

# THE North Star MONTHLY

Every Small Town's Newspaper

DANVILLE, VERMONT

GOOD FOR THE WHOLE MONTH

\$1.50

JULY 2008  
Volume 21, Number 3

PAGE FIFTEEN  
**Companionship  
Comes with Many  
Names**

PAGE SIXTEEN  
**Leo Parlo  
Introduced Me to  
David Attenborough**



PAGE TWENTY-SIX  
**Vanna Gets Out  
The Barbecue**

## CLOSE ENCOUNTER WITH A PORCUPINE

NATHANIEL TRIPP

I decided to take a walk one summer evening, as I often do, up through an old hemlock choked sugarbush to a rocky ridge overlooking the Passumpsic River. It was a perfect evening for a walk, with still air, blue sky and yellow light slanting in through the trees. About half way up, I paused for a while to catch my breath and take in the perfection of the moment. I began to hear a faint, murmuring, buzzing sound. I investigated, and I found a porcupine in deep trouble about 50 feet away. It was lying on its belly and occasionally reaching back to nip at its rear. A cloud of flies swarmed overhead. One hind leg lay limp and useless beneath a gaping, maggot-filled wound across the right hindquarters.

(Please See Page 6)

## North Star To Change Hands: Please Welcome Justin Lavelly

TERRY HOFFER

Justin Lavelly is young, bright, thoughtful and an admirer of *The North Star Monthly*. He is soon to be its owner and editor.

Lavelly graduated from St. Johnsbury Academy in 2000 with a voracious appetite for U.S. history, an interest in politics and experience as a reporter and editor for the Academy newspaper.

Lavelly likes to talk about his success on the Academy's 1999 *We the People* team, which competed among other Vermont teams by debating issues of constitutional law. Almost matter-of-factly he says, "I had to debate the legitimacy of Thomas Jefferson writing the Declaration of Independence and the value of

a bicameral legislature. Fortunately," he laughs, "we had some really smart kids in the group, because after we won the state competition we went on to Washington D.C. We were up against championship teams from all over the country, and we came in third. It was pretty amazing."

Lavelly played varsity football, basketball and baseball at the Academy and cut his teeth in journalism by writing for the school newspaper. They call it *The Student*. "Juniors worked as reporters, and seniors were editors. The paper was funded independently through advertising, and we had the chance to do some great things. We were involved in all aspects of assigning stories, editing, layout and

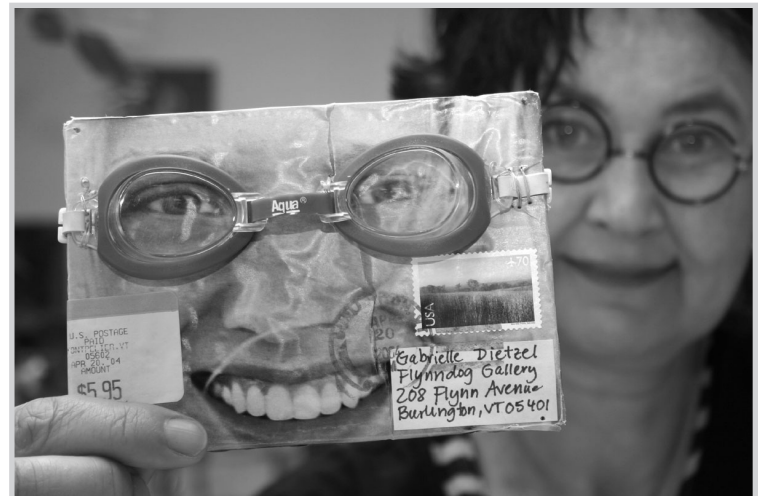
(Please See Page 7)



Photo By: North Star Monthly

Justin Lavelly (rear) will be the new owner and editor of *The North Star Monthly* on July 1. Joining him will be (L-R) his wife, Ginni, and daughters, Lynsay and Vanessa.

## Mail Art Turns Its Back On Juried Shows and Exclusivity - Everyone Is Welcome



Photos By: North Star Monthly

Gabrielle Dietzel is an artist and teacher from Montpelier. Dietzel and some of her friends are great advocates of Mail Art. They send each other works of curious art, which are never wrapped nor boxed but in some cases have address labels attached and in others the objects serve as the label themselves. This flat image of a person with swimming goggles attached is among her favorites.

CARROLL COLBY

Gabrielle Dietzel has an easy and quick sense of humor and a clever way with visual arts. Now a Vermonter, Dietzel is originally from Germany and a graduate of a high school program with a curriculum that focused on studio art.

"In Germany," she says, "the last three years of high school are specialized. Typically, depending on your interests and aspiration, you choose either the science track or language arts. But," she says, "near Frankfurt there was one school that offered a third track, for those interested in music or the fine arts. It was there that I graduated with a high school diploma representing general studies and a 'major' in studio arts. There were 18 in my class. Some were playing instruments and writing music, and some of us were concentrating on the visual arts."

Some went on to be professional musicians and artists, but Dietzel went on to earn the equivalent of two bachelor's degrees in social- and political-science and education. Ultimately she found her way to Vermont and a master's degree in adult education.

Today, Dietzel is a teacher and administrator for the Vermont State Colleges. Her Montpelier office is a veritable gallery, a showcase of art, including work from her own hands and those of her wide range of students and friends in central Vermont. It's a wonderful office with bright windows and paintings, photographs and various other constructions hanging on the walls. Some of the most interesting work she describes as - Mail Art.


Dietzel is well equipped to discuss the meaning of art - the content and the message of the highly esteemed producers of art. But she appreciates the soft voices of the struggling artists who are unknown but whose work is perhaps just as relevant. She steers clear of the dogma and arrogance that some art critics embrace as a means of

(Please see *None were wrapped* on Page 18)

## Farmers' Markets

Danville Farmers' Market  
On the Green, US Route 2  
Wednesdays: 9 a.m. - 1 p.m.

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

 **Houghton's  
Greenhouses**  
Don't forget to remember...  
GRAND CLOSING for the Season Sale  
NOW IN PROGRESS  
Please see our ad on page 20.

**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.

**ANDY'S ROUGH LUMBER**  
**Boards, Dimension  
Lumber and Timbers**  
Danville (802) 684-1075

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



## Nothing Else Matters

It is with seriously mixed emotions that the Hoffers and Tanners have agreed to turn *The North Star* over to someone new. For ten years I have had one of the greatest jobs in the world.

In June 1998 we gathered up *The North Star* with materials developed by Sharon and Dwight Lakey, Jan Lieson and Mary Bailey, and we set out to make it the best darned community newspaper anywhere. Sure we struggled with new computers and software, and we made what now are some obvious and silly mistakes, but with a concentration on a community of writers and their unique perspectives, an obsession over details and a willingness to always declare the customer right, we could not be more proud of the result. *The North Star* has grown by every measure each year since.

*The North Star* has been honored by the Vermont Press Association four times among Vermont's non-dailies, and in January last year we paused to recognize the founder of this publication, Ebenezer Eaton, and his family. It was the *Star's* bicentennial. With help from the American Antiquarian Society we found and reproduced Volume 1 Number 1, dated January 8, 1807, and we stood together with other Vermont businesses as we were saluted by Vermont's governor and secretary of state.

But more rewarding than all that, and even more wonderful than seeing the paper come off the press each month in the industrial park in Haverhill, NH, is the response from subscribers and other readers here and in every state in the country. How many of us have the chance to enjoy our efforts and its fruit as much as we have, and how many are able to share in the delight of so many customers or beneficiaries?

We will forever be grateful to our contributors, were they regular or occasional; we will never take any advertiser for granted; we will continue to appreciate the good folks who worried about our papers at their "newsstand;" and we will always gratefully remember the encouragement we received at so many turns along the way. Where else could you find the opportunity, perhaps even the responsibility, to ferret out the remarkable people and their stories that have become the essence of *The North Star* community? Recently I have been looking through our back issues from the last 10 years, and I smile at the people, places and things that caught our attention and about which we wrote for the sake of our interest and yours.

For those of you who are still looking for the perfect job or better business opportunity, let me say this: Keep looking. When you find it, nothing else will matter. I promise you, it will have been worth it.

Now, you should know that neither were we looking for Justin Lavelly nor was Justin looking for us, but after a circuitous series of coincidences and conversations our paths did cross, and we all discovered a mutual interest.

We like Justin, and we admire what he stands for and what he has done. If we were to have known that we were looking and what we were looking for - it would have been Justin. He has good experience, and he has a great attitude. There will be period of transition as we convey the accumulated knowledge of our experience, and we have encouraged him to make his mark on *The North Star Monthly*. But he has said over and over that he likes what he sees, and he promises that our vision will be his. As I back away from this issue, I am confident that you will not be disappointed.

Thank you, and from us all I send you our best ...

Terry Hoffer

## Welcome Justin Lavelly

We all experience change, sometimes anticipated, sometimes a surprise, sometimes pleasant and sometimes not.

I recently received a letter of endangered form. Although probably not the intent of the nonagenarian author, the letter's commonplace purpose and content is secondary, in my eye, to its appearance. The graceful, flowing handwriting of this letter is captivating. It speaks of craft and pride in penmanship, learned during grammar school of the 1920's. In this day of voice mail, typed notes, text messages and hurried, utilitarian scrawling (I could be the banner bearer of the medical profession for this), such beautiful handwriting is enviable. It saddens me to think that in all likelihood the desire and skill to pen such letters will pass on with this generation. The dwindling chances of seeing comparable letters in the future exemplifies an anticipated and unpleasant change.

Despite the inevitability of change, some things remain constant.

Researchers have recently demonstrated that infants as young as six months evaluate the behavior of others. In an innovative study, Yale researchers showed that infants 6-10 months old preferred to associate with individuals whose behaviors helped, as opposed to hindered or did nothing, to others. Depending on one's point of view, this preference could be attributed to "human nature," genetic determinants of behavior, or the influence of a higher being. Whatever the cause, it is heartening that at even the earliest stages of human development there already is a propensity toward civil associations. This study provides examples of two constants: our need to know why, and the infiniteness of what we have yet to learn about ourselves.

Ten years ago, when Polestar Publishing, Inc. assumed publication of *The North Star*, I commented on the Earth's precession. This is the slow wobble in the axis of the earth's rotation, like the wobble of a spinning top. As a result of the Earth's precession, the star that is directly in line with the Earth's axis of rotation changes over time. Currently Polaris holds this position. If you look straight up into the night sky while standing at the North Pole, the star Polaris (that's the North Star) is directly overhead. This star has been used for navigation and determining direction throughout human history. But even the North Star changes. If you stand on the North Pole at night in the year 15,008 AD, the star Vega will be directly overhead. In the past 10 years, through precession, the Earth's axis has rotated a little over one tenth of one degree away from Polaris. Have you noticed?

It is my expectation that an equally imperceptible change will occur as *The North Star Monthly* changes hands. I look forward to the constancy of thoughtful articles from familiar authors and new ones, continued engaging layout and effective advertisements. I also look forward to pleasantly surprising changes. *The North Star* will continue to be a guide for navigating the people, places and events of this part of the Northeast Kingdom.

Tim Tanner

**Please Let Us Know If You Move**  
 The USPS is not willing, or not able, to remember where you have gone or where you once were. In the best of circumstances, the wrong address will significantly delay the arrival of your North Star.

# 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:** Lynn A. Bonfield, Susan Bowen, Denise Brown, Carroll Colby, Lorna Quimby, John Downs, Virginia Downs, Bruce Hoyt, Isobel P. Swartz, Rachel Siegel, Van Parker, Bets Parker Albright, Vanna Guldenschuh, Alice S. Kitchel & Burton Zahler, Gerd Hirschmann, Leonard Perry, Ann Staffeld, Sue Strifert, Nathaniel Tripp, Brian Ward and Dee Palmer.

**e-mail: northstar@kingcon.com**  
**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:

Doris Stebbins

Dear North Star,

Like many another exruralite I hugely enjoy your paper and

can relate in different ways to many of the poems and articles.

I, too, along with Don Tescher and assorted local literati got to know Doris Stebbins at the Danville writer's group. Have you considered reprinting a few of her poems as  
*(Please see Letters on Page 4)*

# President Hayes Snubbed at Iowa Republican Convention First Telephone in Burlington Proves Successful



## THE NORTH STAR

July 6, 1877

**Molly Maguires Still Defiant** - The Mollie Maguires in Pennsylvania do not seem to have been broken up by the execution of the law which overtook a dozen of their number recently, and fresh deeds of violence and threats of more are reported. Especial anxiety is felt by those who gave evidence against the murderers just hung or have been otherwise active against the order. A Bethlehem (Pa.) despatch to the New York World says Wm. Connor, whose body was found on the railroad track, was murdered by Molly Maguires because he denounced them. It was also discovered that John Connolly, whose body was found on the Lackawana track a few days since, was murdered by the Mollys making five murders since the executions. Several coal breakers have been burned since Saturday night by Mollys, and several people have received the "coffin" warning including the sheriff of Schuylkill

County.

**Hayes and the Iowa Republicans** - Iowa is the banner Republican State. It gave President Hayes his largest state majority. And now the Iowa Republicans refuse to endorse him or his administration. They ignore him. They pass him by in a silence that may mean either contempt, indifference or unutterable indignation. The Iowa Republican convention met a few days ago, McCrary, Secretary of War, was there to defend his chief and illustrate the President's recent order forbidding public officials from participating in political management. The feeling hostile to Hayes was all but unanimous. The best McCrary could do was to persuade the convention to forbear any expression of hostility. The subsequent proceedings included a resolution endorsing the President and his policy. This created an indescribable scene and was received with a tumult which was mingled with vociferous protests and hisses. The chair ruled the resolution as not being germane to the subject. So the Republicans of the leading Republican State refuse to endorse the President.

July 13, 1877

**Mr. Louis A. Godey retires** from the publication of the Lady's Book, which he has issued for one half a century.

General and Mrs. Grant were guests of Queen Victoria at Windsor on Tuesday last week.

The New Hampshire state prison contains one hundred and

sixty convicts, and the earnings of the year just closed exceed the expenditures by over eight thousand dollars.

During a fire at Barre the other day a house was saved from destruction after the water supply was exhausted by the liberal use of the product of 100 fine Jerseys.

Mrs. Lovice Gorham of Castleton, widow of the late Seth Gorham, is said to be the only revolutionary pensioner in Vermont.

**O'Brien's Show** - This week Friday, O'Brien's Great Menagerie, Circus, Museum Show &c., or "Six Shows Combined in One," will exhibit on the Fairgrounds in St. Johnsbury. This show is full and complete in all its parts and is in every respect the best exhibition of the kind that will visit this section during the present season. The street parade in the morning of exhibitions is said to form an attractive feature of the show.

**ADV. Harnesses** - P.P. Babbitt is the place to buy your harnesses and get your repairing done. He keeps a good assortment of all kinds of harness goods such as collars, sweat pads, cards, currycombs, brushes, harness and halter snaps, steel, nickel and silver bits. Neat's foot oil constantly on hand. In room over the post office, where I can be found at all hours of the day. P.P. Babbitt, Danville.

July 20, 1877

**Great Bank Robbery** - On the 7th of July nine masked burglars entered the National Bank at Keeseville, NY between 12 and 1 o'clock and robbed the bank of

\$200,000 in bonds, currency and valuable papers. The two watchmen who guard the Ausable Horse Nail Co.'s office and the bank were overpowered and with a young man who slept over the office were bound and stapled to the floor. The robbers deliberately proceeded to the bank vault, which, together with a Marvin spherical safe were blown open and rifled. The robbers had ample time to get off with their booty, and no clue has been found. A large portion of the bank's funds were in the Horse Nail Co.'s vaults and unmolested.

**A Mining Horror** - On the afternoon of July 11, a large number of men were suffocated by gas in the mines of the Brookfield Company near Wheatland, Pa. on the Erie and Pittsburg Railroad. The number reported dead is seven. Twenty seven more were nearly suffocated. Coal from the Brookfield mine is hauled out by a locomotive engine. This morning the managers of the mine ordered that anthracite coal be burned in the engine furnace instead of a soft coal heretofore used. About 11 o'clock the engineer passed into the mine and after short time the men in charge of the engine were affected by the gas from the hard coal causing them to fall to the ground in a senseless condition. The engineer managed to make his way back to the mouth of the mine and give the alarm, at which point a large number of men rushed into the mine to rescue their comrades. One after another they passed in but were almost immediately overcome by the gas, and they too fell

insensible. Ultimately 36 men were brought out, six of whom were either dead or died immediately thereafter.

July 27, 1877

**A Tramp Caught** - A tramp called at N.P. Bowman's house in St. Johnsbury last Friday at about noon, got the Judge up and called for something to eat. The victuals not being forthcoming, the tramp informed Bowman that unless they were produced instanter he would burn his buildings. The threat succeeded admirably for Bowman immediately collared the rascal and marched him down to Sheriff Preston's boarding house where he will remain for the present and receive three regular meals each day at the expense of the state.

**Telephone** - The Burlington Free Press says the first telephone in Burlington has just been constructed and proven a notable success. It runs from B.W. Carpenter & Co.'s drug store to that of Vincent, Taft & Co.'s via Lyman & Allen's building and consists of merely waxed linen string. The operation is similar to that of an ordinary speaking tube, anything said at one end being heard at the other with equal readiness, and as a means of instant and ready communication will prove of great and practical utility.

The largest salmon caught in the Columbia River, Oregon, this year weighed sixty five pounds. The whole catch is estimated at forty million fish.

# THE North Star MONTHLY

## New North Star Subscribers and Renewals

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



Clara Badger, St. Johnsbury VT  
Joe Barbieri & Rebecca Roth, Danville VT  
Lindsay Bassett, Danville VT  
Hank Bauer, Holmdel NJ  
Roger & Marge Berten, Danville VT  
Mr. & Mrs. Duncan Bond, Peacham VT  
Stanley Boyle, Seattle WA

Anne & Art Brooks, Whitefish Bay WI  
Cristal Brown, Danville VT  
Thelbert & Marjorie Brown, St. Johnsbury VT  
Jason Burnham, Concord MA  
John J. Buscemi, Lynn MA  
Phyllis Campbell, Scarborough ME  
Fred Carpenter, Alstead NH  
Marguerite Chamberlin, Monroe NH

Lucille Chamberlin, Lyndonville VT  
Andrew D. Cherashore, Plymouth Meeting PA  
Howard Churchill, Barnet VT  
Charles Clifford, Enfield CT  
Pat and Lee Daly, Pinellas Park FL  
Donald & Agnes Dickerman, St. Johnsbury Center VT  
Barbara Dunbar, Barnet VT  
Duane Dunbar, Boothbay ME  
Mr. & Mrs. Wallace Dunham, Madbury NH  
Jan S. Esden, Columbus OH  
Elsa Gagetta, Canyon Lakes CA  
Robert J. Gibson, Barnet VT  
Phillip D. Goss, St. Johnsbury VT  
Paul Greenwood, Flagstaff AZ  
Mr & Mrs Robert Halstead, Danville VT  
George Horne Jr., Syracuse NY  
Margaret Brickett Hosmer, Dover NH  
Marjorie Hunter, St. Albans VT  
James Kemp, Lees Summit MO  
Susan Gagetta Kessinger, Waldron IN  
Susan & Tim Kok, Virginia Beach VA  
Dwight & Sharon Lakey, Danville VT  
Mr. & Mrs. Dean Langmaid, Boulder City NV  
Mr. & Mrs. David Langmaid, Danville VT

Don A. & Dianne S. Langmaid, Danville VT  
Barry & Lynne Lawson, Peacham VT  
Norman LeMay, Salisbury NH  
Jenny & John MacKenzie, St. Johnsbury VT  
Dana Marshall, Walpole MA  
Madeline Matte, Danville VT  
Janet & Steve McConnell, Danville VT  
Chuck & Andrea McCosco, West Danville VT  
Lyle & Janet McKinstry, Middlesex VT  
Duncan & Jeanne McLaren, Barnet VT  
Ms. Sharon E. Miller, East Falmouth MA  
Rev. & Mrs. Bert Miller, Bay Harbor Island FL  
Neil & Jan Monteith, Barnet VT  
Steve Moore, Aldie VA  
Martha Moore, South Burlington VT  
David Moore Jr., Tucson AZ  
Karen & Erik Mueller-Harder, Cabot VT  
Mr. & Mrs. John Myrick, Yarmouth ME  
Simone Boyle Nowacki, Binghamton NY  
Janice Nunn, White River Jct. VT  
John O'Leary, Danville VT  
Sheila Otis, Danville VT  
Michael Paine Sr., Danville VT  
Alfred Paquin, Sheffield VT  
Don & Bobbi Pastula, West Danville VT

Merwyn Pearl, Barnet VT  
William H. Pearl, Danville VT  
Harriet Perkins, Vergennes VT  
Avanda Peters & Jeff Donley, Danville VT  
Achile & Deborah Prevost, Barnet VT  
Richard & Jean Pulsifer, St. Johnsbury VT  
Mrs. Lucille Remick, Hartford VT  
Sam & Weeza Sanderson, East Burke VT  
Kathleen R. Scott, St. Johnsbury VT  
Mrs. Charlotte Simpson, St. Johnsbury VT  
Mr. & Mrs. Barrett Smith, Milton VT  
Mr. & Mrs. Dennis R. Smith, St. Johnsbury VT  
Mark W. Smith, Montpelier VT  
Richard & Thelma Smith, Danville VT  
Laurel B. Stanley, Danville VT  
Nellie Staves, Tupper Lake NY  
George H. Stone, Sheffield VT  
Joe & Lil Swainbank, St. Johnsbury VT  
Mrs. Madeline Teachout, Rocky Point NC  
Arlene K. Thresher, Barnet VT  
Dave Warden, Barnet VT  
Mildred Webster, Lakewood CO  
Maidene E. Whitney, St. Johnsbury VT

### 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



## Letters to the Editor:

(Continued from Page 2)

a tribute. One I especially enjoyed was about bears in the corn.

Ann Staffeld  
Newburyport, MA

**Editor's Note:** We do think about it, and we may.

### Thanks

Dear North Star,

I really enjoy your North Star and look forward to it every month. As soon as I get it I read it from start to finish. It's a great little paper. Keep up the good work.

Maidene Whitney  
St. Johnsbury, VT

### Native of Vermont

Dear North Star,

Native Vermonter. The origin of native (state) continues to intrigue me. You may recall our conversation on this subject.

Some time ago while visiting in Arizona, I noticed an obituary that kindled my interest. A prominent and elderly lady who had done a great deal for the City of Tucson had passed away. Born in Wisconsin she moved with her parents to Tucson, just shy of the age of 2. She lived the remainder of her life in Tucson. The caption of the obituary read "Native Wisconsinian Dies."

Go back to July of 1958. While living in Burlington, VT our second son was born. Misjudging his eminent arrival, we rushed to the hospital and almost made it. Somewhere between the car and the hospital door he had his first view of his native state, the tarmac of the Mary Fletcher Hospital parking lot.

Less than a year later he emigrated to Toronto and later to Plattsburgh where he grew up. More education in Hamilton, NY; New Haven, CT; Buffalo, NY and four years with the Indian Health Service in Bemidji, MN. Fast forward to June 1993. Then with a wife and two sons of his own the final decision: Danville, VT. A local paper ran an article beginning

"Native Vermonter returns ..."

If you would like to wish this "Native Vermonter" Happy Birthday, stop in at the Danville Health Center on or about July 11. Ask for Tim.

John S. Tanner  
Plattsburgh, NY

### Soaring Energy Costs

Dear North Star,

With the prices of heating oil and gasoline out of sight I have a few tips for your readers that I haven't heard or seen mentioned.

To conserve heating oil for hot water during summer months I have been taking sea showers. When I was in the Marine Corps and stationed on a ship we were required to take sea showers to conserve fresh water. It works like this. You get wet, turn off the water, soap up, turn the shower back on and rinse off. Very little water is used by this method. Of course, the winter months will require a little more fortitude.

A second method of saving fuel oil, and this will work only if there are two or three people living in the house, is to turn off your emergency oil burner switch during the day. If you have a large enough hot water tank the water heated at night will carry you through the day as long as you don't run the clothes and dishwasher every day. The oil burner won't come on every time you run the hot water. Before you retire at night turn the switch back on.

Another fuel saving idea is for sinks that have a long run from the hot water tank. It takes a while for the hot water to get there and by the time it does you're probably finished washing your hands. At my basement sink I installed a small electric hot water heater between the hot water line to the sink and the faucet. I have instant hot water and we haven't noticed a nine-fold increase in kilowatt hours used because it doesn't heat every time you use hot water. I found mine on the Internet. It was reasonably priced at around \$100 and it's made in the USA. It also may be switched off when away extended periods.

We're all going to have to save energy wherever we can.

Dick Diefenbach  
Danville

## Thank You Terry Hoffer

When Terry sent me his e-mail about the pending sale of *The North Star*, I was shocked. Then I got mad, thinking of the 1,200 subscribers (thousands of readers) who perhaps would be left in limbo with a second-rate newspaper. How could he do that to us?

From a selfish point of view, I thought of all of the regular writers like myself who gained so much satisfaction from the challenge to write and be read regularly. Writing as well as he does, Terry will certainly miss similar challenges as publisher and primary "correspondent" of *The North Star*. Nevertheless, now that my "anger" has cooled, I want to thank Terry profusely for making *The North Star* the stimulating monthly that it is, and, hopefully, that which it will remain.

Terry tells me that the new publisher will keep the same dedicated writers, and why not? Who would want to destroy a successful business? This seems to me to be a good time and place to list and express my appreciation to the other regular contributors, starting from the front of the paper: Isobel P. Swartz, Gerd Hirschmann, Vanna Guldenschuh, Leonard Perry, Nathaniel Tripp, Van Parker, Bets Parker Albright, Lorna Quimby, Alice S. Kitchel and Burton Zahler, Denise Brown, Virginia Downs and Rachel Siegel. Further, each issue has articles written by occasional contributors who add so much to the pleasure of reading the paper.

A few days ago I met with Terry for lunch at his home in Danville. It is nestled beside Joe's Brook in Danville with an ample lawn and a flourishing garden. It was an ideal setting for me to interview Terry as if I was going to write the lead article for *The North Star*. He was candid and revealed much about himself, the paper and his future.

Ten years ago the Hoffers and Tanners bought *The North Star*, and Terry took over as editor and publisher. I was relieved to learn that the decision to sell was not made hastily. When the Hoffers and Tanners acquired the paper, the Hoffers had two children to put through college. They agreed at the time that they were making a ten year commitment. In 2008, the Hoffer's second child would graduate from college, and the Hoffers would be finished with costly expenses of education. Terry would be 59; his wife Kathy would still be working for a few more years; and there was time to consider a new career or remain with *The North Star* doing the work that he truly loved.

In the meantime, for the last year and a few months, Terry has been participating in a leadership training program sponsored by Snelling Center for Government at the University of Vermont. It was a stimulating and an eye-opening experience for him to meet for a weekend each month with about 30 others, interested in what to do with their futures, as was Terry. He doesn't know what is ahead of him during the next 10 years, except for a time anyway, there will be time off, gardening and enjoying life with Kathy and their children.

Perhaps the most widely read and unusual feature that Terry initiated has been the succession of pictures taken of devoted subscribers reading the paper, often in remote and exotic places. Who could forget the picture of Lyndy Burdet and Heinz Fischer catching up on the news at the North Pole?

Bear with me while I mention other countries where subscribers have been and photographed with *The North Star* in hand: We have seen them in Canada, England, Easter Island, New Zealand, Siberia, Iceland, France, Ukraine, Alaska, China, Guatemala, Ghana, Yemen, Panama, Kenya, Russia, Slovakia and Iraq. After thinking about these countries and pictures taken in them, I was left with an inspiration for Terry to think about implementing during his new career. With the knowledge he has about these intriguing countries, he might organize exciting tours for readers and others to one or more of them. What do you think? More importantly, what do you think, Terry?

The Hoffers and Tanners are satisfied that the owner-to-be is competent and experienced. That assurance is enough for me. He will be unknown to me and just about everyone else until July 1 when he takes over. If Terry's life for the next ten years is as productive, socially useful and personally satisfying as it has been during the past ten, he and his family will be blessed, while those fortunate enough to have known Terry will continue to have their lives enriched.

Thank you, Terry, with good wishes for your future ahead.

John Downs

## CATAMOUNT ARTS ARTS BUILDING COMMUNITY



Performances  
Films  
Galleries  
Jazz Concerts  
Lectures  
Classes  
Video Library  
Special Events



Masonic Temple 115 Eastern Ave., St. Johnsbury, VT

### Become a Part of Catamount's Community Arts Center

Opening in October 2008, at the completely renovated Masonic Temple in St. Johnsbury, the new Catamount Arts Center will provide the area with an exciting range of activities in:

- Two state-of-the-art classrooms for a wide variety of digital and fine-arts classes.
- The largest art gallery in the area.
- A live performance and banquet space.
- Two film and video theaters showcasing local, regional, student and novice filmmakers, as well as the best in independent and international films.

Contributions to the Arts **Building** Community project may be made in the form of one-time donations, pledges, the transfer of stocks and securities and estate planning. Please contact Catamount Arts today to make your commitment to the cultural future of our community. All donations are 100% tax deductible.

**This community information is brought to you by the team at the UNION BANK with offices located in St. Johnsbury, Lyndonville, Littleton and Hardwick**

Send **The North Star Monthly** to your friends out of state. Let them read about what appeals to you in this corner of New England. They'll think of your thoughtfulness all year long.

See page 3 for details.



