
- Purple Loosestrife
- Milkweed
- Common Mullein
- Mustard
- Hemp Nettle
- Nightshade
- Partridge-berry

**SEPTEMBER FLOWERS:**

- Asters
- Beggar-ticks, Stick-tights
- Bur-marigold, Stick-tight
- Clammy Everlasting
- Closed Gentian
- Fringed Gentian
- Goldenrods
- Mugwort
- Witch Hazel



**The North Danville Church**

American Baptist  
The Little White Church in the Vale  
Worship and Sunday School  
9:30 a.m.

**"Love Generously; Care Deeply;  
Speak Kindly"**



**Appalachian Supply Inc.**

Wholesale - Retail

Plumbing, Heating & Electrical Supplies

4581 Memorial Drive  
St. Johnsbury, VT 05819  
**(802) 748-4513**

Rte. 302  
Littleton, NH 03561  
**(603) 444-6336**

St. Albans | Fairfax | Jeffersonville | Johnson | Hyde Park | Morrisville | Stowe | Hardwick | Lyndonville | St. Johnsbury | Littleton



Barb Olden



Candy Durocher



Suzanne Roberts



Melyssa Whitcomb



Susan Laferriere



Tracey Holbrook



Dennis Lamothe



Bob Miller



Millie Nelson



Alycia Vosinek



Melissa Greene

**People you know,  
people you trust.  
Who else would  
you want to handle  
your banking?**

Hardwick Wolcott Street 802.472.8100	St. Johnsbury Railroad Street 802.748.3131	St. Johnsbury Portland Street 802.748.3121	St. Johnsbury Green Mtn Mall 802.748.2454	Lyndonville Depot St. 802.626.3100	Littleton Dells Road 603.444.7136
--	--	--	---	--	---

**Union Bank**

Banking. Simplified. [www.unionbankvt.com](http://www.unionbankvt.com) Member FDIC



**This Spring...  
Wrap your feet in  
comfort & style.**

*New spring shoes, sandals, handbags and  
hosiery arriving daily.*

**Just in ... ARIAT Motorcycle  
Boots for Men and Women and  
Fund and Colorful Rainboots  
from KAMIK.**

**418 Railroad Street, Suite 1 St. Johnsbury, VT  
(802) 748-4500**



# Wooden Bowls Unique As Vermont's Own Trees

TERRY HOFFER

Sam and Weeza Sanderson laugh about their careers as Vermonters. "It's Vermont living," Sam says. "We've done about everything, anything heavy, none of it very well or for very much money." At first, Weeza seems uncomfortable with the irony, but Sam points to the results of their efforts. There is nothing ironic about their accomplishments. They have every reason to be satisfied and pleased, and together they laugh.

In 1981 Sam bought the property that had been his grandparents' farm starting in 1940.

It's a beautiful old farmhouse beside Route 114 in Burke. It's known historically as "the White place," and the Sandersons still honor the memory of one of the early Whites, the Civil War soldier Alonzo White, who died in the Andersonville Prison.

Sam has been a logger, a farmer, a truck driver and a long-time selectman. He has sold real estate. Weeza has worked in a sawmill, run a general store and now does bookkeeping for a handful of clients. But their avocation, their hobby, has served as a reawakening of a spiritual interest in Vermont's natural resources and their appreciation



Photo By: North Star Monthly

Weeza Sanderson uses a lathe to turn sugar maple into a wooden bowl. She and her husband, Sam, (rear) have seen their hobby evolve into artistic expression with great demand.

for finding pleasure in doing what they do well.

The Sandersons had run a sawmill behind their house. Sam says, "We were making two by fours out of anything that came along, and gradually we got into custom sawing, making furniture-grade lumber from beautiful hardwood. I guess we had too

much time on our hands, because we wanted to try making something more with this wood. We bought the cheapest, most worn out equipment we could find - a lathe we found at a yard sale." That was seven years ago.

Today in their compact shop attached to the old farmhouse, not far from the sawmill or the

barn where they raise miniature donkeys, the Sandersons are making wooden bowls, beautiful wooden bowls from trees that once shaded Vermont farms like this one.

"When we started," Sam says, "every bowl we made was designed for a useful function. They were heavy. We passed up a lot of wood that was distinctive or unusual simply because we were just trying to make bowls, and at the time they were pretty predictable. There was great similarity in their size and shape."

Gradually with experience and observation, with four new and increasingly sophisticated lathes and with the confidence that comes with practice and patience, the Sandersons found that some of the materials they had discarded in the past offered unique opportunities for unusual and desirable finished products.

Sam says, "We had one bowl we'd made from a hardwood burl. The bowl ended up with

**HASTINGS STORE**  
**"DOWNTOWN WEST DANVILLE"**

**New 2008 Maple Syrup**  
 Agent for Palmer Bros. Cleaners  
 Good Old Fashioned Ice Cream Cones  
 Quality Meats & Groceries  
 ATM

Vermont Lottery • Tri-State Megabucks  
 Homemade Doughnuts & Breads  
 Video Rentals • VT Maple Products  
 Notary • Justice of the Peace

★ **Friendly Family Service** ★

Open Monday-Saturday 6:30 a.m. - 6 p.m.  
 Sunday 8 a.m. - 1 p.m.  
**(802) 684-3398**

**Gauthier's Pharmacy, Inc.**  
*"Dedicated to your good health"*



**Tired after the Long Winter?**

Our Super B Complex Vitamin Tablets with Liver and Iron are real energy-boosters.

Several of us here at the pharmacy are using them and love them.

415 Railroad St. ♦ St. Johnsbury, VT 05819 ♦ **(802) 748-3122**

**Stop Burning Your Money!**

Now is the time to upgrade your heating system.

Today's heating equipment is much more efficient which can save you money on your heating costs.



**Northern Petroleum**  
 is now offering  
**0% Financing\***  
**For Heating Equipment Purchases**

Offer Available for a limited time only.  
\*Credit approval required.

**np Northern Petroleum**  
 189 Railroad St., St. Johnsbury, Vt.  
 802-748-8934

STRENGTH AND TRAINING EQUIPMENT • HORIZONTAL • WALKER TRADIMILE • INDOOR HEATED POOL



**When exercising, water is essential.**

**Health & FITNESS CENTER**

Make a splash! Experience the Northeast Kingdom's newest and finest health and fitness center. Enjoy luxury, state-of-the-art equipment, privacy, convenience — and our pool! Open 5 a.m. to 11 p.m., 365 days a year.

	SINGLE	FAMILY*
1 MONTH	\$150	\$300
3 MONTHS	\$225	\$375
6 MONTHS	\$375	\$525
1 YEAR	\$525	\$675

**NOW ACCEPTING MEMBERS**

\* 2 adults and 2 children  
 Other restrictions apply.  
 Inquire about membership for couples or seniors. Call for details.

**Comfort Inn & Suites**

St. Johnsbury, Vermont  
 US ROUTE 5 SOUTH AT I-91 AND I-93  
 802 748-1500

WALKER TRADIMILE • INDOOR HEATED POOL • STAIR CLIMBER • HOT TUB • SAUNA • SUN DECK



chip in the rim where the edge was quite fragile, but we thought it was kind of interesting and a conversation piece for browsers at the East Burke Foliage Festival. A lady came along, and she thought the gap in the rim would make a perfect resting place for a spoon. She wouldn't leave until we sold her that bowl."

**The Sandersons are making wooden bowls from trees that once shaded Vermont farms like this one.**

Another fascinating bowl they have yet to part with, features the colorful re-growth of an old sugar maple, which re-grew and filled in holes once drilled for taps in the process of maple sugaring. Some of the tap holes are still open creating a magnificent, asymmetrical, perhaps organic is the word, colander. One shop browser described it as perfect for fruit. She figured fruit in the bowl could breath through the curious old tap holes.

The Sandersons prefer sugar maple, brown and white ash, cherry and apple for their bowls. They have made some as experiments from softwood, which resulted in lighter-weight products with more open grain. Weeza says, "Yellow and white birch burls are great, but almost any hardwood has potential. We are always fishing stuff out of

our firewood. As we have done more of this, the shape of the bowls has tended to follow the characteristics of the wood, and what we once discarded as odd we now see as quite distinctive. We've learned to follow the wood, and now we let it take us to the bowl."

Some of the signs of distinction are natural. Tiger maple, for instance, is highly sought after for its grain. Often the side of the tree that once faced the sun has thicker growth than the north side, and those distinctions emerge in the slowly emerging shape of the bowl. Other characteristics of the wood can be traced to human hands. The Sandersons have found, for instance, screws, nails, pieces of wire fence or even a stray bullet or bird shot. All can be part of the tree's story to be told over and over again by a bowl.

The Sandersons start with green wood, "the greener the better," Sam says. Once blocked, the piece is cut lengthwise and trimmed to the rough shape of a hemisphere and mounted on the lathe. Then slowly and carefully as the wood spins it is shaped with gouges and blades to the near-final shape. Actually, as Weeza says, "The bowl at this point is turned to 10% thick," that is, it's slightly larger or heavier than its final form.

Then the bowl is covered with a water-based wax sealer, dated and set aside to dry slowly over a period of 10 to 12 months. A year or so later, after the wood has dried, it will go back on the lathe, to "true up" the shape. The final form is finished with power sanders or by hand with fine sandpaper. Weeza says, "We've

gotten much better with gougers and shapers, and that streamlines the finishing. At times we've found ourselves getting fancy with form and as a result sometimes the finishing and final sanding get really involved."

Finally the bowl is signed and dated and then oiled with a non-toxic polymerized linseed oil, which preserves the wood for a long life on the dining table or kitchen shelf.

"Each one is different," she says. "Wooden bowls are tactile. You want to hold them and turn them in your hands. It's hard to describe the unique characteristics of the grain or the finish, but they are wonderful to hold," and behold.

Sanderson bowls range in price from \$30 to \$400. "Some we just don't want to part with," Sam says. "The price has something to do with time and materials, but I had a cherry bowl once that just wouldn't let me finish it. If I could have gotten paid for the time I spent on that bowl I could have retired. You often get as much time into a small bowl as a big one, but whatever the size they are all different. These bowls are not going to turn up on a rack at Wal-Mart."

Weeza says, "You're always learning, and happily it's always fun. If this ever turned into a job we'd have to do something else."

Sanderson bowls and their hand turned wooden pens are on display at their workshop two miles north of East Burke on VT 114. You may find more information on their website, or see their display at a farmers' market or craft fair next summer. ★

## Where's the Trail? Lamoille Valley Rail Trail A Progress Report

On Thursday, April 10, 2008, at 6:30 p.m., the Friends of the Lamoille Valley Rail Trail will offer a presentation at the Fairbanks Museum & Planetarium in St. Johnsbury. Alan Robertson, project engineer for the LVRT, will bring us up to date on the status of the trail. Refreshments will be served.

The presentation will include a brief history, an explanation of the organizations involved and what the process is to get the trail built. Robertson completed an end-to-end detailed assessment of the old rail bed, and he has fascinating slides of "hidden treasures" of historical and architectural interest along the trail.

Representatives from the "Friends" will also be on hand to join Alan for a Question & Answer session following the presentation and offer ways that you can become involved. The presentation will be offered again on April 24 in Morrisville and on May 10 in Bakersfield.

When complete, the Lamoille Valley Rail Trail will be the longest recreational and alternative transportation trail in New England. It runs through 17 towns, from St. Johnsbury to Swanton. This is a year-round, multi-use trail, expected to be used by walkers, runners, cyclists, equestrians, anglers, bird-watchers, cross-country skiers, dog-sleds and snowmobiles.

The finished trail will also have a substantial economic impact in Vermont.

### Danville United Methodist Church "The biggest little church on the Green"

#### Sunday Night Movie

April 20, 5:30 p.m. at the  
Danville United Methodist Church

#### The Robe

story of Marcellus - Jesus' executioner

Light refreshments provided

Everyone is welcome

Rev. Henry E. Cheney  
684-3389 office

Sunday Worship  
and Fellowship 9:30 a.m.

Sunday School During Worship Service

## Are You Having Trouble Affording the Prescription Drugs You Need?

### Our Health Centers May Be Able to Help

Our offices offer discounts on many of the most common prescription drugs. This discount is **available to all our patients**. In addition, for those with limited incomes, we apply an additional discount if you qualify for our sliding fee program. For more information, call for an appointment.

#### Concord Health Center (802) 695-2512

Sarah Berrian, MD (Pediatric, Adult and Obstetrical Care)  
Mary Ready, MD (Family Medicine and Obstetrical Care)  
Susan Taney, Nurse Practitioner (Adult Care)  
Donna Ransmeier, Behavioral Health Counseling

#### Danville Health Center (802) 684-2275

Tim Tanner, MD (Pediatric and Adult Care)  
Sharon Fine, MD (Pediatric and Adult Care)  
Mariel Hess, Nurse Practitioner (Pediatric and Adult Care)

#### Caledonia Internal Medicine (802) 748-5174

Frank Meierdiercks, MD (Internal Medicine)  
Thomas Ziobrowski, MD (Internal Medicine)  
Elaine Robinson, Nurse Practitioner  
Betsy Fowler, Behavioral Health Counseling

#### St. Johnsbury Family Health Center (802) 748-5041

Dana Kraus, MD (Family Medicine and Obstetrical Care)  
John Ajamie, MD (Family Medicine)  
Cathleen Besch, Nurse Practitioner  
Carey Brodzinski, Nurse Practitioner  
Betsy Fowler, Behavioral Health Counseling

These Health Centers are units of  
Northern Counties Health Care, Inc. - established in 1976  
to bring health services to those in need in the Northeast Kingdom.



**Kix 105.5 FM**  
Hot New Country WKXH

**LISTEN TO JOSH THOMAS  
WEEKDAYS FROM 6:00 - 9:00 A.M.  
AND HEAR GREAT MUSIC,  
LOCAL NEWS, SPORTS AND  
TONS OF CHANCES TO WIN PRIZES.**

**The Lyndonville  
TRADING POST**  
Lyndonville, VT

one service,  
and tune-ups on  
all makes and models  
of lawn/garden  
equipment, ATV's,  
saws, blowers, trimmers, etc.

