

THE North Star MONTHLY

Every Small Town's Newspaper

DANVILLE, VERMONT

GOOD FOR THE WHOLE MONTH

\$1.50

JUNE 2008

Volume 21, Number 2

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with Her
Pasta and
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NAT TRIPP'S LAME LAMB

NATHANIEL TRIPP

Ah June. My favorite time of the year. The woods, the fields, the soil, the air and my heart are filled with the joy of rebirth, and when I found a newborn lamb out in the pasture as I made my afternoon feeding rounds I was quite taken by this, too, although it had not been a part of my management plans. I prefer a lambing earlier in the season, inside the barn and under control, but last winter a high spirited nine-month old ewe decided to jump the fence and be with the ram. I can hardly hold it against her, our own children have shown that same inclination from time to time.

The new lamb was quite healthy and a lovely sight curled up there in the tall green grass. The mother was skittish but attentive. Clearly the lamb had been nursing, and the two of them had the routine down pat. Our own youngest son would not be home for supper that evening, so I had planned for a quiet dinner with my wife, eating the things he didn't like but we did, such as fish and spinach soufflé and a nice crisp Riesling.

(Please See *The Lamb* on Page 8)

He Gets High on Life While His Head's in the Trees

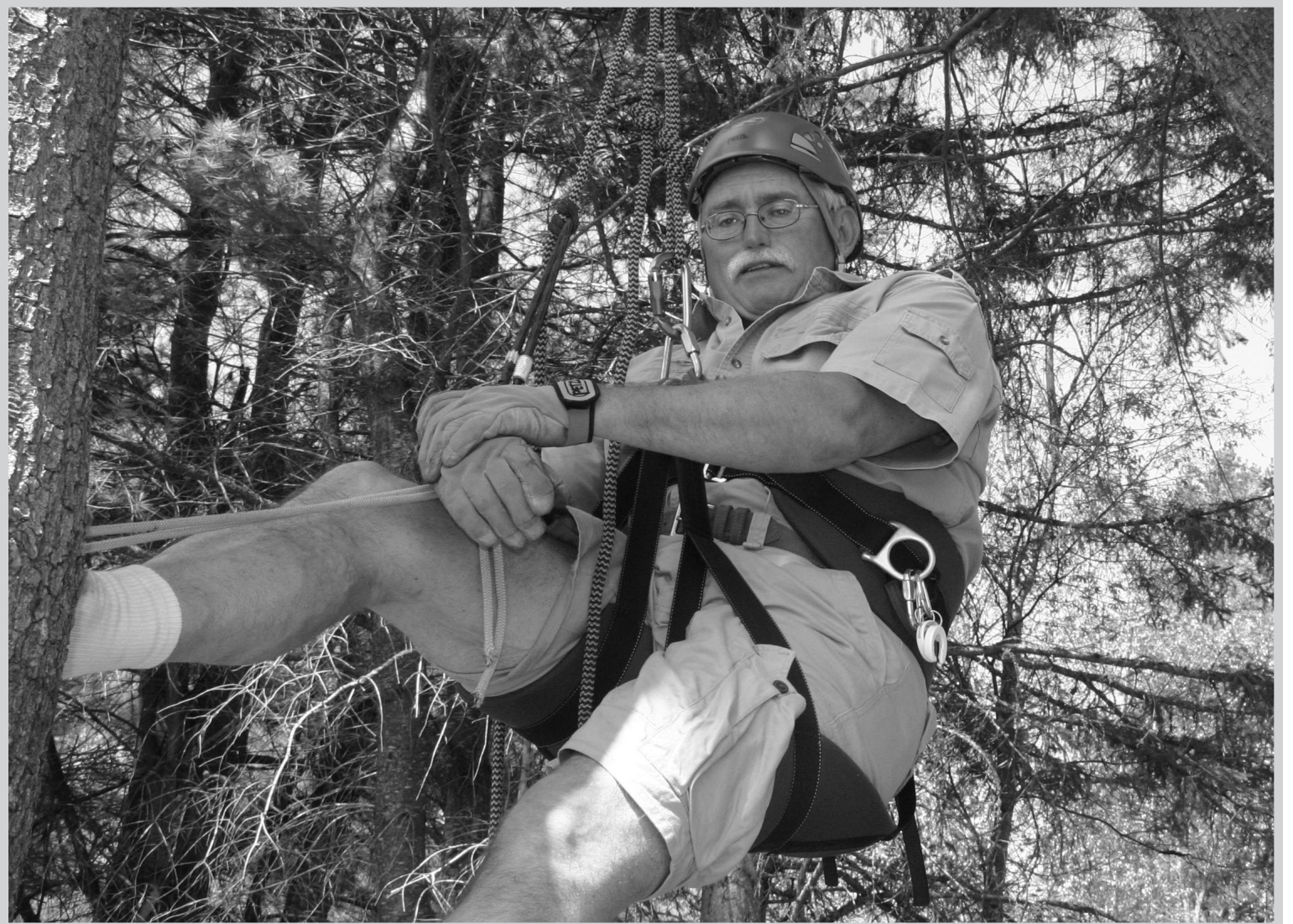


Photo By: North Star Monthly

Allan Manning teaches recreational tree climbing among the tall pines on his property in Danville. His classes include classroom orientation to tree selection, equipment and techniques and then a chance to get off the ground, all of which, he says, are described in the context of safety. Manning's enthusiasm is contagious and it's not at all hard to find what some call the "Peter Pan elation of tree climbing."

TERRY HOFFER

Allan Manning is a social climber. In 1998 Manning and his wife, Brenda, bought property in small-town Danville with an eye to leaving their family and home behind in up-town Montreal. Both had worked for the international conglomerate Pratt & Whitney, manufacturer of engines for jet airplanes all over the world. Both had traveled, and both had seen all kinds of places and met all kinds of people.

Danville had never been on their radar screen, but Manning laughs as he says, "One day in February I walked through deep snow on this land, and a voice from above said, 'You will buy this land.'" And buy it they did.