## Balance and Change Happen All the Time

The principal of change has a central role in the 2008 presidential campaign. A British friend pointed out to me that though many Americans seem excited by the idea of "Change," they should be aware that a positive change for one group might be a negative change for another. This has made me think about homeostasis, which is a fundamental quality of life.

Homeostasis is a state of balance or an attempt to reach balance within and among the different but interdependent parts of an organism (that is, the cells, organs and systems) or of a population or group of society. The very fact that homeostasis occurs demonstrates that change is normal and happens all the time. If change in the natural world did not occur on our ever-changing physical planet, there would be no possibility for evolution to take place, and life would not survive.

There are many ways in which a population or a country behaves as the natural world does. A study of history reveals that nations and cultures have come and gone in the world since humans became farmers, and settled down to form permanent communities, rather than wandering from place to place as hunters and gatherers. Successful competition for food and raw materials has always been necessary for the survival of societies and nations along with the ability and willingness to change.

In the modern world this fundamental competition still exists. It has become much more sophisticated and dangerous because now nations have huge populations to feed and provide for and weapons of mass destruction, which can annihilate competing groups. We humans have also evolved intricate political systems hoping to control our own destructive potential, as well as that of our competitors. Some of these political systems are national, and some are international alliances whose usefulness has always depended on the strength and interests of the major participants, of which the United States has been one of the most powerful.

Balance of power is like homeostasis in a living organism. Many things can disrupt it, and when they do, there are attempts to restore the balance. As I see it there are two major ways to do this: Force or Adaptation. In this present age we can clearly see that Force is an expensive luxury, and generally not a useful option. On the other hand, Adaptation is essential.

New sources of wealth and power emerge when more nations of the world become developed. This encourages new relationships between nations. These relationships require openness, cooperation, an educated electorate, accurate information and, above all, adaptability.

In his book, *The Post American World*, Fareed Zakaria describes the increasing economic power of China, India, other Asian nations and Brazil. Zakaria explains the impact of this change on the global role of the United States. These facets of change are acknowledged by Barack Obama, in his political campaign, when he mentions the need for more dialog among nations.

There are other social changes that must take place in the United States if it is to continue to be an active player in the expanding global economy. These include providing basic health care for all, upgrading infrastructure, strengthening efforts to curb water and air pollution, improving education for all children, providing cheaper access to higher education, encouraging innovation, retraining for unemployed workers and many more. There are also needed psychological changes that are important.

These fundamental changes are essential for the future success of this country and the global community. They involve new ways of looking at the world and our place in it, not as "The Leader," but as a partner with other countries working to make the world a safer, more hospitable place for all life. We must join with the rest of the global community to do this because, if we don't, the United States will become side-lined in the global community's decision-making. In the meantime ongoing problems involving ecological damage; the increase of terrorism derived from inequality and injustice; and the increase in the threat of wars over depleted sources of energy, raw materials, food and water will continue apace.

We also need to change the political divisiveness that has dominated the United States' political scene. Stereotyping people according to their political party, religion, gender, race and educational background has become a destructive force in our democracy. It is arrogant folly to believe that any one group in our society can hope to repair the damage we have suffered both through natural events at home, and from political decisions made here and abroad. There is no single way to bring about improvement. Past methods of force, arrogance in thinking our way of life is best for all, lack of effort on the diplomatic scene, ignorance of other cultures, have failed us in many ways. Real change and innovation have to be given a chance.

As my British friend noted, change can be good for some and bad for others, that is perhaps why, individually, we are so resistant to change because we do not know what our personal fate will be. One thing is certain however; if we continue our current path and refuse to change, we cannot hope to evolve into a different, but better adapted nation, in a rich, ever-changing global community. Surely we owe it to our children and our country to try.

Isobel P. Swartz

## Summer 1943

The train ride was long and sunny.  
We snaked along the Passumpsic,  
Then the Connecticut,  
And, finally, Boston. We were war casualties,  
Only not dramatic ones.  
Mother did that funny thing with her mouth  
And jiggled the clasp on her purse  
While we kids kept watch out the windows  
As farms and mountains went clattering past.  
Inside our heads we said our last goodbyes:

To riding the roundabout in Powers Park  
The smell of leaves burning in autumn  
The Popcorn Man with his shiny red cart at band concerts  
Harry Gear coming 'round to collect our garbage  
Swimming in Willoughby Lake - so cold, so clear -  
Sunday School picnics at Crystal (watermelon, Eskimo Pies)  
Gathering wild flowers down by the swing bridge  
Never going upstreet without running into people we knew  
Waving green scarves as "Seafoam" in Josie Sherrer's  
dance recital  
The grade school with one entrance for girls, another for boys,  
Trudging through the snow to the golf course with skis on  
our shoulders  
Sugar-on-snow parties with pickles and raised doughnuts  
The kids we played with at recess and sang with in Junior Choir

All the community we had ever known.

The train chugged into North Station;  
A strange man stopped by Mother.  
"How well behaved your children are," he said,  
"Such good, quiet children on this train."

Ann Staffeld



## 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

## 38th ANNUAL BURKLYN ARTS COUNCIL

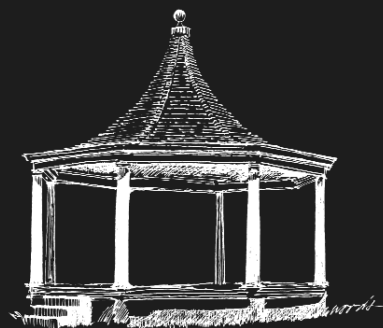


# Craft Fair

Saturday, July 5, 2008  
10 a.m. to 4 p.m. (rain or shine)

Bandstand Park, Route 5  
Lyndonville, Vermont

★ Local Entertainment Throughout the Day ★



Over 50 Juried Vermont Craftspeople & Artists  
HUGE RAFFLE ★ FACE PAINTING ★ LUNCHEON SPECIALTIES  
STRAWBERRY SHORTCAKE

Entertainment made possible in part by Passumpsic Savings Bank, Union Bank,  
Community National Bank, NorthCountry Federal Credit Union & Lyndonville Rotary.  
Luncheon specialties donated by area restaurants.

## VERMONT ANTIQUE Show & Sale

Quality Dealers Only

July 26<sup>th</sup>  
9 a.m. - 3 p.m.  
\$5 Admission



## PEACHAM, VERMONT LIVE MUSIC

Voted best New England town by *Yankee Magazine* in 2005  
ALL PROCEEDS BENEFIT PEACHAM LIBRARY

## Dussault's Heating

Sales Service Installation

- ◆ Thermo Pride Furnaces
- ◆ Peerless Boilers



Box 301  
St. Johnsbury, VT 05819

(802) 748-4945  
24 hour service

# The Porcupine Was in Deep Trouble

(Continued from Page 1)

I stood there for a while, horrified. Nobody likes to see suffering like that, no matter how one might feel about porcupines, and most people have negative feelings. Porcupines can be destructive; eating canoe paddles, chewing through brake lines, killing trees and the encounters with dogs are legendary. What purpose do they serve, lumbering about with their great coats of quills, aren't there too many of them already? Perhaps this one had been attacked by a fisher. Fisher "cats" were re-introduced to control the porcupine population. They are the only predators quick and savage enough to kill them.

My first instinct was to go back to the house, get the .22, and come back to finish the job, "put it out of its misery," so to speak. Fortunately, it was a fairly long walk back, and I had some time for reflection. First of all, just

who am I to put something, (or someone) out of their misery? Aren't we really talking about our own misery? Our own inability to cope?

This poor creature must have been hit by a car, a fisher would have finished the job on its own. The nearest highway was Route 5, which lay almost a mile away and a thousand feet below. From the blackness of the wound, as well as the maggots, it must have happened two or three days ago. I could easily envision it happening. I've almost done it myself.

Mr. Porcupine, out for a late night stroll, was mesmerized by those meteoric lights and unable to react until it was way too late, the car roaring overhead while he rolled, rolled in the blast of wind and noise, hind part struck by some metal frame or shield. When he regained consciousness, all he wanted to do was go home. Now he was nearly there, nearly

back to the comfort of den and family after a struggle of epic proportions, and I was going to shoot him?

Instead of the .22, I came back with a flashlight, (it was getting dark), some "Blue Kote" spray disinfectant, some nice orange wood picks that I used for cleaning camera gates and an apple. The porcupine had only

**And he reached out with one of his own hands and grasped my finger.**

moved a few feet closer to the denning place on the ridge. I approached slowly on my hands and knees, talking to him softly and reassuring him. He had a beautiful face, very alert, not glassy eyed. The quills remained flat. Neither of us made any sudden moves.

I offered a slice of the Granny Smith. Clearly, the poor thing was dehydrated and famished. He began to eat immediately, and to my own disbelief I was able to start working on the wound. After I got the maggots out I saw that it was clean and not bleeding. So far so good. I sprayed it with "Blue Kote." He flinched but remained passive. A perfect patient. Although the wound would almost certainly prove fatal eventually, (I saw some cloudy blue tissue deep inside which did not bode well), the tormenting flies and maggots were gone.

I crawled around to his head again, whispering congratulations and encouragement all along, and I held out another piece of apple. This time, he began to eat while I held the slice in my fingers. He reached out with one of his own hands and grasped my finger. It

was a grasp which I can clearly feel to this day, many years later, as firm and gentle as my own. Porcupines are arboreal creatures, just as we once were, and they have a hand similar to ours. They also, upon closer inspection, have very pretty faces, sort of like a pug-nosed rocker of the '50's, hair in a conk. We held hands like that for as long as I could stand it, looking into each other's eyes. I like to think he found me quite beautiful, too.

It was dark, late, time for my own dinner. I left the rest of the apple and went home. I went back again at about ten o'clock that night. It was one of those nights that we have up here sometimes when all the constellations are glittering bright, spread across the sky. There was no sign of him, no

sign of the apple, either. Hopefully he found the strength to complete his journey, and I returned home feeling as though I had reached out across the stars myself, like in the famous scene in "E.T." when his and the boy's fingers meet.

I always hoped that I might run into a gimpy old porcupine while on one of my walks some day, but I never did. I ran into plenty of others, though. Did you know that porcupines sing to each other? Did you know that they purr just like kittens when you stroke them? (Which is easy to do if they like you, just stroke from head to tail, please.)

The Native Americans thought porcupines were sacred, but then I think they believed all life was sacred. So do I. ✦

## Danville School Prom at Joe's Pond

The 1920's came roaring into West Danville at the Joe's Pond Pavilion this year for Danville's Junior Prom. The day started with dark skies and lots of rain. Thankfully the rain stopped long enough for visiting hours so everyone could make their red carpet entrance. Celebrants came in all sorts of vehicles including 4-wheelers, electric cars, boats, a horse and buggy and one couple arrived by a plane that landed on the waterfront.

The pavilion was ritzy on May 31st; with round tables, with long black tablecloths and chair covers with gold sashes. There was a red carpet and valet parking. DJ Josh Puffer started the prom and after an hour the band Nomad, including two Danville teachers, performed live music.

Everyone was dressed to impress. Some picked up the 1920's theme and came as flappers and gangsters and others dressed to draw eyes. For the first time there was a full prom court, the Lord and Lady were Matt Chamberlin and Jessica Ledo, the Duke and Duchess were Jamos French and Hannah Lazerick, the Prince and Princess were Richard Beniot and Tiffany Burrington, and the King and Queen were Jared White and Naomi White. The prom was a success and everyone seemed to be having a great time.

The junior class advisors, president and president of the prom committee would like to thank once again all of the chaperones and parents who helped with the prom this year. Kitty Toll and Wendi Larrabee provided a dinner for the prom committee and one for the chaperones. They also helped decorate, brainstorm and clean up after prom. The committee is also grateful for the help from Ray Richer with pictures and from Bruce Melendy for his time. Finally the committee salutes all who made possible keeping the prom local.

**REID & BALIVET**  
ATTORNEYS AT LAW

ERNEST TOBIAS BALIVET  
JUDITH A. SALAMANDRA CORSO

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

*"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

DIAL TOLL FREE  
**800-639-0666**  
*"PROMPT FRIENDLY SERVICE"*

ST. JOHNSBURY  
371 Memorial Drive • 748-3310

BARRE 479-0666  
HARDWICK 472-5554  
WHITE RIVER JCT. 295-9903  
NEWPORT 334-1348  
GORHAM, NH 752-1414

*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** or call  
(800) 639-1010 in St. Johnsbury

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

**St. Albans\***  
802.524.9000

**Fairfax**  
802.849.2600

**Jeffersonville**  
802.644.6600

**Johnson**  
802.635.6600

**Hyde Park**  
802.888.6880

**Morrisville**  
802.888.6860 Plaza  
802.888.6600 Main

**Stowe**  
802.253.6600

**Hardwick**  
802.472.8100

**Danville\***  
802.684.2211

**Lyndonville**  
802.626.3100

**St. Johnsbury**  
802.748.2454 GM Mall  
802.748.3121 Portland  
802.748.3131 Railroad

**Littleton**  
603.444.7136

\*Offices will be open soon!  
Equal Housing Lender  
Equal Opportunity Employer

**Being green  
could be  
easier than  
you think.**



Welcome to GreenLend™, our special loan program to help you make energy efficiency and renewable energy improvements to your home or business. With non-renewable energy sources now costing as much or more as renewable sources, many alternative solutions can now be considered as viable options.

**GreenLend**

With GreenLend™ you'll find a competitive rate, saving you money by helping you pay for energy efficiency to help save the planet. **Go green, save some green** with a GreenLend™ loan from Union Bank. Learn more by contacting your nearest Union Bank office or by calling 1-866-862-1891.




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



# Justin Lavelly Plans To Honor The Formula

(Continued from Page 1)

design, and *The Student* was printed by *The Caledonian Record*. Once a year it was printed and distributed as a supplement to *The Caledonian*. It was great experience."

From St. Johnsbury Academy Lavelly decided that out of his college acceptances the one from Lyndon State was the biggest bang for his buck. In the fall of 2000 he set off for Lyndon with his baseball glove in one hand and a handful of pens in the other. "I knew I was interested in journalism and writing," he says,

"and I really liked being in Vermont." Balancing varsity baseball and writing led to a deliberate path through the Lyndon curriculum, but it did allow Lavelly to meet Lynn Bixby, an editor at the time for *The [Littleton, NH] Courier*.

Bixby had retired as a celebrated investigative reporter and editorial writer for the *Hartford [CT] Courant* and was living in northern Vermont and working for the Littleton weekly. "Lynn came to Lyndon State and was hoping to find someone to work in his office as an intern in jour-

nalism." Lavelly jumped at the chance, he says, realizing that his college experience in journalism had been heavily weighted towards literature. "There were some great courses and great class discussions about ethics and what would you do if ..., but there weren't a lot of newspapers, and the writing was substantially about literature."

**"I want to maintain the character and voice of the paper, which has made it so successful."**

In the spring of 2004 Lavelly started what he calls a "crash course" in journalism as an intern at *The Courier*. "Lynn Bixby would take a story I had spent four hours writing, and he'd mark it all up with his red pen. Then he'd come rolling in his chair across the newsroom floor and go over every comment he had made. At first it was about content and structure - the information left out and the questions unasked. Then it was about grammar and the best use of quotes - the fine points of writing the news.

"Lynn would often say that someone had covered the facts, but they had missed the human side of the story." It was a great opportunity for young Lavelly and in many ways probably as good an experience anyone would hope to have at the best journalism schools in the country.

In June 2005 Lavelly graduated from Lyndon. He stayed on at *The Courier* working full time. There were personnel changes in the newsroom, and Bixby and some others were gone, but some of the young staff stayed on. One was Justin Lavelly.

"I kept thinking that I wanted to leave with everyone else," he says, "but it almost seems that if you pass up your first opportuni-

ty there's likely to be something better behind." Lavelly was promoted to assistant editor, and six months later, in the fall of 2006, he was named editor. It was a heady opportunity for the young Lavelly, and he laughs about it today. "My reaction was how do I do this? The paper had a good reputation, and I wanted to carry that on."

He quickly credits the other capable people in the newsroom for his success, but collectively they shouldered the responsibilities of reporting, editing, layout, proofreading and all of the editorial functions of carrying on. He says, "We made improvements in the design, and we dug in to maintain the high standard of news coverage and the paper's integrity in the community."

Gradually, he says, there were more cuts. "Two full-time reporters were let go, and the freelance budget was slashed by 80%. I don't think they really cared. They thought people wouldn't notice the difference and people would buy the paper anyway. But that's just not the way I wanted to go to work every morning."

Lavelly looked at other jobs and other newspapers, and he thought about marketing and

public relations. Nothing, he says, panned out.

Then one day Lynn Bixby tracked Lavelly down and suggested that maybe there was an opportunity at *The North Star*. He described it as a unique opportunity and one that wasn't going to come up very often.

Lavelly says, "My parents [in Danville] loved the paper, and ..."

Justin Lavelly met with *The North Star* owners, and they reached an agreement, which satisfied everyone. Lavelly will move into the Hill Street office of *The North Star* on July 1, and publish the August issue on schedule.

His plans are to honor the proven formula that has attracted subscribers in every state in the country and appeals to readers throughout Vermont. He says, "I want to maintain the character and voice of the paper, which has made it so successful. I'd like to see more newsworthy stories, and maybe I'll change other things at some point, but I like just what it is."

Lavelly has a family in West Danville. He is 26 years old. "My plan is to be here a long time - hopefully doing this. Maybe it was meant to be." ✦

## North Danville Gets Ready For the 4th of July

The North Danville 4th of July parade and day-long celebration will take place this year on Friday, July 4th - quite a coincidence. This is a yearly event for which the streets of the village of North Danville are lined with people from all over the area.

There are many activities during the day for young and not so young people to enjoy during and after the parade, including a book sale, exhibits by the Danville Historical Society, crafts, food and ice cream booths, children's games, a pie-eating contest, a dunking tank, bingo, a bike race, a fun run, an auction of baked goods and a Zen Garden nearby.

A ham dinner, which includes strawberry shortcake, will follow the parade, at the North Danville Baptist Church. The day will end with an Old Time Dance in the school gym, with live music by Hidden Drive and food at 60's prices.

The parade begins at 10 o'clock featuring Arnold and Shirley Langmaid as marshals fulfilling this year's theme of "Famous Couple/Dynamic Duo." The Langmaids have long been a part of the 4th of July celebration and have contributed to the community in many ways. Arnold served in World War II. He managed a North Danville dairy farm and served as a town lister and school director. Shirley served on the Old North Church Committee for many years, insuring that the historic site was kept sparkling clean and well maintained. She was president of the Brainerd Memorial Library, treasurer of the North Danville School association and a faithful member and worker at the North Danville Baptist Church. Arnold and Shirley recently celebrated their 66th wedding anniversary.

We hope to see you in North Danville on the 4th of July.

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

### Your Complete Family Eyewear and Eyecare Center

**Eye Exams;  
Fashionable Eyewear;  
Safety Eyewear; Athletic Eyewear;  
Contact Lenses, Sunglasses; and  
Complete Lasik Surgery Consultation**

**Optical Expressions**

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

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

## 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

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

**GENERAL AND FAMILY DENTISTRY**

31 Mountain View Drive  
Danville, VT

**(802) 684-1133**

{ HISTORIC PRESERVATION }

# S.A. FISHBURN

{ CUSTOM CABINETS }

{ ARTISAN DESIGN }

{ CRAFTSMANSHIP }

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 05828  
802 684-2524  
fish@kingston.com



# Celeste Girrell

## Running a Correctional Center with a Cool Head and Warm Heart

VIRGINIA DOWNS

"The only way I can describe what happened when I started working here is that I fell in love with corrections." Celeste Girrell is superintendent of the Northeast Regional Correctional facility in St. Johnsbury. She is one of those fortunate people who truly love their work. Girrell has been superintendent since 1998. "For me it is the perfect work place. We have strong boundaries, but within that you can be as creative as you want." She is the first woman to run a male correctional facility in Vermont.

She calls her work "overwhelming, exhausting and sometimes infuriating but never is it boring. Like any good love affair that turns into marriage, there are ups and downs, but still," she says, "it is a job I thoroughly enjoy. This is not just a facility, but a community service." Girrell

is known for her lively sense of humor, which helps in what, by its very nature, is a stressful occupation.

John Perry, director of planning for the Vermont Department of Corrections, says that women sometimes make better correctional officers than men because they take such a different approach to conflict.

Girrell agrees. She says, "Women in a position of authority have a different effect in corrections than do men. When two men are fighting and a third comes into the situation, a different reaction occurs than when a woman arrives. Offenders have a problem with authority, and it takes a special breed of woman in that position to perform effectively without playing out any power needs. I think what works well is that women pay more attention to how it gets done than what gets done."

Still, the challenge is con-



Photo By: North Star Monthly

Celeste Girrell has been superintendent of the Northeast Regional Correctional facility in St. Johnsbury since 1998.

stant. "Women in traditionally male careers have to do some dancing in order to succeed and progress," Girrell says. "I try to be laid back. I choose my battles carefully and not get into an ego thing. I have a way of looking at something and finding the funny side. In corrections it's what I call gallows humor."

She illustrated that by telling

me how she got one inmate to stop his constant use of the f— word. "I counted 23 times once in two minutes, so I said to him, 'Let's go for 20 next time.' The next time he came to jail, he started swearing, and I looked at him and said, 'Excuse me?'"

"He apologized. 'I'm sorry,' he said. 'I'm not supposed to talk like that in here.' I considered that a success. I call these small successes 'little steps for little feet.'"

At this writing, there are 125 inmates in St. Johnsbury's Correctional building and 100 next door in the Work Camp.

"We're struggling to decide if

we want to be a correctional center or prison," Girrell says. "In a small facility like ours, staying on a first name basis allows the officer and inmate to be treated as people. They're human beings, not in a role, and that to me makes all the difference in the world. Folks here know what to expect of me. They've worked with me so much that I've ceased to be a woman. I'm just Celeste."

Girrell describes "There are a lot of changes happening because of legislative action this year, and as a department we are working on implementing them. Legislators took a hard look at the laws and at decriminalizing

## 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)  
Claudia Lee, 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.



### 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

It's the Season for...

## Camping and Kayaking



*We dare  
you to  
browse*

- Wilderness Systems Kayaks
- U.S.G.S. Maps
- Life Vests ● Paddles
- Eureka Tents ● Camptail Backpacks
- Slumberjack Sleeping Bags
- Camp Accessories
- Carhartt Work & Casual Clothing
- Merrill Footwear

*Fine line of sports and work clothing, footwear & outerwear*  
Official Distributor of BOY SCOUT Supplies

## Caplan's

1922-2008  
Over 85 Years

HOURS: Mon.-Thurs. & Sat. 8:30-5:30 ● Fri. 8:30-8 ● Sun. 10-4  
457 Railroad Street ● St. Johnsbury, VT 05819 ● (802) 748-3236



some violations such as being stopped for the first time while driving with a suspended license. That person does not necessarily have to go to jail. By the same token, a first-time DWI offense is no longer jailable. You can't get to work if you can't drive in Vermont. It only makes sense. It was silly to fill our beds with these first-time offenders."

**"Women in a position of authority have a different effect in corrections than do men."**

John Perry points out that there are two other female superintendents in Vermont. Anita Carbonnell is the superintendent of the Southeast State Correctional Facility in Windsor. She will remain as superintendent of the new work camp next year when the facility is converted from housing women to housing men. Theresa Stone is the superintendent of the Dale Correctional Facility in Waterbury.

Perry is particularly proud of the legislature's establishment of the corrections system's Community High School of Vermont as an independent school and its recent accreditation by the New England Association of Secondary Schools and Colleges. Perry says, "This is the same organization that accredits St. Johnsbury Academy, Lyndon Institute and many other prep schools in New England."

Girrell describes the courses that men in both the corrections section and the Work Camp take, taught by in-house educators,

adjunct professors and area volunteers. "The men take courses five days a week, five to six hours a day. The Work Camp guys take theirs at night. The curriculum is broad-based with math, English, writing poetry, social studies and computer courses. All of this is funded through the State Department of Education.

"We still don't have Drivers Ed or a prom," she laughs, "but we do have a graduation ceremony, sometimes with a single graduate. All the graduates are recognized, wearing caps and gowns. The Community High School of Vermont just awarded its one thousandth diploma."

Girrell says that she recently worked with volunteers at the Community Justice Center in St. Johnsbury to help inmates understand technological changes in the outside world after serving time in Corrections. "Some of these guys never used a cell phone, a microwave oven or a DVD player. Our volunteers can help in that adjustment."

Girrell spoke with feeling about the dog-training program, which has been started at the Work Camp. "Guys are training dogs from the St. Johnsbury Rescue Humane Society to be companions for disabled G.I.'s, who have been injured in the service. Jim Donnon, the Work Camp superintendent, is taking this program seriously and personally. Donnon has two sons in the service, one in the Coast Guard and the other in the Green Berets."

What Girrell has found heartwarming in her own correctional work is the community response to needs at the facility. Churches donate clothing to inmates who come in with practically nothing, and volunteer teachers lighten the load for the small staff in the education program.

For one community's reac-

tion to the Work Camp program, I described my own town's positive response to the men and their supervisors. In recent years, they have transformed three historically important buildings in Lyndon Center – the 1809 Town House, the Victorian Shores Memorial Museum and an 1857 schoolhouse. All are now in fine condition. We are proud to use them for historical society meetings, and we show them off to tourists. Camaraderie among the Work Camp crew was evident as they were working.

Girrell grew up in Queens, NY. Her mother had given up her career as a hairdresser. Her father drove a gasoline truck. "They valued education very strongly. All five of us had a college education. My sister and I went to Hunter College where it was tuition-free at that time."

Celeste Girrell and her husband located in Vermont after they decided they wanted to live somewhere within a two-hour drive of the Appalachian Trail. "We came in the fall, and we stood outside the Vail Center, looking across the mountains.

That was it." In 1980 she enrolled in the master's degree program in counseling and teaching, receiving her degree in 1983.

She had her start at the correctional center in 1982 as a means to help with mortgage payments on the house that she and her husband had built in Sutton.

"I was hired as a caseworker. We usually carried a case load of between 30 and 40 men. Two years later she was doubly honored – as the Caseworker of the Year at the St. Johnsbury Correctional Center and for the State Department of Corrections as well.

Then as a single parent raising two daughters, Rebecca and

Sarah, Girrell had a further challenge, one that was resolved largely by caregivers, good friends and neighbors whenever a crisis in the jail demanded her presence in the middle of the night.

Rebecca is now married with her own 3-year-old daughter. She is a Methodist minister for the Troy Conference in New York.

Sarah and her husband live in Seneca Falls, NY, where she is in her second year of college, preparing to be a chiropractic physician.

"We have wonderful family reunions in New York," Girrell says. "But both girls miss Vermont, and they plan to return as soon as possible." ✦

## Cobleigh Public Library

Lyndonville

Monday: Noon - 5 p.m.; Tuesday: Noon - 7 p.m.  
 Wednesday: 10 a.m. - 5 p.m.;  
 Thursday: Noon - 7 p.m.; Friday: 10 a.m. - 5 p.m.  
 Saturday: 9 a.m. - 1 p.m.

Stressless® living  
 —it's all about comfort.



THE INNOVATORS OF COMFORT™



www.stressless.com

As seen on TV!

Stressless® living is the perfect combination of comfort, function and style. Our patented Plus™ system provides you with optimum head and lumbar support in any position while the Glide system keeps your body in perfect balance. Our recliners also come in two to three sizes to fit everyone. The Stressless® Plus™ system is integrated into our line of chairs, loveseats and sofas. Choose from both high and low back sofas for a personal fit.

Come in today and discover for yourself the true comfort of Stressless®!

Mill River Furniture

SLEEPSOURCE® MATTRESS GALLERY

49 Main St., Top Floor Littleton, NH 03561 | 166 Railroad St., St. Johnsbury, VT 05819  
 802-444-7378 | 802-748-1315

www.millriverfurniture.com



New, Used & Rare Books

COME IN where it's COOL  
 and browse our loaded shelves...

GRAB A BOOK for the beach!

**GREEN MOUNTAIN BOOKS**

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



Your friends at B&B Septic recommend that you keep your septic system well maintained and avoid future costly repairs. Schedule an appointment today for a pumping.

Call (802) 748-9858



# Restoration Continues At Old North Church



Photos By: North Star Monthly

Clapboards are arranged closer together near the sill, then gradually spread farther apart as they reach the eaves. More protection was needed near the foundation when snow piled up in the winter, so it was prudent to invest more in clapboards down low.

**SUE STRIFERT**

If you have a moment, and you're in the neighborhood of the Old North Church, swing by and see what is happening.

Some needed restoration work is underway to this grand historic site under the watchful eye and hands of Jan Lewandowski from

Stannard. With the help of Chris Patton, from Walden Hill Road, he is painstakingly restoring the clapboards on the south face of the building. This side is in particular need of attention for two reasons - 1. because it gets the most exposure to the elements, and 2. because a kitchen that was located on the second level in the back of

the church produced lots of moisture from the inside further deteriorating the clapboards.

As an interesting aside, what

some consider the "back" of the church may really have been the front. When the church was first built, three windows graced the north wall (they're gone now), and two original wood stoves were just inside the entry doors making many believe that the original box pews faced south, and the pulpit would have been nearest to the entryway.

There is also evidence that there was a matching staircase to the balcony on the west side of the entrance. A floor plan that matches this speculation graces an 1830's church in East Montpelier.

Lewandowski and Patton are using early 19th Century techniques (with the exception of a battery operated drill) to restore this side of the church. Old and deteriorated clapboards are being removed and replaced with identical species of wood that have been sawn to the same specifications as was done 175 years ago. If original pieces are sound, they will remain. Many of the hand-made nails used in the original construction are still sound and are being re-used where possible. Patton is hand-planing each new piece of clapboard so that adjoining ends feather together for a better fit - just like 1832.