**(802) 626-3435**



# What's Happening at the Town Hall?

## Barnet

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

March 10, 2008

**Board Organization** – Board elected Ted Faris as chair and Stan Robinson and Jeremy Roberts as road commissioners.

**Road Name Hearing** – Board agreed to name a short section of the so-called Lower Waterford Road in Waterford, which loops back into Barnet, by the same name. It was officially named Lower Waterford Road.

**Road Foreman** – Road Foreman Maurice Gingue met with Board to discuss ongoing repair problems with John Deere grader. Board asked Gingue to check out options on all-wheel and 4-wheel drive graders. Board discussed repair history on current grader.

**Overweight Permits** – Board approved overweight permits for Austin Construction, Arthur Whitcomb, Newport Sand & Gravel and Mike Lemieux Trucking.

**Transfer Station** – Board discussed need to take care of water at attendant's station at transfer station.

March 24, 2008

**Road Matters** – Road Foreman Maurice Gingue met with Board to discuss options for road equipment. Board voted to accept price of \$50,320 for a Tenco body for new dump truck. After discussion of prices for new grader including a new John Deere machine and a used Caterpillar with less than 1,000 hours on it, Board agreed to consider quotes further.

**Highway Construction for 2008** – Board discussed priorities for summer road work including Barnet Center Road, Roy Mt. Road, Harvey Mt. Road and Peacham to Groton Road.

**Highway Access Permits** – Board approved highway access permit for Andrew Davidson on Barnet Center Road.

**Liquor License** – Board approved liquor license for Paul's Whistle Stop.

**Overweight Permits** – Board approved overweight permits for Kirk Fenoff & Son, Gould Well

Drilling, William Murray, Michael Townsend, Darcy Nelson, H. A. Manosh, Barrett Trucking and Thomson Timber.

## Cabot

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

## Danville

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

February 21, 2008

**Danville Rescue Squad** – After meeting with Bill Cruess Board appointed him to serve as town representative to board of directors of Danville Rescue Squad.

**Road Crew** – On request of Road Crew Member Donald Lamont Board agreed to modify road crew work manual allowing for accumulation of up to 80 (from up to 50) hours of comp time.

**Joe's Pond Beach Bathhouse** – After discussion with members of the West Danville Community Club Board voted to advertise for bids to sell the beach bathhouse and have contractor clean up the area.

**Snowmobile Traffic** – Phil Gimli-Mead met with Board to express his concern with the increase of hours of snowmobile traffic operation this year. He asked for attention to trail crossing town road near his home and suggested a stop sign at intersection of Kittredge Road with Wightman Road. Board agreed to contact VAST about hours of operation and take stop sign suggestion under advisement.

**Road Report** – Kevin Gadapee reported increase in road work with stormy weather this year. He has been able to buy several truckloads of sand and sand supply is running low. Town had to buy a load of firewood as road crew had no time to cut any.

**Harvey's Hollow Bridge** – Merton Leonard and Kevin Gadapee met with entire legislative transportation committee, which noted condition of the bridge. Town will reapply for funding for repairs to bridge deck this year.

**Painted Curtain** – Board noted installation of painted curtain installed behind stage in town hall.

**Recycling** – Merton Leonard reported that Danville Health Center has agreed to let the attendant of the recycling center park at the health

center during recycling hours.  
**Public Officials Liability Insurance** – Board approved application for renewal of public officials liability insurance.

**West Danville Snowmobile Bridge** – Board approved application for renewal of VAST snowmobile bridge in West Danville.

**Town Service Officer** – Board appointed Marvin Withers as town service officer.

**Planning training** – Board approved an application for planning training grant.

**Line of Credit** – After review of three bids Board approved proposal from Passumpsic Savings Bank a line of credit at 2.79%.

March 6, 2008

**Board Reorganization** – Board elected Marvin Withers as chair, Mike Walsh, vice chair.

**School District** – Board voted to appoint Phyllis Sweeney as school district treasurer.

**Appointments** – Board appointed Merton Leonard, clerk of Board; Louis Lessard, sexton of cemeteries; Board, surveyor of wood and lumber; Stephen Parker, tree warden; Jo Guertin, dog warden and first constable; Cheryl McQueeney, pound keeper; Jim Ashley, solid waste management district representative; Linda Leone, zoning administrative officer; Marvin Withers, town service officer; Jeremy McMullen, E-911 Coordinator; Derek Fenby and Jeff Frampton, planning commission; David Machell and Susan Blow, conservation commission; town clerk's office, keeper of dog list; Jim Jung, Green Up Day chair; Howard Gadapee, fire chief; Merton Leonard emergency management coordinator; Mike Walsh, assistant emergency management coordinator.

**Joe's Pond Bathhouse** – After review of bids for sale and removal of bathhouse Board accepted bid of \$700 from Bert Frye.

**Route 2 Design** – Mary Prior met with Board asking for support in discussion with VTrans about reducing costs or eliminating features of Route 2 reconstruction project.

**Road Crew** – Kevin Gadapee reported concern for soaring costs of winter road work. New truck will be delivered in late April. Board approved Gadapee's request to attend 12-day Better Back Roads program course with a course fee of \$550.

**Line of Credit** – Board signed agreement for line of credit from Passumpsic Savings Bank.

March 13, 2008

**Route 2 Design** – Board met with officials from of VTrans and members of the public to discuss changes to extensively planned and long dis-

cussed reconstruction of US through Danville village. State is seeking ways to reduce project costs and make it more doable. Ted Brady from Senator Leahy's office indicated the need to have the project live up to the standards that it was designed to meet. After considerable discussion Board agreed to discuss the design again on March 26.

## Lyndon

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

March 3, 2008

**Town Meeting** – Board met with Moderator Norman Messier in anticipation of annual town meeting.

**Town Service Officer** – Board appointed Susan Teske as town service officer.

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

Administrative Assistant - Dan Hill

March 17, 2008

**Board Reorganization** – Board elected Martha Feltus chair.

**Highway Report** – Board approved highway report as of March 7. At 19% through year, the budget is 23% expended.

**Recycling** – Board met with Paul Tomasi of Northeast Kingdom Waste Management District and discussed declining use of curbside recycling program. Board will discuss possible options to the program.

**Appointments** – Board approved appointments to various town positions.

**Excess Weight Permits** – Board approved a list of 23 excess weight permits.

**Liquor Licenses** – Board approved a list of 17 liquor license applications.

**Bridge Report** – Board acknowledged review of state bridge report.

**Dog Complaint** – Board heard report of a dog from Kadamus property biting Wayne Fox on Couture Flats Road on March 12. Dog has bitten pedestrians in the past and animal control officer has issued tickets. Mr. Kadamus explained that deep snow has allowed his dog to get over the fence around his yard. Board will monitor situation and asked Kadamus to restrain his dog.

**Caledonia Fair** – Board approved permit request for August 24 demolition derby at 2008 Caledonia County Fair.

**Police Department** – Police Chief Harris asked for time line for adding proposed 3rd police officer since the

voters voted to postpone any action on it at town meeting. Voters are looking for more information as to funding and coverage.

**Personnel** – After executive session to discuss a personnel issue Board voted to appoint Justin Smith to new position of town planner effective April 1.

## Peacham

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

February 20, 2008

**Rescue Vehicle** – Board discussed purchase of a replacement rescue vehicle with Fire Chief Jeff Berwick. Board agreed with Berwick on a maximum bid amount to be presented by Berwick.

**Road Matters** – Administrative Assistant Phil Jejer reported that salt shortage is not expected to hinder road maintenance in Peacham. Normal repairs have been made to vehicles, but greater than normal snow conditions have led to increase in fuel usage. New truck is to be delivered in two weeks. Town's used F-550 will be put up for sale. Equipment shed that houses grader, backhoe and excavator was damaged by heavy snow.

**Town Auditors** – Becky Jensen and Don Davis presented various recommendations to Board including accounting procedures for grants, the need for written grant policy and establishment of unique files for each grant applied for.

**Budget Management for 2008** – Board discussed additional expenditures and revenue including fuel, timber receipts and state's payment in lieu of taxes. Board reiterated its intention to use 2008 "Special Projects" budget line item for assistant town clerk's additional time as planned.

**Employee Benefits** – Board discussed employee benefit package policy.

March 5, 2008

**Board Organization** – Board elected Gary Swenson as chair; Bruce Lafferty, clerk; that Robert's Rules of Order be adopted as rules of procedure; chair sets the agenda and that meetings will be on the first and third Wednesdays of the month. Board authorized any member to sign payroll warrants including by fax transmission.

**Town Auditor** – Board is seeking someone to fill open position of town auditor.

**Appointments** – Board appointed Charles Browne, agency appropriation committee; Ron Craig, Donald

**SAMADHI STORE**  
Unique Gifts • Elegant Jewelry  
Home Decor • Incense  
Greeting Cards  
Accessories for  
Body and Mind  
And our Signature  
Cushions for  
Meditation  
and Yoga

Mon. to Fri.: 9-5  
Saturday: 10-4

802.633.4440  
800.337.7751  
www.samadhistore.com

30 CHURCH ST., BARNET, VT 05821

**Free AARP/IRS  
Tax Counseling  
for the Elderly 2008**

All Assistance Is By Appointment Only

	Days Available	Shut-Ins
<b>St. Johnsbury</b> S12055819		
Casey Rainey, 748-9094	Evenings	Yes
<b>Lyndonville Senior Action Center</b> S12055851		
Marion Mohri, 626-4544	All Days	Yes
Bill Mohri, 626-4544	All Days	Yes

**February 1 - April 15, 2008**

Please call the desired counselor for an appointment

**WESTERN AVENUE STATION**

"your friendly full service station"

Specializing in  
♦ Exhaust systems  
♦ Brakes  
"See Dan  
the Muffler Man"  
Danny Lapierre,  
Mechanic

13 Western Ave. ♦ St. Johnsbury, VT 05819 ♦ (802) 748-2339



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

Moore Sr., Mike Bruton, Bob Joly and Francis Carlet, board of adjustment; Jerry Senturia, emergency management coordinator; Kenneth Bean, Maurice Chandler and Ken Danielson, fence viewers; Jeff Berwick, fire chief; JoAnne Post and Dave Stauffer, Green-Up chair; Sharon McDonnell, health officer; Jo Guertin, keeper of the pound; Mel reis, Memorial Day chair; Richard Blair, NEK Waste Management District representative; Jean dedam and Tom Joyce, NVDA representatives; Maurine Rosenberg and Marilyn Magnus, planning commission; Patty Strader, service officer; Ron Craig and Cheryl Stevenson, sextons; Charlie Browne, Barry Lawson, Tim McKay, Gib Parrish and Mary Ellen Reis, town economic development committee; David Jacobs, Julie Lang, Neil Monteith, Cheryl Stevenson and Marj Swenson, tree board; Neil Monteith, tree warden.

**Road Classification** – Board noted correction in classification of a section of Onion Point Road and voted to record the section as class 3.

**Road Report** Phil Jejer reported seasonal road work in progress, meeting on gym use policy, discussion on town garage design and increase in hourly pay rates by 3.2% retroactive to first pay period in January, 2008. **Payroll Adjustment** Board approved hourly rate wage sheets as presented and that in future years new hourly rates begin after town meeting in March.

**Personnel** – After executive session for annual review of administrative assistant, Board voted to increase Phil Jejer's annual pay to \$36,900.

**Board Work Plan** – Board discussed its annual work plan.

**St. Johnsbury**

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

February 26, 2008

**Highway Garage** – Board met as planned to see vehicles recommend-

ed for replacement by Larry Gadapee. Gadapee outlined value of the vehicles vs. costs to keep them on the road.

**David T. Clark** – Board noted death of former town manager David Clark and observed a moment of silence in his honor.

**Skateboard Park** – On request of Recreation Director Joe Fox Board encouraged his seeking private funds to reopen the former skateboard park behind Kingdom Outdoors.

**Water System Improvements** – Board held a hearing on bond vote to take place on March 4 for the purpose of funding \$5.6 million in improvements to municipal water system.

**Highway Equipment Replacement Plan** – After discussion Board voted to approve a lease/purchase agreement for five trucks over a five-year period with proceeds from sale of old vehicles credited to highway equipment reserve fund.

**Town Meeting** – Board discussed presentations to be made at town meeting and use of public address system.

**Transportation Advisory Committee** – Board discussed and agreed to sign letter from NVDA regional transportation advisory committee to request improved transportation infrastructure funding.

**Town Service Officer** – Board appointed Michael A. Welch as town service officer.

**Interstate Highway Weight Limits** – After discussion Board approved letters to Congressional delegation in support of Vermont's request for a Congressional Waiver for interstate highway weight limits in Vermont.

**Liquor Permits** – Board approved requests for liquor licenses from ABFB Corp., Capital Pizza Huts of Vermont, COCO Mart. (932 Memorial Drive and 169 Railroad Street), Kinney Drugs, Lamplighter Lounge, Price Chopper, Rite Aid and WESCO.

**Employee Retirement Transfer** – Board approved transfer of funds from town retirement account for retired employee Alexander Black.

**Development Review Board** – Board noted resignation of Alan Boye from development review board after 18 years of town service.

Selectboard: Bryon Quatrini, Gary Reis, Daniel Kimbell, Jim Rust, and Jean Hall Wheeler.

March 10, 2008

**Board Organization** – Board elected Bryon Quatrini as chair and Gary Reis as vice chair,

**Town Clerk** – Sandy Grenier reported her appointment by Governor Douglas to fill out remainder of

David Clark's term in the legislature. Grenier reported she will be able to continue her regular job as town clerk and treasurer.

**Town Meeting Review** – Board discussed changes made to past town meeting procedures and agreed that generally things worked well this year. Board discussed the status of interest in Australian ballot voting on budgets and public questions. Several years ago the question was narrowly defeated in consideration of a charter amendment for the town.

**Board Meeting Procedure** – Board voted to adopt Board's current rules of procedure without reference to time limitations on discussion of agenda items.