With two other couples from Canada the Mannings bought property off a dirt road in Danville. They built a house, became U.S. citizens, retired and Allan Manning started climbing - tree climbing that is, with visiting friends and students of the New England Tree Climbing Association.

It was in Connecticut on one of his last assignments with Pratt &

Whitney that Manning met Gary Gross who was familiar with recreational tree climbing as a hobby. Gross had years of experience as an arborist and outdoorsman, and he had discovered the profound pleasure to be found as a leaf peeper high above the ground, getting literally a bird's eye view of the colorful canopy of the trees.

Recreational tree climbing is similar to rock climbing or ice climbing in that you are securely tied in to a harness, and with care and attention you ascend a rope that is secured to a branch or a high point on the trunk of a tree.

Manning and Gross became friends, and they agreed that the population of aging Baby Boomers represented a market for the low impact exercise that they had enjoyed in the trees.

Gross says, "New England has some of the best trees for the sport. You couldn't ask for a better area." And he likes to call the experience a search for the "Peter Pan elation of tree climbing."

Gross and Manning established their association with Gross and his branch in Connecticut and Manning and his in Vermont.

Manning says it is environmentally friendly in that the bark is pro-

(Please See *He's At Home in the Trees* on Page 6)

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Good Public Relations

St. Johnsbury boosters are taking great delight in reporting that all of the ground level storefronts in the downtown Railroad Street neighborhood are occupied. That is a good thing, and they should be delighted.

There are a lot of individuals and a virtual fog of organizations that have been pulling and pushing to make this happen. St. Johnsbury Works, the Chamber of Commerce, regional planning and investment groups and the town officials have all worked hard.

They deserve credit for their contributions, but in my book the ones who really deserve credit are the entrepreneurs, the proprietors, the people who stock shelves, turn on their lights, make monthly payments and wait for us to buy their products and services.