Some interesting construction principles existed many years ago, so one needs to look closely to duplicate the work. One item is

apparent. Clapboards are arranged closer together near the sill, then gradually spread farther apart as they reach the eaves. More protection was needed near the foundation when snow piled up in the winter, so it was prudent to invest more in clapboards down low. Another interesting discovery was made during removal that some find remarkable. The original red penciled level lines can still be seen on the planking behind the clapboards. These original level lines are being used for the new clapboards.

We're grateful to have Lewandowski and Patton performing this restoration. When this phase is complete, then Leonard Spencer from Cabot, an historic paint expert, will be painting the church using historic (where feasible) techniques and material. During his close inspection, he discovered that the original color of the church was yellow, but we're sticking with white. If you happen to be around the church when Leonard is painting, you will most likely get some fascinating history lessons of early paint, but don't keep him from his work.

Along with siding and painting, work inside will begin as well. Sally Fishburn will be tackling the job of plaster restoration. Many think it is time to remove the wallpaper that covers the old lath and plaster interior. Fishburn will begin in earnest when we move into the warmer months as it's important that the air temperature is relatively constant for this work to be done right.

In the fall, Fishburn will start work on window restoration. As was mentioned in a recent article in *The North Star*, an "Adopt-A-Window" campaign has begun. Brochures detailing this fund raiser can be found at the Old North Church during summer lamplight services. If you'd like to receive a brochure call (802) 748-4096.

Everyone involved with the Old North Church is excited about the work underway. This Vermont Historic Site is one we all can be very proud of, and one deserving of careful restoration.



**Appalachian Supply Inc.**  
Wholesale - Retail  
Plumbing, Heating & Electrical Supplies

4581 Memorial Drive                      Rte. 302  
St. Johnsbury, VT 05819                Littleton, NH 03561  
**(802) 748-4513**                              **(603) 444-6336**

**2008**

ST. JOHNSBURY ATHENAEUM PRESENTS

*Readings  
in the  
Gallery*

<p><i>June 25</i> Leland Kinsey Stephen Sandy</p>	<p><i>July 2</i> Judith Jones</p>
<p><b>03</b></p>	
<p><i>July 16</i> Maxine Kumin</p>	<p><i>July 30</i> Jane Shore Julie Agoos</p>

WEDNESDAYS AT 7:30 PM  
ADMISSION FREE    LIMITED SEATING

For more information call 802-748-8291 or  
email [inform@stjathenaeum.org](mailto:inform@stjathenaeum.org)

**Jacques Travel & Entertainment**

Rosa & Denis Jacques  
Referring Travel Agent

www.rosaanddenistravel.com  
www.ytbreport.com  
(802) 563-2947  
cell (802) 535-2042  
randdtravel@gmail.com



**North Danville  
Brainerd Library**

Summer:

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

**The Northeast Kingdom's  
Full-Service Bicycle and Outdoor Store**

**Personal, Quality Service On  
All Makes and Models Of Bikes**

Authorized Dealer **TREK** USA    **SANTA CRUZ**  
SantaCruzbicycles.com

**Canoes & Flat Water Kayaks by Old Town**

**(802) 626-3215  
Rt. 114  
East Burke, VT**



**OPEN 7 DAYS  
A WEEK**





# Follow the Money

by Rachel Siegel

**“All the News That’s Good for the Whole Month”**

For a long time, since the availability of the printing press and cheap paper, newspapers were the way we got news. Newspapers also delivered crossword puzzles, comics, concert and movie listings, recipes, advice, weather predictions, stock market fluctuations, death notices, bankruptcy notices, wedding notices, and opinions - and ads, of course, because a newspaper earns its keep by selling ads.

When newspapers were the only way to get such information, everyone read at least one paper every day. In many metropolitan areas, newspapers were published twice a day - with an extra edition if a big story broke (“Read all about it”). To make sure they got both sides of a story, many people read at least two different papers a day.

Newsstand sales and subscriptions never supported a newspaper, but attracting and keeping readers has always been vital, because readership attracts advertising, and ad revenues pay the bills. Editors are always juggling to find the optimal mix: enough news or features to attract readers and thus advertising, but enough advertising to cover the costs of publishing at all.

In the 20th century, newspapers have had plenty of competition, for both audience and advertisers: radio, television, and now the Internet, or rather, the ethereal ease of giving or getting ideas and information.

Newspapers have had to compete hard, and there have been many casualties. Only a few of our major cities now support more than one daily publication; the second (or third or fourth) paper is gone. Television network news killed off afternoon editions. Consolidation has meant that a handful of publishers now control an astonishing number of publications.

Newspaper syndicates are old news, going back to Ben Franklin, Hearst and Pulitzer. As discovered in other industries, economies of scale could create efficiencies: the cost of the writing, of all but the most local news, could be amortized over

many papers in many places (markets), but the advertising sales potential, since most consumption was still local, was as great as the number of markets. Mass publication became a competitive advantage.

Smaller papers, that didn’t have the market size to create such scale, either folded or relied on syndicated features and news off the wire services. They became all about layout: the paper pieced together rather than written.

We have always cherished our press as our voice against forces larger than ourselves - governments, corporations, markets. The danger with consolidation or syndicates, of course, is that fewer and fewer voices can be heard, and that, with less competition, the quality of the reporting diminishes. Consolidation is meant to achieve cost-savings, after all, and threatens that the art and romance of newspaper writing will be sacrificed in the name of the profit.

Then along came the Internet, and now anyone with a thought in his head can blog at will; there is now more journalistic prose published every day than readers can possibly absorb. The newspapers that survived the conventional wars for economies of scale now face attack from guerrillas on the web, providing more competing “content” and more opportunities for advertising than ever before.

The North Star has survived. The strategy is simple: keep it local and keep it quality - much like some organic food growers or the many artisanal bakers, cheesemakers, brewers and others, who produce and market on a smaller scale, relying on quality as their competitive advantage.

Capitalize on the “Vermont” - earthy, organic, nostalgic, but

shrewd - charm and reputation. Publish only once per month - keep production staff small and personal, keep publication costs low, and give advertisers a deal on a space that’s “Good for the whole month.” Create high-quality content that is uniquely from here: local history, local natural history, local profiles, local nostalgia, local recipes with local ingredients, and, once in a while, local news, and do it using local writers, local pundits and local poets.

**To make sure they got both sides of a story, many people read at least two different papers a day.**

Predictably, locals read it, but there are a surprising number of readers further afield. Some are former residents, who like to keep up or indulge in nostalgia, but many are not. They just enjoy the window into this small, rural community, where all politics, weather, history, recipes, features - and news - are indeed local.

The North Star, neither syndicated empire nor blog, may be a model for the successful business strategy or, at least, for the artisanal newspaper of our 21st century economy: produce locally, but market globally.

*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. “Follow the Money” has been a regular feature in The North Star since July 2001. ★*

# Fresh Vermont Strawberries Are in Season

Buying local helps save on your food costs and contributes to the local economy.

What better way to welcome summer than by picking red, ripe and sweet strawberries? Farmers’ markets, farm stands and pick-your-own fields are awash in red, with Vermont strawberries coming into season in late June.

Early reports indicate a plentiful strawberry crop this year with larger berries. In addition, they are ripening slightly ahead of schedule which means it’s not too early to get the best berries of the season. Growers from all over the state are reporting excellent crops. “We’re looking at a bumper crop this year,” says Sam Mazza in Colchester. “This is probably our best crop in five years.”

Strawberries are versatile and delicious, and they pack a nutritional punch as well. They are an excellent source of vitamin C, fiber, folic acid and potassium. Strawberries are low in calories and fat free. Eight medium strawberries have more vitamin C than one orange.

“This is a great time to take the family out to enjoy the Vermont countryside and pick fresh strawberries,” says Roger Allbee, Vermont Secretary of Agriculture. “When you buy local you are supporting local farmers and the community. With rising costs of food, buying local and in bulk to freeze for later will save you money at the grocery store and on transportation costs.”

Doug Harlow of Harlow’s Sugarhouse in Putney says, “Our season is just getting started. We expect the season might be a little shorter this year, so now is the time to pick your own. You just can’t go wrong with buying fresh, local berries.”

Strawberry season is a great time to stock up on berries or make pies for the freezer by means of pick-your-own and bulk sales. Strawberries are one of the easiest products to preserve - simply wash, dry and freeze. You can hull the berries either before freezing them or when they are removed from the freezer. Frozen strawberries are useful year-round, for smoothies, jams, sauces, ice cream and adding a summer touch to wintertime pancakes and waffles. Freeze strawberries now, or make and freeze pies to be baked later when the garden is buried under snow.

Vermont has 90 strawberry producers with 188 acres growing almost 2 million pounds of berries. Whether you prefer to purchase your strawberries at a farmers’ market or pick your own, you can find a list of farm stands, farmers’ markets and pick-your-own fields at [www.vermontagriculture.com](http://www.vermontagriculture.com).

**MICHAEL K. WALSH & SON, Builders**  
*New Construction ♦ Remodeling ♦ Renovations*  
*Finish Work ♦ Decks ♦ Wallpapering ♦ etc.*  
**♦ Call Now for Summer Projects**  
*Solid reputation of quality workmanship,*  
*reasonable rates and dependability*



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


**Village View Flower Farm**  
 Lynda Farrow  
 466 Webster Hill Road; Danville, VT  
**(802) 684-3694**  
[www.villageviewflowerfarm.com](http://www.villageviewflowerfarm.com)  
[villageviewflowerfarm@gmail.com](mailto:villageviewflowerfarm@gmail.com)



**WE HAVE:**

- Field-dug perennials;
- Personalized bouquets or
- You pick-your-own flowers.

**Come enjoy the view.**  
 Give us a call or See us at the Farmers’ Market in Danville (Wed.) or St. Johnsbury (Sat.)



**Peter M. Ollman-D.M.D.**  
**PEDIATRIC DENTISTRY**  
 802-748-8701  
 576 RAILROAD ST.  
 ST. JOHNSBURY  
 VERMONT 05819



**NORTHEAST KINGDOM ARTISANS GUILD**

*A Vermont Artisans Cooperative*

**In the Backroom Gallery:**  
 July 18<sup>th</sup> - August 23<sup>rd</sup>  
 Helmut Siber -  
*Painting the Weather*  
 Reception with Mark Breen and Steve Maleski  
 Friday, July 25<sup>th</sup> 3 - 5



**MONDAYS - SATURDAYS 10:30 - 5:30**  
 Under The Purple Awning At  
 430 RAILROAD STREET, ST. JOHNSBURY  
 802.748.0158 [www.nkcaartisansguild.com](http://www.nkcaartisansguild.com)

**Internet**  
 Unlimited Hours, No Contracts!  
**\$9.95** mo.  
 • 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 min

Sign Up Online! [www.LocalNet.com](http://www.LocalNet.com)  
 Call Today & Save!  
**LocalNet 748-8188**  
 Reliable Internet Access Since 1994





## Up on the Farm Early

Lorna Quimby



### Paper, Paper Everywhere

As you might imagine, Dick and I have collected a pile of papers having to do with my hip operation.

**Maw was in the hospital from September 17 to October 16. The total bill was \$100.65.**

First there are all the papers we had to sign when I was admitted to the hospital. Then came copies of bills for operating room, hospital room, surgeon and so on and so on. Medicare sent us copies of their payments, and if you can understand their mysterious entries, the amounts they allow and what they do not, you're much wiser than we. Our insurer, which is supposed to cover amounts Medicare does not, sent more equally uninformative statements. We've been through the process before, so, on chilly mornings, we used some of the accumulation to start a fire in our box stove.

It is now June.

My operation was in January, and we still don't know the balance we will owe on any of these bills. How does NVRH survive this cumbersome and dilatory process? In spite of the promise of a paperless society, the age of computers has not made the use of paper obsolete. Rather, we are flooded with paper.

Buy a small item in the store and take note of the size of the tape you now get. (By this time in our lives we are skeptical when experts tell us what to expect in the future. We remember well the promise that the "more electricity you use, the cheaper it will be," or the even better one, "the more new houses get built in town, the more your taxes will go down." We say nothing about "peace in our time" and other fine forecasts that never materialized.)

Quite in contrast to our experience in this wonderful 21st century is that of Dad and Maw the year Patty was born. The *Caledonian-Record* for Monday, September 17, 1934 carried the following headline: Daughter born to woman after Main Street Crash! Mother Thrown to Pavement when Car Hits Silent Policeman.

The article went on: "Mr. and

Mrs. Ben Fields of Peacham had a thrilling experience early this morning. Blinded by the heavy rain ... they failed to see the silent policeman . . . and ran into it head on." [Until I read the article I never knew the name "silent policeman." We always called it "the dummy."]

"Thrilling" hardly describes the experience. Dad had a broken rib and Maw had a deep cut on her forehead. The resulting scar troubled her the rest of her life. The "happy conclusion of the accident" was Patty's birth about a half hour after they reached Brightlook hospital.

According to an invoice dated October 12, 1934, Maw was in the hospital from September 17 to October 16. The total bill was \$100.65. My parents received one invoice, which was paid on October 17.

I have been comparing the amount of paper involved in her 1934 hospital stay and mine in 2008. It would be more difficult to compare the sums involved.

\$100.65 was a much larger part of a year's income. You should consider that, in 1934, men who worked on the road were paid 30 cents an hour for winter work and they got two dollars per day in the summer. The road commissioner was paid four dollars per day, summer only. Each of the three most highly paid teachers got \$495 per year. In the report of the Overseer of the Poor, burial expenses were \$109.09. [All figures taken from the Auditors' Report for the Town of Peacham for the year ending January 31, 1935.]

In those Depression years, Dad had no medical coverage. Fortunately his milking cows were "coming in" so he had the milk check to cover this unlooked-for expense. He had no vehicle insurance, either, and I assume the car was a total wreck.

We were left with Topsy and the old black buggy for transportation until Dad picked up a second-hand green Buick. It was

some time before we had that luxury.

I remember going to the Corner to visit Aunt Martha. Academy Hill was just as steep then as it is now. Topsy knew exactly how much she would pull up a hill. We always knew when Topsy had reached her limit. She would stop and nothing would make her go any further until the load was lightened. So Deedee and I and Dad had to walk while Maw and Patty rode in the buggy. When we reached the level at the top of the hill, we climbed back in, Dad on the seat beside Maw and Deedee and I perched on the back.

Maw could order most things she needed at Sears & Roebuck or Montgomery Wards. We could get groceries at Bert's in South Peacham. Still, it must have been a great day for Maw when they had a proper car and she could go to St. Johnsbury to get all the things that Ned Somers' or Bert Wilson's stores did not carry. ★

## Celebrating "We the People"

VAN PARKER

The Fourth of July, in this part of Vermont and all over the United States, is a time of parades, picnics, putting out flags and sometimes thinking about what being a citizen of this country means. The phrase "we the people" keeps jumping out at me.

The Constitution of the United States begins with those three words. The writers of this document were actually a rather self-selected group of male property owners, coming from the 13 existing states. There were no women among them. Nor were there any African-Americans. In fact slaves were counted as only 3/5ths of a person. Our founding document was less than perfect. But the Bill of Rights and later amendments rectified many of its shortcomings. This year a woman and an African American ran for one party's presidential nomination. We are still learning the meaning of the words "we the people." They are much more inclusive than they appeared to be at first.

A man named Howard Zinn has made that clear, both in his writings and in the example of his life. Howard Zinn has written

a book called *A People's History of the United States*. Colleagues of his have written books on the same theme. One of them is called "A People's History of the American Revolution." Another is titled "A People's History of the Supreme Court." The theme of the series is that real change comes not just from strong leaders but from ordinary people. It perks up from below instead of being imposed from the top.

The author of the book about the American Revolution doesn't just talk about George Washington, Ben Franklin and John Adams. He writes about all the people who lived in the 13 colonies; famous women like Abigail Adams and unknown women who kept families together and made it possible for their husbands to fight; African-Americans who fought on both sides of the struggle, hoping that one way or another slaves would gain their freedom; Native Americans, who often served as pawns between the British and the colonists: people loyal to the British who sometimes fled to Canada.

Over 200 young men from Danville alone fought in the Civil War. It took that war to resolve the issue of slavery and it

took a civil rights movement to move us to where we are now. Some women alive today were born when women didn't have the right to vote. We're still learning what the phrase "we the people" means. That's the message of the series of books edited by Howard Zinn. Ordinary people are important. They make a difference.

This paper has a long history and I have only known it in its most recent incarnation. In an era when most dailies are suffering a loss in readership, *The North Star* is growing. You might call it a "people's newspaper" because it is full of stories about people — what they do, how they happened to come to this part of Vermont, their skills and their gifts. You can read recipes and reminiscences, a journal of the seasons, adventure stories and occasional poems. *The North Star* doesn't try to do everything, but it affirms people and takes the word "community" seriously.

So, thanks to editor Terry Hoffer as he moves on to other things and to the rest of the Hoffers and the Tanners for their stewardship of *The North Star*.

Abbott Party & Rental  
All About Flowers  
All Around Power  
Alomax Technologies  
Appalachian Supply  
Artistic Gardens  
Asia Restaurant  
Buds & Blooms Florist  
C.G. Electric  
Caledonia County 4-H

Laferriere Construction  
Liquid Glass Body Jewelry  
Littleton Chevrolet  
Lyndonville Agway  
Lyndonville Hardware  
Marty's 1st Stop  
Mill River Furniture  
Miss Lyndonville Diner  
Moose River Campground  
Morrison's Feed Bag

### The 2008 Danville School Yearbook Staff Extends Its Thanks to These Businesses for Their Support and Joins Them in Wishing Our Classmates Good Luck in the Future.

Caledonian Record  
Calkins Excavating  
Capitol City Auto  
Caplan's Army Store  
Century 21  
Charles Curtis  
Coronet Beauty  
Country Styles  
Countryside Automotive  
Creamery Restaurant  
Crosstown Motors  
Dad's 4 By  
Dane's Upholstry  
Danville Animal Hospital  
Danville Darlin' Damsels  
Danville Self Storage  
Danville Service Center  
David Toll, M.D.  
David Welch Trucking  
Diamond Hill  
Don Moore Trucking  
Fairbanks Scales  
Gadapee Family Sugarhouse  
Gary's Goods  
Gauthier's Pharmacy  
Gilmour Ford  
Gold Crown Lanes  
Great Vermont Corn Maze  
Green Mountain Books and Prints  
Green Mountain Geothermal  
Hastings Store  
Horizons Deli  
Image North Photography  
Injun Joe Cabins  
Jenks Studio of Photography  
Kingdom Embroidery  
KLR Racing

NCMC  
New England Video  
North Country Vac & Sew  
North Country Vending  
North Star Monthly  
Northeast Computer Systems  
Northern Physical Therapy  
On the Green  
Optical Expressions  
Parkway Realty  
Poulos Insurance  
Reid & Balivet  
Rose Knitting Parlor  
Saint J Auto  
Saint J Subaru  
Salvation Army  
Sheer Sensations  
Silver Mountain Graphics  
St. Jay Hardware  
St. Jay House of Pizza  
St. Johnsbury Animal Hospital  
Stahler Furniture  
Sterling Works Jewelry  
Stuart V. Corso, DMD  
Sugar Ridge RV Village  
Teachers & Tots  
The Convenient One  
The Sawyer & Ritchie Agency  
The Sewing Studio  
The Sign Depot  
The White Market  
Thurston Auto  
Union Bank  
Uniquity  
Village Bookstore, Littleton, NH  
VSAC  
Wheeler Building Supplies  
Wheeler Sports



**DAD'S GOT WHEELS** - The newest addition to Dad's 4 By Tool & Supply. Watson Gates is standing in front of his new ride, Dad's on Wheels. A selection of inventory from the store will be carried on the truck. Please call (802) 748-2408 to have Watson stop at your place of business.





## Ask the Shrinks

Alice S. Kitchel and Burton Zahler

Dear Shrinks,

I'm afraid I may be a little crazy. Here's the situation. I work in an office with many others. In my cubical is one other desk where (I'll call her) Bev works. Three or four times a day Bev leaves our office and goes outside to smoke. How do I know? Because when she returns she reeks of tobacco smoke. Perhaps I am hypersensitive to tobacco smoke, I don't know. My problem is my emotional response to this situation.

I am enraged. I get so angry, I feel paralyzed. I keep having fantasies of murdering Bev. Even when I'm home cooking or doing some other mundane household chore, I'll catch myself having murderous thoughts. This can't be normal. What's wrong with me? What should I do?

Murderous

Dear Murderous,

First, we must say that killing Bev is NOT the solution to your problem, but you knew that already. Most people have transitory daydreams involving murder occasionally. You are correct in thinking that it is unusual for

such thoughts to hang around and become consistent.

Why is this happening to you? We have several thoughts. First, consider that our strongest and purest feelings come from the youngest parts of us. Just think about newborns, and how fear is so total for them. And sadness so complete. And anger so overwhelming. It could be that something in the present situation touches old emotional experiences of yours.

It might be Bev's lack of concern for your comfort or the smell of tobacco itself or feeling trapped with her. The good news is that although the feelings are very young you are not helpless. You are an adult, and you have the power to change the situation.

Another possible way to understand what is happening is to consider that these particular circumstances remind you unconsciously of an earlier situation. Or, this experience has the same pattern as an earlier experience that was intensely threatening. So, even though this situation is not as threatening, it evokes the same feelings, and in

response, you feel "murderous."

Another way of looking at your current experience is that you have been catapulted into a passionate tale, where issues of life and death have to be considered. It is a truth that people ache for peace and serenity, and when they achieve this state they find they need passion and tumult. Many satisfy this need by arranging to be scared. Think of sky-diving, scary books and movies. Other people have (or they dream of) love affairs, sometimes with dreadfully sad endings. And others arrange their lives by having daily temper tantrums. There are many ways that people manage to satisfy these two contrasting states.

What should you do? As usual we have some advice.

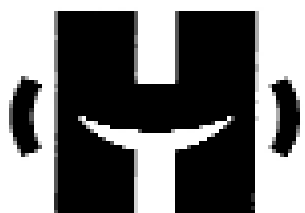
Consider some psychotherapy for yourself, it might really help. Along with the relief of expressing your feelings and figuring out how to manage them appropriately, you will probably learn more about why you have such strong emotions and also how to overcome feeling paralyzed. By all means, arrange to share a different cubical with another coworker. Tell Bev (politely) why you are asking to move.

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



Photo By: Ann Cochran

On May 17 the Danville School Class of 1958 gathered at the Danville Inn to salute its 50th class reunion. Coming from Vermont, Maine, Florida, New Hampshire and Indiana there were 10 of 17 members attending. (L-R) Front row: Prudence (Roberts) Westerburg and Alberta (Davidson) Cochran. Second row: Theresa (Fournier) Tack; Martha (Smith) Alexander; Carol (Kennedy) Campbell and Marge (Hooker) Williams. Rear: Ronald (Joe) Peck; Ronald Cochran; Susan (Gagetta) Kessinger and Leighton Hunter.



**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

## Poets Reading Aloud In the Northeast Kingdom

I can somewhat relate to them:

Their wholesome, sensitive faces,  
Well-modulated voices,  
Delicacy of perception,  
Ritual appreciation of our archaic subculture.

Yet there is something repellent about the insularity  
Of luminaries who twinkle in, between bouts of travel or  
teaching,

To dazzle us with the results  
Of that incalculable luxury —  
The interminable analysis of each tender nuance  
In their intricate involvements with nature  
(and each other)

While every fall, a few more farms fold under,  
Worried people in thrift-shop clothing clog the  
employment office,  
The soup kitchen crowd swells,  
And back among the sandlots  
A woman in a rusty trailer is crying her eyes out

And nobody twinkles for her.

Ann Staffeld



### Joe's Pond Craft Shop Vermont-made Crafts

Tues - Sat: 9:30 a.m. - 6:00 p.m.

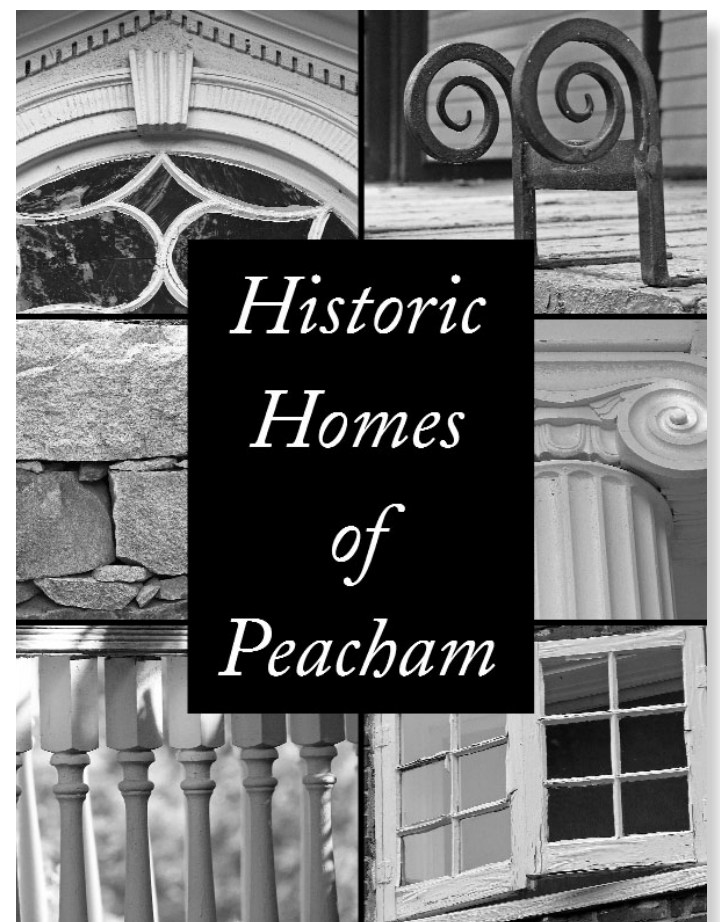
Sun: 9:30 a.m. - 1 p.m.

Closed Mondays (802) 684-2192

Traditional Crafts; Folk Art, Quilting, Rug Hooking,  
Woodworking, Pottery, Weaving and So Much More.

Rt. 2 & 15, West Danville, VT

See [www.joespondcrafts.com](http://www.joespondcrafts.com) for more information



## 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



# Helmut Siber Paintings on Display At Backroom Gallery

A most unusual exhibition will be on display at The Backroom Gallery in St. Johnsbury. "Painting the Weather," a collection of 30 watercolor paintings by German-born artist, Helmut Siber, will be on display from July 18 to August 23.

This group of paintings has been donated by Delsie Hoyt and Chuck Eaton with the express wish that proceeds from their sale benefit the Fairbanks Museum.

Area residents and visitors to the museum may be familiar with Siber's weather studies in watercolor in museum's private collection. However, Hoyt and Eaton's paintings have, until now, never been exhibited.

Helmut Siber was passionate about painting and about weather. His early years were spent as a sailor on tramp steamers bound for India, Burma, China and Africa, and it was during this period, in the 1920's, that he began to experiment with watercolors to capture the color and transparency of monsoons. Siber spent years trying to capture cloud formations and movements as quickly as possible with a wet paper and watercolor technique. He said, "The object of painting weather is mainly to draw attention to the great forces in the worlds of the clouds. In weather. Not only the mood of the Earth

finds expression but constantly outer-earthly forces of the Great Cosmos enter and influence the realm of air which surrounds our Earth."

He called mountains "weather-makers." Siber traveled the United States' mountain ranges to study, observe and paint the weather. In 1959 he moved to South Peacham with his wife, Helen Comstock. Over the next ten years he painted prolifically in the Presidential Range of the White Mountains.

Delsie Hoyt says, "Helmut loved the Fairbanks Museum, and during the 60's his paintings hung in the upstairs gallery. My father [Bruce Hoyt] worked at the Museum then and often drove Helmut to the White Mountains so he could paint."

Following Helen's death in 1970, Helmut planned a return to Germany. Prior to his departure he became overwhelmed with the volume of his work and despaired over not having found a permanent home for it. He destroyed hundreds of paintings and burned his autobiography. Hoyt says, "My mother and father begged him not to destroy his life's work." Siber died in Cologne, Germany in 1984.

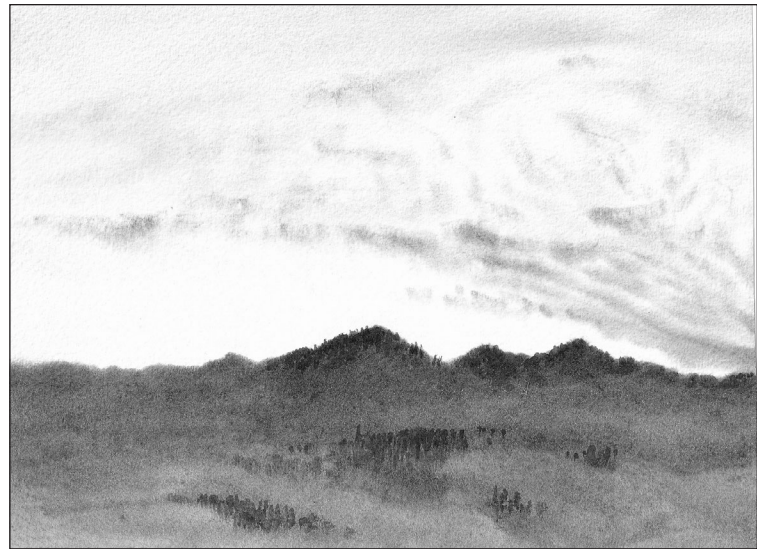
In 1994 Hoyt's collection of Siber's paintings was discovered among boxes of art supplies given

to her family. This collection appears to be a retrospective of his best work, hand-selected by the artist, containing paintings from the 1920's through the 1960's. "When we unwrapped the paintings after Helmut's death (which we had stored assuming it was all just more art supplies, mats and watercolor paper) Helmut's note on the kraft paper said - 'I saved these because you asked me to.' He said they should be studied or destroyed or, that [Delsie's brother] Stewart could paint on the back of them!"