**Conflict of Interest Policy** – Board adopted conflict of interest policy.

**Meeting Schedule** – Board voted to adopt draft meeting schedule for 2008 as proposed.

**Committee Appointments** – Board discussed solicitation for members on town committees and after discussion agreed that Gary Reis and Bryon Quatrini will serve on St. Johnsbury Development Fund Executive Board; Bryon Quatrini and Daniel Kimbell on Labor Relations Team; Jim Rust on Community Advisory Board; Jim Rust and Daniel Kimbell on Finance Committee; Jean Hall Wheeler & Bryon Quatrini on Water/Sewer Grievance Committee; Daniel Kimbell as Board Representative for Warrant Review; Gary Reis on St. Johnsbury WORKS Board of Directors; Jean Hall Wheeler and Daniel Kimbell on Pension Committee; and Gary Reis and Daniel Kimbell on Building Committee.

**Board Goals and Town Manager Evaluation** – Board agreed that, as in the past, it will meet in executive session to evaluate town manager and then determine Board goals for the coming year.

**Pomerleau Building Lease** – Town Manager presented summary estimated costs of operations for Pomerleau Building. Joel Schwartz is working with contractor to determine quote for fit-up of the second floor to be occupied by Rural Community Transportation and NEK Chamber of Commerce.

**Bridge Inspections** – Manager presented bridge inspection reports which will be reviewed with Highway Superintendent Larry Gadapee.

**Town Website** – Board discussed outdated nature of town's website and possible arrangement with someone to keep it up to date. Schwartz recommended that town website be limited to municipal government functions and promotional functions

left to Chamber site and St. Johnsbury Works.

**Walden**

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

February 26, 2008

**Cole Pond Culvert** – Board discussed installation of culvert on Cole's Pond.

**Transportation Fund** – Board discussed letter from NVDA to support having legislature keep transportation money in transportation fund and not transferred to state's education fund.

March 11, 2008

**Board Organization** – Board elected Dave Brown as chair, Perley Greaves, vice chair and Doug Luther as clerk and liaison with road crew.

**Appointments** – Board appointed James Teuscher as weigher of coal; Elwin Brown, inspector of lumber, shingles and wood; Board of Listers, fence viewers; Lauren Johnson, serv-

ice officer; David McMath, tree warden; Jo Guertin, animal control officer; Cheryl McQueeney, poundkeeper; Butch Greaves, E-911 coordinator and emergency management coordinator; and Brian Lynaugh, Central Vermont Solid Waste District. Carrie Legus was a write-in candidate for grand juror and town agent and she agreed to accept these positions. Board appointed Brian Michaud, auditor.

**Constable** – Constable Bill Huntoon reported another dog bite.

**Posting Roads** – After discussion Board agreed to post the roads.

**Appraisal Appeal** – Lina Smith reported state appraiser upheld lister's appraisal of the John Scibetta and Katherine Van Buskirk property.

**Fairbanks Museum** – Town Clerk reported she had talked with Fairbanks Museum regarding townspeople having trouble getting into the Museum for free because we appropriate funds at town meeting. This will not happen again, and she apologized to those who had trouble.

**St. Johnsbury Players Present**

**The House of Blue Leaves**

St. Johnsbury Players will present their spring production of *House of Blue Leaves*. The bittersweet dark comedy follows a day in the life of Artie Shaugnessy, a Queens zookeeper who has aspirations of becoming an award-winning songwriter. Directed by Gianna L. Fregosi, *House of Blue Leaves*, which won the 1971 Drama Critic's Circle Award for Best Play will run April 4-5 and April 11-13 at the St. Johnsbury School Auditorium

The play takes place on October 4, 1965, the day Pope Paul came to New York City to hold his Mass of Peace on the war in Vietnam. The plot balances moments of zany comedy against the backdrop of America at a time when its cultural attitudes were to change dramatically.

Though the play was written more than 35 years ago, *House of Blue Leaves* still feels strangely relevant in its examination of America's obsession with fame and the famous. Hilarious, poignant and surreal, there are insights on the lengths people will go to achieve their 15 minutes of fame still speak volumes to today's audiences.

*House of Blue Leaves* will be performed at the St. Johnsbury School Auditorium on April 4 and 5 at 7:30 p.m. and April 11 and 12 at 7:30 p.m. There will be a Sunday matinee on April 13 at 2 p.m.



**West Danville United Methodist Church 2008**  
 Easter is not over, in fact it's just begun ... For now the Resurrection by each person must be won!  
 Overlooking Joe's Pond  
 Sunday Worship Service 9:30  
 God's Children of All Ages Welcome  
 Rev. Gerry Piper (802) 684-9804

When you think insurance...

**Caledonia Insurance AGENCY, INC.**  
 663 Old Center Road, St. Johnsbury, Vermont 05819  
 (802) 748-8797 Fax (802) 748-8609

**Joe's Brook Land Services**  
 Spring clean up, lawn mowing and trimming, Tree and brush removal, stump grinding, Rototilling and small excavating.  
 Free estimates.  
 Josh (802) 274-3518 cell (802) 748-1125 home

**DADS 4 BY TOOL & SUPPLY**  
 "We Got You Covered"  
**We Stock Tarps**

Blue Poly Tarps			Heavy Duty Tarps
5x7	12x25	24x36	8x10
6x8	12x32	25x40	10x17
8x10	12x36	30x30	10x20
8x12	12x45	30x40	12x16
8x18	12x20	30x50	12x30
8x20	15x25	40x40	20x20
10x10	15x30	40x50	20x30
10x12	18x24	40x60	30x40
10x20	20x20	50x50	
12x12	20x25	50x100	
12x16	20x30		
12x20	20x40		

22 Memorial Dr. St. Johnsbury, Vt •802-748-4208





## String Worth Saving

Bill Christiansen

Sitting in your kitchen is a container filled with a substance that throughout history has been worth more than gold. You guessed it, it's salt.

**In 1914, the slogan, "When it rains it pours" first appeared in print.**

Salt is a necessary ingredient for the preparation of food, but it is also necessary for your health. Common salt is made of two chemicals, one a metal, sodium, and the other a non-metal, chloride. This is one of many combinations of metals and non-metals that are referred to as "salts." If you remember your chemistry, when an acid and a base are

mixed, the result is a salt and water.

Common salt is essential in our diet. Sodium, Na, is needed to enable us to transport oxygen, nutrients and nerve impulses. Chloride, Cl, is needed for digestion and respiration.

Table salt is not the only salt to be found around the house. Epsom salt is magnesium sulphate named after Epsom in Surrey, England. Soda, used in cooking is sodium carbonate and sodium hydrogen carbonate is called bicarbonate of soda. Potash, extracted from wood ashes is potassium carbonate and was once used in cooking. This was replaced by sodium carbonate, baking soda. Then we have saltpeter, which is potassium nitrate, with many and varied uses. So, salts seem to fall into several groups, chlorates, sulfates and nitrates with many different uses. Confused?

Why are some salts called soda? Sir Humphry Davy discovered sodium as an element and named any compound that contained sodium, "soda."

Brine is water with free ions "floating" around in solution. Brine used in salt production is from two main sources, sea water or brackish water from salt springs. An ion is simply an electrically charged atom. In solution, metal ions are in search of electrons to make them stable, and non-metals are willing to give-up electrons so they become stable. When the solution becomes concentrated enough, the two ions connect to form a molecule, which we call a salt. The molecules begin to form a lattice that grows larger as more molecules are added and soon become visible as a crystal. The result is the sequence that has been used for thousands of years to produce salt.

The salt we use starts out as a brine containing sodium and chlorine ions in water. There will be other ions in the water, such as nitrates, sulfates, potassium, magnesium, and a host of other metals

and non-metals. As the water is evaporated the solution becomes more concentrated, and crystals form. The evaporation usually is due to heat, in many parts of the world from the sun.

A shallow pond is created, and the heat from the sun vaporizes the water, and crystals form on the surface of the brine or cling to any surface in the brine. The crystals are collected and placed in the sun to dry. Depending on the time of harvest, the crystals may be large or small. Most will be pure white. Depending on the ions in the brine, there will be impurities within the sodium chloride crystals.

Production of early salt took place in hot sunny climates using sea water. The water was placed in a shallow earthen pan and left to evaporate. Sea water contains between 2.5 and 3% salt. When evaporation saturates the brine at about 26% salt, crystals begin to form.

The crystals were removed, and more sea water added. If left long enough, the brine turned red and was referred to as "mother liquor." Some of this concentrate

was added to new pans to speed up crystallization. When the technology was transported to northern Europe, the lack of sun and the increased rain made salt production nearly impossible.

So in northern areas brine was put into large, shallow metal trays and a fire burned under them. Heat evaporated the water, and the salt was ready to be harvested. The amount of energy required from burning wood or, later, coal was enormous. Soon, forests were destroyed in the salt-making process and a better way had to be found or we were all going to have to rely on the salt works in Italy, North Africa, India or the Middle East.

A primary source of salt in America was upstate New York. There great salt springs were found with ample wood to undertake the evaporation. When the wood began to run out salt harvesters found a new distillation method, steam evaporation.

This was followed by the development of a vacuum system in 1887, which used less fuel and produced salt crystals that were all the same size. The first vacuum process plant was built in Silver Springs, NY.

The story of salt in this country is not complete without the mention of Joy Morton, the son of J. Sterling Morton. Joy started distributing New York salt through Chicago into the Midwest. In 1911, he added magnesium carbonate to his salt in order to keep the crystals from sticking together. This was later replaced with calcium silicate.

In 1914, the slogan, "When it rains it pours" first appeared in print. In 1924, Morton Salt introduced iodized salt to reduce the occurrence of goiter.

There are great underground deposits of salt, around the world. In some areas, groundwater has dissolved some of the salt and produces brine found in salt springs. Very little of this "rock salt" is used for food. Rock salt crystals have been fused together into large blocks, and if you try to crush them into smaller chunks, you end up with salt dust.

Nearly all of the salt mined from salt deposits ends up as industrial feedstock or road salt. If you look at road salt or the rock salt you buy, it is in irregular chunks rather than the nice cubes like those in a salt shaker. Instead of white in color, it is bluish and full of dark specks. These are the impurities in the rock salt. If you have ever used rock salt to freeze ice cream, the "dirt" left in the bottom of the freezer is from the salt.

So, are you "worth your salt?" This was a question frequently asked when the Roman army was paid in salt. Today salt is so common and inexpensive that we forget that from the beginning of civilization until about 100 years ago, salt was one of the most sought-after commodities in the world. The invention of the vacuum evaporator changed all of that in the industrialized nations, but in many parts of the world salt is still harvested with human labor. In those countries, it is still an expensive commodity. In this country, rock salt has become so cheap we spread it on our roads in the winter by the ton.



**NORTHEASTERN VERMONT REGIONAL HOSPITAL**

*We treat you like family.*

# Why is this baby smiling?

The BIRTH CENTER at NVRH



Baby Jessa, born August 4, 2007  
Northeastern Vermont Regional Hospital

The birth of your child. Could any event be more precious? Naturally, you'll want to choose carefully when considering where your baby will be born.

The Birth Center at Northeastern Vermont Regional Hospital offers comprehensive, family-centered care for the birth of your child. For your comfort we offer a number of pain-management options, including epidurals.

**Families have many options.**  
NVRH has quiet, private rooms where birth can be experienced in home like surroundings. You can labor in our birthing tub. The latest medical technology is always available if needed.

For prenatal care, expecting moms can choose to see an obstetrician, a family doctor, a certified nurse midwife, or enroll in the popular, Centering Pregnancy program offered by the Women's Wellness Center here at NVRH.

**Education before and after childbirth.**  
Preparing everyone for a new family member means a happier, healthier arrival for newborns. NVRH offers free Childbirth Education Classes. We also have Certified Car Seat Safety Technicians on staff.



**We're Baby Friendly: Support for breast feeding families.**

Because breast-feeding a baby should nourish mother *and* child, NVRH has a Certified Lactation Consultant on staff. In fact, NVRH is the only hospital in Vermont and one of only 61 nationwide designated Baby Friendly by the United Nations.

**Call one of the caregivers in our area.**

**Concord Health Center | 802 695-2512**  
Sarah Berrian, MD Mary Ready, MD

**St. Johnsbury Family Health Center | 802 748-5041**  
Dono Krous, MD

**Women's Wellness Center | 802 748 7300**  
Keith Fortier, MD Sue Hoffman, CNM  
Lluine Paul, MD Anca LeLong, CNM

**Visiting the Birth Center.**  
We'd like you to see what NVRH has to offer. For more information, please contact Doreen Brado at 802 748-7339 or [d.brado@nvrh.org](mailto:d.brado@nvrh.org). The nursing staff welcomes the opportunity to meet with you.

NORTHEASTERN VERMONT REGIONAL HOSPITAL | HOSPITAL DRIVE, ST. JOHNSBURY, VERMONT | 802 748-8141 | WWW.NVRH.ORG



# Maple Page



# No Small Potatoes

Vanna Guldenschuh

I am bracing myself for the muds of April after this snowy and rainy winter. I know the snow will melt and the ground will thaw and the crocuses and lilies will pop their heads through the cool soil, but I sometimes lose faith in this cruelest month - April.

In April we all need foods that will give us hope for what I call the miracle of spring, the day the mud miraculously dries up and we can walk and drive again, the day we forget what a mud room is really used for and the day we remember why we started those tomatoes and zinnias on the window sill.

These recipes are the tried and true comfort foods of New England. They are like a favorite quilt or a well worn pair of shoes. They renew your faith and give you hope in a simple and homey way we all relate to at this time of year.

## Ham and Scalloped Potatoes

You don't have to use leftovers to make this standby. It is good enough to make from scratch. I find it all the more flavorful if you grill the ham before using it in the casserole. It imparts a smoked, sweet flavor to the potatoes and onions.

- 6 large potatoes - boiled or steamed until almost soft and sliced.
- 4 large onions - peeled and sliced thin
- 2½ lb. boneless ham - good quality (or leftover baked ham)
- Salt and pepper
- 1 quart heavy cream or half and half
- 1 cup flour
- 1 cup melted butter
- 1-2 cups breadcrumbs -

preferably homemade

Assemble all your ingredients.

Slice the ham into ¼-inch slices. Grill with a small amount of butter in a skillet until just browned. Set aside. Mix the juices that come from the grilled ham with the cream.