When times are good and business is brisk they do well. When consumer buying patterns shift, because of local events or those much farther afield, and the retail market softens, they don't do as well. But day in and day out, the good ones stay - with stock on the shelves, the lights turned on and payments being made - waiting for us to buy.

To paraphrase one of our all time favorite folk singers; they've seen fire and they've seen rain; they've seen sunny days and all that's in between. Our hats are off to those who have put money of their own into those properties and businesses, and we thank them.

This issue is a bit of an anniversary for us at *The North Star*. The Tanners, the Hoffers and an astonishingly faithful group of contributors offered up their first issue of *The North Star Monthly* in July 1998. This, then, is our tenth anniversary issue, and over the last ten years we have had the opportunity to talk with people at all of those businesses on Railroad Street. We know what it is to work, as one friend said, like a farmer planting and picking and planting and picking in a way that it never stops. Those people at those businesses have faced challenges, and as fuel prices soar, they will face more, but they make St. Johnsbury look good, and how fortunate we all are.

St. Johnsbury Town Manager Mike Welch joins us in saluting them. He says, "Thanks to the efforts of downtown property owners, business owners and St. Johnsbury Works - Railroad Street offers a very attractive mix of experiences for downtown shopping and dining."

He's right. It is attractive, but we all need to do what we can to keep "St. Johnsbury on the rise." When one store clerk recently responded to my "Good afternoon" with, "It will be a whole lot better when I get out of here," the customer behind me took issue with the clerk's attitude and left the store in a huff. Curiously, and very much by coincidence, a clerk in another store a week or so later helped me find something I couldn't find myself. When I thanked him for doing so, his response was, "No; thank you - for paying my wages."

You tell me which business has better public relations.

Terry Hoffer

Check One Off the To Do List

Like many others, I have a "To Do" list, a written or mental list of things that need to be done, usually in a time frame vague enough to allow at least a modest amount of procrastination. To Do lists may include routine activities of daily life such as ironing, grocery shopping, changing a light bulb and collecting the trash and recyclables. They might include repeated or cyclic activities: pay bills or writing an editorial. Lists may include episodic or seasonal activities: get car inspected, switch storm doors for screen doors, plant peas.

My list is better characterized as a To Do scroll, as items are continuously added, often faster than they are removed. I find it satisfying to check items off my To Do list. It feels good to accomplish these short term personal goals. Conversely, not fulfilling the self-imposed expectations inventoried on the To Do list can sometimes generate frustration or disappointment. If one is inclined to make lemonade out of life's lemons, today's lack of success may lead to greater effort to complete the listed task(s) next time.

To Do lists usually include items that most of us consider routine, necessary and achievable. However, sometimes a To Do list contains a major project, a whopper of a goal that may have more than personal significance. Such was the case a few years ago for the organizers of the first Caledonia County Relay for Life. I imagine that amid the usual items on their To Do lists—bring in wood, clean mud room closet, fix leaking bathroom faucet—was the eyebrow elevating item: raise over \$100,000 for the American Cancer Society.

The Relay for Life is an annual fund raising event for the American Cancer Society that takes place in many communities throughout the country. More than a fund raiser, the Relay brings together members of the community to remember those lost to cancer, support those who are currently undergoing cancer treatment and celebrate with those who have survived cancer. This overnight (because "cancer never sleeps") event involves teams walking or running around a track. Beginning with the inspirational survivors lap, team members take turns on the track. In keeping with the celebratory mood, the evening is divided into various theme laps. Past Relays have included such themes as the silly hat lap, the pajama lap and the patriotic lap. It is profoundly moving to experience this event, to witness the community support of those who are or have been affected by cancer. This year's Relay, the fourth for Caledonia County, will once again be held at the St. Johnsbury Academy track, on June 7 and 8.

From the small satisfactions that I get from completing a task on my To Do list, I can only imagine the tremendous satisfaction of the first Caledonia County Relay organizers when the fund raising target was surpassed. The goal for each subsequent Relay has been increased. Each goal has been surpassed. Last year the Caledonia County Relay raised over \$225,000, placing it in the top 10 per capita county-wide events in the nation. This year the goal has been increased further. When looking from the bottom, a \$250,000 fund-raising target looks awfully tall to climb. Yet, if the greater St. Johnsbury community responds as it has in past years, the \$250,000 summit will be reached. There will be a spectacular view from the top.