It seems most fitting that the proceeds from the sale of Siber's

work be donated to the Fairbanks Museum whose focus and mission is clearly weather education. On Friday, July 25 from 3 - 6 p.m. a reception will be held in the

Backroom Gallery with Mark Breen, Steve Maleski and Chris Bouchard in attendance. The reception is free and open to the general public.



Nantahala, watercolor painted by Helmut Siber

## the ARTS around

### July

- 1 Chicago and Doobie Brothers, Bank of America Pavilion, Boston.
- 3&4 James Taylor, Tangelwood, Lenox, MA.
- 3 Chicago and Doobie Brothers, SPA, Saratoga, Springs, NY.
- 4-10 *The Visitor* (2007, U.S.) [PG-13] Director: Thomas McCarthy. Victims of a real-estate scam, a Syrian man and his Senegalese girlfriend, take up residence in the New York apartment of an aging academic. The talented Syrian teaches his host to play the African drum revitalizing a faltering spirit and opening the old man's eyes to a world of jazz clubs and Central Park drum circles. A long lost passion emerges. Catamount Arts, St. Johnsbury. (802) 748-2600.
- 5 Melissa Ethridge, Meadowbrook Pavilion, Gilford, NH.
- 5 Rush, SPA, Saratoga, Springs, NY.
- 6 Chicago, Meadowbrook Pavilion, Gilford, NH.
- 9&10 Bon Jovi, BankNorth Garden, Boston.
- 11 Rush, Verizon Arena, Manchester, NH.
- 11-17 *Flight of the Red Balloon* (2007, France) [PG] Director: Hsiao-hsien Hou. Inspired by the Lamorisse's

- 1956 Academy Award Winning classic, *The Red Balloon*, this young boy, his red balloon and Paris weave an achingly beautiful tale on the mysteries of familial bonds and the lingering effects the past has on us all. Catamount Arts.
- 11-19 North Country Community Theater with *State Fair*, Opera House, Lebanon, NH.
- 13 Brian Wilson, Hampton Beach Casino, Hampton Beach, NH.
- 14&15 John Mellencamp, Bank of America Pavilion, Boston.
- 18-24 *Son of Rambow* (2007, England) [PG]. Director: Garth Jennings. A chance encounter between two shy, 11-year-old misfits leads to an unlikely friendship and a burgeoning partnership as junior film directors in this madcap, terrifically sweet homage to childhood and movies. They enter a movie in a young filmmaker's competition, and what follows is family problems on both ends and a series of insane action stunts. Catamount Arts.
- 19 Mark Knopfler, Bank of America Pavilion, Boston.
- 19 Steve Miller Band, Tweeter Center, Boston.
- 23 Crosby, Stills & Nash, Meadowbrook Pavilion, Gilford, NH.
- 23 Yes, Bank of America

- Pavilion, Boston.
- 25 Crosby, Stills & Nash, Bank of America Pavilion, Boston.
- 26 Melissa Ethridge, Shelburne Museum, Shelburne.
- 28&30 Eagles, Banknorth Garden, Boston
- 31 The Police, Tweeter Center, Mansfield, MA.
- 31 Extreme, Bank of America Pavilion, Boston.

### August

- 1 The Police, SPA, Saratoga Springs, NY.
- 3 Jethro Tull and Peter Frampton, Meadowbrook Pavilion, Gilford, NH.
- 9-22 Opera North with *Madame Butterfly*, Opera House, Lebanon, NH.
- 14-23 Opera North with *The Magic Flute*, Opera House, Lebanon, NH.
- 15 Rod Stewart, Tweeter Center, Mansfield, MA.
- 16 The Allman Brothers with Bob Weir & Ratdog, Tweeter Center, Mansfield, MA.
- 16 Grace Potter & The Nocturnals, Waterfront Park, Burlington.
- 19 Journey, Heart and Cheap Trick, SPA, Saratoga Springs, NY.
- 22 Eddie Money, Hampton Beach Casino, Hampton Beach, NH.
- 26 Robert Cray & Keb Mo, Shelburne Museum, Shelburne.

**WSTJ**  
am 1340

Tune in for  
Red Sox Baseball

PO Box 249 St. Johnsbury, VT 05819 (802) 748-2345

**EVENING GLOW**  
by Fred Swan

Prints, Prints on Canvas, Canvas Giclee,  
Note Cards and Calendars

**The Framing Format & Gallery**  
485 Lafayette Street • St. Johnsbury, VT • 802-748-3964  
[www.framingformat.net](http://www.framingformat.net)

**CATAMOUNT ARTS**  
ARTS BUILDING COMMUNITY

Performances  
Films  
Galleries  
Jazz Concerts  
Lectures  
Classes  
Video Library  
Special Events

Museum Temple 115 Eastern Ave., St. Johnsbury, VT

Bringing Art to the Northeast Kingdom  
[WWW.CatamountArts.org](http://WWW.CatamountArts.org) (802) 748-2600



# Companionship Comes With Many Names



Photo By: North Star Monthly

Susan Bowen lives with her faithful and companion dog, Zoë, beside the Water Andric near the town line separating Danville from Barnet. Bowen is a thoughtful and friendly companion for those of us at The North Star.

## SUSAN BOWEN

After my husband's death, I know there was considerable concern about my living alone, way out here on the Water Andric, at the end of the road. Of course I have good neighbors, but, like most folks today, they work away from home during the week. My nearest neighbors are retired, but the road between us is not plowed in the winter, so our visiting during that season is confined to the telephone.

I wasn't utterly alone, after all. I had Sheri, who has helped me keep up with things for many years. I had Wanita and John from Home Health since Ralph became ill, and for day-in and day-out company, let me not

underestimate the companionship of our dog, Zoë.

Our family has had the company of several dogs over the years, dogs we have educated and who in turn have educated us. We found Zoë, a mixed-breed female, in an animal shelter, and we became friends immediately. Well, she and Ralph became friends; I maintained a raised-eyebrow attitude, knowing full well she would be Ralph's dog, and I would be her feeder.

We surmised that she was partly husky because of her very thick coat. (It takes almost all summer to shed that winter coat, and still she has a thick ruff around her neck.) I am sure she has some bird-dog ancestry, as she is often seen, head raised,

following the flight of a bird high in the sky.

"She could write a book on the subject," I often claim, "if she had the words." In fact, she has, very much, a "speaking" countenance.

"Well, isn't it supper time?"

"A long walk right now, yes?"

When Ralph became ill, she would rub against me, for mutual comfort (the canine equivalent of an arm around the shoulder) and look up, clearly saying, "Something is wrong, isn't it?" or "Oh dear, what can we do?"

Given that we are descended from animals and are actually animals ourselves, however surprising that may seem, how is it that we can speak so easily (almost without thinking about it, one is tempted to say.) As we learn more and more about the evolution of humankind, the more we see how accidental, even unlikely some of these important developments seem.

We know, through the study of fossil bones that over a certain period of time human skulls became larger, allowing the brain to increase in size and capability. But we are able now to speculate on how our brain developed to its present ability, including eventually the creation of words. And it all had to happen in a certain

order, just as, apparently, a computer has to be prepared in a certain order, to introduce a new function.

We know that animals make sounds, a variety of sounds, some of which convey a limited number of meanings. Anyone who has anything to do with animals is aware of that fact and further, the fact that, within limits, they are capable of learning.

My companion Zoë knows for sure when it's mealtime. In fact, she keeps better track of time than I do. Zoë is 11-years old, that's 77-years in relative people-years, to my 89, and she is much more patient with age-related difficulties than I. We both have some trouble in the morning when we start to move our reluctant muscles after nearly motionless hours abed, but I've never heard her complain.

Once she's up, off she goes down the hall ready for the day ahead. Dear Zoë!

And to think that I once preferred cats. Let's hope Mother Nature can find room for us all.



# Leo Parlo Introduced Me To David Attenborough

TERRY HOFFER

We all need a hero. Without one, any of us could be satisfied by the ordinary or unexceptional. Who among us hasn't been inspired by someone doing the remarkable, be it athletic, artistic, academic, social or quietly personal in a way that speaks volumes about some higher level, some sort of excellence?

In this 21st century with digitized and televised information streaming at us from every direction and available for reception on electronic gadgets of all shapes and sizes, there is no shortage of access to rockstars. Some are literally pop music superstars, but there are rockstars in a figurative sense almost everywhere. Some are slick, carefully packaged and artificial, and

some are the real McCoy.

Last year I met a young fellow from Walden. His name is Leo Parlo, and it was he who introduced me to David Attenborough.

Parlo is the product of parents who have encouraged him, exposed him to the natural world and taken time to answer the questions that spring forth from young Parlo's curiosity.

Leo has become fascinated by Sir David Attenborough, the British naturalist and producer of BBC nonfiction television programs and the celebrated documentary "Life" series.

Attenborough first produced a trilogy known as *Life on Earth* (1979), *The Living Planet* (1984) and *The Trials of Life* (1990), which examined the taxonomy, ecology and stages of life. They

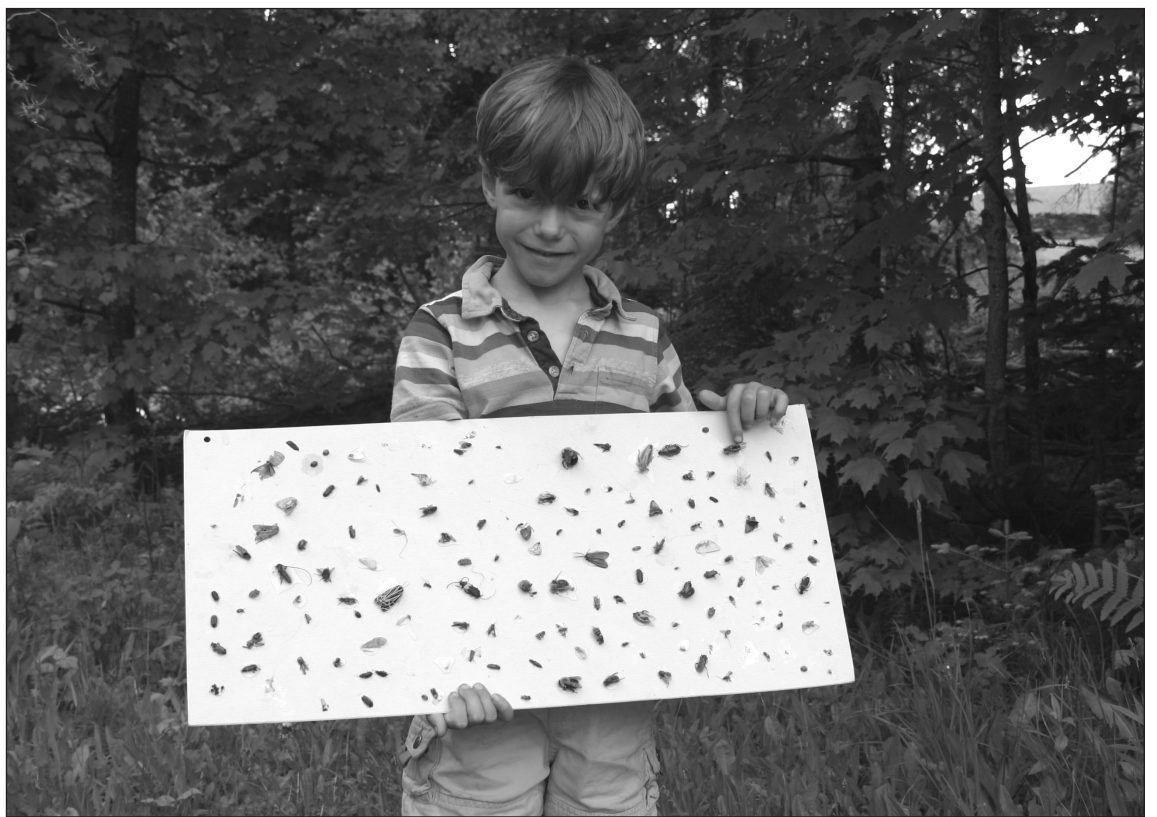


Photo By: North Star Monthly

Leo Parlo claims Sir David Attenborough as one of his greatest heroes. Leo is fascinated by natural history stretching from dinosaurs to contemporary bug life. Leo made a birthday card for Sir David and received in return a signed photograph and a handwritten note on Attenborough's personal stationery.

were followed by the more specialized *Life in the Freezer* (about Antarctica, 1993), *The Private Life of Plants* (1995), *The Life of Birds* (1998), *The Life of Mammals* (2002), *Life in the Undergrowth* (2005) and *Life in Cold Blood*

(2008). The combined series comprises 79 programs.

Attenborough's biography and life list of awards read like an index to the British Museum. Beyond his "Life" series, he narrated two other series: *The Blue*

*Planet* (2001) and *Planet Earth* (2006). In 2007 he presented the first installment in a series called *Saving Planet Earth*. Between 1977 and 2005 he narrated more than 250 segments of the BBC *One* series, known as *Wildlife on One*. He was Knighted in 1985 and has accumulated high honors and degrees at every step of his career. He was named Fellow of the Royal Society (1983). He was awarded the Companion of Honour (1996) and the Order of Merit (2005).

An opinion poll of Britons in 2006 showed Attenborough to be the most trusted celebrity in Britain. In a list compiled by the *New Statesman* magazine in 2006 he was voted tenth among "Heroes of Our Time." With his 55+ year career at the BBC making natural history documentaries and traveling extensively throughout the world, he is often described as the most traveled person on Earth - ever.

Attenborough's work is engaging for anyone, and to Leo Parlo's father, Todd, that is precisely his charm. Todd says, "He is physically animated, but he



**NORTHEASTERN VERMONT REGIONAL HOSPITAL**

*We treat you like family.*

## BUILDING HEALTHCARE PARTNERSHIPS

**Joe Davis, Living better with diabetes.**



**Trank Meierdiercks, MD**



**Ginny Flanders, Registered Dietitian and Certified Diabetes Educator, NVRH**



**“Taking responsibility for my health has improved my life.”**  
JOE DAVIS, GROTON, VERMONT

When Joe was first diagnosed with diabetes in 1971, he could control it with his diet. But over time, his diabetes grew worse. He started taking insulin, but his blood glucose levels were erratic. Joe admits that he was his own worst enemy.

“I was stubborn and ignorant about my condition,” he remembers. “I figured I’d get by somehow.”

Joe’s health went downhill. So his doctor, Trank Meierdiercks, referred him to Ginny Flanders, Registered Dietitian and Certified Diabetes Educator at NVRH. Ginny taught Joe to track his glucose levels. She helped him work on his meal plan and adjust his insulin. But most importantly, she got him to take responsibility for managing his diabetes.

“Ginny helped me improve my life,” he continues. “I feel good. I eat right. I walk two miles every morning. I’m more healthy than I’ve been in years.”

At NVRH, we want you to participate in your own healthcare. We’re building healthcare partnerships with patients, communities and local businesses to create a healthier regional community... because we all deserve a lifetime of wellness.



**NORTHEASTERN VERMONT REGIONAL HOSPITAL | HOSPITAL DRIVE, ST. JOHNSBURY, VERMONT | 802 748 8141 | WWW.NVRH.ORG**



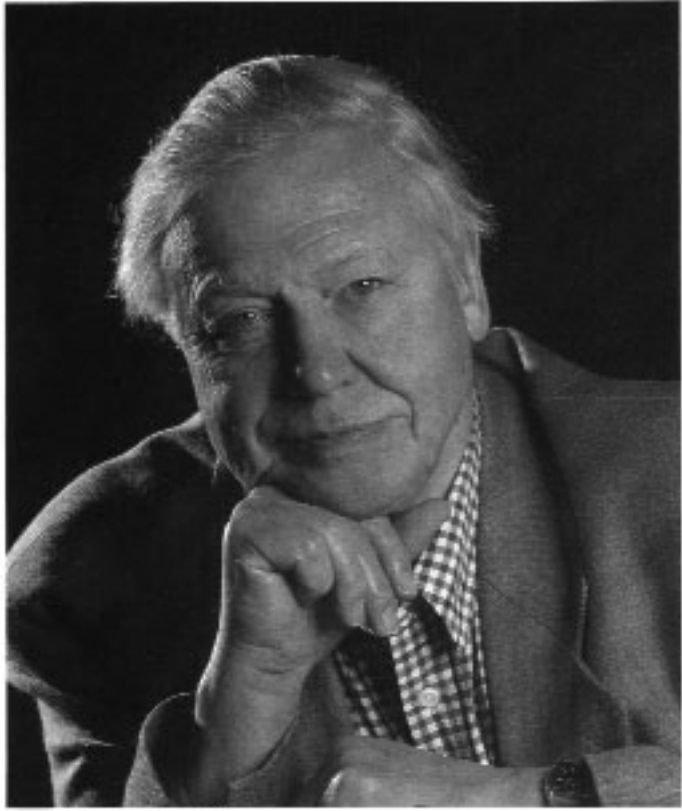
**West Danville United Methodist Church 2008**

May we break out of the nightmares of willful people ...  
And live the dreams of Saints!

**Overlooking Joe's Pond**  
Sunday Worship Service 9:30  
God's Children of All Ages Welcome

**Rev. Gerry Piper**  
(802) 684-9804





*for Leo  
with best wishes  
David Attenborough.*

Leo's head hero.

Realizing that Attenborough had a birthday to celebrate on May 8, Leo constructed and illustrated a birthday card, actually a birthday banner, which was mailed to Sir David in time for the birthday.

Leo's father says, "We had no idea whether or how Leo's card would find its way to the birthday celebration." Attenborough turned 82 on May 8, and a week or so later, Leo received a handwritten note on Attenborough's own personal stationery. It carried this message: "Dear Leo, Thank you very much for your lovely birthday card. It was the biggest of all the ones I received. And it is very beautiful. I am so glad you enjoy the programmes I make. With best wishes, David Attenborough."

Enclosed was a signed color photograph of Sir David.

A month later on June 8, Leo Parlo had a birthday party of his own. The party had a subtheme of dinosaur paleontology, and the celebrants made a documentary video including a plot about three boys answering a cry for help in the woods. They discover all kinds of things in the woods of Walden. On June 8, Leo turned 6.

I ask Leo to tell me about his impression of Sir David Attenborough. "Is he friendly," I

ask.

"Of course," says Leo. "I watch his movies and he doesn't seem mean."

"What's it like to be 82?" I asked.

"You really feel tall and you can study things."

"What would you ask David Attenborough if you had the

chance?"

Leo responded quickly, "I'd ask how can you get close to predators like lions and stuff - then I'd ask the lion why he has a big mane and why he is yellow."

And come to think of it, I decided, those are the very same questions that I'd like to ask. I wonder what the answers are. ✦

### Nightlife In The Garden

The sounds of town are muffled  
in this parallel universe of night.  
Here in my oasis,  
for a moment,  
stillness reigns over the nightlife of the garden.

Wilting plants stretch out their leaves in dew-filled air.  
Skunks shuffle through the moonlit grass,  
scraping up the sod, to feast on beetle larvae.  
Stems of phlox and pea vines snap, as woodchucks dine.  
Trilling frogs, from a neighbor's yard,  
serenade 'til dawn.

Raccoons, those gentlemen of the night,  
sit quietly by the pond  
watching the glint of fish among the reeds.  
They contemplate a midnight snack,  
and leave their muddy footprints  
on our newly painted chairs.

Isobel P. Swartz

speaks calmly, and in this grand-fatherly way he gets down in the dirt, he goes up in the trees, and he runs through fire to demonstrate his enthusiasm for what he

pletely interesting - for anyone." And Leo Parlo thinks Sir David Attenborough and his explanations of the natural world are the best. Attenborough is

**"What's it like to be 82?"**

**"You really feel tall and you can study things."**

is presenting."

Todd Parlo is certified in New York as an art teacher for grades Kindergarten to 12. He says, "I've always believed that if you can show enthusiasm for your subject, the kids will be hooked. David Attenborough looks like he is having fun. There is nothing nerdy about it. It becomes com-



## Together, we're growing something wonderful.

The merger of Community National Bank and LyndonBank has created a vibrant, healthy new bank for our communities—one with deep roots and a bright future!

And although our recent merger conversion went well, we realize that some of our customers did experience interruptions. We would like to thank everyone for their patience throughout our transition. CNB is committed to answering

every question and to help with any problems. We want every customer old and new to be completely satisfied with our service, so please let us know how we can help!



**The Creamery Restaurant**

*Dinner  
Tues.-Sat. 5:00-closing  
Pub  
Opens at 4:00  
(802) 684-3616  
Closed Sundays & Mondays*

**Celebrating  
32 Years of  
Fine Dining  
and Libations**



Derby - Main Office: 331-915 • Barre: 476-6565 • Barton: 525-2521 • Derby Line: 873-3101 • Enosburg Falls: 902-8500  
Island Pond: 774-4716 • Lyndonville - Broad Street: 606-1111 • Lyndonville - Memorial Drive: 606-1100 • Montpelier: 224-1919  
Morrisville: 888-1622 • Newport: 331-915 • St. Johnsbury - Price Chopper: 774-2605 • St. Johnsbury: 774-1686 • Troy: 441-2287





# None were wrapped, boxed or bagged as they went through the U.S. mail.



(Continued from Page 1)

confirming their own status and separating the haves from the have-nots in the business of art.

Dietzel likes to say, "Making art has always been a part of my life. Art is culture, and I am interested in what people make as it relates to the social context, but Mail Art is not deep." And perhaps that's exactly why she likes it.

Dietzel tells about making beautiful envelopes for an out-of-town boyfriend when she was 16. "There is no need for plain white envelopes, and I've been painting and drawing on mine for years."

"Then" she says, "I had a neighbor in the mid '80's. She was very funny, and we began to

send to each other things that we'd found. For a time there was a series of plastic envelopes that had food or whatever from Chinese groceries. I'd mail her something, and she'd mail something to me. None of it was wrapped or hidden in anything. It was just the plastic envelope with an address on it. It was this wonderful private joke, and we never talked about it.

"Then it got bigger, and we were sending shoes or cooking spoons or whatever. Then there were four of us: Delia Robinson from East Montpelier, Axel Stohlberg from Middlesex, the late Roy Levin from Calais and myself, now from Montpelier. It was just funny, but we never

talked about it."

Much of their Mail Art was two-dimensional, flat cards or envelopes with elaborate fake stamps and messages that were a play on words, shapes, colors, relationships and materials. Some were three dimensional objects with tags for addresses, or in some cases the objects served as the labels themselves. But none were wrapped, boxed or bagged as they went through the mail.

In 2003 this private joke, with no one talking about it, saw the light of day in a public exhibit at the Flynndog Gallery in Burlington. Dietzel says, "There was a big show scheduled at the gallery, and for some reason the plans fell through. We were the backup, and we called our show 'Canceled.' There were four artists with our boxes of work. People loved it, and we got more interested."

Then there was another show at the Flynndog, called "Pushing the Envelope." There were 50 artists and hundreds of pieces. "We discovered that what worked best was to mail things to ourselves in care of the gallery," and what a time the post office was having. "The people at the post office are always very professional about it," she says, "but actually I think they enjoyed it."

People were sending entire mailboxes to themselves. "One postmaster objected to a rusty mailbox cover and said it couldn't go as it was." Dietzel concedes, "It might have been sharp on the edges. So the artist asked the postmaster to write the refusal in the form of a memo, and the written refusal was folded up and sent with the rusty metal cover inside a cardboard box. Together they were displayed as one of the most entertaining pieces of the show."

In 2007 there was a Mail Art show at the Studio Place Arts in Barre. "We sent out a call and



Mail Art created by Gabrielle Dietzel, Suzanne Rexford Winston, M.K. Monley

asked people to mail their work to the gallery. There were lots of artists and tons of work. It was wonderful."

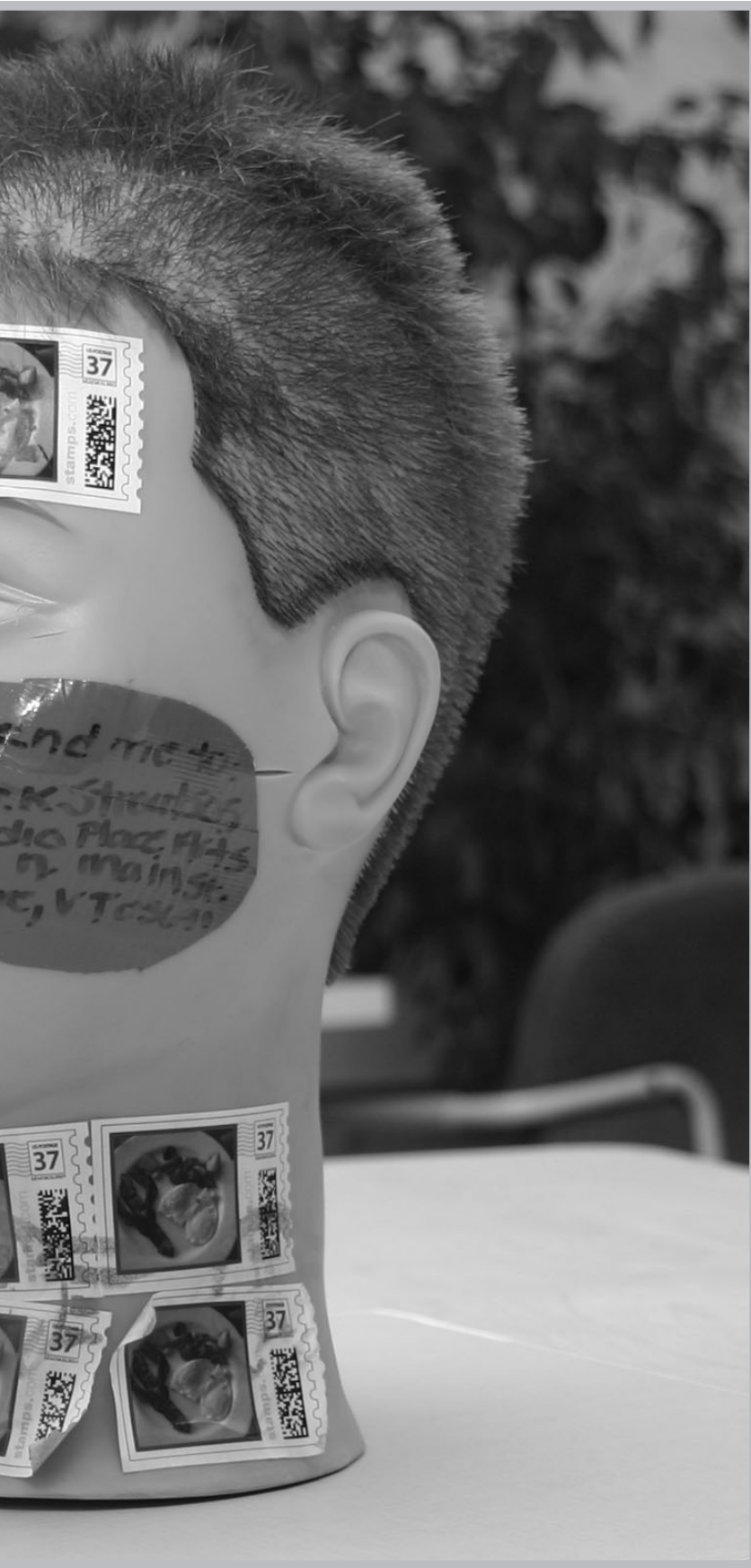
Dietzel has mailed her work, mostly flat envelopes, all over the world, but she is effusively grateful for the patience and understanding that she has found at the post office in Montpelier. "They

never laugh, and they don't comment about the work."

One time, however, at the post office counter in Montpelier, Dietzel presented a chess board. She had chess pieces glued in position on the board suggesting a game in progress. [See far right below.] There was an address label fixed to the board between a







Willy Eisenhart, Evan's entire body of work appears as stamp-sized images representing fictitious, worldwide countries with portraits of people and witty philatelic symbols of nationalism and place.

"The best part about Mail Art," Dietzel says, "is that anybody can do this. Although lighter is better, the artist or maker can do almost anything within the limitations of size and the restrictions against 'liquid, fragile, perishable or potentially hazardous' materials of the postal service. Some of the work gets pretty sophisticated with complicated words and shapes, and some are quite personal in a way that only the addressee or the beneficiary understands them, but typically they are just plain fun.

"The Mail Art process goes out of the artist's control at the post office, and there are all kinds of stories about what happens at the final destination. There is one story about a piece of Mail Art that was a big plastic goose with some kind of digital audio device. When the goose was shaken he'd say, 'Hi my name is Duncan. Feed me.' The story goes that the RFD carrier had Duncan in his car, and every time he went over a bump Duncan would ask for food. When the recipient finally got his parcel, there was a note attached from the mail carrier. The mail carrier had written, 'Duncan sure is talkative. I'm going to miss him.'"

Whatever happens and seemingly without fail, at the end of the line, the recipient is surprised, and his or her day has been made. It's great fun, and people are smiling from the first post office all the way to the last stop on the trip. Somehow, we are all better for it. ✦



Photos By: North Star Monthly

y and Nick Stroutsos.

white pawn and a castle. Dietzel paid her postage, and then she leaned forward across the counter to the clerk and whispered, "Is this the best piece ever?"