Brush melted butter on the bottom of a casserole or lasagna pan and line with slices of the cooked potato. Brush the top of the potato with melted butter, and sprinkle with salt and pepper. Lay sliced onions on top of the potatoes and sprinkle a small amount of flour over all. Pour about one cup of the cream or half-and-half over the top of the onions and potatoes and then put a layer of the baked ham on top. Repeat this procedure several times and finish with potatoes on top. Sprinkle the breadcrumbs lightly over the top of the casserole and finish with a few thin slices of onion. Dot with butter and bake at 350° for 45 minutes. Check for doneness. The casserole is done when the potatoes are fully cooked and everything is bubbly.

Hints for preparation - Use enough cream so the pan is about one half full of liquid at the end. If you check the casserole and feel it is browning too much, cover it, but do not cover it at the start.

## Old Timey Meatloaf

Meatloaf is made throughout the country and mirrors the flavors of many ethnic and geographic areas. It allows for a lot of creativity. The meatloaf recipe below is a combination of New England and Italian classics. Feel free to add your own touches.

- 1½ lb. ground beef
- ½ lb. ground pork (optional - just substitute beef)
- ½ lb mushrooms - ground in the food processor or finely chopped (optional)
- 1 cup breadcrumbs (preferably homemade)
- 1 cup grated parmesan cheese
- 6 scallions - finely chopped
- ½ cup fresh parsley - chopped
- 1 teaspoon dried basil
- ½ teaspoon dried thyme
- 1 teaspoon salt
- 1 teaspoon pepper
- ¼ cup ketchup
- 3 tablespoons mustard
- 1 tablespoon A-1 sauce (optional)
- 2 eggs
- ½ cup heavy cream
- 1 small onion - thinly sliced rounds

Combine the breadcrumbs, mushrooms, parmesan cheese, scallions, parsley, basil, thyme, salt, pepper, ¼ cup of the ketchup, mustard, A-1, eggs and heavy cream. Mix with a spoon

until just combined. Put the meat in a large bowl and make a well in the center. Put the breadcrumb mix in the well. Mix with your hands or a big spoon until all the ingredients are combined. Form into an oval shape and put in a lasagna or similar shaped baking dish. You can make one large loaf or two smaller ones. Mix the remaining ketchup with a little water (2 teaspoons) and rub it over the loaf. Place the thinly sliced onion rounds on top and put in a 350 - 400° oven, uncovered for 45 minutes to one hour. You want the ketchup and onions to caramelize on the loaf.

When the meatloaf is done, cover and let it rest for about 15 minutes.

## Simple Gravy for Meatloaf

I don't think you need gravy for meatloaf, but if you want some, here is a simple solution.

- ¼ cup fat strained from the bottom of the meatloaf pan
- ¼ cup flour
- 2 cups beef stock - tinned or boxed
- 2 tablespoons ketchup
- 2 scallions - chopped
- 2 tablespoons parsley - chopped

While the meatloaf is resting, whisk the fat (from the pan) with the flour. Set aside. Pour the beef stock into a medium saucepan and whisk the flour mix into the cold stock. Heat this mix until it thickens. Add the ketchup, scallions and parsley. Cook for about 5 minutes.

I can't think of anything that goes better with meatloaf than mashed potatoes, so make a batch, pour the gravy over everything, eat it with relish and wait happily for spring to come.

## Old Fashioned Bread Pudding with Maple Cream Sauce

The ultimate in comfort food, a good bread pudding is a thing of beauty. From its fragrance in the oven to the indescribable flavor of the pudding and sauce together, this simple dessert could not be any more comforting or satisfying.

### The Pudding:

- 1 loaf white bread with the crust removed. The bread you use in this recipe is important. We use a firm homemade white loaf. A baguette or Italian loaf can be used. Make sure the bread is a little toothsome and not full of air. Using bread you cut yourself is helpful.
- ¼ lb. melted butter
- 6 eggs
- 3 cups whole milk
- ¾ cups sugar
- 1 teaspoons vanilla

Preheat the oven to 350°.

Cut the bread in ½-inch thick slices. Cut the slices in half (See *Vanna's* on Next Page)




Original Snapshot Photograph      Pencil 9"X12" Drawing

## Megan White

P.O. Box 224, Danville, VT 05828  
University of Vermont: Studio Art Major  
**684-1117 or (802) 535-8148**

Original portrait drawings from your photographs.  
Accepting commissions.  
Call for an appointment. I'd like to show you my work.



## PAUL'S FARM SERVICE

Sales • Service • Parts

*Paul D. Bergeron*

Phone (802) 695-2500 • Fax (802) 695-2900

514 West Main Street (US RT 2) • Concord, Vermont 05824

*Serving Agricultural Needs with Integrity Since 1976*

Building & Remodeling  
Painting & Wallpapering  
Snowplowing & Sanding



## EMMONS & YOUNG CONSTRUCTION

Jim (802) 684-3856    1154 Bruce Badger Memorial Hwy.  
Dana (802) 633-3844    Danville, VT 05828

## Goodrich's Maple Farm

2427 US Rt. 2, Cabot, VT 05647  
(802) 426-3388  
goodrichsmple@yahoo.com    www.goodrichmaplefarm.com

### AWARD-WINNING MAPLE SYRUP & PRODUCTS

Retail   Wholesale   Mail Order

## Sugaring Equipment & Supplies: Containers, Tanks, Vacuum Pumps and MUCH more.

Visit our expanded showroom for all your sugaring needs.

## New & Used Equipment

### Custom Tubing Installation & Consultation

*Open Monday-Saturday 9-5, Closed Sundays & Holidays*

### VPR New Program Schedule

MONDAY - FRIDAY	SATURDAY	SUNDAY
6 AM BBC World Update (5 to 6 AM)	6 AM BBC World Service	
7 AM Morning Edition	7 AM Only in Cores	7 AM Speaking of Faith
8 AM BBC Newshour	8 AM Weekend Edition	8 AM Weekend Edition
9 AM On Point	9 AM Car Talk	9 AM On the Media
10 AM Vermont Edition	10 AM Wait, Wait Don't Tell Me!	10 AM A Prairie Home Companion
11 AM The Story	11 AM World Cafe	11 AM All the Traditions with Robert Hesnik
12 PM Day in Day	12 PM This American Life	12 PM A Prairie Home Companion
1 PM Fresh Air	1 PM The Splendid Table	1 PM A Prairie Home Companion
2 PM All Things Considered	2 PM Marketplace Money	2 PM Studio 360
3 PM Marketplace	3 PM All Things Considered	3 PM All Things Considered
4 PM The World	4 PM A Prairie Home Companion	4 PM Word for Word
5 PM Jazz with George Thomas	5 PM My Place	5 PM Says You!
6 PM BBC World Service	6 PM American Routes	6 PM Selected Shorts
7 PM BBC World Service	7 PM Hearts of Space	7 PM Living on Earth
8 PM BBC World Service	8 PM Hearts of Space	8 PM BBC World
9 PM BBC World Service	9 PM Hearts of Space	9 PM BBC World
10 PM BBC World Service	10 PM Hearts of Space	10 PM BBC World
11 PM BBC World Service	11 PM Hearts of Space	11 PM BBC World
12 AM BBC World Service	12 AM Hearts of Space	12 AM BBC World

BBC World Service overnight

Set your dial to Vermont Public Radio  
88.5 FM St. Johnsbury; 94.3 FM Bennington; 94.5 FM Brattleboro;  
107.9 FM Burlington; 92.5 FM Manchester; 95.3 FM Middlebury;  
94.1 FM Montpelier; 88.7 FM Rutland; or 89.5 FM Windsor.

VPR Classical Contact VPR.NET for details.





## Ask the Shrinks

Alice S. Kitchel and Burton Zahler

# There's Something About Spring

VAN PARKER

Many years ago our family went on a vacation to Jamaica. We went in the spring. As I recall it was during our children's April vacation. Jamaica is a beautiful island. We met some nice people and visited a variety of attractions. The tropics surely have their charms. But as we started back, I realized that I was missing something. I was missing spring.

When we returned to Connecticut in late April or early May the leaves were beginning to come out on the maples. The air smelled quite different from the tropics. Nature was reasserting itself in our part of the world.

Edwin Way Teale once wrote a book called *North with the Spring*. In it he describes a journey he and his wife took once at that time of year. They started out in the Florida Everglades in February and slowly worked their way up the east coast of the United States. They didn't hurry. They just went with the tide of spring as it gradually made its journey north. After many stops and numerous conversations, the Teales concluded their trip on June 21 at the top

of Mount Washington.

Since my wife and I have both retired we have made a sort of ritual about going to our home in Danville toward the latter part of April, nearly a month before we move up for the summer. The season isn't as far along as in Connecticut. The length of our visit varies slightly from year to year, but we almost always make it for a few days. We try to do some outside work. The amount of raking, gardening and so forth accomplished depends on the weather. Sometimes the daffodils are starting. Sometimes they aren't. We always see signs of new life in the ground and under last year's leaves. And there is always time to catch up with relatives and neighbors.

Everybody has his or her favorite season. Some may find it hard to pick out a favorite. They enjoy them all, with the possible North Country exception of mud season.

For me, spring has its own charm. It creeps up on you almost unnoticed. At first you

have to pay attention to spring or you might miss the changes that are going on literally under your feet. If you're a gardener it's time to get out the seed catalogues in a serious way. And it's time to remember that beets and carrots, beans and cucumbers come from small beginnings.

It may sound trite, but spring, at least in our part of the world, comes as a reminder that good things, important things, start small. You absolutely cannot see it when a person first "hatches" a good idea. Resolutions to "make lemonade" out of a sour experience can go undetected for quite a while. Changes take place "under the radar" before they finally become visible. It will be good to see another spring arrive. I hope not to miss too much of it. ★

Dear Shrinks,

I am a 14-year-old, and I have a question for you. Why do people fall in love?

My older sister is crying all the time because her boyfriend died a couple of months ago in Iraq. My parents often have really big arguments that end with my mother crying and my father storming out of the house. As far as I can see nothing causes more pain in life than loving someone, so why do people do it?

Sick of Love

Dear Sick,

You've asked a great and wise question. We advise you to take our answer with skepticism. Others would give you very different answers.

On one level there is evidence that we are genetically designed to fall in love. We are certainly designed to be able to love, whether we love our parents or pets or siblings or our land. Humans have this bundle of feelings, like fear, anger, sorrow, joy and love, which we have the capacity to experience. Some neurologists consider that people first sense and feel events before they actually think about them. And, since we are social animals, yes, one of our primary emotions is love. This emotion is the glue that holds relationships together. Most people find falling in love one of the most pleasant of all feelings.

You are correct in your observation that one of the most painful experiences most people ever experience is the loss of the person loved, or the gradual erosion of the love once felt so strongly. As psychotherapists we sometimes meet people who have decided (consciously or unconsciously) to never allow themselves to fall in love, a decision which seems to follow experiencing or witnessing great pain.

Allowing oneself to fall in love always leaves one open to the sharp pain of loss. However, it is also true that not allowing yourself to fall in love guarantees that you will feel the continuous dull ache of an unfulfilled and lonely life.

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

## Vanna's Comfort Foods of New England

(Continued from Page 26)

(roughly 2"x3" pieces) and set aside. Lightly butter the bottom of an 8 x 11-inch baking dish.

Butter each side of the bread and lay in the pan overlapping one another (like putting shingles on a roof).

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

Place the pudding in middle of the oven for about 30 minutes.

This would be a good time to prepare the Maple Cream Sauce (see the recipe below)

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

Serve while still warm with warm maple cream sauce and a small slab of vanilla ice cream. You won't care what it is doing outside when eating this ambrosia.

### Maple Cream Sauce:

- ¼ lb. butter
- ¼ lb. brown sugar
- ½ cup maple syrup

2-3 cups heavy cream

Melt the butter in a large saucepan. Add the brown sugar and incorporate completely into the butter while stirring constantly over medium heat. The butter and sugar should be one homogenous mix. Stir in the maple syrup and cook for about 2 minutes. Add the heavy cream while stirring constantly and let the mix come to a

boil. Be careful at this stage not to let the mixture boil over. It has a tendency to rise up quickly in the pan and roll right over the top, making a dangerous mess. Simmer this mixture, stirring occasionally for about 3 minutes. This sauce can be made a few days ahead of time and stored in the refrigerator. Reheat in the microwave or over low heat on the stovetop. ★

"Your Clear Choice in Auto Glass Replacement"

### Windshield World

"We Come to You"

- FREE COURTESY CAR OR MOBILE SERVICE
- INSURANCE APPROVED FOR DIRECT BILLING
- WRITTEN WARRANTY
- ORIGINAL EQUIPMENT SAFETY GLASS
- LOCALLY OWNED & OPERATED

BARRE 479-0666  
HARDWICK 472-5554  
WHITE RIVER JCT. 295-9903  
NEWPORT 334-1348  
GORHAM, NH 752-1414

DIAL TOLL FREE  
**800-639-0666**  
"PROMPT FRIENDLY SERVICE"

ST. JOHNSBURY  
371 Memorial Drive • 748-3310

## wireless internet

Available for immediate installation from our Crow Hill antenna in the St. Johnsbury / Danville area.

Call us today to schedule an installation

# 1-802-748-5866

or visit online at

[www.kingdomwireless.net](http://www.kingdomwireless.net)

## Treasure Chest Crafts

Hand Crafted in Vermont

Ken & Cheryl Munding

451 Peacham Road, Danville, VT 05828

(802) 684-2569 KKM4807@aol.com

# WSTJ

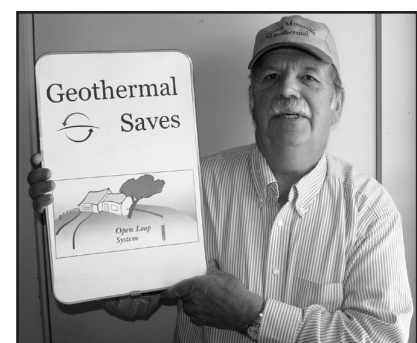
## am 1340

Tune in for  
Red Sox Baseball



PO Box 249 St. Johnsbury, VT 05819 (802) 748-2345

- Save on your heating costs  
Annual costs are half of that for oil or propane.
- Control your humidity
- Air condition your home
- Get hot water free



Contact Jim Ashley at  
**Green Mountain Geothermal**  
for a free analysis of the costs and benefits for your home.