I am satisfied to check off one item from my To Do list. I joined a Relay team, pledging a modest amount of time and money to be used supporting people with cancer. If you are likewise inclined, you can join a team, make a donation or find out more about the Caledonia County Relay for Life at www.main.acsevents.org/rflvtcaledonia. To learn of Relay for Life events in other communities, go to www.cancer.org and click on the "Participate in events" link, or call (800) ACS-2345, that's (800) 227-2345.

Tim Tanner

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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

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Write to Us

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

ARTICLES: We don't have a big staff of writers. So we look forward to your 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:

Ice Out News in Indiana

Dear North Star,

On a recent visit to my hometown, near South Bend, IN, I

found, to my surprise and delight, the enclosed article in the *South Bend Tribune* about the Ice Out on Joe's Pond.

In 1973 my husband and I built a log home near Lemay Road in West Danville. We had fallen in love with Vermont on

(Please see Letters on Page 4)

Earthquake and Tidal Waves Ravage Coastal Peru Sitting Bull Is Camped in Manitoba and Indian Wars Appear Over

The North Star
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THE NORTH STAR

June 1, 1877

Mr. Alexander Corbet of Peru, 82 years old has just read his Bible through for the eightieth time.

Lewis Barton, flour merchant of Lyndon, has failed with liabilities of \$40,000 and no available assets.

Cyrne F. Kenyon of Stowe was Saturday convicted of assault with intent to kill Frank Kale with an axe and was sentenced to five years hard labor at Windsor.

A young son of D.W. Porter of North Troy has died of lockjaw caused by a sliver in his foot.

Farm laborers are getting from \$12 to \$20 per month for the season. Good carpenters get \$2 per day.

The last Barton Monitor says: Our correspondent sends us an account of a scandal which is agitating in North Troy from which we condense the following: The Palladium having published several attacks against a young lady in that village, which are said to be uncalled for, she retaliated by meeting Editor

M. T. Hatch in the street last Friday evening and after throwing cayenne pepper in his face, which nearly blinded him, proceeded to give him a sound horse whipping, and after throwing several eggs at him, one of which hit him in the back, left him to pursue his homeward journey without further molestation. The lady's name is Miss Hadlock.

June 8, 1877

Last Saturday afternoon at a meeting of the members of the Congregational Church and Society, at their vestry in this village, the matter of a new parsonage was variously discussed, and finally a finance committee was appointed to see what amount of funds can be raised. Also appointed was a building committee to make estimates, plans and so forth of a new building or to negotiate for some suitable house already built and to report at a meeting in four weeks.

A Good Horse - We notice by a recent number of the Philadelphia, Penn., an item in giving an account of the spring races in that city that "Morrill Champion" won in one of the races in three straight heats. Time, 2.28, 2.30 and 2.27, the third half mile was made in 1.11. The horse was formerly owned in Danville and taken to Philadelphia by Mr. Auburn J. Randall. The horse was sired by the Francis Drew stallion of North Danville.

The Wool Clip - The sheep are generally being sheared in this section. The price of wool is about the same as last season, 25 to 28 cents for unwashed. Frank Stocker of this village is quite an expert at shearing

having recently taken off a fleece for Albert Danforth in 7 minutes.

June 15, 1877

Mowing Machines - The largest single shipment of agricultural implements on record was recently made by Wheeler Fassler & Kelley one of three concerns manufacturing the Champion Reapers and Mowers. They started four trains of cars, of eighteen cars each, especially chartered filled with Champion machines from Springfield, Ohio for Harrisburg, Penn. The total number of machines is eighteen hundred and their value is close to three hundred thousand dollars. These machines are to be distributed in the manufacturing districts of the East where agricultural implements of all kinds are made and is therefore an emphatic recognition of the popularity of the Champion.