The clerk looked up and glanced around. The he leaned forward and whispered back, "It's right up there."

"Actually people do this all over the world," Dietzel says. One interesting and quirky variation on the Mail Art theme appeared in the work of the artist Donald Evans. Throughout Evans' career he painted only one subject: make-believe postage stamps. In a fascinating book by





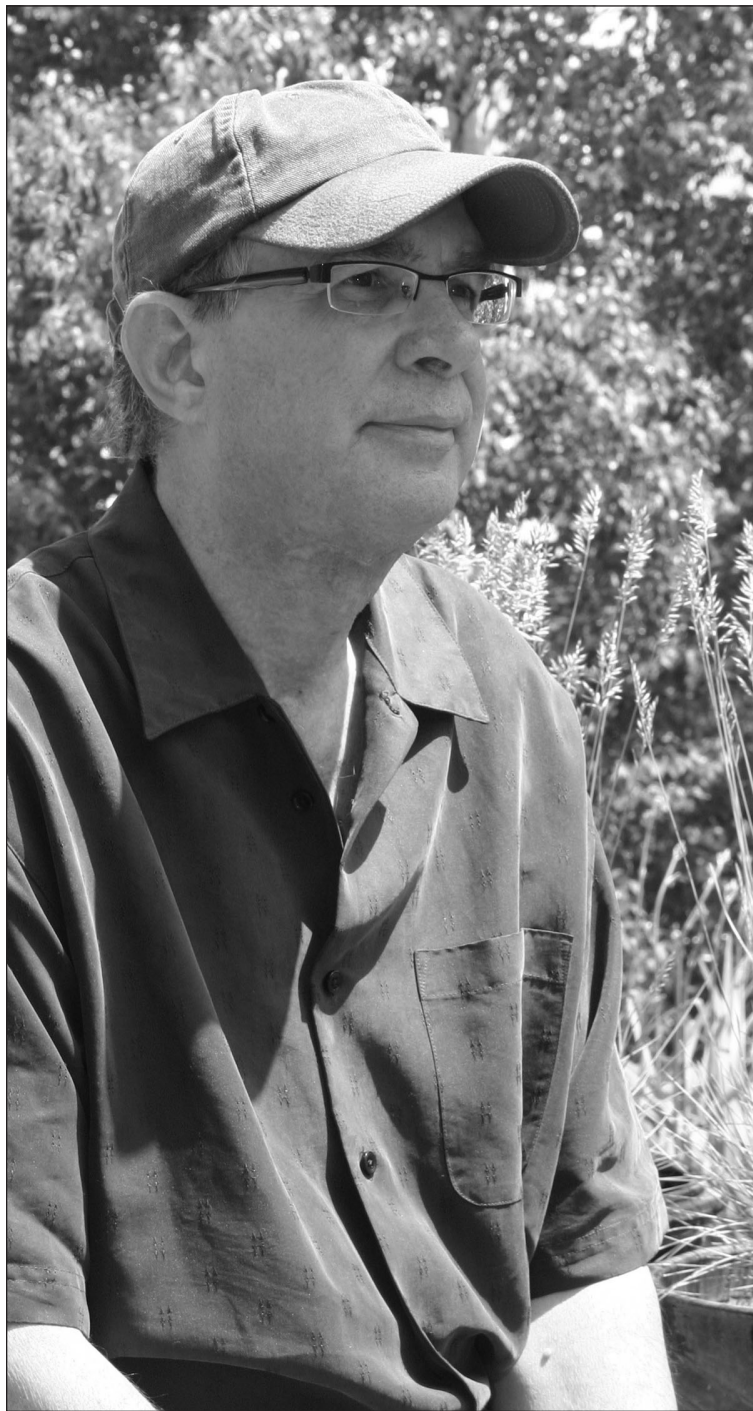


Photo By: North Star Monthly

Brian Ward is a meditation teacher, certified by the International Meditation Institute in India.

# Peace and Joy Found in Meditation

TERRY HOFFER

Brian Ward is not one to brag about his childhood. But he grew up in a suburb of Hartford, CT where companies like The Travelers, The Hartford, Aetna Life, the Phoenix Mutual and others put food on many tables and represented the "Insurance Capital of the World." They cast a long shadow over central Connecticut.

"I was spoiled, and I was tremendously fortunate," he says with self-effacing humor and genuine modesty. Ward played varsity quarterback for one of the most successful high school football programs in the state. He was shortstop on a baseball team that missed the high school championship by a single game, and he was named the best combination batter and fielder on the state's all star team the same year. Those were glory days for a young man from Connecticut, but they were not without dark moments as well.

In the fall of his junior year Ward was in a near fatal automobile accident. "They brought me to the hospital," he says, "nearly dead on arrival." He remembers being told later that, at the emergency room door his blood pressure was reported as "zero over zero." Following head- and neck-surgery and extensive reconstruction, he returned to high school and his senior year with further academic and athletic prowess. He graduated from high school in 1964, but as he talks he describes a young man

whose competitive spirit and fire and drive had faded.

Ward chose not to be defined as an athlete in college, and he graduated from Baldwin-Wallace College in Ohio without being a member of a varsity team.

By 1976 Ward had relocated to northern Vermont and was developing a career as a counselor and social worker, when he was diagnosed as requiring surgery again. Scar tissue, attributed to sutures from the 1963 surgery, was spreading and needed to be extracted from his brain.

The second surgery was successful, but less than a year later, another automobile accident put Ward in the hospital yet again, and he found himself questioning the length of his own life expectancy. "I was making decisions based upon fear that I was going to die in the next accident. I had had three life threatening experiences, and I was afraid that my risk-taking behavior was increasing the likelihood of that happening sooner not later. I kept thinking that I didn't want to hear the ambulance again, and it occurred to me that because of my behavior I might not be so fortunate as to hear the siren."

In 1981 Ward describes a sort of awakening. "Whatever God is," he says, "I decided that I wanted to know what he wanted of me, and I wanted some answers. I started going to Hatha Yoga classes, and I started praying for direction. I wanted some sort of connection beyond the limits of my own body and mind.

"I practiced Yoga, breathing

and meditation every day - three hours a day - for six years. I stopped drinking alcohol, and I became a vegetarian. I became amazingly happy, contented and peaceful and, over time, I became satisfied that risk-taking was no longer part of my life." He describes his experience as both personal and deeply satisfying.

**"There's a wonderful Shangri La quality to it, and I've been back again three times."**

In 1987 Ward traveled with a group of other Yoga students to India and practiced with a meditation master at the International Meditation Institute in Kullu, Himachal Pradesh in the foothills of the Himalayas in northern India. "I've never been anywhere so wonderful," he says. "There was an amazing Shangri La quality to it, and I've been back again three times."

In India, Ward found peers and validation of his own meditation experience. He says, "I felt completely whole as a human being, and I began to think of my traumatic, near-death experiences as a blessing."

Ward says, "We're all going to die some day, and that's a fact of life. I am convinced that we can prepare for whatever lies beyond by living as peacefully and joyfully as possible. Meditation helps you appreciate the present moment. It helps you understand that life is not just a finite experience. I've seen that, and I've had opportunities to be free of the body and mind experience many, many times."

Ward says that what strikes him as particularly unusual about

(See *Meditation* on Next Page.)

**When you think insurance...**

**Caledonia Insurance AGENCY, INC.**

663 Old Center Road, St. Johnsbury, Vermont 05819  
(802) 748-8797 Fax (802) 748-8609

Other contractors can't get to you?  
**WE CAN!**

Fully Insured Interior and Exterior

**O'C Painting Company**

**(802) 473-7429**

422 Emerson Falls Rd. St. Johnsbury, VT 05819

Don't forget to remember. Bruce and the crew

**Houghton's Greenhouses**

Open Fri., July 4 9 a.m.-7 p.m.

**Grand Closing for the Season Sale**

<p><b>Annual Flowers</b> (Regularly \$3.09 per pack) <b>BUY 1; GET 1 FREE</b></p> <p>Lots of Beautiful Geraniums <b>BUY 1; GET 1 FREE</b></p> <p>Vegetable Plants &amp; Herbs <b>NOW AT LEAST 25% OFF</b></p>	<p>Tremendous selection of <b>Proven Winners</b> and Other Flowering Plants <b>4.5"-6" pots BUY 1; GET 1 FREE</b></p>	<p><b>Hanging Baskets</b> Lots to choose from <b>BUY 1; GET 1 FREE</b></p> <p>Hundreds of Varieties of <b>Potted Perennials</b> <b>All 20% Off</b></p> <p>Perennials in economical 4 packs ~ regular \$3.99 <b>NOW \$3.49 4 OR MORE \$2.99</b></p>
---	---	--

**CLOSING FOR THE SEASON, Monday, July 7**  
One day only - 8:00 a.m. to 8:00 p.m.  
**ALL PLANTS - Buy 1, Get 1 FREE**

**OPEN 7 DAYS A WEEK Mon.-Sat. 9 to 7, SUN. 9 to 6**  
2937 Red Village Road, Lyndonville, VT  
**(802) 626-9545**

**Trout River Brewing**

**New Summer Brews**

Open Fri. & Sat. 4 - 9 pm

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

**HASTINGS STORE**  
"DOWNTOWN WEST DANVILLE"  
**(802) 684-3398**

**Friendly Family Service**

Quality Groceries and Meats  
Fresh Produce, Home Cooking ~ Deli Salads  
**Please Call Ahead for Party Platters and Special Meat Platters or Deli Dinner Entrees**  
Vermont Maple Products and Cheeses  
VT Lottery ■ Megabucks ■ Powerball  
■ Delivery service for our Senior Citizens ■

Now serving those good old fashion ice cream cones and more!

Monday-Saturday 6:30 a.m. - 8 p.m.,  
Sunday 7 a.m. - "until we're pooped"





Danville School Photograph

Danville School's Beginner Band traveled with their director Eileen Rossetti to Waterford School to rehearse and perform a combined band concert on May 30. Perhaps you heard them from a distance. Front Row: Shaylyn Clancy, Holly Brown, A.J. Hogue, Jack Beauparlant, Kassie Thresher, Ian Yarnall, Jake Boudreau, Ashlynn Royce, Makannah Morris and Celine Larose. Second Row: Kristopher Shotwell, Michael Foley, P.J. Wright, Sean Santo, Ryan Haff, Cody Lyon, Josiah Evelyn, David Helstein, Jonah Hutchins, Megan Wood, Yasmin Bozeman and Ethan Sawyer. Back: Trent Lowell, Meghan Fortier, Brennan Smith, Madison Wood, Taylor Willey, Katelyn Bean, Rory Donnelly, Annie Beltran, Melissa Hartson, Taylor Belnap, Jessica Remick and Adam Aremburg.



## Pope Notes

Dee Palmer,  
Library Director

Many thanks to all who participated in our Memorial Day Plant, Bake and Book Sale. It was a huge success because of generous donations of books, baked goods and perennials and especially because of the help we had before and during the sale. It's hard to believe that our next book sale, during the Danville Fair, is nearly upon us. We will hold the sale in the Library lawn from 9 a.m. to 2 p.m. Book donations can be dropped off at the Library during the week of July 28 - Monday, Wednesday, Friday and Saturday.

Our Sunday Concerts on the Green are off to a great start. Many came and enjoyed the music of the Danville Town Band for our season kick-off. There was a nice reception after the concert to honor the Danville Band as Danville's 2008 Citizens of the Year. Our July concerts are: Skip and Debbie Gray on July 6, Best of Friends on July 13 and Bill Moulton and Friends on July 20. The concerts begin at 7 p.m., and in the event of rain they will be held in the Methodist Church on the Green. We are happy to welcome back our summer patrons.

Exciting things are happening to the Library building. Our ceilings have all been repainted, and they look fabulous. We are also in the process of installing new, donated kitchen cabinets, counter and sink. The work should be finished by the time *The North Star* reaches your mailbox.

Our newest book acquisitions are: *The Sum of Our Days* by Allende, *Einstein* by Isaacson, *Home: A Memoir of My Early Years* by Andrews, *The Last Lecture* by Randy Pauch, *Sunday at Tiffany's* by Patterson, *Skeletons at the Feast* by Bohjalian, *Hold Tight* by Coben, *Pandora's Daughter* by Johansen and *The Hard Way* by Child, *Song Yet Sung* by McBride and *Susannah's Garden* by Macomber.

### From the Children's Room

Our summer reading program theme for this year is "Catch the Reading Bug." The Pope Library will hold programs on Mondays - July 7, 14, 21 and 28. This is for kids 4 and up. Please stop by the Library to register.

## Meditation helps you appreciate the present moment.

(Continued from Page 20)

his own experience is that his childhood was in most ways very ordinary, but his near death experiences prompted him to seek something more, and he found it.

"I love baseball," he laughs. "I love summer in Vermont as much as anyone, and I love a lot of things, but meditation has given me an understanding of the preciousness of life at a level that I never knew in any other way. We all seek pleasure; we all want to avoid pain; and we all are afraid to die; but the Yoga philosophy teaches that the only solution is to meditate and become more aware of your true nature.

"It is not the only way," he says, "and it's probably not for everyone, but if your goal is to be more peaceful - there is a heightened level of awareness and a more peaceful state of mind right there for the taking."

Ward has been practicing meditation for 35 years, intensively since 1981. He is a medi-

tation teacher, certified by the International Meditation Institute in India, and he says, "I can't promise to change someone's life, but I am privileged to think that I can get someone started. I'm a guide - or perhaps I'm more of a coach. If someone is interested, I can take them to the path. I can show them where to turn, and I can show them how to begin.

"People need not have had traumatic experiences, but they

need the desire to have a meaning in life beyond the material world. With that," he says, "I can teach them the practices that will make a difference. Ultimately then it's up to them if they want to follow the practices and stay on the path."

Brian Ward offers meditation instruction for groups or individuals in life transition as well as for relaxation. See [consciousconsultingandcoaching.com](http://consciousconsultingandcoaching.com) ★



## The Old Crow Craft Farm

"It's a Country Shop"

Feather Trees, Hooked Rugs, Primitive Candles,  
Country and Primitive Furniture, Lamps,  
Bird Houses, 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.



### RV's by Sunny Brook

**IN-STOCK 08's ONLY**

On select hold over '07 and '06 units along with truck campers & towables now come with FREE 7 year ATRARIDE service contract up to a \$1,500 value.

**12 TO CHOOSE FROM**  
(some restrictions apply)

**CHECK OUT OUR WEBSITE**

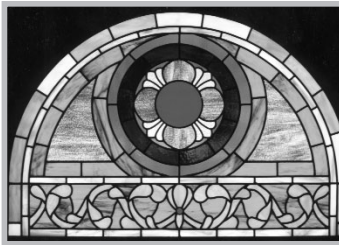
Units with slide outs and deluxe features starting at **\$15,995**

While supplies last, beat the shipping price increases.

**15 TO CHOOSE FROM**

**C.H. DANA R.V. Sales & Service**  
628 Woodville Road • Monroe, NH 03771  
Just off I-91, Exit 18, Route 135 South, 15 miles South of St. Johnsbury, VT  
From Littleton: I-93N to Exit 44, 15 miles South on Route 135, on right.  
**603-638-2200 • 1-800-848-9293**  
A Family Tradition since 1955  
Open Mon-Fri 8 to 5,  
Sat 9 to 3, Sun 10 to 2

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



### 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

## 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.mayoglass.com](http://www.mayoglass.com)



## Farmers' Markets



**Danville Farmers' Market**  
On the Green, US Route 2  
Every Wednesday: 9 a.m. - 1 p.m.

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

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



## What's Happening at the Town Hall?

### Barnet

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

June 9, 2008

**Highway Maintenance Issues** – Board met with Sunnyside Lane residents Shawn Hanover and Joan Call to discuss exact location of the end of the road. Selectman Stan Robinson and Road Foreman Maurice Gingue will visit the area and try to resolve the question.

**Ancient Roads** – Barnet Center resident David Warden asked Board to appoint a group of volunteers to serve as an ancient roads committee.

**Highway Projects** – Board noted plans for summer work on a section of Barnet Center Road above intersection with Goodwillie Road and deck repairs on Bridge #11 in Passumpsic Village. Maurice Gingue described plans for paving portions of Roy Mountain Road and a portion of Peacham to Groton Road.

**Forest Fire Warden** – Board reappointed Joseph Barrett Jr. as town forest fire warden.

**Transfer Station** – Town clerk reported an increase in rubbish removal rate from \$68.80 to \$79 per ton plus a fuel surcharge of 10% or \$50 depending on area involved due to fuel price increases. Bill Hoar reviewed comparisons of pounds dumped and their costs in previous years.

**Road Foreman** – Board noted letter from Road Foreman Maurice Gingue informing Board of his decision to leave his position effective July 5, 2008. Board will seek candidates for his replacement.

**Planning Commission** – Board reappointed George Pierce and Jonathan Carpenter to planning commission and board of adjustment.

**Highway Access Permit** – Board approved highway access permit on Roy Mountain Road for Thomas & Sandra Lowell.

**Liquor License** – Board approved liquor license for West Barnet Quick Stop.

**Overweight Permit** – Board approved overweight vehicle permit for Cardinal Logistics Management, B.I.T. Enterprises and Classen's Crane Service.

June 23, 2008

**Sheriff's Patrol** – Board signed renewal of contract for sheriff patrolling town roads. Rate will be \$30/hour. Agreement calls for

patrols to be 6 hrs. per week from June 1 to October 31 and 4 hours per week from November 1 to May 30.

**Summer Paving** – Board decided to not pave portion of Peacham to Groton Road as previously discussed when the section needs to be reconstructed. Hopefully that will be done next year. The funds (\$90,000) available for paving will be used on Roy Mountain Road between Garland Hill Road and Jewett Brook.

**Equipment Purchase** – Board expects delivery of 2009 Freightliner Dump Truck shortly and received notice that application for its funding was approved in the amount of \$44,253 payable over five years. Board had applied for \$94,800. Balance is available from Community National Bank at 3.46%. Board agreed to two loans. Board also agreed to trade John Deere grader for a new John Deere Grader. Purchase price was \$224,000 for a model 772D with a trade allowance of \$85,000 with balance due of \$139,000. Grader will be financed through John Deere at 4.5%. Town will seek more favorable financing through State Heavy Equipment Loan Fund at 2% or through a local bank with a lower rate.

**Appraisal Appeal** – Resident Wayne Berge met with Board to ask questions about his appraisal appeal to board of civil authority. Ted Faris advised Berge to ask the questions through its chairman, Bill Graves.

### Cabot

Town Clerk: Tara Rogerson  
Selectboard: Larry Gochey, Caleb Pitkin and Ted Domey

May 7, 2008

**Junkyard License** – Board approved renewal of a junkyard license.

**Annual Audit** – Board discussed 2007 draft audit report and management letter and will discuss further at next meeting.

**Board of Listers** – Board approved advertisement for open lister position and approved request for extension of time to VT Department of Taxes Property Valuation and Review Division.

**Willey Building** – Board approved request for proposals for roof work on Willey Building.

**Cabot Creamery** – Board approved letter of support for Act 250 permit for Cabot Creamery.

**Mailbox Installation** – Board noted reports of mailboxes being put next

to road and at risk of being hit and destroyed by road crew. Town policy is that mailboxes will neither be replaced nor the owner reimbursed for damages caused by town equipment.

**Parking on Main Street Sidewalk** – Board noted numerous complaints of a boat parked on street and sidewalk on Main Street. Caleb Pitkin will draft letter for distribution to residents in the vicinity.

May 28, 2008

**Bond Sale** – Board signed various documents associated with 2008 bond bank sale.

**Audit Report** – Board reviewed and signed 2007 draft audit management report letter.

**Central VT Regional Planning Commission** – Board appointed Richard Payne to Central VT Regional Planning Commission.

**Lower Cabot Water System** – Board discussed denial of initial application for state financing for extension of water system to Lower Cabot because town bond financing had not yet been approved. Board will have a Lower Cabot resident survey residents as to their desire to be connected.

**Ancient Roads** – Board discussed mapping and reclamation of ancient roads.

**Budget Review** – Board reviewed first quarter finances.

### Danville

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

June 5, 2008

**Speed Ordinance** – Board approved revisions to Unpaved Roads Speed Limit Ordinance as written.

**Historical Society** – Following request by Mary Prior for \$1,500 from town's small tree fund for plantings of various fruit trees, berry bushes, herbs, flowers and so forth in accordance with a plan developed by Danville School senior, Mary Lynch, under guidance of historical society at historical society's house on Hill Street, Board voted to table the matter pending clarification of balance of tree fund and whether trees could be planted on other than town owned land.

**Road Crew** – Kevin Gadapee reported on seasonal road work. New ten-wheeler dump truck is in service.

**Route 2 Reconstruction** – Merton Leonard reported that estimate for burying utility lines as part of Route 2 reconstruction appear lower than

expected and that element of project will remain.

**Theater on the Green** – On request of Melissa Leonard, of Lyndon State College, to use Green for a performance of Shakespeare in the Park sponsored by LSC and the Ginn Co. this summer, Board approved request for use of the Green.

**Sewer Connection** – Board approved sewer connection for Christa and Solomon Lakey on Sugar Ridge Road.

**Curbcut** – Board approved a curbcut application from Craig and Antonia Morris on Calkins Camp Road.

**Dog Warrant** – Board reviewed outstanding licenses on dog warrant and approved signing it as presented.

**Budget** – Board reviewed budget as presented.

**Delinquent Taxes** – Board reviewed letter from Delinquent Tax Collector John Blackmore noting properties scheduled for tax sale.

### Lyndon

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

May 27, 2008

**Highway Report** – Board reviewed highway report as of May 16. At 38% through year, entire budget is 36% expended.

**Perpetual Care Agreement** – Board approved perpetual care agreement for Jackie Degreee.

**Liquor License** – Board approved liquor license for Valley View Restaurant and Tavern.

**Access Permits** – Board approved permit for single access onto Birchwood Terrace as requested by Sean Kelley. Permit requested by William Robinson for access onto Pine Ridge Circle was tabled for further research. Permit for Justin Tanner to replace existing access on Clover Hollow Road was approved.

**Overweight Permits** – Excess weight permits for Classen's Crane Service, James Hayes Construction, Robert Morris and Munson Earth Moving were approved.

**Tax Anticipation Loan** – After discussion of loan bids, Board approved bid from TD BankNorth for \$1,000,000 tax anticipation note at 2.47% and accepted bid from Chittenden Bank for \$100,000 revenue anticipation loan at 2.69%.

**Utility Easement** – Board approved easement request including placement of a new pole from Fairpoint Communications along Fall Brook Road.

**Forest Legacy Program** – Board discussed Agency of Natural resources forest legacy program.

Lyndon does not have any parcels over 200 acres that agency is interested in. Planning commission will be asked to look at the issue.

**Summer Paving** – Board discussed paving gravel section of Pinehurst Street at a cost of approximately \$85,000 for a 2.5" base coat and berm and another \$40,000 for overlay. Project will be put out to bid.

**Truck Body** – Board accepted bid for Tenco truck body at \$47,738.

**Planning Commission** – Board appointed Alice Clafin to vacancy on planning commission.

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

**Contract** – After executive session to discuss a contract no action was taken.

June 9, 2008

**Highway Report** – Board reviewed highway report as of May 30. At 42% through year, entire budget is 40% expended.

**Perpetual Care** – Board approved perpetual care agreement of Roland & Grace Greenwood.

**Access Permit** – Board noted that no ordinance limits number of accesses per property to just one. Board approved access permit of William Robinson for access onto Pine Ridge Circle. Board will look at requests for more than one access on a case-by-case basis due to potential safety issues.

**Excess Weight Permits** – Board approved excess weight permits for Amadon Construction and Cardinal Freight.

**Tax Anticipation Loan** – Board signed loan documents for TD BankNorth tax anticipation at 2.47% and \$100,000 revenue anticipation loan with Chittenden Bank at 2.69%.

**Police Advisory Committee** – Board appointed Bill Phelps to one-year term on police advisory committee.

**Curbside Recycling** – Board will send letter to waste management district expressing disappointment at decision to discontinue curbside recycling services effective September 1 despite earlier assurances that they would continue service through year end.

**Randall Bridge** – Board discussed the engineering scope of work for proposed enhancement to Randall covered bridge and voted to approve engineering proposal with a request to reduce proposed fees for service.

**Loader** – Board reviewed loader specifications prepared by road foreman. Proposed purchase will be put out to bid.

**Police Statistics** – Police Chief Jack Harris reviewed police statistics for January through May.

**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

  
The Miller's Thumb  
Greenboro, Vermont.

**SENSATIONAL CLOTHING FOR EVERY OCCASION!**

Monday - Saturday  
10 am - 5 pm  
802.533.2960



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

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

**SUPPLIES**



## Excerpts from Selectboard Minutes from Area Towns

See your Town Clerk for complete minutes of the meetings

**Liquor License** – Board approved liquor license for Stepping Stone Wellness Center.

**Industrial Park** – Board noted Industrial Park board has hired Sheriff's Department to enforce speed limit on Industrial Parkway.

**Contract** – Following executive session to discuss a contract issue, no action was taken.

**Legal Matter** – Following executive session to discuss a legal matter, Board voted to approve contract with Langmaid/Burrington regarding storage of sludge.

### Peacham

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

May 7, 2008

**Town Gym Use Policy** – Board tabled discussion on use of gym policy to review VT League of Cities and Town's facilities policy.

**Auditors** – Don Davis presented a memo from town auditors stating that auditors have been in touch with the Secretary of State's and State Auditor's offices regarding town's surplus and generally accepted accounting standards.

**Dog Ordinance** – Board agreed to postpone discussion of dog ordinance until next school board meeting. Dale Roy Sr. asked how proposed ordinance would pertain to hunting dogs. Dick Browne will draft a revised proposed ordinance.

**Conservation Commission** – Board reviewed charter for town conservation commission and voted to approve it.

**Trails Committee** – Board discussed trails committee charter and appointed Dave Edwards and Jutta Scott as co-chairs.

**Road Crew** – Phil Jejer reported Peacham Pond Road has been graded, snowplows have been removed from trucks, stone and gravel have been applied to muddy areas, last year's extensive road work helped considerably with road conditions this year, speed limit signs have been straightened and reset and additional signs will be installed, summer projects are scheduled for Green Bay, Thaddeus Stevens Road, Slack Street and Bayley Hazen Road.

**Veterans Memorial** – Allen Thresher, Sr. reported on the progress of donations, volunteer assistance and construction bids for veterans' memorial which will be dedicated on Veterans Day, November 11, 2008.

**Board Records** – Board voted that town clerk be appointed custodian of Board records.

**Cemetery Deed** – Board approved

sale of a cemetery plot to Frank Miller.

**Education Grant** – Board approved Tim McKay's request that he be authorized to apply for a municipal education grant on behalf of town.

May 21, 2008

**Town Hall** – Board discussed proposal from Stephen Pitkin, facilities consultant, to evaluate town hall, for future use and a cost analysis. No action taken.

**Cemetery Deeds** – Board approved cemetery deeds for Beverly Brown and Frank Miller.

**Town Gym Use** – Board discussed current draft of gym use policy.

**Dog Ordinance** – Draft dog ordinance will be forwarded to Town Attorney John Marshall for review.

**Conservation Commission** – Board appointed Ron Miller, George Kempton and Anna Rubin to conservation commission.

**Road Crew** – Phil Jejer reported on continuing grading of roads and summer projects underway. Two part time employees have started for the summer. Board discussed truck maintenance and replacement of 750-gallon tank on rear of chloride truck and voted to authorize purchase of a new 1,000 gallon chloride tank to be mounted on the existing chloride truck with capability of mounting tank on a dump body truck in future.

**Cemetery Plan** – Dave Jacobs and Don Davis will mark trees to be saved in cemetery hedgerow and make recommendations regarding cemetery stone wall.

**Budget** – Board reviewed budget and line items. Board noted that increased costs for gravel and other items make budget very tight.

June 4, 2008

**Planning Commission** – Board met with Planning Commission Chair Gib Parrish who reviewed progress on developing draft of town's subdivision regulations. Board reviewed and voted to sign agreement between town and Northeastern VT Development Association.

**Personnel** – Following executive session to discuss personnel matters, no action taken.

**July 4 Plans** – Lisa Moore met with Board and reviewed plans for July 4 activity. Board voted to close Main Street/Bayley Hazen Road and intersecting roads in center of town during parade.

**Dog Ordinance** – Board approved dog ordinance as presented.

**Town Organizations** – Barry Lawson met with Board to review progress of informal Collaborative

Group composed of people from town organizations plus other interested citizens in its discussion about long range planning.

**Trails Plan** – Board approved agreement from Vermont Trails Grant Program for \$16,298. Board also voted that any landowner who participates in the town trails plan be added as additional insured under town's liability policy.

### St. Johnsbury

Town Manager: Michael Welch  
Town Clerk: Sandy Grenier  
Selectboard: Bryon Quatrini, Gary Reis, Daniel Kimbell, Jim Rust, and Jean Hall Wheeler.

May 27, 2008

**St. Johnsbury Academy Projects** – Eric Gingue presented his Capstone project recommending that Board consider a trial policy that would allow fishing at Stiles Pond. Board requested information relative to any property tax implications of allowing a recreational use at the reservoir. Amanda Calhoun presented her project recommending Board consider a policy relative to providing a livable wage for all employees. Board asked for a copy of resolutions adopted by other Vermont communities.

**Liquor License** – Board reviewed, approved and signed liquor license for Little Country Store.

**Street Sweeping** – Board discussed complaints about noise from night street sweeping with Highway Superintendent Larry Gadapee. Gadapee emphasized need to sweep busy streets at night or early morning hours because of on street parking and traffic. Board agreed to leave south end of St. Johnsbury Academy area for as late as possible in the morning.