**Green Mountain Geothermal**  
**(802) 684-3491**



# BUSINESS DIRECTORY

**Business Identification at a Reasonable Price \$75.00/ year Price Includes Free Subscription**

## Accountants

**Kenneth M. Biathrow, CPA**  
Tax preparation services -Personal, business, estate. Accounting services, financial statements review and compilation. P.O. Box 528, 364 Railroad St., St. Johnsbury, VT 05819. (802) 748-2200.

**McCormick & Company P.C.**  
Dwight E. Lakey, CPA; Robin C. Gauthier, CPA. 1360 Main Street, St. Johnsbury, VT 05819-2285. (802) 748-4914. (800) 516-CPAS.

**A.M. Peisch & Company LLC**  
A 5 office Vermont based accounting firm specializing in individual and business tax services, financial and retirement planning, accounting, auditing and estate planning. We provide technology services including network security, operational reviews and accounting support. 1020 Memorial Drive, St. Johnsbury, VT. 05819. (802) 748-5654.

## Alternative Health & Wellness

**Classical Homeopathy**  
**Ann Lemon, Dip. Hom. Med.**  
A natural healing process, providing remedies to assist the individual to regain health. For more information on homeopathy or to make an appointment call (802) 274-2350.

## Antiques

**Antiques & Emporium**  
Antiques, glassware, furniture, clocks, paintings & prints, collectibles, jewelry, handmade rugs, and much more. Always buying. Open Daily: 10 a.m. - 5 p.m. Closed Tuesdays. 182 South Wheelock Road, Lyndonville, VT 05851. (802) 626-3500.

**RTD Antiques & Collectibles**  
Multi-dealer shop. Glassware, costume jewelry, kitchenware, paper items, linens, silver-plated items, Native American items, skookums, sterling silver jewelry, tools, used & vintage furniture, primitive & country decor, much more. Open Wed.-Sat. 10-5. Sun. 11-4. Mon. by chance. Always buying. 37 Depot Street, Lyndonville, VT 05851. (802) 626-3465

**Saranac Street Antiques**  
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 antiquing list. Open every day at 10 a.m. for your shopping convenience. 111 Saranac Street, Littleton, NH 03561. (603) 444-4888.

## Appliance Repair

**Lewis Appliance**  
Factory Authorized Service and Repair for Maytag, JennAir, Asko, Bosch and Frigidaire. Wayne Lewis, Waterford, VT. (802) 748-6561.

## Attorneys

**Law Office of Charles D. Hickey, PLC**  
General Practice of Law. 69 Winter St., PO Box 127, St. Johnsbury, VT 05819-0127. (802) 748-3919.

**Law Offices of Jay C. Abramson**  
Estate Planning, Long-Term Care Planning, Wills, Trusts, Real Estate. Certified Elder Law Attorney. 1107 Main Street, Suite 101, St. Johnsbury, VT 05819. (802) 748-6200.

## Auctioneers

**Eaton Auction Service**  
Specializing in Antiques, Collectibles and Estate Sales. Personal and knowledgeable service. Auctioneers: Chuck Eaton (802) 333-9717 or Chris Welsh eas@sover.net. Fairlee, VT 05045. www.eatonauctionservice.com

## Autobody Repair

**Five Star Autobody**  
Certified collision repair center; Complete autobody repairs from glass to frame. George & Suzanne Mudge. Located off I-91, Exit 22, 604 Lapiere Drive, St. Johnsbury, VT 05819. (802) 748-5321.

## Automobile Repair

**Burke View Garage, Inc.**  
Larry Lefaiivre, Owner. Domestic & Import Repair; Brakes, Exhaust, Tune-Ups. State Inspection Station. We Do It All. Tire Sales Also. M-F 8:00 a.m. - 5:00 p.m.. RT 114, Lyndonville, VT 05851. (802) 626-3282.

**Mark's Automotive**  
Foreign and domestic repairs. Cooper, Hankook and Remington tires. Brakes, exhaust, oil change, VT State inspection, computer wheel balancing and computer diagnostics. ASE certified. Mark Jefferson, West Barnet Road, Barnet Center, VT. (802) 633-3863.

**Wes Ward Automotive Repair and Tire Center**  
Comprehensive automobile repair for domestic and foreign vehicles, RV's and school buses. ASE certified. 1193 Portland Street, St. Johnsbury, VT 05819. (802) 748-3636.

## Banks

**Passumpsic Savings Bank**  
Your Partner in Financial Success. 53 Route 2 West, Danville, VT 05828. (802) 684-8100. Other offices located in: Vermont: St. Johnsbury, Lyndonville, Island Pond, Newport, New Hampshire: Littleton, Lancaster, and Groveton. Member FDIC. www.passumpsicbank.com

## Books

**Kingdom Books**  
Northern New England's poetry, mystery and fine press bookshop. KingdomBks@aol.com and (802) 748-5488. See our reviews at www.KingdomBks.com Call for an appointment. Beth & Dave Kanell.

**Lyders Fine Books**  
Buying and selling 19th and 20th century first editions in fine condition. rlyders@pivot.net (802) 592-3086. Josette & Richard Lyders, P.O. Box 250, Peacham, VT 05862.

**Secondhand Prose**  
Purveyor of quality used books. Operated by Friends of the St. Johnsbury Athenaeum. Open: 10-2 Tues., Thurs. and Sat. and 2:30-6:30 on Wed. 1222 Main Street, St. Johnsbury, VT 05819.

## Bricklayer

**C.T. Cushman Masonry**  
Chimneys, Fireplaces, Patios, Stonewalls, Slate & Flagstone Walkways, Steps, Chimney and Foundation Repairs, Brick & Stone Veneer. 35 Years Experience. Chimney Cleaning. (802) 748-2221.

## Cabinetry

**Calendar Brook Cabinetry**  
Since 1979 - Custom Kitchen Cabinetry, Bathroom Vanities, Entertainment Centers, Tables, Doors, Architectural Millwork and Mouldings, Hardwoods and Hardwood Plywoods, Hardwood Flooring, Stone and Solid Surface and Laminate Tops. David Patoine, Master Craftsman. 4863 Memorial Drive, St. Johnsbury, VT 05819. (802) 748-5658.

## Cabins & Campgrounds

**Harvey's Lake Cabins and Campground**  
May 15-Oct 15. Lakefront furnished cabins set in wooded private 53-site campground. Large private campsites with W ES suitable for tents popups, RV's. Group Area, Refurbished Recreation Hall, Reunions, Retreats and Receptions. Boats, Kayaks and Bicycle Rentals. 190 Campers Lane, West Barnet, VT 05821. (802) 633-2213. www.harveyslakecabins.com

## Computers

**Northeast Computer Systems**  
Home & Business Computer Systems. Networking, Hardware, Service, Support and Software. 37 Depot Street, PO Box 1059, Lyndonville, VT 05851. (802) 626-1050. FAX (802) 626-5012. www.necomp.com

## Parallax Management Services, Inc.

MS Access & database design; Excel programming; MS Office training/automation; Quantitative analysis graphic design for illustrators graphic designers; Computer presentation and public speaking skills training. Data conversions, implementations, statistical analysis, forecasting and other individual and business services. Contact Dan Zucker, Danville, VT. www.parallaxman.com Email: dzucker@parallaxman.com.

**Yankee Electronic Solutions**  
Est. 1989 by professionally trained master tech. Fast and affordable in-shop or on-site PC diagnosis and repair. Upgrades and custom built systems. 623 Concord Avenue, St. Johnsbury, VT 05819. (802) 748-4544. yes@kingcon.com

**wyBatap Personal Technology Assistant**  
On your schedule in your home/business. (Days - Evenings -Weekends) Desktop and Laptop Computers - Setup, Networking, Wireless, QuickBooks,"How To," Anti Virus, Spyware, Data Recovery and more... Bob Roos, Barnet VT. (802) 633-4395. PersTech@wybatap.com

## Construction

**A.C. Trades**  
Foundation and Sill Repair. Winter Selective Cut Logging (S.F.I. certified). Andy Cochran, PO Box 106, Peacham VT 05862. (802) 684-9890.

**Armstrong Masonry**  
Masonry Construction & Repair. Brick, Stone, Block. Fireplaces, Chimneys, Veneer, Patios, Walkways. Ken Armstrong. (802) 626-8495.

**Bob's Construction**  
Foundations, Floors, Mobile Home slabs, Foundations under existing homes. 23 years experience. Price stays the same from beginning of the job to the end. ACI certified. Robert Barnes. (802) 626-8763.

**C&C Bunnell Excavating**  
Excavation, Site Work, Septic Systems, Bulldozing, Roads, Ponds and Trucking Sand, Topsoil, Gravel & Stone Deliveries. Calvin Bunnell, Joe's Brook Rd., Barnet, VT 05821. (802) 633-3413.

**Calkins Rock Products, Inc.**  
Sale of Sand, Gravel and All Sizes of Ledge Products. Portable Crushing. Route 5, PO Box 82, Lyndonville, VT 05851. (802) 626-5636.

**Gil's Construction**  
Foundations & Floors. New Rapid Forms. Free Estimates. Gilman LaCourse. (802) 748-9476.

**William Graves Builders**  
Working throughout Caledonia County for 31 years, serving as a building and renovation contractor for residences, barns, businesses and public facilities. We also offer project management services. We appreciate your calls and interest. PO Box 128, 329 Cloud Brook Road, Barnet, VT 05821. (802) 633-2579 FAX (802) 633-4631. gravesbuild@verizon.net

## Kingdom Timber Frames of Vermont

Post & Beam Frames from the Northeast Kingdom. Constructing new, recycled and hand-hewn timber frames. Barn Repair. Design, Build, Complete Projects. Owner: Darren White. 158 Evergreen Lane, Danville, VT 05828. (802) 684-2121. (800) 866-2124. kingdomtimberframes@yahoo.com

**Laferriere Construction, Inc.**  
New construction, remodeling, custom work, residential & commercial. Dennis Laferriere, 525 Wightman Rd, Danville, VT 05828. (802) 684-3606. FAX (802) 684-3628.

**Mark Greaves, Builder**  
New construction and remodeling including Custom Houses start to finish. 335 Red Barn Road, Danville, VT 05828. (802) 748-9659.

## Ross C. Page Foundations

Concrete foundations & slabs. Residential, Agricultural & Commercial. Ross C. Page, 368 Thaddeus Stevens Road, Peacham, VT 05862. (802) 592-3382. FAX (802) 592-3382.

**Ruggles Roofing**  
Sick of Shoveling Your Roof? Our 80,000 PSI steel offers superior strength to your home or business. With 19 attractive colors to choose from it will enhance your buildings while heavy snow slides off to the ground. Fully insured. (802) 467-1189.

## Vermont Home Specialties

Vermont Log & Timber Frame builders specializing in Real Log Homes & Timber Peg Post & Beam. Building homes since 1987. Stop by our model Log Home located at 1513 US RT 2, West Danville, VT. Call (802) 684-1024. www.vthomespecialties.com

## Michael K. Walsh & Son, Builders

Custom new construction: Houses, decks, remodeling, renovations, restorations, additions, finish work, wallpapering. High quality workmanship for over 30 years. Solid reputation. 349 Calkins Camp Rd., Danville, VT 05828. (802) 684-3977.

## Custom Reupholstery & Window Treatment

## The Sewing Studio

Custom Sewing for the Home & Body, Slip Covers, Window Coverings and Upholstery. Home Decorating Fabrics. Alterations, Custom Service and Repairs. Also a ladies upscale resale boutique. #3-10 Eastern Avenue, St. Johnsbury, VT 05819. cmcross@wildblue.net (802) 748-1599.

## Dentists

**Ronald E. Ducham, D.D.S.**  
Family dentistry. 501 Portland St., St. Johnsbury, VT 05819. (802) 748-4727. New patients welcome.

**H. Hawkins Dental Group**  
Hubert Hawkins, DDS. Complete Family Dentistry. New patients welcomed. 1350 Main Street, St. Johnsbury, VT 05819. (802) 748-2325. (800) 870-4963.

**Peter M. Ollman, D.M.D.**  
(802) 748-8701. Pediatric Dentistry - since 1977. 576 Railroad St., St. Johnsbury, VT. A team of talented and caring pediatric professionals offering: \* a warm, compassionate, fun environment for infants, children and teens; \* specialized early prevention for infants and toddlers; \* unique children's restorative and preventive dentistry, using our special skills and materials. We offer white and rainbow fillings, athletic mouthguards, and accept most insurance and VT/NH Medicaid programs.

**Stuart V. Corso, D.M.D.**  
General and family dentistry. 31 Mountain View Drive, Danville, VT 05828. (802) 684-1133.

## Electrical Service

**CG Electric**  
Serving the Northeast Kingdom. Your full service electrical contractor providing you with a certified workforce. Commercial and Residential. Established 1995. Charlie Gilman, PO Box 195, Danville, VT 05828. cgelectric@msn.com (802) 684-9700.

**Matt Pettigrew Electric**  
New homes (conventional frame, post & beam or log) renovations or service upgrade (aerial or underground). Heating system controls, generator installations and all other phases of electrical work in a professional manner. Licensed in VT & NH. Danville, VT. (802) 751-8201.

## Electrical Sales & Service

### Byrne Electronic Service Center

New & Used Television, VCR and other consumer electronic sales. Factory authorized service center for several brands. Professional repair service on all TV's, VCR's, Stereos and pro audio equipment. 159 Eastern Ave., St. Johnsbury, VT 05819. (802) 748-2111.

## Excavation

**Andre Excavation**  
All phases of excavation including septic systems, site work, demolition, drainage and ponds. 25-years experience. Free estimates. Prompt service. Call Denis Jacques at (802) 563-2947.