Earthquake and Tidal Waves - The steamer Oraya from Callao in Peru brings details of the disasters on the coast from earthquakes and tidal waves. The towns of Arica, Iquique, Punta de Lobos, Pahlion de Pica, Chavaraya, Huanillos, Tocopilla, Cobija, Mejillones de Bolivia, Antotogasta and Chavaral were nearly destroyed. About six hundred lives were lost. The destruction of property is estimated at \$20,000,000 confined most to the coast, although the town of Turapola, twenty three leagues inland was more or less damaged. The shipping of guano from southern deposits will be indefinitely suspended as all facilities in the way of launches, chutes, wharves, water condensers and buildings of all

kinds have been destroyed.

Great Snowfall in May - The Burlington Free Press says that on May 14 and 15, 1834 there fell two feet of snow throughout this region. Fruit trees were in blossom and vegetables were up. Farmers lost sheep. Captain Richard Sherman in command of the old Franklin, was on the lake and he was compelled to sound and ring his bells all night it was so thick.

June 22, 1877

A significant tramp incident occurred the other day at Bellows Falls. As a tramp approached a house he was observed to increase his lameness, and arriving at the door, his emotion and tremulous voice was sufficient to attract tears, to say nothing of the hump on his back, which was found to be a wad of cotton batting.

About two hundred choppers passed through Montpelier recently via the Wells River railroad on their way to the White Mountains region for the purpose of cutting timber on the land recently burned over.

The President has received a large bust of himself in terra cotta from the Louisiana Constitutional Union Association in appreciation of his Southern policy. The bust has been placed in the library of the Executive Mansion.

June 29, 1877

Sitting Bull's Snug Harbor - A despatch from Winnipeg, Manitoba says that Sitting Bull is settling between Winnipeg and Wood Mountain. He claims to have won many victories over United

States troops of which the public knows nothing. Rev. Abbott Martin returned from a conference with Sitting Bull held at the latter's camp in the British Possessions on May 28. Martin was accompanied by six Sioux Indians and an interpreter. Sitting Bull was courteous, very hospitable and attentive. He told the same old story of his wrongs in an eloquent speech. The conclusion was that Sitting Bull would not return to the United States. He could not bear to surrender his ponies and arms, and he fears for his personal safety. Father Martin thinks the band is better off where they are and recommends that they be encouraged to remain. He believes that the Indian war is over.

Bridge Blown Away - The covered bridge over the Connecticut River between Northampton and Hadley, Mass was blown over by a hurricane one day last week. There were six teams on the bridge when it went over, in which were fifteen persons who were hurled into the river below. One woman was instantly killed; Sheriff Enos Cook of Hadley was badly cut on the head and William Smith of Amherst had his shoulder dislocated. The bridge was built in 1859 and was valued at \$25,000.

Lively Business - In East Concord, Vt., the bark trade is the leading business these days. H. W. Cutting intends to peel and deliver on the cars five or six hundred cords this summer. He has got the woods full of men. He gets \$6.25 per cord loaded on the cars. Teams are drawing to the depot all the time.

THE North Star MONTHLY



Ask us to send him
The North Star
for Father's Day,
and on June 15
tell him what a
great guy he is.

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Letters to the Editor:

(Continued from Page 2)

our first trip there in 1968. I've always said that Vermont is the closest that I could get to heaven without having to die first.

We were both educators and could only spend a month of each year in Vermont since my husband was a high school principal and I was a teacher. After retiring in 1987 we were able to live in West Danville from July through October.

My husband passed away in 2003 so I had to sell the cabin. It was too far and too much for this arthritic 81-year old great grandmother to handle. It broke my heart because we both loved Vermont, especially West Danville, so much. When I pass away, our remains will return to a special place in Vermont.

So I am passing this article on to you just to let our Vermont friends know that I'm their one woman Chamber of Commerce and fan. I was so proud that our lovely Vermont village made news all the way to Indiana. With special regards to Garey and Jane Larrabee, who along with Jane's parents Ralph and Mabel Hastings, have done so much for the community.