**Fairpoint Communications Dual Poles** – Jane Champeon from Fairpoint Communications met with Board to discuss number of dual utility poles in town. She indicated that Fairpoint is in an agreement with the State for a 3-year commitment to identify and eliminate all dual poles. Fairpoint expects to complete project by March 31, 2011.

**Liquor Control Board** – Board met with owner and manager of Front Row Sports Tavern to discuss incidents involving activity outside of the business and assault of a police officer. Board agreed to review another report from police department in another 30 days.

**Reappraisal** – Town Assessor Peter Whitney reported that town-wide reappraisal is not on track to be completed for 2008 taxes. Discussion centered around proposed letter

drafted by Whitney as an agreement with Carolyn Lockyer to extend her contract into 2009 with a firm completion date of April 2009. Town Attorney Ed Zuccaro reviewed the contract and noted that most of money has already been paid out to Lockyer, with about \$30,000 remaining. Zuccaro suggested contract could be concluded, but withhold at least \$5,000 until everything is completed.

**Combined Sewer Overflow** – Marie Cannon from Earth Tech presented company's findings from CSO monitoring. Cliff Street work has had beneficial effect on storm water flow, but town should look at side streets feeding same area. Findings show town still has many active CSOs and should continue to work to reduce the quantity of inflow and infiltration entering sewer system.

**Ban on Holistic Health Activities** – On request of Jean O'Neal, whose office is called Holistic Therapy Health Institute on Railroad Street, and after discussion, Board voted to repeal town ordinance that outlaws some of the reading materials and information she would normally dispense, including holistic medicines, Feng Shui, gatherings by the Red Tent Temple, which is a Native American custom, and her Holistic Health Expo.

**Water Sewer Budget** – Board reviewed proposed rates for water and sewer services, including a substantial increase for large users and Board voted in favor of approving water sewer budget as presented.

**Fire Warden** – Board voted to appoint Fire Chief Troy Ruggles as fire warden.

**Water System** – Board noted that Overcliff water tank design has been completed and a copy sent to the State.

**Truck Weight Limits** – Mike Welch reported that there is State support for large trucks being able to circumnavigate Town of St. Johnsbury on the interstate, rather than having to take US 2 to VT 5 and navigate the turn at St. Johnsbury Academy, There has been support indicated so that trucks will stay off secondary roads to conserve fuel and/or haul double trailers.

June 9, 2008

**Water Sewer Rates** – Board met with high water users on St. Johnsbury Water System and reviewed work of finance committee and proposition to revise water rates

and create more equity among users. Board discussed costs, fees and need for capital improvements and system repairs. Engineer Bob Dufresne indicated that approximately 1/2 of the water from the water filter plant is not accounted for due to leaks or inaccurate measurements.

**Town Clerk's Office** – Following inquiry by Diane Beck about change in personnel in town clerk's office town manager explained that Larry Sharer had been hired to replace Jeannette Farmer because of previous experience.

**Tree City** – Andy Fisher reported St. Johnsbury's designation as "Tree City USA" for fourth year in a row.

**Fire Department Update** – Board discussed possible fire station site on Hastings Hill and estimated cost of \$3 to \$3.5 million. Fire Department building committee hopes to present project to development review board in July.

**Capital Improvement Plan** – Board discussed needs for town capital improvement plan.

### Walden

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

May 27, 2008

**Walden Watch** – Constable Bill Huntoon reported on Walden Watch meeting on May 22 and that someone has been shooting road signs. A white car may be involved.

**Road Crew** – Board worked on scheduling road work.

**Paving** – Funds are available for paving Route 215 and Lower Cabot roads. Board hopes to do emergency services and town clerk's pavement at same time.

**Justice of the Peace** – Board accepted resignation of Joanne Foster as justice of the peace with much regret.

**Board of Listers** – Listers have adjusted lot designations at Cole's Pond and Lyford Pond to information in deeds. Some inaccuracies were found since reappraisal.

**Recreation Field** – Board reviewed survey of recreation field. This will be discussed with recreation committee and adjoining landowner will be invited to attend a Board meeting to follow up on this.

**Equipment Rental** – After discussion Board agreed to rent an excavator by the day or hour instead of by the week as needed by road crew.



### 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

### Passumpsic Village YARD SALES

Saturday, July 12

8AM to 1PM

Rain or Shine

Watch for signs

(Various homes in the Village)  
Route 5 - 5 min. south of St. J

Sponsored by  
Passumpsic Community Baptist Church  
YARD & BAKE SALE

Pies, Breads, Donuts  
Cookies & Food  
Clothing, Furniture  
Small Appliances  
White Elephant Items

# 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)

Kingdom  
Connection  
200 Main Street - St. Johnsbury, VT 05819



# Come to the Table

Denise Brown



## Hot Tomatoes

The girls are back in town. And not a moment too soon. No, I don't mean the stars of syndication and now the big screen, Carrie Bradshaw and her band of fashionably attired merry-making bed-hoppers. I speak, of course, of my college-student daughters, who, while equally fashionable, have at heart more wholesome activities to chat about with their friends now they have returned for the summer. At least, a mother can hope.

With the Brown twins home, our kitchen has returned to super health-conscious mode. My girls take eating right to a new level. Under their tutelage, it could become an Olympic event, or perhaps cause for a crusade. Certainly, they've brought a number of knights to the table, rectangular rather than round as it might be. Though perhaps it's not simply their cooking that inspires these gallants.

But I digress.

There's soy milk chilled in the refrigerator. Whole wheat

flour and several kinds of multi-grain high-fiber cereals stored in the pantry. And vegetables of assorted colors, including three types of tomatoes, stowed on every flat surface in sight.

And pizzas baking in the oven at least once a week. Healthy, unusual pizzas, with minimal cheese and lots of vegetables and only the occasional slice of ham or scoop of long-cooked meat sauce. I've enjoyed every new topping, except the avocado.

With the recent scare over eating uncooked tomatoes from the produce aisle, and the plants in our northern gardens not yet producing, Italian recipes that call for fresh but piping hot tomatoes come to the rescue.

Which reminds me of a story. My husband, who always tended a few tomato plants of his own in the backyard of whatever house we called home at the time, was a golfer of no small dedication. One summer afternoon after a grueling round, he and his fellow commiseraters stopped at the nineteenth hole and ordered

hamburgers from a particularly surly grill attendant, who, no doubt, had her own troubles.

One old golfer, a retired gentleman who claimed to know under what stretch of New Jersey interstate Jimmy Hoffa lay buried, made the mistake of asking for a slice of tomato on his burger.

This was clearly more than the overburdened server could take. "Tomatoes are extra!" she snapped.

"I know," the golfer replied. "I was married to one for 20 years."

My husband's old friend had lost his beloved wife not many months earlier to cancer; he'd considered himself a lucky man to have had such a "hot tomato" as his mate.

So, here's to my girls and their lovely young friends, to their fresh and hot ways with food and every other bounty this beautiful life has to offer.

*Mangia*, everybody. Come to the table. Dinner is served.

### Salsa Di Pomodori Freschi Al Basilico

Fresh Tomato Sauce with Basil. Adapted from *The Harry's Bar Cookbook*, by Arrigo Cipriani. Perfect over pasta, or as a topping for pizza.

- ¼ cup olive oil
- 1 garlic clove, crushed
- 2 Tablespoons minced onion
- 6 large tomatoes
- Salt, freshly cracked black pepper
- 1 cup firmly packed fresh basil

Wash the basil under cold running water. Pat dry and tear into small pieces. Set aside.

Carefully plunge each tomato into a pot of boiling water for a few seconds. Remove with a slotted spoon, then peel off the skin. Slice in half, discard the core, scoop out the seeds and discard. Chop tomatoes coarsely. Heat the oil in a skillet over medium heat. (Regular olive oil may be used, or a mix of extra virgin and less costly.) Add garlic; cook 1 minute until golden, then remove and discard. Add the onion and cook a few minutes, until wilted but not brown. Raise the heat to high. Add the tomatoes, sprinkle with salt and pepper, and cook for 2 or 3 minutes, stirring and shaking the pan constantly. Add the basil and cook for 1 minute, more or less. Remove from heat immediately. Adjust the seasonings. Add an extra splash of aromatic extra virgin olive oil if desired. Use immediately, or cool and store covered in the refrigerator.

- 1½ cup warm (110°) water
- 2 Tablespoons or 2 envelopes yeast
- 2 Tablespoons sugar
- 1 Tablespoon salt
- 2¼ cups all purpose flour, plus 1 cup or more for kneading and rolling
- 1 cup whole wheat flour

Rinse a large bowl in hot water to heat it a bit, then pour the warm water into the bowl. Sprinkle over the yeast and sugar. Stir gently. Top with a plate and set in a warm place for 10 minutes to proof. After this time, the yeast mixture should be wonderfully bubbly. If it isn't, throw it out and try again. (Water that's too hot or too cold will, respectively, kill or fail to rouse the delicate yeast into action. Either way, you'll have to start over.)

Add the salt, the 2¼ cups of all purpose and the whole wheat flour to the bowl. Mix well until the dough holds together into a ball. Too sticky? Add a little more all purpose flour and knead in. If kneading by hand, lift the dough out and place on a lightly floured board. Knead for about 8 to 10 minutes until the dough is, as so many recipes describe, smooth and elastic. If kneading by machine, knead for the same amount of time, adding more flour as necessary.

Sometimes when using a mix of all purpose and whole wheat flours, you might find that at a point in the kneading, the dough seems suddenly very sticky and begins to attach itself to the bowl. Not to worry. Simply take this as a sign that it's time to knead by hand. Remove from the bowl, set on a lightly floured board and knead a few more

### Whole Wheat Enriched Pizza

The addition of whole wheat flour makes the dough a little finicky I find. This recipe provides some of the benefits of whole grain without sacrificing taste or texture. Makes two large pizzas.



"Are you ready to talk about retirement?"

## INVESTMENT MANAGEMENT

**You've taken care of everything. It's time your money took care of you.**

At Passumpsic Savings Bank, we work closely with our customers to find the best financial solutions\* for their circumstances—whether retirement forecasting, building personalized portfolios to protect and grow wealth, or estate planning.

Our team of financial services professionals is ready to talk with you about your goals for

the future. We have the expertise and training to provide financial planning and retirement strategies.

Let us put your mind at rest, and your money to work.



\*The Investment Management Division of Passumpsic Savings Bank offers separate and fixed income securities to build individualized portfolios. These products are not insured by the FDIC, not a deposit or other obligation of, or guaranteed by, the bank. Subject to investment risks, including possible loss of principal.

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

**David Toll, M.D.**

## Pediatrics

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

## Treasure Chest Crafts

Hand Crafted in Vermont

Ken & Cheryl Munding  
451 Peacham Road, Danville, VT 05828  
(802) 684-2569 KKM4807@aol.com

## DANVILLE SERVICE CENTER

Route 2, Danville Village 684-3481



- ♦ Foreign & Domestic Auto Repair
- ♦ State Inspections
- ♦ Exhaust Work
- ♦ Batteries
- ♦ 2 & 4 Wheel Computer Alignment
- ♦ Shocks & Struts

Ask Us About Tires



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



# Harvesting Summer Vegetables

LEONARD PERRY

Knowing when to harvest vegetables is as important as how to grow them.

Some you can harvest over a long period, while others must be picked at the proper stage of ripening. Harvest at the wrong time, and your vegetables may not ripen properly if they are young. They may be tough and bitter if they are too old. You can't really go by days to maturity, as this can vary with conditions of rain, temperature and nutrition.

The best way to tell when to

harvest is knowing the traits of each vegetable. Here are some clues.

For those of you who have a place to grow cantaloupes, there are three traits that indicate when the fruit is ready. The stem slips easily from the vine, the "netting" on the surface turns light tan, and the blossom end (opposite the stem) is soft (push gently with your thumb) and smells sweet.

Feel the tips of sweet corn ears. When they feel full through the husk they are ready to pick. You'll see dry silks. Open the top of the ear, peeling back the husks, and kernels should be filled out. Press a

kernel with your fingernail, and it should have a milky sap. Cook as soon as possible after picking for maximum sweetness.

Length of a cucumber when mature will vary with variety, but generally they are 1½ to 2½ inches across, and 5 to 8 inches long. They are best harvested slightly immature when the spines are soft, before the seeds are half sized.

Eggplant maturity and size varies with variety, too. In general, harvest when nearly full size and bright and shiny. When eggplants turn a dull color, and seeds turn brown, they are overripe.

If you didn't harvest onions for eating while small, harvest when 1-1½ inches across for boiling and pickling. They can be even larger, when the tops fall over and the base of leaves shrivel, for storing and general cooking.

Harvest hot peppers as you need them, the young and green ones being hotter in many cases than the mature and colored ones. Late in the season you can pull the whole plant and dry in a warm, well-ventilated space. Harvest sweet peppers when fruit is full and firm. You can leave them on the plant if you want them to turn red.

For new potatoes, harvest only a couple weeks after they bloom. For a main crop, harvest when the tops have died down later in the season. Harvest when the soil is dry if possible, and try to avoid bruising. Cure potatoes for about two weeks in a cool (45 to 60°), dark, and well-ventilated area.

Summer squash should be harvested when young, tender and a fingernail easily nicks the surface. Winter squash should be harvested when it is hard and can't be scratched with a fingernail. Harvest

winter squash before the first hard frost, with a sharp knife, and leaving an inch or so of stem attached. Without a stem, fruit will begin decay from the scar. Dry winter squash for 10 days to two weeks in a dry, warm area (75 to 85°). Treat pumpkins like winter squash.

The time to harvest tomatoes varies with variety, but in general it is when the fruit is uniformly red (or colored in the case of yellow or other varieties) and the end is still firm not soft. Ripe fruit should sink when placed in water. If late in the season and frosts are predicted, you can pick green tomatoes. They will ripen fine in the dark, and actually light can delay their ripening. Keep them warm (55 to 70°) until ripe, and you should be able to store this way for three to five weeks.

For all vegetables, regular inspection every few days is the key to longest harvest season. Don't overlook cool season crops such as lettuce, carrots and cabbage, which can be started late for fall harvest.

*Leonard Perry is extension professor at the University of Vermont.*

## Denise's Whole Wheat Pizza

minutes, adding more all purpose flour as needed.

Dust the dough with a bit more flour, and set it back into the bowl (clean if necessary). Cover the bowl with a plate or warm, damp dishtowel, and set in a warm place – the oven heated just a bit then turned off is perfect. Allow to rise until doubled – about 40 minutes. Divide in half and roll out. Place in lightly greased 16 to 18 inch round pizza pans dusted with cornmeal. Sprinkle with a little olive oil and allow to rest while preparing the toppings.

Start with tomatoes, either the cooked sauce above, or a fresher tasting version: substitute 1 quart cherry or grape tomatoes. Slice in half and remove seeds. Place in a bowl with ¼ cup extra virgin olive oil, plenty of salt and black pepper, a teaspoon each of dried oregano and basil, plus a little minced garlic. Set aside and allow to macerate until ready to use.

Go to your garden or select what's freshest from your grocer to individualize your pizzas. Try broccoli flowers, split into bit-sized pieces, or fresh spinach, or tender asparagus. Raw button mushrooms sliced very thinly, or thicker portabella slices, sautéed in olive oil for 10 minutes with garlic. Onions of all sorts; green onions are wonderful; red onions

make for an unusual change. Thinly sliced eggplant is superb. Then top with sliced or shredded mozzarella, up to a pound for 2 pizzas. Vary with parmesan, crumbled gorgonzola for a distinct change, or dollops of ricotta.

Bake in a preheated 450° oven for 15 to 20 minutes, switching the pans from one rack to the other after 10 minutes. Pizzas are done when the bottom of crust is golden and a little stiff when lifted with a spatula, toppings are heated through, and cheese is bubbly and a little browned. Remove from oven. Let cool a minute or two, if you can wait that long. Slice and serve.

A note on the dough: This ratio of water to flour, one to two plus a little more, is what I start out with for every pizza. So many factors determine just how much flour needs to be added – everything from the type and brand of flour to the humidity of the day, it seems. But pizza making isn't about measuring. It's about making the most of what's at hand, what's fresh and in season, and often, what can be inexpensively acquired.

*Denise Brown lives in the Northeast Kingdom. Write to her at [dbrown802@charter.net](mailto:dbrown802@charter.net) ★*

### Danville Restaurant & Inn

Casual Dining • Lodging • Fully Licensed

#### FRIDAY NIGHT SPECIAL

Chicken Pie Buffet \$9.95

#### SATURDAY NIGHT BUFFET: \$11.95

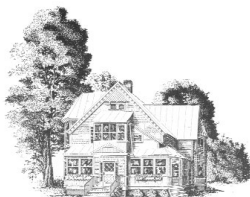
Breakfast: Tuesday - Saturday 7 - 11 a.m.

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



This mortise and tenon timber frame, designed and installed by **Kingdom Timber Frames**, was erected for Ernest Osterman and Susanne Gray in Danville, VT.

**Kingdom Timber Frames**, in business since 1997, will provide design, structural analysis, owner pre-cut frames and frame assembly, as well as complete projects.

#### Kingdom Timber Frames of Vermont

(802) 684-2121 or (800) 866-2124

E-mail: [kingdomtimberframes@yahoo.com](mailto:kingdomtimberframes@yahoo.com)



### THE SAWYER & RITCHIE AGENCY

A DIVISION OF NUGLE W. 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.*



# No Small Potatoes

Vanna Guldenschuh

The All American Gas Grill is an essential part of summer. The grill eliminates heat in your kitchen, adds a new dimension to your repertoire of dishes and reminds your family that the lazy days of summer have finally arrived. The grill can involve your friends and family in the cooking process. It's really fun to stand around the grill with a cold beverage and chit-chat, while the smoke and scent of the barbecue swirls around everyone.

Here are some general hints on using the grill and some suggestions for creating memorable meals during the barbecue season.

### Get your grill ready for the summer

It is time for the summer cleaning of your gas grill, although all types of grills can use a cleanup once a year. Check all the connections on gas grills and clean out the grease pans, the bottom of the grill and the grill surfaces. It is a dirty job, so have some good hand cleaner nearby or wear vinyl gloves. You won't believe the amount of "stuff" that accumulates in the grill. When you are done, light the burners and burn off the residues for about 10 minutes. Keep a timer with you for this job so you won't forget to turn off the grill and use the whole tank of

propane before you even cook the first steak. Take it from me – this can and it has happened.

Admire your work for a few moments when you are done – once you start grilling again the spotless appearance will disappear quickly.

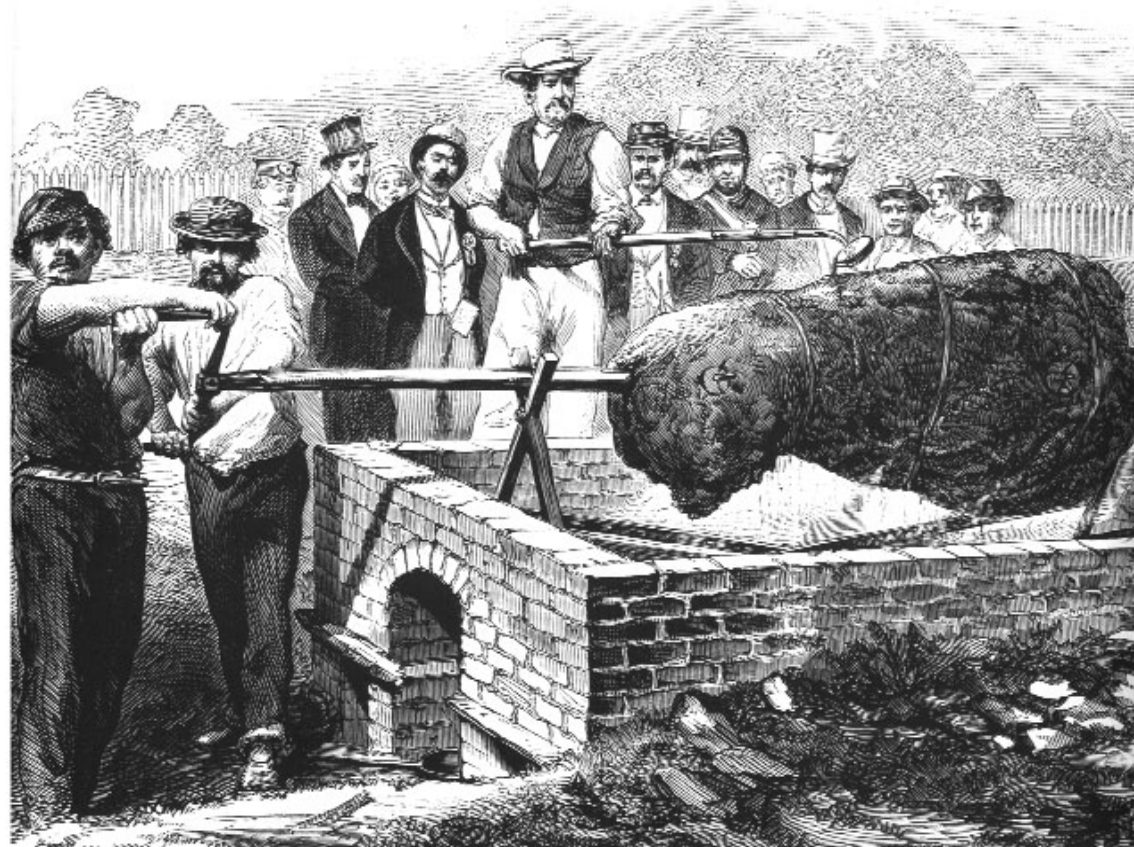
### Grill Temperature

It is important to cook items at the right temperature. There is nothing worse than a black, charred chicken leg or a gray piece of steak from the grill. If you follow a few simple rules, you can avoid many grill fiascoes and please the crowd every time.

I always heat the grill for about 10 minutes on high temperature to burn off any residue from past use and then turn it to the temperature I need for the food I will be cooking. Give it a minute or two to settle to the proper temperature.

Keep checking the grill during the cooking process. Fatty pieces of meat can flare up and create flames on the grill surface that actually burn the food and can add a peculiar flavor to whatever you are cooking. If you get these flames, move the food to a place on the grill where there is no flame. If you have a shelf, put it there to move it away from the flame.

When your food is done take



it off the grill. Don't turn off the grill and leave it on the grill top. It will continue cooking and dry out. Most barbecued items will be tasty even at room temperature, but if you want to warm them for service, for a minute or two in an oven or microwave, they will be fine.

The following instructions on times and temperatures for specific foods will give you some idea of when an item should be done, but the cook's eye and intuition is always the best judge.

### HIGH HEAT

Use high heat when you want to sear an item on the outside and

leave a rare interior. This temperature is used mainly for meats that have a marble or a layer of fat on the outside. The high heat cooks these cuts to perfection. If you want to sear an item and cook the interior to well done, you can start with high heat and turn the grill down to low or medium for a few minutes.

**Steaks** – Sear on each side for about 4 to 8 minutes, depending on thickness, for rare, 8 to 10 minutes for medium rare. If you want a well done steak, cook for medium rare on high heat and then turn down to medium heat and leave in the grill for about 5

minutes.

**Hot Dogs** – I like to put a few slashes on the sides of the dogs and cook them over high heat for about 10 minutes, turning them over once. After the first turn I throw the rolls on the edges of the grill so they get a little brown and are warm when the dogs are ready. If you don't like a little char on hot dogs, cook them on medium heat. If you are cooking them with other foods such as hamburgers the high heat works well.

**Hamburgers** – I like to use fresh ground chuck and form my own hamburgers. The taste is so much better than pre-made patties. You can also cook them a little less and leave a pink center. They do well on a high heat grill. If you are using patties, cook them at high heat for a minute or two and then turn the grill down to medium and cook until they are done.

**Lamb Chops** – The only way to cook chops is over high heat. It cooks the meat near the bone, sears the fat at the edges of the chop and lets you leave the inside a delightful red rare. I usually cook chops for about 5-7 minutes on each side. Just cook longer if you don't want them rare.

### MEDIUM HEAT

Medium heat is for foods that are subject to flare-up, need a lesser heat so they won't burn or need a longer cooking time to achieve doneness. You will have to know your grill to know what constitutes this temperature. It is where sausage doesn't burn or flare and still achieves a nice grill char on the skin.

**Par-cooked Chicken** – You can par-cook chicken by simmering it on top of the stove or pre-cooking it in the oven. I personally like to slow cook raw chicken on the grill, but this method does save time, and it eliminates the question of whether or not it is done. It is always good to put a dry rub or a marinade on chicken to enhance the flavor of the grill. Remember, chicken breasts cook faster than the rest of the chicken

modern woodmen of america

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

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

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

Touching lives. Securing futures.™

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.

VPR Program Schedule

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

Set your dial to Vermont Public Radio  
 WVPA 88.5 FM St. Johnsbury  
 WVPR 89.5 FM Windsor; WRVT 88.7 FM Rutland;  
 WBTN 94.3 FM Bennington or WVPS 107.9 FM Burlington

**Pōdō SHOES**

As the temperature rises, our sandals keep you cool.

Stop in and check out our wide selection of sandals for men and women, featuring:

ARCHE, BEAUTIFEEL, BIRKENSTOCK, DANSKO, DUREA, EARTH, ECCO, HAFLINGER, HOTTER, JOSEF SEIBEL, KEEN, KUMFS, MEPHISTO, MUNRO and NAOT

We feature Brooks running shoes. Test them out on our store treadmill.

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



and should be taken off the grill as soon as they are done and set aside.

**Sausage** – All sausage contains a good amount of fat and tends to flare up and burn at high heat. Uncooked sausage is especially susceptible to flare up, while at the same time, needs to spend the most time on the grill to make sure it is fully cooked. You may need to turn the grill down a bit after the sausage is fully browned and leave it on a bit longer.

Sausage, like Kielbasa, which has already been cooked, just needs to be heated up on the grill. Brown it a little and then take it off the grill. It usually does not take more than 10 minutes, turned once - a great fast meal with coleslaw and new potatoes.

**Vegetables** – No matter what vegetables you are using or how you are cooking them, a medium flame seems best. Cook them on a skewer, in a perforated grill tray or in thick slabs right on the grill. Just make sure you have at least a thin coat of oil on them before exposing them to the grill. I like to marinate them for about ½ hour in olive oil, salt, pepper and a touch of sugar before grilling. The oil protects from the direct heat, the salt and pepper adds flavor and the sugar promotes a little caramelizing.

**Seafood** – Make sure you use a fish that is dense enough to withstand the rigors of the grill. Salmon, tuna, halibut and swordfish are perfect. As with vegetables, you need to coat them with a little oil to cook properly. I marinate them for about an hour in olive oil, the juice of one orange and one lemon, parsley, pepper and either Old Bay Seasoning or a sprinkle of saffron. You can add some dry Vermouth if you want. Shrimp and scallops are best on skewers and can use the same marinade. The trick is not to overcook seafood. It cooks quickly and can become really dry and inedible if left on too long. Just pay attention and you will be fine.

**LOW HEAT**

Low heat is for long cooked foods and mimics real barbecue. There is usually a rub or liquid barbecue sauce involved and light basting of the food while it is cooking. You can produce some great pork and chicken using this method. Long, slow cooking is a great tenderizer. Ribs that fall off the bone are what this style is all about. The lowest your grill will go without going out is the temperature you want.

**Pork** – Many different cuts of pork lend themselves to the low temperature grill – from tenderloins and baby-back ribs to chops and whole loins, you can't find a better barbecue meat. These cuts all need to be cooked slowly with a sauce or rub to eliminate the possibility of drying out the meat. You can marinate, brine or rub the meat ahead of time (up to overnight) or just put it on right before cooking.

Tenderloins take about 30 to 45 minutes to cook and should be brushed with a sauce or rub every 10 minutes. I use a rub before I put them on the grill and baste them with a light sauce during the cooking process. Let them sit after they are done, slice on the bias and arrange them on a platter with a little light sauce for a great meal.

Baby Back Ribs take a little longer to cook – upwards toward an hour on low heat. I would use a rub to begin and then brush on your favorite barbecue sauce during the cooking. Keep turning them over and make sure they don't flare up. Once you perfect these ribs, you will find new friends showing up at your door.

Whole loins make for a spectacular barbecue. Put a rub on the outside to start and use medium to high heat for about 10 minutes. Then turn to as low heat as you can and baste with your favorite barbecue sauce every 10 minutes for about 90 to 120 minutes, depending on the size. Let sit for about a half hour before cutting.

**Chicken** – Marinate bone-in or boneless chicken pieces for up to 6 hours. Place on a low heat grill, turning every 10 minutes for about 45 minutes for bone-in and 30 minutes for boneless. If the chicken skin has not browned well when it is done, just turn the heat up for about 5 minutes to get that grilled look. If you use too high heat at the beginning, the fat from the skin will flare up and burn the meat. This slow cook method produces a tender and flavorful barbecued chicken. You can cook this up to a hour ahead of service and heat it up for a few

minutes in the oven or microwave.