**Compact Excavation Services**  
Including stumps, trenches, drainage, crushed stone driveways, York raking, small building demolition, small foundations, tree length brush removed, rock retaining walls built, excavator (with thumb) picks up most anything. Also trucking and trailer to 10,000 pounds and 30' long. Matt Pettigrew, Danville, VT. (802) 751-8201.

## Fencing

**All Types of Fencing**  
Commercial, Agricultural and Residential. Chain Link, High Tensile, Barbed Wire, Woven Wire and Ornamental. Gordon Goss. (802) 633-2822. Cell (802) 777-0919. Fax (802) 633-3405. gossmaple@kingcon.com

## Financial Planning

**Myrick Management, Inc.**  
Professional Business Analysis & Practice. Accepting new clients. Business start-ups. Work-outs. Succession planning. (802) 745-1000. 190 Eastern Avenue, St. Johnsbury, VT 05819.

## Flooring

**The Carpet Connection, Inc.**  
The flooring specialists. All types of floor covering and supplies. Largest selection in the State. Sales and installation. 199 Depot Street, Lyndonville, VT 05851. (802) 626-9026 or (800) 822-9026.

**Country Floors**  
Complete Flooring Sales & Installation. Carpeting, Vinyl, Hardwood, Ceramic Tile, Area Rugs. Stanley H. & Joanne C. Martin, Hollister Hill Road, Plainfield, VT 05667. (802) 454-7301.

## Florists

**All About Flowers**  
All occasion florist featuring the freshest flowers and plants in town. A fine selection of silk flowers and customized food baskets. A unique variety of gift items. Wedding and funeral arrangements for all budgets. Wire service available. 10% senior discount not applicable with other discounts. 196 Eastern Avenue, St. Johnsbury, VT 05819. (802) 748-5656 or (800) 499-6565.

**Artistic Gardens**  
Florist & Greenhouse. Unique floral arrangements for weddings and all occasions. Specializing in sympathy arrangements for funerals, fresh flowers, gourmet fruit baskets and balloons. FTD & Teleflora. Memorial Drive, St. Johnsbury Center. (802) 748-5646.

**The Flower Basket**  
Flowers, plants, gifts, balloons, Yankee Candles and other magical things. Local delivery service available. 156 Daniels Road, Hardwick, VT 05843. Mon.-Fri. 8-5:30. Sat. 9-3. (802) 472-3397. www.theflowerbasket.biz

## Forestry

**McMath Forestry**  
Complete Ecological Forestland Management Services. David McMath, Forester, 4875 Noyestar Road, East Hardwick, VT 05836. (802) 533-2970. Toll Free: (866) 462-6284. www.mctree.com



# BUSINESS DIRECTORY

Business Identification at a Reasonable Price \$75.00/ year Price Includes Free Subscription

## Forestry

**Everts Forest Management**  
Timber Inventories & Appraisals. Timber Sales. Tax Assistance. Forest Management Plans. NH License No. 207. Peter Everts, 278 Cloudy Pasture Lane, West Barnet, VT 05821. (802) 592-3088.

## Furniture Restoration

**Chair Care and Klappert Furniture Restoration**  
Authentic restoration of old finishes and techniques for antique & fine furniture. Specializing in chair repair & all seat replacement. 90 5th Avenue, St. Johnsbury, VT. 05819-2672. (802) 748-0077.

## Glass Sales & Service

**Mayo's Glass Service, Inc.**  
Commercial, Residential, Auto, Vinyl, Fiberglass & Aluminum Windows, Awnings & Doors. Plate Glass, Mirrors, Insulated Glass. 744 Portland Street, St. Johnsbury, VT. (802) 748-8895.

## Hair Care

**Country Styles Family Hair Care**  
Janet L. Carson. Located at the K.P. Hall on the top of Hill Street, Danville, VT 05828. Follow the handicapped accessible ramp. Home service available to shut-ins. (802) 684-2152.

## Health Care Providers

**Danville Health Center**  
General Health Services for all ages. Open M-F. Mariel Hess, N.P.; Tim Tanner, M.D.; and Sharon Fine, M.D. 26 Cedar Lane, Danville, VT 05828. (802) 684-2275. (800) 489-2275 (VT).

**Concord Health Center**  
General Health Services for all ages specializing in OB. Open M-F. Sarah Berrian, M.D.; Mary Ready, M.D.; Susan Taney, N.P.; and Donna Ransmeier. 201 E. Main Street, Concord, VT. (802) 695-2512.

**Hardwick Chiropractic**  
BioGeometric Integration is gentle, effective chiropractic that allows your system to heal and to become increasingly adept at correcting itself. Dr. Grace Johnstone and Dr. Rick Eschholz. 54 School Circle, East Hardwick, VT. (802) 472-3033.

**Linda Sayers, Reiki Master**  
Reiki is an ancient, hands-on healing art, which supports the body's ability to heal itself. Reiki promotes deep relaxation and helps release physical and emotional blockages. Linda Sayers, Reiki Master Teacher and Lightwork Practitioner. 63 Norway Road, Greensboro Bend, VT 05842. (802) 533-2378.

**Lyndonville Family Chiropractic**  
Contributing to the health of the community for over 17 years. Offering a holistic approach to healthcare utilizing chiropractic, acupuncture, nutrition and massage therapy. Karson Clark, D.C.; Stacey Clark, D.C. 11 Hill Street, Lyndonville, VT 05851. (802) 626-5866.

**Dan Wyand, PT & Associates**  
Rehabilitation of Sports Injuries, Orthopedics and Neuromuscular Disorders. Sherman Dr., P.O. Box 68, St. Johnsbury, VT 05819. (802) 748-3722/1932. Lyndon, VT. (802) 745-1106.

**Thousand Hands Massage Therapy**  
Laurajean "LJ" Stewart, Licensed Massage Therapist, 60 Monument Circle, PO Box 129, Barnet, VT 05821. Located at the Barnet Tradeport. (802) 633-2700. samuraihini@hotmail.com.

## Health & Fitness

**Club at Old Mill**  
Indoor tennis court, 3 racquetball courts and fitness center with Nautilus machines, free weights and full range of cardiovascular equipment. Group exercise classes including Pilates and Spinning. Professional, certified staff to help meet your fitness goals. Since 1980. Open 7 days. 49 Perkins Street, St. Johnsbury, VT 05819. clubatoldmill.com (802) 748-5313.

## Hearing Service

**Armstrong's Better Hearing Service**  
STARKEY and WIDEX-Senso-Digital Custom Hearing Aids. Free hearing screenings, batteries, accessories, all-make repairs. Isabelle Armstrong, Sandra Day & Louise Toll; Consultants and Licensed Hearing Aid Dispensers. 198 Eastern Ave., St. Johnsbury, VT 05819. (802) 748-4852. (800) 838-4327.

## Historic Preservation

**S. A. Fishburn, Inc.**  
Historic preservation and design featuring wooden sash restoration, historic plaster repair, architectural mill-work and fine custom cabinetry. (802) 684-2524. safishburn@verizon.net www.safishburn.com

## Insurance

**Sawyer & Ritchie Agency**  
Complete insurance service for your Home, Farm, Automobile or Business. Danville, VT 05828. (802) 684-3411. (800) 734-2203 (VT).

**Berwick Agency, Inc.**  
Providing insurance for home, farm, automobile and business. Est. in 1955. Licensed in NH & VT. Jeff Berwick. Located at 185 Church Street, Peacham. Mail: PO Box 272, Peacham, VT 05862. (802) 592-3234 or (802) 592-3956.

## Investments

**Investment Watch**  
Independent investment research, portfolio analysis and strategy. Rachel Siegel, CFA. (802) 633-3977. rsiegel@together.net

**Staci D. Whitcomb, AAMS Financial Consultant**  
Associate Vice President-Investments Wachovia Securities, LLC. 218 Eastern Avenue, St. Johnsbury, VT 05819 (802) 748-3124 (800) 457-1002. Member SIPC.

## Jewelry

**Old Coins & Jewelry Shop**  
BUYING: Silver and Gold Coins, Mint Sets, Scrap Gold and Silver, Wheat Cents, Coin Collections, Diamond and Gold Jewelry. SELLING: Collector Coins and Sport Cards and Supplies, New and Estate Jewelry, Body Jewelry, Magic and Pokemon and Yu-Gi-Oh Cards. 10 Eastern Avenue, St. Johnsbury, VT. (802) 748-9174.

**On the Hill - Kennedy's**  
Full Service. Buy & Sell, New & Used. Jewelry repairs on site. Watch repairs available. Sell or trade your old gold and jewelry for something new. Daily 9-5. Saturday until noon. 1244 Main Street, St. Johnsbury, VT. (802) 748-4367 or (800) 407-4367.

## Lawn Care & Landscaping

**LND Landscaping**  
Excavating - Hauling - Brush hog - Tilling - Driveways - Lawnmowing - Walkways - Stonewalls - Steps - Fencing - Cleanup - Planting - Snow Plowing - Sanding and More. Tim or Dave, Barre and Wolcott. (802) 479-0029.

**PH Lawn Care & Landscaping**  
Lawn mowing, seed & mulch, bush hogging, retaining walls, shrubbery, sweeping, split-rail fence, lawn installation, light trucking. Jeff Cleveland, 765 Mitchell Drive, Lyndonville, VT 05851. (802) 626-0933 or 535-7069.

## Maple Syrup

**Sugar Ridge Farm**  
Pure Maple Syrup & Maple Products. "Vermont Seal of Quality." Available by mail. MC & Visa accepted. Free brochure. Stephen & Diane Jones, 566 Stannard Mt. Rd., Danville, VT 05828. (800) 748-0892.

**Rowell Sugarhouse**  
Visit a real sugarhouse. Open year round. See our sugaring equipment. Maple products, gifts, country crafts, VT shirts, woodenware, baskets, honey, souvenirs and more. We will ship your order. MC/ Visa/DS. Rt. 15, Walden, VT 05873. (802) 563-2756.

**Gadapee Family Sugarhouse**  
Pure VT Maple Syrup in a variety of containers from gallon to half pint jugs and specialty glass. Maple cream, candy, sugar and maple jelly to order. We have the "Vermont Seal of Quality" and we ship. 718 Calkins Camp Rd., Danville, VT 05828. (802) 684-3323. gadmaple@together.net

**Broadview Farm Maple**  
Pure VT Maple Syrup available in Grade A Fancy, Medium Amber, Dark Amber and Grade B. "Vermont Seal of Quality." Maple Cream, Maple Candy and Maple Sugar are available. We ship via UPS or Parcel Post. Joe Newell, 442 York Street, Lyndonville, VT 05851. (802) 626-8396. joe@newells.net

**Goodrich's Maple Farm**  
Award-winning Maple Syrup & Products. Retail, Wholesale and Mail Order. Sugaring equipment and supplies. Custom tubing installation and consultation. 2427 US 2, Cabot, VT 05647. (802) 426-3388. www.goodrichmaplefarm.com

**Cabot Hills Maple Certified Organic Syrup**  
Vermont Fancy, Medium Amber, Dark Amber and Grade B syrup. Marcia Maynard and Family, Thistle Hill, PO Box 68, Cabot, VT 05647. syrup@cabothillsmple.com (802) 426-3463. Visa/MC. To buy our syrup call, email, write or order online at www.cabothillsmple.com

## Meat

**Lewis Creek Jerseys Badger Brook Meats**  
Vince Foy & Deb Yonker. Retailing Certified Organic Angus Beef and Lamb by the Cut in any Quantity. North Danville, VT 05828. (802) 748-8461.

## Music Studio

**Vermont Sky Digital Audio**  
16-Track Professional Recording Studio for Singers, Songwriters, Students and Bands. Advertising Jingles; Creative Consulting and Guitar Classes. Barnet, VT 05821. (802) 633-2523.

## Old Barns

**The Barn People**  
Since 1974 Vintage Vermont barns purchased, dismantled, restored & reassembled elsewhere. Great for homes, additions, Great Rooms, studios, backyard offices and oddly enough ... barns. Ken Epworth, 2218 US RT 5 N, Windsor, VT 05089. (802) 674-5898. barmman@sover.net

## Opticians

**Optical Expressions**  
Your Family Eye-Care Center. Eye Exams, Contact Lenses and Consultation for Laser-Eye Surgery. Green Mountain Mall, St. Johnsbury Center, VT (802) 748-3536 or Berlin Mall, Berlin, VT. (802) 223-2090.

## Pet Care

**North Danville Pet Hotel**  
"It's not just a kennel. It's a camp." Boarding and grooming both cats and dogs. 1319 North Danville Road, Danville, VT 05828. Rusty & Laurie Speicher, proprietors. (802) 748-5810.

## Photography

**COUNTRY LIVING PHOTOGRAPHY**  
Photographing your memories, one moment at a time... weddings, family events, groups, individual and pet portraits. Call and we'll discuss creative options. Cheryl Heath DeLisle, 1619 Tampico Road, Danville, VT 05828. 802-748-9485. e-mail vttopaz@yahoo.com

## Real Estate

**Coldwell Banker All Seasons Realty**  
Brent Shafer CBR - Realtor Broker-in-Charge. 3 office locations to serve the entire Northeast Kingdom with 18 full time salespeople. Lakefront, Residential and Acreage. PO Box 1166, Lyndonville, VT 05851. (802) 626-4343. Allseaslyn@together.net

**Morrill & Guyer Associates**  
791 Broad Street, Lyndonville, VT 05851. (802) 626-9357. Fax (802) 626-6913. realestate@homeinthekingdom.com www.homeinthekingdom.com

**Peter D. Watson Agency, Inc.**  
Country, period and vacation homes; land and timber tracts, farms and businesses. Free market analysis. Greensboro: (802) 533-7077. Hardwick: (802) 472-3338. East Burke: (802) 626-4222. www.northernvtrealstate.com

**Century 21 Quatrini Real Estate**  
Susan S. Quatrini, GRI, Broker-Owner. 1111 Main Street. St. Johnsbury, VT 05819. (802) 748-9543 or (802) 748-3873. c21qre@sover.net

**David A. Lussier Real Estate**  
Farms, Acreage, Homes and Investment Properties. 540 Main Street, PO Box 872, Lyndonville, VT 05851. (802) 626-9541 or (802) 626-8482. Lussier@kingcon.com

**Robin Jacobs, Managing Broker Peabody & Smith Realty, Inc.**  
357 Western Avenue, St. Johnsbury, VT 05819, (802) 748-4407 ext. 16. robinj@peabodysmith.com www.peabodysmith.com

**Barbara Machell, Realtor Begin Realty Associates**  
On the Green in Danville. Long time resident of Danville, specializing in Residential property, Vacation homes, Land and Farms. (802) 684-1127. bmachell@beginrealty.com

## Real Estate Appraisal

**Reynolds Real Estate**  
VT Certified Appraisers, Donald Morrill and Annie Guyer. 791 Broad Street, Lyndonville, VT 05851. (802) 626-9357. reynolds@charterinternet.com

## Schools

**The Stevens School**  
Grades 3-8. Experts in education offering rigorous, preparatory curriculum aligned with Advanced Placement science, English, math courses in high school. Excellent writing program. Fully integrated arts, music, social studies, English. Transportation and financial aid offered. (802) 592-3194. www.thestevensschool.com

## Septic Service

**B&B Septic Service**  
Full Septic Service and Cleaning. Residential and Commercial. Power Rooter Line Cleaning. Camera Line Inspection. Pressure Washing. Call Bob Briggs. (802) 748-9858, (888) 748-9858 or (800) 870-0428. 24-hour service.