Barbara Weingart
Hobart, IN

Thanks

Dear North Star,

Thank you for your good service. I enjoy the paper so much.

Edna K. Cowling
Brattleboro, VT

Editor Tim

Dear Editor Tim,

My processor's busted and so is my Apple; I scribble with white-knuckle pain. Though my knuckles are rusted, I'll soon be adjusted and happily scribble again.

Resuming our thoughts on antigravity devices: Why didn't Little Audrey get hurt when she fell off the roof? She was wearing her light fall suit.

I heard that members of a primitive tribe walk on all fours or crawl about on their stomachs. They're more comfortable that way.

ERGO: I amble, I scramble, I stumble and fall; and then I just lie there and look at the wall; and what I'm now learning there flat on the floor is; it may not be wise to stand up any more.

See you next time around.

Don Tescher
Thomaston, ME

Doris Stebbins

Dear North Star,

I am saddened by the death of good friend Doris Stebbins, poet, gardener and inspiration to all of us. At meetings of the writers' group at the Pope Library, we created a mutual aid partnership. A severe stutterer, Doris asked me to read her poems aloud for her. As a deaf person I was happy to do so. Her penmanship was clear and functional. Her verses warmed and strengthened us.

I shouldn't have been surprised to learn Doris had been, with all her talents, a trainer of fine horses. What a lady she was. I miss her.

Don Tescher
Thomaston, ME

Improving the Quality and Pleasures of Life

Amy Ash Nixon's "NEK Goes Green" article published recently in *The Caledonian-Record* was uplifting. It described in detail the success of many Northeast Kingdom residents in making our highways cleaner and more attractive, working as part of the state-wide Green-Up Day. Green bags were literally everywhere. Participants should long remember the personal satisfactions and environmental improvements they created. "Save a Highway" programs similar to this are maintained by volunteers in many states.

Widespread acceptance of the need and, yes, obligation, of citizens to improve the quality of their lives and surroundings has been slow to develop. Thirty-seven years ago, while living in St. Johnsbury, my 10-year-old son Tom and I took on the job each week of cleaning up one-half-mile stretch of a dirt road that takes off from the road leading to scenic Pent Hill, about one mile from downtown St. Johnsbury. It was a popular parking spot, and there was a fresh supply of trash each week.

Neither Tom nor I recall what prompted us to take on the job, but we recall that we were the only ones doing it. But more importantly, it fostered in us a life-long interest in doing something to improve the environment. Tom's first job in Washington was with a non-profit group working to "save" the environment. Virginia and I live in the country near Lyndonville, and most mornings at this time of year I plan to take a walk, and find myself almost automatically picking up whatever trash I come across – once in a while I even find a beer can worth five cents.

Green-Up Day started me thinking about ways to improve the quality of our lives and our surroundings, and save money at the same time. At the top of the list is reducing the amount of the food we eat, food that will increasingly be in short supply as the world's population continues to increase. Equally important, however, is changing the quality of that food. We would live healthier lives and save money at the same time.

One has only to walk down any street in urban America and observe the sorry sight of many obese men and women driving or shuffling by. Extra weight reduces their energy and ability to function effectively, jeopardizes their health and eventually leads to medical problems. It seems to me that the major cause of this problem that troubles so many of us is a combination of several factors – lack of enough knowledge about what foods make for the healthiest diet; eating too much cheap and tasty fat-producing snack-type foods; and advertising that often misleads us into buying the wrong kinds of food.

Fighting the weight game is not easy, and involves many of us who are not considered to be obese. For example, I am six feet and one and one-half inches tall. When I entered high school in 1933 at age 14, I weighed 145 pounds. When I graduated four years later, I weighed 155 pounds. On graduation from college after four more years, I weighed 165 pounds, and I believe this is the weight at which my body functions best. But from then on my weight climbed. I weighed 185 pounds when I went to work as a lawyer at age 27. My weight should have stopped there.