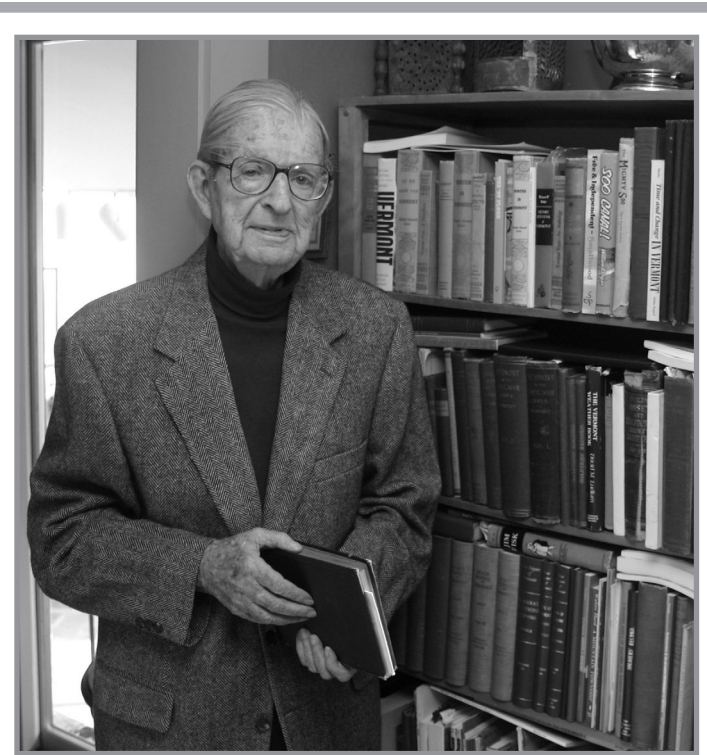
**Smoky Tea Rub**

I use this rub on chicken, beef, lamb and pork with great success. Make a quart jar of it to have on hand whenever you need to add a little spice to your life.

- 10 Lapsang Souchong teabags (a smoked Chinese tea – you can find it in the supermarket)
- ½ cup coarse salt
- ¼ cup white sugar
- ½ cup Spanish paprika (buy it from a store that sells it in bulk – your pocketbook will thank you)
- ½ cup ancho chile powder
- ¼ cup coarse ground pepper
- ½ to 1 teaspoon cayenne powder (depending on how hot you want it)

Cut open the teabags and put the loose tea in a large bowl. Add the rest of the ingredients and mix thoroughly. Save in a jar on your pantry shelf to add a light and natural smoky flavor to all the meats you cook. Rub this mix on the outside of any meats you are grilling.

If you have questions about brining, marinating, rubs or sauces just email me at [vannag@gmail.com](mailto:vannag@gmail.com) ★



We are saddened to report that Graham Stiles Newell died in St. Johnsbury on June 20, 2008. He was born in St. Johnsbury on November 27, 1915. Graham was 92.

Graham graduated from the University of Chicago with a bachelor's degree in political science in 1938 and a master's degree in Latin in 1949. He taught Latin and history at St. Johnsbury Academy, the Hatch Preparatory School in Dexter, ME, St. Johnsbury Jr. High and Lyndon State College.

He was a member of the St. Johnsbury town Republican committee for 33 years and delegate to the 1956 and 1964 Republican national conventions. He served in the Vermont General Assembly as legislator and senator from 1953 to 1978.

Graham was a popular mentor for generations of students who adored his passion for knowledge and his ability to articulate his profound wisdom and vast enthusiasm for history. He had a great sense of humor.

Graham was a faithful friend of *The North Star Monthly*, and we, too, will cherish the memories of his stories and delightful conversations in answer to our questions.

**LARRABEE'S**  
BUILDING  
SUPPLY

*Color Matching, Expert Advice  
Knowledgeable Salespeople*

WE CARRY AN EXTENSIVE LINE OF:

Protect Wood Beautifully  
**OLYMPIC**

1410 RT2 WEST  
WEST DANVILLE, VT 05873  
MON-FRI 7-5, SAT 8-1 • (802) 684-3622 • FAX (802) 684-3697

**Mayo's**  
**Paint Dept.**  
20% off  
all exterior California  
Paints & Stains



A great  
"Summer 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**

**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*



**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](http://www.manosh.com)



# Peacham Makes Big Plans for the 4th of July

Horseshoes. Softball. Tractors. Fire Trucks. Music and Food. Ghosts. What else could one want for a 4th of July celebration?

Peacham may be one of the smallest towns in Caledonia County, but when it comes to honoring our founding as a nation it likes to do things up in a large way. This year will be no exception.

We'll kick off the day with a serious round of single elimina-

tion horseshoes (double teams) beginning at 8:30 in the morning and continue on at 11:30 with the largest tractor and fire equipment parade in Vermont. Tractor owners from Peacham and neighboring towns will proudly show off their farm equipment, and this year we're trying to surpass last year's participation, which was over 45 tractors. Leading the parade through the town will be members of the volunteer fire departments of Peacham and



Photos Courtesy of Peacham 4th of July Committee

*Peacham's July 4 celebration includes all manner of patriotic salutes to American Independence. Fire Engines and the tractor parade lead into a picnic lunch, music, the famous Peacham Ghost Walk and an afternoon pig roast.*



other towns who, with sirens blaring and horns honking, will ensure that no one sleeps through this parade.

Following the parade the Peacham Elementary School will provide a wonderful picnic lunch at the top of the hill near the fire department, accompanied by the bluegrass music of the Parker Hill Band. Last year the band had people dancing and stomping their feet in delight, so we're glad to have them back for a return visit. Later in the afternoon the Gary Darling and Steve Wright Duo will continue the musical entertainment. They're new to Peacham but well known to those in the area, and we're glad they've chosen to play for us on this important day.

With stomachs full and energy renewed the afternoon activities will follow the tradition which has made a 4th of July celebration in Peacham so historically rich and engaging. There will be a reading of the Declaration of Independence, a

reminder that the day is not just about parades and food but to honor the founding of our nation.

To entertain all children (both young and old), there will be a serious competition among those fire departments who have participated in the parade. Each will try to prove that it's the fastest, technically skilled and most proficient department when it comes to spraying water, jumping into their fire safety equipment and other tasks required of each of these men and women who proudly serve their communities. Once they've shown the way, young future fire fighters will have a chance to try some of these skills themselves with prizes presented to all participants.

Other events during the afternoon, which harken back to Peacham's long history, will include demonstrations at one of the last working blacksmith shops in the county. Our own local smithy will be creating wonderful iron objects before

your eyes. The objects can be carried home as souvenirs of the day. The Peacham Historic Association will be open with this year's display focused on the tradition of sheep farming in the community.

At 2 o'clock Peacham will continue its tradition of the renowned Ghost Walk in the town cemetery. This year's ghosts will include a doctor, a reverend, a merchant, two civil war veterans and a politician, as well as their wives and children. These proud members of Peacham's past will tell their stories, explain the part they played in the town history and answer any questions, which you, the observers might have about life in the town in the years when they were living.

Having heard the stirring words of the Declaration of Independence; visited the blacksmith shop; heard the stories of the ghosts of Peacham; cheered on the fire departments, and listened to the music of two wonderful groups... the only thing left to do is enjoy another tradition - the church supper, complete with fresh roasted pig (which will have been roasting behind the church since early in the morning) and homemade strawberry shortcake. As always there will be two servings in the church refectory with tickets on sale outside the church during the day.

Where else could one have such variety, so much history and so much great music to honor this most important day in our nation's history? Come join us.

And if your own town draws you to their own 4th of July celebration, then come the next day when Peacham begins a new tradition - a softball competition. It will begin at 9 o'clock, and all are welcome to participate - young and old, men, and women, righties and southpaws. After the games there will be a baseball throwing contest to test one's skill as a hurler of the horsehide.

Peacham may be a small town, but it knows how to do things in a big way on the 4th. Don't miss the fun. If you have any questions, please call (802) 592-3051.

## Injun Joe Court

PO Box 27, West Danville, VT 05873. (802) 684-3430.

Located 10 miles west of St. Johnsbury on US 2 overlooking Joe's Pond.

Beautiful views, private beach, swimming, boating, fishing, nice clean cabins and housekeeping cottages. Heated and completely furnished with fully equipped kitchens. Linens and towels provided. Cable TV. Rowboats, paddleboats and canoes free for guests. 15 Cabins. 7 RV sites. Firewood and picnic tables. Rates: \$55-\$125 per night and \$485-\$625 per week for cabins. RV Rates: \$25 per night.

Beth Perreault and Family



www.VermontApron.com

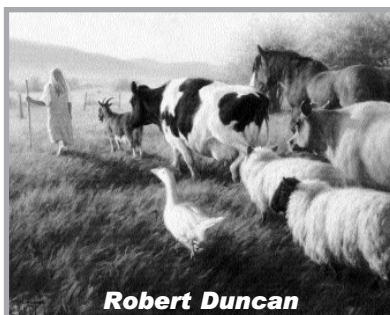
Tuesday thru Saturday 10-5  
10 Eastern Ave, St. Johnsbury  
(802) 535-3332

### The Sunflower Apron is Back! Come visit soon!

Our summer aprons collection is filled with fresh colors, romantic roses, big sunflowers, and colors of the sea. We have floppy hats and chef hats to match. The Gathering Apron now comes in 4 different homespun prints. Come in and try one on!

## Uniquity

"Close to Home, but Far from Ordinary"



Robert Duncan

# Sidewalk SALE

July 9-14

Saturday Only  
July 12  
20% off One Item

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

Check Out Our Sidewalk Table!

SAMADHI CUSHIONS SAMADHI STORE Since 1975

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

Monday thru Friday  
9 a.m. to 5 p.m.  
Saturday  
10 a.m. to 4 p.m.

30 Church Street  
Barnet, VT 05821  
802.633.4440

www.samadhystore.com • 800.331.7751



# To Grandmother's House in Another Time

BETS PARKER ALBRIGHT

It must have been when my brother turned 9 and I was just 7 that the 'powers that be' decreed that we were old enough to visit to our father's mother, Alice Holden.

My grandmother had grown up in New York City. Her husband, Edwin, had invested in the Delaware Lackawanna Railroad, which became very successful by carrying coal to New York where it fueled steamships plying the ocean in the era.

My grandfather's investments allowed him to build a large house on Riverside Drive, then, in the early 1900's, on the outer rim of the city. The house was four stories, topped by a roof garden, the first in the city. It had a splendid view across farmland to the Hudson River.

My grandfather was able to travel extensively and he developed a passion for collecting things. He bought quantities of brass and copper, furniture from Europe and books from everywhere. Much of what he bought he placed in the large house, to be admired or sold. Sadly, Edwin Holden's health was fragile, and he died while still in his 40's.

My grandmother had always wanted to live in the country, so she sold the house and bought land in Westchester County, little more than an hour's drive from the city. Her oldest son, my Uncle Arthur, was an architect. Alice had Arthur design her new home. The area was still very sparsely settled - the wave of people who created what we think of as suburbia didn't come along until years later. The house, which she called Wingfield, sat on a hill, which sloped down along a short road to a small lake. There were a few houses on the lake, and it was an idyllic setting.

To my brother and me this was an uncharted wilderness and an exciting change from life in the city. Grandmother loved having us visit; I think it was rather lonely for her there until more people moved out from the city. We often went for weekends during the school year and we stayed for longer visits in the summer.

Alice owned a car but, like quite a few people in those days, she never learned to drive. She was fortunate to find a young man who would do all the driving and various outdoor chores as well. When she wanted us to visit her she would send Hanford (it was usual to call such an employee by his surname) to the city to pick us up and drive us to her home. When the Bronx River Parkway was finished, it was an easy drive in her car, which today we would call a limousine and consider it to be a gas-guzzling outrage. It was large and black with a glass partition between the driver and comfortable back seat. There

were two little seats that folded out from the partition. There was even a vase for flowers near the back seat.

When Hanford collected us, he would put me up front with him, because I tended to get carsick in the back. Brother Dick would sit on one of the jump seats, and we could converse because the glass partition remained open. Hanford wore a uniform with a smart cap, which he would remove when he was alone with Dick and me. He told us wonderful stories and all about his life as a chauffeur. When we approached the gate into Wingfield he would put his hat back on and put us in our proper seats, so that we would be delivered to the front door in style.

We early became aware of the formality of relationship between those who hired "help" and those who worked for others. It was quite a different scene from our simple home life in the city. We considered Hanford our friend, and we talked freely and happily with him. We had no servants in the city, and we had to learn that we could be chums with Hanford when we were alone with him. His relationship with Grandmother was different. She would not understand nor approve of the way we felt about him.

I remember commenting once to my grandmother on the fact that when Hanford came into the house to speak with her, he stood and spoke quite formally. He was not asked to sit down.

Why?, I wondered aloud. She responded without hesitation that he was a servant and that that was how servants were to be treated.

When and how did all this change? There are no vestiges of it today. There is still an awareness of classes of people, but it is the basis of economic standing, and surely no servant class. Looking back, it seems that the greatest change in all this came during and after World War II, with the defense plants and then millions of military folk flooding back into society, to go to college on the GI Bill and buy homes with government Loans. Many of the patterns of relationship changed, and new ones emerged. We will never go back to the old days and the old ways - thank goodness.

Nevertheless I look back with great pleasure on the friendship that Dick and I had with Hanford. I'm sure it was all the more delightful because we were hiding it from the certain disapproval of my grandmother.

## Peacham Library

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

Tuesday and Thursday  
1 - 7 p.m.

## A Champion

I was named after my aunt  
But I was convinced,  
As the only blonde  
Among my parents' redheaded offspring,  
That I was adopted.  
Convinced, that is, until we all began to run.  
In high school cross-country, skiing and track  
We were serious contenders against area schools,  
But the competition began when we were young:  
Racing each other across our meadow  
To the swimming hole,  
We seemed to be related,  
At least in the ability to run.

My mother ruled that swimming could not start  
Until her mid-June birthday,  
No matter how hot the days.  
By then the timothy and June-grass was up  
In the meadow, and my father forbade crossing it;  
"It'll look like a truck route  
After you've tromped it all down.  
Might as well grow vetch."  
So we trudged down to the corner  
To splash in the shallow water  
While dreaming of the slow, deep brook  
Behind the barrier of sacred hay.

Sometime in July, late, it seemed to us,  
The neighbor came with all his equipment  
And put the hay in the barn,  
Leaving behind a field of  
Stubble.  
Racing and swimming season was finally on,  
And my stubble-crushing, snake-stomping,  
Thistle-defying feet were ready.  
Though we all grew to be "best at" many things,  
It was important when I was 10 for me to be  
Best at the Barn to Brook Barefoot Dash.  
Tackling and tumbling,  
My brother and sister impeded each other.  
My father, obedient to my mother's edict of  
"No shoes down by the brook,"  
Ouch, ouch his way in distant last place.  
I sprinted ahead and was first in the cool water.  
A champion runner in a family of runners.

Bruce Hoyt

## BROOKSIDE STATUARY

176 US Rt. 7, Cabot, VT 05617  
2 Miles West of Joe's Pond  
802-563-9976

**WE ARE OPEN!**  
QUALITY CONCRETE  
GARDEN STATUES!



**25% OFF Suncatchers**

Tue. - Fri. 9 - 5:30 • Sat. 9 - 4 • Sun. 11 - 4 • Closed Mon.

## Richard P. Barrett Insurance Agency

309 Portland Street, Suite 102  
St. Johnsbury, Vermont 05819  
(802) 748-5224

## Need Home & Auto Insurance?



Let us put it together for you!

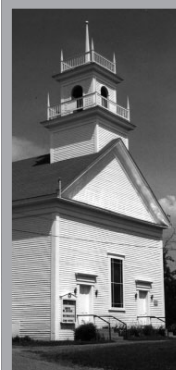
• Savings • Service • Satisfaction  
 REPRESENTING  
 CO-OPERATIVE INSURANCE  
 ASSOCIATION OF VERMONT • MEMBER SINCE 1911  
 • Convenience • Payment Plans

## The North Danville Church

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

"Measure your mind's height by the shade it casts."

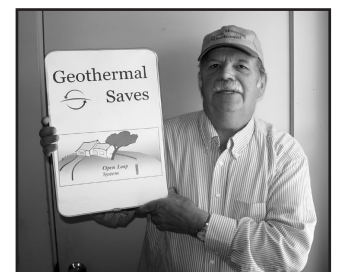
R. Browning



**Geothermal Heating** provides space heating by taking thermal energy from groundwater with a heat pump.

Based on data from the Vermont Department of Public Service, space heating by geothermal systems will have operating costs equal to:

- 23% of propane,
- 25% of electric,
- 31% of fuel oil,
- 50% of pellets or
- 71% of cordwood.



For an analysis of the costs and benefits for your home.

Contact Jim Ashley:

**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.

## 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.

## Artist Studios

### Dynamite Clay Studio

Calling all potters: Located on US 2 in Plainfield, we are offering throwing and handbuilding classes. All ages and levels welcome. Call Katie (802) 454-9947 for class dates and times. Also available is rental space, which includes 24-hour access and use of tools. Come in and play. 16 Main Street, US 2, Plainfield, VT.

## 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 Lefavre, 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.

## 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

## Bed & Breakfast

### Estabrook House B&B

A comfortable stay in an historic Victorian home located within walking distance of St. Johnsbury's museums, restaurants and Academy. Spend a few more days in St. J. Enjoy local art, entertainment and shopping. Take advantage of the year round outdoor activities and adventures offered by this region of the country. 1596 Main Street, St. Johnsbury, VT 05819. www.EstabrookHouse.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@fairpoint.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

### Peter M. Oilman, 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.

### 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.

## 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 05819. (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



# BUSINESS DIRECTORY

**Business Identification at a Reasonable Price \$75.00/ year Price Includes Free Subscription**

## 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

### 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 Tradepost. (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 millwork 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, 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 Advisor

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. barnman@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 vtpoz@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.northernvtrealestate.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.

## Sewing and Vacuums

### North Country Vac & Sew

Home of Defender Vacuum, made locally. Wide choice of new vacuums, uprights, canisters and back-packs. Service, parts and supplies for most makes. Sewing machine dealer for Bernina and Necchi. Parts and expert service for most makes. Scissor and knife sharpening. 442 Portland St. (next to Sherwin-Williams Paint), St. Johnsbury, VT 05819. (802) 748-9190.

## 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, Lawntractors, 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.

## 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.

## Veterinarians

### Companion Animal Care

Small animal medicine & surgery. Bob Hicks, DVM. 54 Western Ave., St. Johnsbury, VT. (802) 748-2855.

### 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.



# Letters from the Past

When writing was a necessity and an art

Lynn A Bonfield



Students educated at the Caledonia County Grammar School, usually called the Peacham Academy, received an outstanding education, preparing them for advance studies at New England's most prestigious colleges. David Merrill, who attended the Academy in the 1850's, went off to the Harvard Medical College in Boston. David was the seventh child of Peacham native and second minister of the Congregational Church, David Merrill (1798-1850) and Mary Ann Hughes (died 1836). Named for his father, David served in the Sixth Regiment of the Vermont Volunteers in the Civil War. When he returned to Vermont, he began his medical study and upon graduation proudly wrote the following letter to his bride-to-be, Elsie Ann Choate (1842-1926), signing his name with great flourish.

Elsie also attended the Peacham Academy, and after teaching several years, went to Mount Holyoke Seminary, one of the earliest Peacham girls to attend college. David and Elsie

were married in the fall of 1868 and moved to St. Johnsbury where David set up practice. Their dreams were "knocked in the head," to use a familiar phrase from the nineteenth century, when David's health began to fail due to tuberculosis contracted during the Civil War. He gave up his practice and died in 1871 at age 31. Elsie returned to her parents' home in Peacham where she cared for them in their later years. In 1882, when her brother Charles's wife, Alice, died, Elsie took their two-year-old daughter, also called Elsie, home to raise. In 1926 when Elsie Merrill died, the little Elsie, now grown, turned the family home into the Choate Inn where friends and strangers came to stay while enjoying the clean air of Vermont.

No 12 Leverett St  
Boston

July 7th 1868

My Dear Elsie Ann

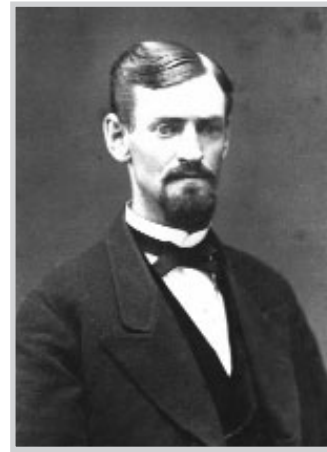
I rec a letter from you this morning which I will answer now as I feel pretty good natured though to tell the truth some

fatigues for—now listen—I have to day passed my final examination and here is the verdict of the Faculty of the Medical department of Harvard University—now listen again—

"Mr Merrill your examination has been very commendable and you are recommended for a degree to be conferred one week from to morrow at Cambridge—The Faculty desire that you should read extracts from your dissertation at a Meeting to be held in the room below next Tuesday— Dr Holmes will meet you to morrow at 9 oclock in the library and give you further instruction"

I made my prettiest courtesy and thanking them withdrew—This is just the result I have anticipated for some time and the result I have worked hard very hard for but thought it best not to say much about it till 'twas settled—

I wrote you that I had given it up and so I did during the time my eyes were so sore and troubled me so much but when they got better I began to use them again and though they are now weak they have used me better than I have used them— I passed my examination in a manner perfectly satisfactory to myself and I judge to the Faculty by the way they spoke and I am looking forward to the new kind of life with



David Merrill, M.D.  
Photographed by D. A. Clifford, Corner Main Street and Eastern Avenue, St. Johnsbury, ca. 1868, after Merrill's graduation from Harvard Medical College.  
Private Collection.



Elsie Choate Merrill  
Photographed by Mrs. R. A. Goodwin, Brown's Block, Main St., St. Johnsbury, probably taken at the time of her marriage in 1868 to Dr. Merrill.  
Private Collection.

anxiety and fear as well as with pleasure. I know I am not so well posted as I hope to be but I have a cane and a stovepipe hat and a moustache and so thought I would run the risk of brains.

I am now ready to graduate and have enjoyed the study very much I dont owe a cent to any body and have \$20. on hand and have never for a minute been sorry that I have invested my gone funds as I have once only sorry that now I have not \$2000. to invest the same way in Europe instead of America but that cant be thought of now though perhaps we may sometime visit some of the Hospitals at Paris, Vienna, Rome, and other cities of the Old World— Several of my classmates are to go to Paris & Vienna to spend one or two years soon and I want to go too but it cant be did—

It makes me feel kind of blue when I think I must graduate and none of my friends to witness it— I intended to get Jane [his sister] here to visit E. Boston about this time but Libs [another sister] sickness knocks that all in the head . . . Think of me next week Wednesday as being Doctored by President [Thomas] Hill of Harvard University . . .

10 3/4 P.M. — I am afraid this letter wont be so long as I had hoped when I commenced for

when I was writing Lieut Tarbell an old chum whom Ive not seen since 1865 called and I have just put him to bed and got to my writing again— If I write long you wont get this before Thursday instead of tomorrow as I want you to— I think all things considered that I deserve a letter from you on Friday morning What do you think? Try and write me please— I guess I will come home next Thursday so you see you must wait one week longer as well as I— One year ago to day I was at Lowell with you where will I be one year hence with you? I shall go up to Lowell to spend next Sunday I think so you will get no letter from me next Monday— I will try and write you again before I come home

Let me hear from you soon How is Charley [her brother]? better I hope—

More than ever now  
D. Merrill

*The original of this letter is preserved in a private collection. Letters in this series are transcribed as written with no changes to spelling, punctuation, or capitalization. Eclipses denote words left out and brackets indicate information added by the editor.*

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



## Pope Library

Monday & Friday  
10 a.m. - 5 p.m.  
Wednesday 9 a.m. - 7 p.m.  
Saturday 9 a.m. - Noon.

## Danville United Methodist Church

"The biggest little church on the Green"

"To the pure all things are pure.  
To the corrupt nothing is pure."

Titus 1:15

Rev. Henry E. Cheney  
684-3389 office

Sunday Worship  
and Fellowship 9:30 a.m.  
Sunday School During Worship Service



COMMUNITY FINANCIAL SERVICES GROUP  
The Trust & Investment Management Affiliate of  
Community National Bank

### The Advisor of Choice

At CFSG, we offer professional money management for individuals and institutions. Call Shellie Wright today for a no obligation appointment.



Shellie Wright  
Trust Officer &  
Trust Advisor

- Trusts
- Investment Management
- IRA's/IRA Rollovers
- Employee Benefit Plans

467 Broad Street at Community National Bank  
Lyndonville, Vermont 05851 • Telephone (802) 626-9594

Not FDIC Insured No Bank Guarantee May Lose Value

2008

## Home Game Schedule

To Order Tickets  
Call: (802) 655-6611 or online at  
[www.vermontlakemonsters.com](http://www.vermontlakemonsters.com)

STARTING TIMES: Monday - Saturday, 7:05; Sun. 5:05; Except: Thursday, July 31 Game at 1:05

**JUNE**

- 17 - Oneonta Tigers
- 18 - Oneonta Tigers
- 19 - Oneonta Tigers
- 23 - Tri-City Valleycats
- 24 - Tri-City Valleycats
- 25 - Tri-City Valleycats
- 26 - Lowell Spinners
- 27 - Lowell Spinners
- 28 - Lowell Spinners

**JULY**

- 5 - Batavia Muckdogs
- 6 - Batavia Muckdogs
- 7 - Batavia Muckdogs
- 16 - Williamsport Crosscutters
- 17 - Williamsport Crosscutters
- 18 - Williamsport Crosscutters
- 25 - Lowell Spinners
- 26 - Lowell Spinners
- 27 - Lowell Spinners
- 28 - Lowell Spinners
- 29 - Brooklyn Cyclones
- 30 - Brooklyn Cyclones
- 31 - Brooklyn Cyclones

**AUGUST**

- 9 - Auburn Doubledays
- 10 - Auburn Doubledays
- 11 - Auburn Doubledays
- 12 - Aberdeen Ironbirds
- 13 - Aberdeen Ironbirds
- 14 - Aberdeen Ironbirds
- 21 - Staten Island Yankees
- 22 - Staten Island Yankees
- 23 - Staten Island Yankees
- 24 - Hudson Valley Renegades
- 25 - Hudson Valley Renegades
- 26 - Hudson Valley Renegades

**SEPTEMBER**

- 3 - Tri-City Valleycats
- 4 - Tri-City Valleycats
- 5 - Oneonta Tigers
- 6 - Oneonta Tigers

**Ticket Prices:**  
Reserved \$8  
General Admission:  
Adult \$7, Senior \$5, Child \$5





# The Cork & Bottle

Gerd Hirschmann

Some people get very emotional about old vintages, mostly because of a special occasion - a wedding, a birth in the family or some other milestone. The emotional connection to the bottle becomes more important than the taste of the wine itself. The problem is: Not all wines are made to age, and most taste better in their youth. So which wines should be chosen to age and which should be put away for a special occasion?

With the single caveat that wine to age must have proper storage, there are no hard-and-fast rules. Like everything in the wine world, it is a matter of taste and preference. However, here are a few guidelines to wines worth aging.

Fortified wines, like Port and Madeira are the most age-worthy. If you really want to lay aside wine for your silver anniversary, these are the best bets. They have higher

alcohol and sugar levels. Alcohol and sugar act as antioxidants, slowing down the natural deterioration of wine over time. Fortified wines that predate the United States are drinking well now.

There are also some dessert wines, particularly those with good acidity and higher alcohol, that will age well for decades. Rieslings from particularly ripe grapes, such as Beerenauslese and Trockenbeerenauslese, are much higher in sugar and alcohol than most, giving them the same antioxidant protection as Ports and Madeiras.

Cabernet Sauvignon-based wines from California, Bordeaux or other regions are the focus of many oenophiles and collectors for the auction market. With the possible exception of Barolo, well-balanced Cabernets are the only non-sweet wines likely to be better 15 years later than they are at the time

of release. Great Cabernets last far longer.

But just because the label says Cabernet Sauvignon or Bordeaux, that doesn't mean the wine will be drinking well until the polar ice caps melt and our coastal cities get flooded. Ninety percent of the wines from Bordeaux (or anywhere else for that matter) will not improve much with age beyond 10 years. Most vintages drink better young and peak within 2-5 years.

So how can you tell if a Cab will improve in your cellar? Will it develop alluring secondary characteristics like notes of violet or mint? Will its tannins soften and caress your tongue like the first kiss in your wedding night? Or will it simply die in the bottle, lose its fruit and taste like little more than dust?

Wine tasters need to train themselves to recognize characteristics that allow a wine to age well. Tannins, the chemical compounds found in red wine that give it that dry "puckering" taste, are important because they protect the wine from deterioration besides tasting better after breaking down over a few years. But it's not enough to

recognize that a wine is very tannic, it also needs to have balance, structure, acidity and concentration. Age-worthy wine has a tannic structure; it has nice acidity and tight, very concentrated fruit.

Before you start saving and collecting you should spend time figuring out what you personally enjoy. Try different wines, read reviews, and talk to friends for suggestions. Visit wineries and learn how wines are made. Attend wine dinners where you get to taste different wines. Make a checklist of those you try to help build a list of wines you like or don't like.

When you have a feel for wines that appeal to you, choose a few red that you enjoy. Remember that most whites don't really need much aging. For the most part you can buy those when you want to use them. Reds are different, but keep in mind that most wines - even red ones - are made to be consumed within a few years, maybe two to three.

Buy different wines for different types of meals. It's good to have some of everything - cabernet, shiraz, zinfandel, merlot, and yes, pinot noir. And don't forget

interesting blends, whether traditional region-specific or new experimental and trail-blazing bold attempts.

Buy a few cases of red - many stores give you a discount on cases and some even let you mix cases, so you can buy a variety of wines. Find some that already are a bit older so you can see if that "old wine" taste actually appeals to you.

For all wines you plan to cellar, not just cabernets, the best recommendation is to buy a 12-bottle case and taste one bottle every six months to a year. It will relieve you of the worry of finding the exact moment to open a bottle and makes it more fun along the way. You will also appreciate its development and avoid discovering too late, that your treasured wine is past its peak.