## Ski Equipment

**Power Play Sports**  
Ski and Snowboard Leasing starting at \$99. New and Used Gear bought and sold. Hockey Gear, Ice Skates, XC Skis, Downhill Skis, Snowboards and Snowshoes. New and Used Bicycles. Ski tuning, Skate sharpening, Bicycle Repair. Downtown Morrisville. (802) 888-6557.

## Small Engine Repair

**Harry's Repair Shop**  
Snowmobiles, Snowblowers, Motorcycles, Lawtractors, ATV's and Rototillers. Harry Gammell VT RT 15, Walden, VT 05873. (802) 563-2288.

## Tax Preparation

**H&R Block**  
Tax, Mortgage and Financial Services. D. Neil Stafford, master tax advisor. 443 Railroad Street, Suite 1, St. Johnsbury, VT 05819. (802) 748-5319. 76 Main Street, PO Box 65, Littleton, NH 03561. And Lyndonville Branch (Jan.-Apr.) 101 Depot Street, Lyndonville VT 05851. (802) 626-0884.

## Tires

**Berry Tire Co., Inc.**  
New tire sales and automotive repair. Everett Berry, 1545 Red Village Road, Lyndonville, VT 05851. (802) 626-9326.

**Goss Tire Company Your Firestone Dealer**  
Specializing in brakes, front-end work, exhaust and NOKIA tires. RT 5 in St. Johnsbury and RT 5 and 100 Jct. in Morrisville, VT. (802) 748-3171. (800) 427-3171.

## Transcription

**St. Johnsbury Transcribing**  
is prepared to provide ongoing or last-minute assistance transcribing depositions, manuscripts, letters and other material, which has been produced on cassette tape or disk. For more information call Natalie Johnson (802) 748-2311.

## Tree Service

**Bedor's Tree Service**  
Professional, quality service. Fully insured. Member NAA. Offering all types of tree care. "Spotless Clean-up." Call now to schedule your free estimate. (802) 748-1605 or (800) 493-6945.

**Burt's Tree Service**  
Pruning, Cabling, Tree & Limb Removal. Free estimates. Fully insured. Serving the Northeast Kingdom and beyond. Member NAA & ISA. John A. Burt, 25 Garland Hill, Barnet, VT 05821. (802) 633-3822 or (800) 633-3823. john@burtstreeservice.com www.burtstreeservice.com

## Vacuum Cleaners

**North Country Vac & Sew**  
Home of Defender Vacuum, made locally. Many types of new upright and canister vacuums, backpacks, central vac. Dealer of Bernina and Riccar sewing machines. Parts and accessories for most makes. Expert service since 1984. 442 Portland St. (next to Sherwin-Williams Paint), St. Johnsbury, VT 05819. (802) 748-9190.

## Veterinarians

**Companion Animal Care**  
Small animal medicine & surgery. Bob Hicks, DVM. 54 Western Ave., St. Johnsbury, VT. (802) 748-2855.

**Danville Animal Hospital**  
Small animals. Office hours by appointment. Lisa Whitney, DVM. Route 2, Danville, VT 05828. (802) 684-2284.

**Northern Equine Veterinary Services**  
Steve B. Levine. Practice limited to horses. Saturday appointments available. (802) 684-9977. 254 RT 2, Danville, VT 05828. www.northernequine.com

## Volunteers

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

## Water Systems

**H.A. Manosh Corporation**  
Well Drilling & Hydrofracturing, Water Systems & Treatment, 24-hour Plumbing, Video Well Inspections, Water Fountains. Morrisville, VT 05661. (802) 888-5722 or (800) 544-7666. www.manosh.com

## Welding

**Walbridge Welding**  
Repairs and new fabrication of steel, stainless steel and aluminum. Located under Portland St. Bridge in St. Johnsbury or with portable equipment at your location. Dale Walbridge. W (802) 748-2901; H (802) 584-4088.

**Bob's Welding**  
General Fabrication and Repair. Stop by and be surprised. Lyndonville, VT. (802) 626-5502.





# Volunteers Needed To Monitor Peregrine Falcons

Vermont Fish & Wildlife Department (VFWD) and the National Wildlife Federation (NWF) are seeking volunteers to monitor Vermont's peregrine falcon breeding activities this spring. Two training sessions are planned for March 29 and April 5 to help

new and veteran volunteers sharpen their peregrine monitoring skills.

"We need volunteers to visit previously unoccupied cliffs between April 1 and 15 to see if peregrines are using the sites," says Kathy Wohlfort of NWF.

"We need volunteers to monitor breeding season sites, which entail visiting cliffs where peregrines were previously sighted. Volunteers need to visit these sites at least once a month from April through July."

Peregrine falcons disappeared from Vermont's landscape in the mid-1900's. They were restored to Vermont through pesticide regulation, habitat protection and active management under programs led by the Vermont Fish & Wildlife Department. In April 2005, the peregrine was removed from the state's threatened and endangered species list.

"Vermont's peregrine population continues to increase, but we need to monitor their breeding suc-

cess to ensure a sustainable recovery," said Wildlife Biologist Doug Blodgett. "Volunteers are important to the continued peregrine success because they help us monitor as many cliffs as possible during the critical breeding season."

A training session is scheduled for Saturday, April 5 at Bolton Notch, Bolton, VT from 9 to 11 a.m. The training will be resched-

uled to Sunday if the weather is bad on Saturday.

"The training sessions are geared for beginners and advanced volunteers," said Wohlfort. "The basic training focuses on peregrine identification, distinguishing sexes, and interpreting territorial and courtship behavior."

If you are interested contact Kathy Wohlfort at (802) 229-0650.



Photo By: Steven D. Faccio

Female peregrine falcon photographed at Fairlee Palisades.

## York in Early Spring

Wind in the trees, roaring like ocean waves,  
rocks the daffodils beside the city walls.  
Snowdrops drift in the churchyard across the street.  
Minster towers glow golden in spring sunshine.  
Inside, the choir sings Evensong;  
bell ringers practice changes,  
and we wander homeward  
after pub grub and a beer.

Isobel P. Swartz

## North Danville Library Will Host Painting Classes

More than 50 people crowded into our cozy little library on the evening of March 13 to hear an inspiring lecture by well-known herbalist Rosemary Gladstar. Herbal teas were served, and the general opinion as Rosemary shared her passionate knowledge of herbs was that "we could have listened all night."

Eva Holden will be conducting art classes each Saturday morning (10 a.m. - 12:30 p.m.) in April. The main theme will be "Nature," and the focus will be pastels, drawing techniques and earth-friendly mono prints. Artists age 13 to adult are invited. Pre-registration is required, and space is limited. For more information or to register, call (802) 748-2655 or stop in at the library.

New acquisitions include *The New Holistic Herbal* by David Hoffman and *Mighty Giants: An American Chestnut Anthology*. Six episodes of *Bonanza* and two DVDs of the *Beverly Hillbillies* have been added to our expanding old-time movie section.

Regular library hours are Monday and Friday from 2 - 4 p.m. and Wednesday from 2 - 4 p.m. and 6 - 8 p.m. Librarian Elizabeth Syzmanik may be reached at (802) 748-4423.

## Danville Senior Meal Site

### April Meal Schedule

- April 1** - Beef Wellington (April Fools!) Roast Pork Loin, Baked Potato with Sour Cream, Peas & Carrots, Apple Chutney, Whole Wheat Rolls, Carrot Cake, Tomato Juice.
- April 3** - Sloppy Joes, Cole Slaw, Cantaloupe, Blueberry Muffins.
- April 8** - Kielbasa with Sauerkraut, Onions and Peppers, Greek Salad with Feta Cheese, Black Olives and Peppers, Whole Wheat Rolls, Orange Juice.
- April 10** - Pot Roast with Potatoes and Carrots, Whole Wheat Rolls, Oatmeal Raisin Cookies, Tomato Juice.
- April 15** - Chicken and Broccoli with Ziti Alfredo, Roasted Vegetables, Tomato Juice, Whole Wheat Rolls.
- April 17** - Meat Loaf with Peppers and Tomatoes, Mashed Potatoes with Gravy, Peas & Carrots, Whole Wheat Rolls, Apple Crisp.
- April 22** - Cream of Broccoli Soup with Saltines, Chicken Salad on Lettuce & Tomato, Whole Wheat Rolls, Carrots.
- April 24** - Lasagna, Garlic Bread, Tossed Salad, Peas & Carrots, Bread Pudding.
- April 29** - Chef's Salad with Ham, Cheese, Eggs and Homemade Croutons, Whole Wheat Rolls, Cantaloupe.

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.



## LAND

**Newark:** 3 lots, Mountain views, 3+/- acres offered for \$49000, \$49000 and \$59000.

**On Newark Pond:** 3 lots with waterfrontage, 1.2 to 2.6 acres offered for \$229,900 each.

**Lyndon:** 5 lots with town water hookups, 1 to 1.8 acres offered for \$50,000 each.

**St. Johnsbury:** 3 lots with views, 5.22, 10.16, 19.26+/- acres offered for \$80,000 each.



791 Broad Street  
Lyndonville, VT 05851  
(802) 626-9357  
Fax (802) 626-6913



**ML#2700291** This three floor cedar log cabin is a great retreat for the outdoor enthusiast. Open floor plan with lots of windows looking out at the stream across the yard. This cabin is currently under construction. Near snowmobile trails, and Coles Pond. This log cabin has a lot of room for expansion.

**\$115,000**



75 MT. PLEASANT ST.  
ST. JOHNSBURY, VT 05819  
802-748-8169 • 802-748-8855

971 BROAD STREET  
LYNDONVILLE, VT 05851  
802-626-8333 • 802-626-9342

www.parkwayrealtyassociates.com

### #6731 EAST BURKE

Burke Mountain Condo of your dreams! DOESN'T NEED A THING ... start using this spectacular unit right now! Room enough for the whole family with 3 bedrooms and 2 baths. This condo has been upgraded in every possible area, new appliances, boiler, fireplace and flooring. Ski in and out as well as access the Kingdom Trail system from this unit. Being sold with the beautiful furnishings in place. Nice views, great landscaping, private back deck and it goes on. Must see this comfortable home.

**Being offered at \$395,000**



### #6799 CABOT

1,000' OF OWNED WATERFRONT PROPERTY. On West Hill Pond in the historic town of Cabot, with a 3 bdrm., 2 bath lovely, spacious well kept home located on 13 gorgeous acres of open fields for horses or small animals & many delicious apple trees. Also sports an oversized 2 car detached garage with a heated room above for an office or just storage. Enjoy swimming, fishing, kayaking & canoeing from your own beach & dock area. Turn-key condition.

**Offered at \$218,000**



ALL SEASONS REALTY

470 Broad Street  
Lyndonville, VT

**(802) 626-4343**

Fax: (802) 626-3700

email:allseaslyn@together.net

www.allseasonre.com



# Walden Hill Journal

ELLEN GOLD

**April 1, 2007:** It's an overcast but mild day. After a low of 20° last night, we're back to the 50's. The road crew was out over the weekend and did a fine job of grading our potholed road. Yesterday I donned my snow boots for a walk in the woods. For most of the time I managed to stay on top of the snow, but occasionally wound up sinking to my knees. My trusty ski pole kept me upright. As I approached the beaver pond, I heard movement and caught a glimpse of some critter loping along on the far side of the pond. At first I thought it might be a bear, but then I heard gnawing and got a second brief look at the dark movement in the distance. I think it was a beaver foraging for fresh cuttings. I did venture closer and was able to locate the beaver lodge, which looked well fortified with fresh-cut branches.

**April 5, 2007:** It's a winter wonderland today. Snow yesterday left a foot on the ground with more today. I would appreciate the beauty of our whitened landscape if it were January, but it's a bit more difficult to be enthusiastic about a fresh snowfall in April. Our Spring issue of *Vermont Life* magazine lies unopened on the dining room table. I can't bring myself to look at all those photographs of apple blossoms, spring greens and dandelions.

**April 7, 2007:** It's warmed up to 42° after a chilly 18° low last night. So far the sun is still hidden behind billowy clouds. Our heavy

spring snow is melting but will need some more encouraging weather to bring us back to bare ground. Friends from our sister city of Danville, Quebec emailed to see if we had the same substantial snowfall in the "south." Henri mentioned that an April snow storm is referred to as *la tempete des corneilles*, crows' snowstorm. With crows congregating and cawing vociferously, especially early in the morning, naming an April storm after them seems appropriate.

**April 8, 2007:** The sun has been intermittent this morning but snow showers constant. This is not quite the scene one expects to see on Easter. The kids will have to forego their Easter egg hunts and build snow bunnies instead. Women better make sure that their Easter bonnets have earflaps. We have a potluck brunch at the Artisans' Guild today and a music sorting dessert party for Danville Town Band this evening. It promises to be a festive day despite the weather.

**April 9, 2007:** Another dreary day. Last weekend the road crew was filling in and grading our road. This weekend they're plowing and sanding. The seasons are moving backwards, not forwards. But even amid the wintry gloom there was a pleasant surprise. Two beautiful American woodcocks have been frequenting the wet area in our cedar grove near the house. They seem to be pecking out nourishment from the flooded ground, using their long pointed bills. They appear quite content to linger

there, offering us prime viewing. This is the first time I've had such a close-up view of this colorful yet strange looking bird. I think they were lured north by warmer weather and caught off guard with this cold, snowy spell. They usually aren't so visible during the day, but I'm sure they will go wherever they can to find open water and food.

**April 10, 2007:** I heard and then saw a vee of geese flying north. For them, the urgency of spring is a reality. One of our goldfinches too, is showing his readiness to leave winter behind, sporting a transitional olive green and gold plumage. The gold against a snowy background seems a bit strange though. I had a very invigorating and aerobic snowshoe walk through the woods. Breaking trail in more than a foot of snow gets the blood pumping. Fortunately the water content is high so the snow packs well. Some low to the ground animal had left a trail of small tracks within a wide trough. I think that was a porcupine waddling through the snow. The trail was straight, quite extensive and showed up in several different places along my loop.

**April 11, 2007:** We're having what's known as a winter breather; a clear calm day between storms. A low of 17° and a high of 58° with lots of sunshine to brighten our wintry view. The White Mountains are snow covered and picture perfect on this crystal clear day. Mount Washington is magnificent, looming majestically above the Town of Danville. Caved-in

spots on our snow covered field, indicate where streams are wearing away the snow pack underneath the solid blanket of white. Our road is oozing, slippery and corrugated with potholes.

**April 13, 2007:** Another day of continuous snow yesterday left an additional foot or more of wet, sloppy snow. No sign of warming to begin the melting. We're not even halfway through the month, and we've reached the snowiest April in recorded history. We're out of here after lunch, driving south to find spring.

**April 27, 2007:** Our welcome home is a dreary, rainy one. We did managed to find spring on the return drive from D.C. Dogwoods, magnolias, apples, crabapples, azaleas and, my favorite, the delicate redbuds were in bloom. Further north, the lemon-lime yellow of willows and the rich gold of forsythia colored the otherwise drab forest. Rivers overflowed their banks and flooded fields. Maples were beginning to show russet buds, spreading a hint of red over the hills. But on Walden Hill, there's still snow and only the occasional green shoot poking through the ground. Florida treated us to warm and, fortunately, not very humid weather. Sunshine and colorful tropical flora abound. Florida is suffering from drought while the rest of the east coast is struggling to stay above water. Our thermometer recorded a high of 80° and a low of 31° while we were away. We missed the brunt of the famous nor-easter that dumped over a foot of snow and did considerable wind damage. Our electricity was out from late morning on the 16th until 8 p.m. on the 18th. Crews from Quebec came to

help remove trees and repair lines. Our indoor temperature got down to only 49.5° so we must have had sunshine to bring us passive solar heat. It looked like the cats made good use of snuggle sacks and crawled under our bed quilt to stay warm during the power outage. Today is a good day to crank up the woodstove and chase away the chill.

**April 29, 2007:** More rain. We haven't seen the sun since returning home. Buds are swelling on lilac bushes with a tinge of purple at their tips. Shads are showing white and probably will flower once the sun warms them up. Poppy leaves are up, and crocuses are blooming in town. Redwing blackbirds have been feeding on the suet. A pair of downy woodpeckers have been clinging to the suet cage as well. The occasional swallow perches high on the electric wires. Bluebirds should arrive soon.

**April 30, 2007:** It's a cold and soggy ending to a cold and soggy month. We're taking advantage of the rain to wash off our mud-splattered car. This is the third and hopefully final mud season for 2007. Roads are a messy combination of frost heaves and oozing mud. I've given myself a taste of spring by starting basil and kohlrabi seeds. Any little chore that moves us away from winter goes a long way to boost our spirits. Meanwhile, the vibrant maroon osier and russet-tinged hills show spring is on its way.

*(To view an extended version of this month's Journal and with Jeff Gold photos, go to [www.jeffgoldgraphics.com](http://www.jeffgoldgraphics.com) and click on "The View from Vermont")*

## West Barnet Senior Action Center

April 2008

**April 2** - Ham & Broccoli Quiche, Tossed Salad, Dark Breads, Apricots.

**April 4** - Buffet.

**April 9** - Macaroni and Cheese, Sausage, Pickled Beets, Stewed Tomatoes, Biscuits, Peaches and Cream.

**April 11** - Baked Stuffed Chicken Breast, Mashed Potatoes, Cranberry Sauce, Brussels Sprouts, Rolls, Mixed Fruit.

**April 16** - Beef Stew, Tossed Salad, Cottage Cheese, Fruit, Biscuits, Vanilla Pudding.

**April 18** - Baked Fish, Oven Potatoes, Cole Slaw, Dark Breads, Bread Pudding.

**April 23** - Hamburgers on Rolls, Fries, 3-Bean Salad, Jell-O.

**April 25** - Chop Suey, Tossed Salad, Mixed Vegetables, Bread, Pears.

**April 30** - Sweet & Sour Pork, Rice, Green Beans, Whole Wheat Bread, Ice Cream.

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

### BEGIN REALTY ASSOCIATES

### BEGIN REALTY ASSOCIATES



**ML2684849** Charming 3 bedroom house in the village of Peacham. Spacious living room, dining room and kitchen with room for an office. Wood floors throughout the house. Sit on your front porch and admire the views. Half acre lot filled with beautiful flowers. This one won't last long.

Priced at only \$219,000



**ML2662338** 34+/- open and wooded acres in Peacham provide the setting for this architect-designed home. Entertain and relax in the open floor plan featuring a cook's kitchen w/brushed granite counter-tops, island and walk-in pantry. The 1st floor also offers a music room, a new bath, dining area, and living area w/fieldstone and slate hearth. On the lower level are 2 BRs, full bath & laundry room. Office with private entrance. Choice of schools 7-12.

\$435,000

Main Street  
Danville, VT 05828  
(802) 684-1127

Start your search here.



309 Portland St., St. Johnsbury, VT 05819  
(802) 748-2045  
Providing Professional and Courteous Service  
[www.beginrealty.com](http://www.beginrealty.com)



**ML2706733** Beautiful brand new home sitting on 5.5 acres in Marshfield and just minutes to Barre. Master bedroom is upstairs with a balcony that overlooks the living room/kitchen area. 2BRs and a full bath on the first floor. Huge basement can be finished for additional rooms or a large family room. Unfinished room above the 2-car garage can be used for a mother-in-law apartment or a weight room. Great location, great price. Come see it for yourself.

\$329,000



**ML2670080** 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 out-building all on 1.3+/- acres. High School Choice.

\$199,900

### BEGIN REALTY ASSOCIATES

### BEGIN REALTY ASSOCIATES



**AROUND THE TOWNS**



**COMMUNITY CALENDAR**

April 7-12, Annual Inventory Show and Sale, April 17-May 29, *A Print Portfolio*, Exhibition, Northeast Kingdom Artisans' Guild Backroom Gallery, 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.

1st Monday – North Danville Community Club, Meeting, 6 p.m. North Danville Community Center. (802) 748-9415.

1st & 3rd Mondays “Six O’clock Prompt,” Writers’ Support Group, 6 p.m. St. Johnsbury Athenaeum. (802) 633-2617.

1st Sunday – Quilting Class with Lee Beattie, North Danville Community Center, 11 a.m. - 3 p.m.

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.

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

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

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

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

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

**April**

- 1 Armchair Travel: Afghanistan & the Middle East with Ron Crisman, Good Living Senior Center, St. Johnsbury House, 1 p.m. (802) 748-8470.
- 2 Kitchen Tunks and Parlor Songs with Mark Greenberg, Morgan Church, Morgan, 2 p.m. (802) 766-2995.
- 2 Cooking with Shelburne Farms with Melissa Pasanen and Rick Gencarelli, St. Johnsbury Athenaeum, 6:30 p.m. (802) 748-8291.
- 2 Death and Glory: Sports in Ancient Greece and Rome with Catherine Feeley, Stanstead College, Quebec, 7 p.m. (819) 876-7891.
- 3 Osher Lifelong Learning Lecture: Implications of the Personal Use of Technology I, Rita Bole Center, LSC, 1:30 p.m. (802) 626-5135.
- 3 West Danville Community Club potluck supper and meeting, West Danville Methodist Church, 6:30 p.m. New members welcome.
- 4 Contradance, Danville Town Hall, 8 p.m.
- 5 Men’s Ecumenical Breakfast, Methodist Church, Danville, 7 a.m. (802) 684-3666.
- 5 Scrabble Club, St. Johnsbury Athenaeum, Noon - 4 p.m. (802) 748-8291.

- 5 Bella Voce Women’s Chorus of Vermont with Gwyneth Walker’s Lessons from the Sea and presentation of 2008 Athenaeum Award, North Congregational Church, St. Johnsbury. 7 p.m. (802) 748-8291.
- 6 Building Music at St. Mary Star of the Sea, Newport, 2 p.m. (802) 334-7080.
- 7 NEK Audubon Informational & Planning Meeting, Fairbanks Museum, 4:30 p.m. (802) 748-8515.
- 8 Armchair Travel: China and Qi Gong with Mary Sturtevant, Good Living Senior Center, St. Johnsbury House, 1 p.m. (802) 748-8470.
- 8 Bob Greene’s *Duty: A Father, His Son, and the Man Who Won the War*, Walden Community Library, 7 p.m. (802) 503-2630.
- 9 An Evening with Thomas Jefferson with Clay Jenkinson, St. Johnsbury Athenaeum, 7 p.m. (802) 748-8291.
- 10 Osher Lifelong Learning Lecture: Implications of the Personal Use of Technology II, Rita Bole Center, LSC, 1:30 p.m. (802) 626-5135.
- 11 Film discussion following 7 p.m. film at Catamount Arts, St. Johnsbury. (802) 748-8813.
- 12 Trout Fishing Season Starts.
- 14 Book Discussion: Margaret Atwood’s *The Blind Assassin*, Barton Public Library, 7 p.m. (802) 525-6524.
- 15 Reading and Book Signing with Stephen Huneck and Gets a Job, St. Johnsbury Athenaeum, 3:30 p.m. (802) 748-8291.
- 16 Advance Directive Workshop, Good Living Senior Center, St. Johnsbury House, 1-2:30 p.m. (802) 748-8470.
- 16 Book Discussion: Forrest Carter’s *The Education of Little Tree*, St. Johnsbury Athenaeum, 6:30 p.m. (802) 748-8291.
- 17 Armchair Travel: Cuba and Cuban Drumming with Linda Warnaar, Good Living Senior Center, St. Johnsbury House, 1 p.m. (802) 748-8470
- 17 Osher Lifelong Learning Lecture: Digital Wizardry Wrap Up, Rita Bole Center, LSC, 1:30 p.m. (802) 626-5135.
- 17 Run Granny Run: Documentary about Doris Haddock, 7 p.m. North Congregational Church, St. Johnsbury. (802) 748-3663.



Brown Family Photograph  
 Louisa and Rowland Brown, grandchildren of Beppy Brown of Peacham, catch up on the news in front of the Eiffel Tower in Paris. Louisa is studying chemistry and art in Paris through the end of June. The family gathered with her for Christmas. Constructed in 1899 for the International Exhibition of Paris, the Eiffel Tower soars over the city to a height of 300 meters. Until 1930, it was the tallest structure in the world. The design by Engineer Gustave Eiffel was selected from 700 proposals for a monument commemorating the French Revolution, and like any such extraordinary art work it had critics who protested its construction. Writer Guy de Maupassant supposedly ate lunch in the tower every day, because, he said, it was the one place in Paris where you couldn’t see the tower. The Eiffel Tower has gained wide acceptance and is still one of the most widely recognized structures in the world. The Tower holds a place on any list of the symbols of Paris, a city of 6 million people and known for its iconic symbols of the joie de vivre.

- 18 Contradance, Danville Town Hall, 8 p.m.
- 20 NEK Audubon trip to Wenlock Wildlife Management Area, Meet at Agway Parking Lot, I-91, Exit 23, 7 a.m. (802) 626-9071.
- 21 Book Discussion, Fannie Flagg’s *Fried Green Tomatoes*, Haskell Free Library, Derby Line, 7 p.m. (802) 873-3022.
- 22 Armchair Travel: India and Bhutan with Bob and Sharon Fuehrer, Good Living Senior Center, St. Johnsbury House, 1 p.m. (802) 748-8470.
- 23 Book Discussion: Lee Smith’s *Oral History*, Pope Memorial Library, Danville, 7 p.m. (802) 684-2256.
- 24 Osher Lifelong Learning Lecture: A Brief History of Canada, St. Johnsbury House, 1:30 p.m. (802) 626-5135.
- 26 Vermont Spring Ring, Handbell Concert, St. Johnsbury Academy Gym, 4 p.m. (802) 748-8150.

See also the Arts Around the Towns Calendar Page 14.

**Boxcar & Caboose Café**  
 Bookshop

**Gardening Books for SPRING**  
 Free Wireless Internet

HOURS: M-F: 7 a.m. - 7 p.m.; Sat: 9 a.m. - 7 p.m.; Sun: 9 a.m. - 5 p.m

802-748-3551  
 384 Railroad St.  
 St. Johnsbury, VT

**WANTED**

antiques, collectibles, household furnishings, contents of attics, cellars & outbuildings

By the piece or the whole lot.

Offering current knowledge of values with 35 years of experience.

**Scott & Joni Palmer**  
**684-2265**

Spend Uncle Sam’s refund check on better hearing.

**ARMSTRONG’S**  
 Better Hearing Service, Ltd.

198 Eastern Avenue St. Johnsbury, VT 05819  
 (802) 748-4852 (800) 838-4327  
 Hours: Monday, Tuesday and Wednesday 9-4

Sandra Day, BC-HIS

America’s Largest Hearing Instrument Manufacturer  
 To learn more, visit www.starkey.com

(front) Isabelle left-right (back) Diane, Sandi, Louise