Ultimately, for most of us, it's just nice to have a few cases of wine that we really like, so it's ready and right there when we want it.

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



**High Beams**

CUSTOM BRASS & COPPER LIGHTING

**Lighting Showroom**  
**802.467.3943**

We make wall lights, ceiling lights, table & standing lamps and outdoor lighting. Custom shades and a large selection of glass shades. We rewire, restore, polish, patina and do lighting decorating & consulting. Residential or commercial.

See us by appointment or by chance.  
2 miles north of West Burke off Route 5, Sutton, VT  
[www.highbeams.com](http://www.highbeams.com)

**Gauthier's Pharmacy, Inc.**  
*The only independent pharmacy in St. Johnsbury*  
*"Dedicated to your good health"*

**Going away this summer?**

Our Travel Section has a good selection of miniatures for your convenience: first aid and personal care items. Don't forget about Gauthier's brand products!



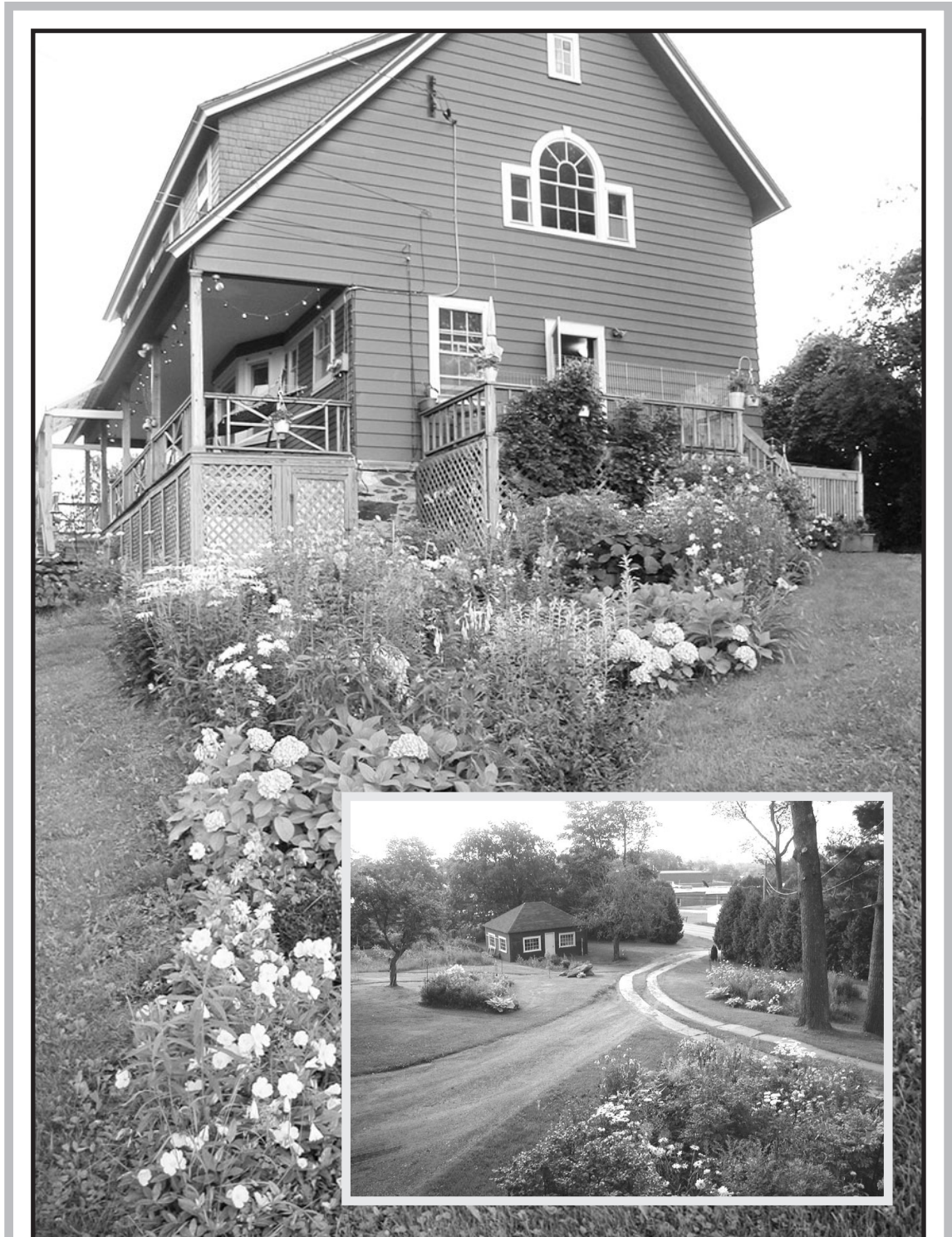
415 Railroad St. ♦ St. Johnsbury, VT 05819 ♦ (802) 748-3122

**TIME SPACE HIMALAYAS**  
Finding Time and Space for Yourself in Vermont

Brian S. Ward offers Holistic Coaching and Meditation Instruction for groups or individuals in life transition as well as coaching for tobacco cessation, weight management and relaxation.



Scheduling appointments  
Mondays through Saturdays.  
(802) 684-3636 or  
[www.consciousconsultingandcoaching.com](http://www.consciousconsultingandcoaching.com)



**FOR SALE BY OWNER: HISTORIC DANVILLE HOME**  
across from Danville School tennis courts. Large open living room, lots of sunny windows. On 2 acres. Amazing views of NH mountains. Extensive gardens. Two porches. Dog-safe fenced areas. Garage. Updated roof, heating and painting. 4 bedrooms. 2½-baths. Dry basement with work area. A wonderful family home. Without a realtor selling at \$230,000. Absolutely by appointment only. (No drop-ins). Call anytime (802) 684-1126.

See Youtube for a video yard tour by entering "Vermont Northern Equine" in search line.



# Click & Clack Talk Cars

## Bad Parking-Brake Behavior

Dear Tom and Ray:

Twice now, I have left a late-evening rehearsal without releasing the parking brake on my 2007 Toyota Corolla Matrix and driven 10 miles home (at 50 m.p.h. on the freeway most of the way) before discovering my ridiculous error. Please tell me what I have done to my car. I love this car, and I really don't want to confess to anyone what I have done. You're my only hope for advice - scathing though it may be.

Gratefully yours - Amy

**RAY:** You've been drinking too many glasses of Mateus during the rehearsal, Amy.

**TOM:** Don't feel bad about

the parking brake. I've done this myself. Fortunately, it was always on a customer's car.

**RAY:** It is possible that you've done some damage, Amy. But we can't tell without inspecting the rear brakes. So, you're going to have to go to the confessional at your local dealership, close the curtain and spill everything to your service adviser.

**TOM:** Don't worry, he's heard much worse.

**RAY:** What you did was the equivalent of driving with your foot pressed partway down on the brake pedal-but only for the rear brakes. Depending on how firmly your parking brake was applied while you drove (clearly not that firmly, if you were able

to drive on the freeway at 50 m.p.h.), you could have overheated those rear brakes.

**TOM:** If they did overheat, you could have cracked your brake shoe linings or even warped the brake drums. But I doubt it.

**RAY:** Me, too. Any decent mechanic can tell you after taking a quick look. The range of what this might cost you runs from nothing (our guess), to about \$150 if you need shoes, to \$350 if you need your drums replaced, too.

**TOM:** But here's a surefire way to prevent this in the future: Apply the parking brake more firmly. How firmly? Try this experiment: Put the car in drive with your foot on the brake pedal.

**RAY:** Do this on an open driveway, where you have some room to move, not in front of your prized African tulips or your freshly painted garage door.

**TOM:** Right. With the car in drive and your foot on the brake, pull up the parking brake and take your foot off the brake pedal. The car shouldn't move. If it does, pull up harder on the hand brake and try it again. Not only should the car stay perfectly still, but if you step on the gas and try to drive it away, you should feel a discernible drag on the car, like something is wrong.

**RAY:** If you can't get to that point, your parking brake might not be working properly, and you should have it looked at.

**TOM:** Once you find that spot, Amy, where it's hard to

drive away -that's how hard you should apply the parking brake every time you park the car.

**RAY:** If you do that, there are two benefits. No. 1, the parking brake will be sure to do its job and prevent the car from rolling away if it ever slips out of gear. And No. 2, it'll keep you from driving home with the parking brake engaged, because even YOU will notice that something's not right, Amy. Good luck!

## If ESC is so great why is there an off switch?

Dear Tom and Ray:

I just purchased a car with ESC, and have read how it is a feature that should be standard on all vehicles - it could reduce the number of accidents and save more than 10 thousand lives a year. If this is so good, why does the car manufacturer provide a switch to turn it off? Under what conditions would I not want to have ESC?

Thank you. - Dennis

**RAY:** Great question, Dennis. For those who aren't familiar with automotive acronyms, ESC is the generic term for electronic stability control. We have seen it called stuff like ASC, DSC, ESP, RSC, SCAS and StabiliTrak.

**TOM:** ESC works by using sensors to determine where the car is going and compares that information with where you WANT the car to go (by measuring steering and pedal inputs), and then helps direct the car to where you want it to go by applying the brakes on individual wheels. Or, in layman's terms, it helps you maintain control of the car even when you drive like a moron.

**RAY:** To a point.

**TOM:** Right. There's a point

where even stability control can't help you.

**RAY:** So, when wouldn't you want ESC on? There are two times we know of. One is when you WANT to drive like a moron. People who drive their cars on racetracks sometimes want their cars to slide around and skid. If you're one of those knuckleheads, you might decide to turn off the ESC and take your chances - presumably, while wearing a crash helmet.

**TOM:** But the more common reason has to do with getting unstuck when you're stuck in the snow, sand or mud. The way ESC works when you're moving is that if it detects one or more of your wheels slipping, it applies the brake to that wheel to prevent a skid.

**RAY:** But if you're stuck in snow, for example, and your drive wheels are spinning, you might not want them to stop spinning - at least not until the car has broken free of whatever it's stuck in. In that case, you'd turn off the ESC and turn it back on once you're free and on your way.

**TOM:** But generally speak-



## St. Johnsbury Land

Large lots ready to build on with permits in place. Good property for animals. Close to town but quiet and private. Your pick of 3 beautiful lots with spectacular views. All with state designed septic and leachfield systems. MLS #'s 2680628, 2680616, 2680729. What a spot for your home.

Enjoy 5+/-, 10+/- or 19+/- acres for \$80,000 each



791 Broad Street  
Lyndonville, VT 05851  
(802) 626-9357  
Fax (802) 626-6913



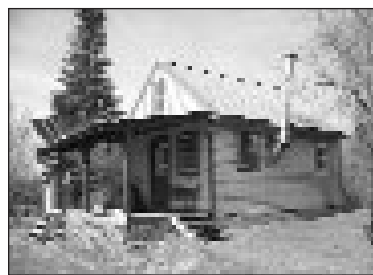
ML#2721475 You'll love eating meals on the enclosed porch with a bird's eye view of Joes Pond. This 2 bedroom camp has received lots of attention in the past couple of years. It features a new eat-in kitchen, a spacious living room with woodstove, the enclosed porch, a library, 3/4 bath and 2 bedrooms with lake views. There is a new drilled well, and you have a shared right of way to the water. This camp offers rare privacy for a cottage at the lake.

\$220,000



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

**#6864 Sheffield**  
If you are looking for LAND to hike, hunt or snowshoe on with a very well built camp & gorgeous views, here it is. 20 acres of open & wooded land for the perfect get away for all 4 seasons. Recent updates include new add/with bath, new septic (2006), new front door & some new windows, new siding. Also includes the woodstove, propane heater & solar panels. Hurry this won't last long!



Being offered at \$65,000

**#6335 Westmore**  
Here it is... a PERFECT vacation home or permanent residence awaits you. This 4 bdrm., 2 ba., home sits on 2.21 acres. New hardwood floors downstairs, new roof, exterior, new steel liner in furnace chimney. The old barn needs TLC. There is also a small apple orchard, and it's just a short walk to Lake Willoughby.



Offered at \$188,900



ALL SEASONS REALTY

470 Broad Street  
Lyndonville, VT  
(802) 626-4343  
Fax: (802) 626-3700  
email:allseasonre@together.net

www.allseasonre.com

## Danville Senior Action Center July Meal Schedule

**July 3** - Hamburger on a Bun with Lettuce and Tomato, Potato Salad, Carrots, Strawberry Shortcake.

**July 8** - Italian Sausage with Peppers and Onions, Whole Wheat Rolls, Mixed Vegetables, Ice Cream, Honeydew Melon.

**July 10** - Chicken Salad with Lettuce and Tomato on a Bun, Cole Slaw, Fruit Salad, Pasta Salad with Red Peppers and Broccoli.

**July 15** - Chef's Salad with Ham, Cheese and Homemade Croutons, Whole Wheat Rolls, Cantaloupe and Strawberries.

**July 17** - Macaroni and Cheese, Hot Dogs, Spinach Salad with Mandarin Oranges, Tomato Juice, Peas and Carrots.

**July 22** - Bacon, Cheese and Broccoli Quiche, Tossed Salad with Homemade Croutons, V8 Juice, Hot Fudge Sundaes.

**July 24** - Liver and Onions, Hamburgers on a Bun, Rice Salad, Mixed Vegetables, Peach Cobbler.

**July 29** - Sloppy Joe's, Cole Slaw, Peas and Carrots, Orange Juice, Strawberry Shortcake.

**July 31** - Barbecued Chicken, Pasta Salad with Broccoli, Cucumbers, Black Olives and Red Peppers, Monster Cookies.

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.



ing, Dennis, it's a life-saving technology, and you want it on all the time.

**Why did I blow out a spark plug?**

Dear Tom and Ray:

Yesterday I was driving my 1998 Honda Accord down the highway when I heard this horrible noise, like the tire blew. So I pulled over. The tires were all fine, but the car was still making a horrible noise. I lifted the hood and discovered that one of the spark plugs had blown right out of the engine, through the insulation and left a huge dent poking up in the hood. What would cause this? - Shannon

**TOM:** What would cause this? More like, WHO would cause this? Whoever worked on your engine last, Shannon.

**RAY:** Funny things happen at garages. You're putting four spark plugs into a '98 Accord, and suddenly the lunch truck shows up, and you get a craving for an anchovy, chipped beef, cheese and cholesterol bomb. So you go out to the truck, chat with the other guys, tell a few jokes and you eat your sandwich. Then you come back, pop the wires on the spark plugs and close the hood.

**TOM:** And, in your post-prandial stupor, you forget to

tighten the spark plugs. And since the explosions in the cylinders create a tremendous amount of pressure, the loose spark plugs immediately - if slowly - start working their way out of their holes. When one gets completely unscrewed, the pressure sends it flying upward, like the cork on a champagne bottle.

**RAY:** So, the first thing you should do is check your other three spark plugs. There's at least a 75 percent chance that they all were left loose, and you're soon going to have three more matching dents in your hood.

**TOM:** If they were just left loose, tighten them back up, and you're all set. In that case, no damage was done except the dent.

**RAY:** The other possibility, though, is that whoever put in that spark plug over-tightened it or cross-threaded it and stripped the threads. That's a mistake a lot of rookie mechanics make. It means that the threads are ground down and there's really nothing to hold the spark plug in there. That's less likely to happen to four plugs, but if a guy's capable of stripping one plug, he's capable of stripping more than one, so you'll want to check.

**TOM:** If the threads in the spark-plug hole are stripped, then you have to put in what's called an "insert," which is a metal sleeve with new threads for the spark plugs.

**RAY:** But whatever happened, it probably was caused by the last person who removed

your spark plugs. I'd go back and have a chat with him about exactly what happened. If it happened to be a relative, Shannon, scratch him off this year's Christmas-card list.

**No Way to Charge a Cell Phone**

Dear Tom and Ray:

While on my evening walk, I went past a small SUV with the engine running. On my return, the engine was still running. At the completion of my walk, I went back to check the vehicle. It was still running, so I went to the house and asked the owner if she knew her engine was running. She said she was charging her cell phone! Question: How long can a modern passenger car be left idling? How much does it cost in gas? Can a cell phone be charged by using just the battery? Would it be cheaper to get an emergency cell-phone charger battery? And safer? What is the wear and tear on the engine? - Mike

**TOM:** Well, we can do the math, Mike. An average car burns about 0.15 gallons of gas an hour while idling. That's 60 cents' worth of gas at \$4 a gallon. Plus, in an hour you create three pounds of carbon dioxide and who knows how much nitrous oxide emissions? But we don't need to do all of the math to conclude that this is a wasteful way to charge a cell phone.

**RAY:** It's like air-conditioning your house down to 30 degrees to keep the ice-cream cold, instead of just putting it back into the freezer.

**TOM:** I assume the cell-phone owner had lost her home plug-in charger and was using the car adapter because that was the only way she could charge her phone.

**RAY:** But what she didn't know was that she didn't have to run the engine. If she had simply plugged the adapter into the power point (formerly called the cigarette lighter) and then turned the key to the appropriate position (on some cars, the power point will work without the key in at all, and on other cars the key needs to be in one of the "on" positions), she could have charged her phone using only

the car's battery.

**TOM:** No harm would have come to the battery. Charging a cell phone takes so little energy that it's virtually impossible to run down a healthy car battery by doing that. And the battery would have completely recharged itself the next time she used the car.

**RAY:** Plus, the added advantage of using the car's battery instead of the engine to recharge your cell phone is that you're less likely to attract the unwanted attention of potential car thieves. Or nosy evening walkers. ★

**Heat Lightning**

When the warm night  
Had all but folded into darkness  
The Sawtooth range of mountains,  
New light came.  
Thunderheads, too far for hearing,  
Arched to violent life  
And threw the light  
Against a starless sky.  
Trees, boulders, clouds and man,  
Caught in a fraction of their allotted time,  
Flashed uncolored in the brief electric flame.  
So short a clarity  
And yet so bright,  
It showed new destinies  
And other paths to try.

Bruce Hoyt

**West Barnet Senior Action Center**

July 2008

- July 2 - Buffet.
- July 4 - Closed.
- July 9 - Macaroni Salad, Sliced Cold Cuts, 3-Bean Salad, Home Made Whole Wheat Rolls, Assorted Fresh Fruit.
- July 11 - Meat Loaf, Mashed Potatoes, Buttered Carrots, Cottage Cheese with Fruit, Vanilla Pudding with Mandarin Oranges.
- July 16 - Sweet and Sour Pork, Rice, Green Beans, Carrot Salad, Muffins, Sliced Pears.
- July 18 - Baked Beans and Hot Dogs, Cole Slaw, Brown Bread, Grapenut Pudding.
- July 23 - Chop Suey, Mixed Vegetables, Bread, Tossed Salad, Mixed Fruit.
- July 25 - Baked Ham, Sweet Potatoes, Brussels Sprouts, Homemade Wheat Bread, Gingerbread with Whipped Cream.
- July 30 - Salmon Pea Wiggle with Crackers, Biscuits, Pickled Beets, 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**



**ML2723521** This beautifully maintained 3-story farmhouse includes 20 acres w/a pond & a gorgeous, sweeping view of Cow Hill, East Peacham, Kinsman Mtn range and Roy Mtn. Walk to the village of Peacham, voted #1 New England village by *Yankee Magazine* in 2005. Built in 1845 and 1885, you'll enjoy softwood floors, fireplace, double living room, separate dining room and a bright kitchen with a picture-perfect view. There are 2 baths, 4BRs & two finished rooms for your hobbies or office on the third floor. Gardens, apple trees, blueberry, raspberry, blackberry bushes, asparagus and more. This is the only place you'll want to call "home."  
**Offered for \$420,000**

Main Street  
Danville, VT 05828  
**(802) 684-1127**

**Start your search here.**

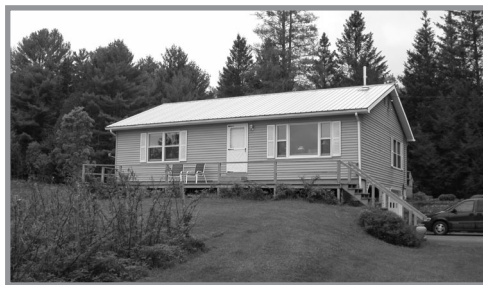


**BEGIN REALTY ASSOCIATES**



**ML2721241** \$95,000.00 for this immaculate single wide home in Marshfield. Kitchen has wood floor and opens to a spacious living room. 2 bedrooms and 2 baths. Sit on your front deck and enjoy the privacy. Very fuel efficient. Cheaper than renting. Just off of route 2 with lots of privacy yet close to St. Jay and Montpelier. Call me today to see this beautiful, well cared for home.

309 Portland St., St. Johnsbury, VT 05819  
**(802) 748-2045**  
Providing Professional and Courteous Service  
[www.beginrealty.com](http://www.beginrealty.com)



**ML2723021** If peace and quiet is what you're looking for, you must see this 2BR home on 13.88 private acres w/a nice mix of open & wooded land plus the comforting sound of a nearby brook. The home is immaculate & the south-facing windows contribute to very low heating costs. The open concept living space is framed by a sparkling new kitchen w/large center island. Outside, you'll find a raspberry patch, blueberry bushes, established vegetable garden, & the 100-acre Danville Town Forest is your closest neighbor. Come & see all that this property has to offer.  
**\$197,500**



**ML2722751** Just 3 1/2 miles from St Johnsbury w/good access on a paved road, you will find this classic brick farmhouse, former dairy barn, and 173 acres of the most beautiful land imaginable. The house could be a showplace w/it's original woodwork, wide pine floors & large sunny rooms. The land is both open & wooded w/wide sloping fields, fenced pastures, panoramic views in all directions, & marketable timber in the two wooded areas. There is a lot to love about this property.  
**\$650,000**

**BEGIN REALTY ASSOCIATES**

**BEGIN REALTY ASSOCIATES**



**AROUND THE TOWNS**



**COMMUNITY CALENDAR**

**Daily** Northeast Kingdom Artisans Guild Backroom Gallery "Helmut Siber - Painting the Weather," July 18-August 23. (802) 535-5008.

**Daily** Bread & Puppet Museum, 10 a.m. - 6 p.m. Glover.

**Weekends** - Ben's Mill, Barnet, open Saturdays & Sundays 11 a.m. - 3 p.m. (802) 748-8180.

**Sundays** - Bread & Puppet Circus and Pageant, 4 p.m. Glover.

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

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

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

**1st 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.

**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** - 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.

**July**

2 Readings in the Gallery with Poet Judith Jones, 7:30, St. Johnsbury Athenaeum. (802) 748-8291.

3 Naturalist's Choice seasonal walk with Walter Medwid, Northwoods Center, East Charleston. 9 a.m. (802) 723-6551.

3 Fireworks at Boulder Beach, Groton State Park, Dusk. (802) 584-3822.

4 **INDEPENDENCE DAY**  
4 North Danville Ham Supper, Following the July 4 Parade, North Danville Baptist Church.

4 Old fashioned Pig Roast, Peacham Congregational Church, 5 p.m. (802) 592-3135.

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

5 Celebration of the Arts, Main Street, Newport, 10 a.m. - 4 p.m. (802) 505-1265.

5 Chicken BBQ, Greensboro United Church of Christ, 11 a.m. (802) 533-2223.

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

5 Annual Strawberry Festival, Noon - 8 p.m. Bradford. (802) 222-4423.

5 110th Anniversary, Goodrich Memorial Library, Newport, 12:30 p.m. (802) 334-7902.

5 Army Band in Concert, Bradford Academy Lawn, Bradford. 7 p.m. Free. (802) 222-4423.

6 Concert on the Danville Green with Skip & Debbie Gray. 7 p.m. (802) 684-2256.

7 All the Good Books: Further Confessions of a Bibliophile with Kevin Graffagnio, Peacham Library, 8 p.m. (802) 592-3216.

10 Cookout and Gourmet Dinner, Cabot United Church, 5:30 - 7 p.m. Come for dinner or call for takeouts. (802) 563-2278.

10 Film discussion following 7 p.m.

film at Catamount Arts, St. Johnsbury. (802) 748-8813.

11 Learn Your Butterflies with Jerry Schneider, 3 p.m. Cobleigh Library, Lyndonville. (802) 626-5475.

11 Maple Leaf Seven concert, Band Stand, Bradford. 7 p.m. (802) 222-4423.

12 Pancake Breakfast, Lake View Grange Hall, West Barnet, 8-10 a.m. (802) 748-8180.

12 Property Lines and Boundary Law with Tom Carleson and George Rumery, Northwoods Center, East Charleston. 9 a.m. (802) 723-6551.

12 Antiques and Uniques Festival, Craftsbury Common, 10 a.m. - 4 p.m. (802) 655-0006.

12 Fire Department Auction, Beecher Falls, Noon, (800) 698-8939.

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

13 Concert on the Danville Green with Best of Friends. 7 p.m. (802) 684-2256.

15 Donald Wickman presents The Life and Work of Civil War Photographer George Houghton, East Side Restaurant, Newport, 7 p.m. (802) 754-6402.

16 Readings in the Gallery with Poet Maxine Kumin, 7:30, St. Johnsbury Athenaeum. (802) 748-8291.

17 Full Moon Paddle on the Clyde River and Echo Lake, Northwoods Center, East Charleston. 7 p.m. (802) 723-6551.

19 Pancake Breakfast, Big Deer Park, Groton, 8 a.m. (802) 584-3822.

19 Wheeler Mountain Hike, 2.5 miles, Northwoods Center, East Charleston. 9 a.m. (802) 723-6551.

19 United Church Fair, Irasburg, 10 a.m. (802) 754-6583.

19&20 "Off with their Heads," Learn about deadheading your plants, New Leaf Designs Nursery, Greensboro Bend, Sat. 10 a.m., Sun. 1 p.m. (802) 533-9836.

19 Teddy Bear Picnic, Big Deer Park Nature Center, Groton, 12:30 p.m. (802) 584-3822.

20 Concert on the Danville Green with Bill Moulton & friends. 7 p.m. (802) 684-2256.

22 The Zajkowski Trio in Summer Music from Greensboro, United Church of Christ, Greensboro, 8 p.m. (802) 525-3291.

24 Cookout and Gourmet Dinner, Cabot United Church, 5:30 - 7 p.m. Come for dinner or call for takeouts. (802) 563-2278.

25 Creepy Crawly Critters with Steve Amos, 3 p.m. Cobleigh Library, Lyndonville, (802) 626-



Photo By: Brian Ward

Janina Ward and her husband, Brian, traveled to Kullu, Himachal Pradesh India in late March for three weeks to retreat and rest at the International Meditation Institute, a beautiful spot overlooking the western Himalyas. Brian says, "We participated in classes in meditation and Yoga Philosophy. It is a place to find peace, and we did." While there, they traveled north to Naggur to visit Nicholas Roerich's Art Gallery and home, where this photo was taken. [See Page 20.]

- 5475.
- 26 Clyde River canoe trip, Northwoods Center, East Charleston. 9 a.m. (802) 723-6551.
- 26 Show Gardens of the Northeast Kingdom, Perennial Pleasures, East Hardwick, 9 a.m. - 4:45 p.m. (800) 639-2367.
- 26 NEK Audubon Annual Meeting and potluck lunch, Silvio O. Conte Refuge Station just west of Bloomfield, 10:30 a.m. (802) 754-2010.
- 26 VT Institute of Natural Science with Raptor Encounter, Groton Nature Center, Groton, 7 p.m. (802) 584-3827.
- 27 Old Home Day with Chicken Barbecue and Flea Market, Across from the Newark Union Church, 11 a.m. - 3 p.m. (802) 467-3788.
- 27 Old Home Day Lamplight

- Service, Refreshments 6:30 p.m. Lamplight Service and Hymn Sing, 7:30 p.m. The Reverend Douglas Carter of Danville Congregational Church.
- 29 Summer Music from Greensboro with Synergy Brass Quintet, United Church of Christ, Greensboro. 8 p.m. (802) 525-3291.
- 30 Readings in the Gallery with Poets Jane Shore and Julie Agoos, 7:30, St. Johnsbury Athenaeum. (802) 748-8291.
- 31 The Voices Project with Shout it Out, Haskell Opera House, Derby Line, 7:30 p.m. (802) 592-3190.

See also the Arts Around the Towns Calendar Page 14.

**Boxcar & Caboose**  
Bookshop Café

**BOOKS ■ COFFEE ■ CONVERSATION**

Start your summer at the **Boxcar & Caboose**

Ghirardelli Frappes  
Flavored Frozen Coffee Drinks  
(We have 36 flavors)  
Real Fruit Smoothies and Yogurt Smoothies

See us for: **Dishing Up Vermont**  
by Tracey Medeiros

Dishing Up Vermont is a collection of recipes from cooks dedicated to sustaining and enriching local culinary traditions. They celebrate the classic taste of Vermont with fresh interpretations of everything from blueberry pancakes sweetened with maple syrup to a savory tart made with onions, apples and Grafton Cheddar.

**M-F: 7 a.m. - 7 p.m.; Sat: 9 a.m. - 7 p.m.; Sun: 9 a.m. - 5 p.m.**  
394 Railroad St., St. Johnsbury (802) 748-3551

**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**

**zōn**  
[with BluWave™ SP]

**JULY Specials**

- FREE hearing consultation
- FREE tour of your ear canal
- FREE demonstration of the zōn

**zōn** - a hearing aid for your lifestyle

**Call for your Appointment**

**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

**Starkey** America's Largest Hearing Instrument Manufacturer  
To learn more, visit [www.starkey.com](http://www.starkey.com)

Sandra Day, BC-HIS

(front) Isabelle  
left-right (back) Diane, Sandi,  
Louise