After buying my first car in 1950, I drove everywhere and ignored exercise. My weight ballooned to 200 pounds; that was my weight when I was married at age 34. By dint of serious effort from time to time, it has remained at about that weight, give or take a few pounds. But now that I am in my late 80s, I would like to again weigh 185 pounds for overall health reasons.

One (of many) of my problems, though, as I have said often, is that "I have a strong will and a weak won't." The two do not dwell together comfortably in my body. Consequently, I have to resist the urge to eat a second helping, have a second drink or dessert. I seem to win often enough to keep my weight under 200 pounds, and as my doctor doesn't object, I have settled for that. But if I were 25 years younger, both of us would insist that I fight a more vigorous battle to maintain overall good health, as should every obese person after age 25.

With the price of gasoline heading towards \$4 a gallon, there is another important area where drastic steps are required to limit its devastating effects. I am doing better in this battle, and it shows when I fill up my gas tank a bit less frequently. It is the easiest way for all drivers to save a few dollars and help conserve the world's dwindling supply of oil. I try to drive 60 mph or less on the Interstate, 45 mph where the posted limit on state highways is 50 mph, and otherwise no more than 35 mph on dirt roads, of which there are too many. Imagine the savings in dollars and oil if every driver did that.

Another great way to save gas is to shop locally. For most of us, trips to Littleton use at least two gallons of fuel; that costs \$7.50 at current prices. Use the extra money to shop locally, save time and reduce the wear and tear on your car.

With a little ingenuity, ways can be found to save money by using less electricity and heating oil at home. The new electric light bulbs are helpful, and lowering the heat a few degrees can make a big difference with heating oil bills.

The best part of making the life style changes I have mentioned is that they make for a healthier and more energetic quality of life with almost limitless personal dividends – a win/win situation for all.

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Artful Means

We learn early in life that in order to get what we want we have to be clever. The verb "To Manipulate" says it all. Among its definitions are: a: to manage or utilize skillfully b: to control or play upon by artful, unfair or insidious means especially to one's own advantage c: to change by artful or unfair means so as to serve one's purpose. Manipulation is really a "head game," using the psychological vulnerabilities of others to achieve what we want. We have all played this game from a very early age. We know what it feels like to be the manipulator- smug, but not entirely proud of ourselves, or the victim - used and disillusioned.

In the last seven and one half years I have felt more like a victim of a succession of manipulations. The reasoning, if you can give it such credibility, for going to war with Iraq was the opening salvo. From that moment on, most of us Americans have been the victim of so many other abusive examples that it is difficult to understand why we are not in revolt. Far from it, in fact we are in total submission.

Two recent revelations have really clinched this for me. *The New York Times*, in its Sunday April 20 edition, published an extensive article about the Pentagon's use of retired, high-ranking military officers as pundits on many TV and radio stations, giving them special access to high-level Pentagon officials, feeding them the government's propaganda on the Iraq war to pass on to the public, and sponsoring junkets for them to Afghanistan, Guantanamo and Iraq. These trips and briefings, funded by taxpayer dollars, were carefully choreographed to present the best possible view of life and conditions in these hot spots.

Apparently not one attempt was made by the Pentagon to determine whether or not these distinguished gentlemen had vested interests in companies that benefited from the war by selling weapons and supplies of all kinds. Many did have such connections. Those "pundits" who did not adhere to the complete Pentagon line lost their access to classified sources and other potential Pentagon business connections.

It was not, apparently, initially important to networks such as CNN, CBS, ABC and National Public Radio, who were paying these men for their "expertise and credibility," that they were fed the Pentagon and Administration line. When *The Times* exposed the situation on Sunday April 20, 2008 all the participating media stations were invited to comment at a public forum. None responded until the following Thursday evening, April 24, when public television aired a segment on the NewsHour with Jim Lehrer. This lack of responsibility, especially by stations that solicit public support, is outrageous (See: NPR web site, All Things Considered May 1, 2008 report by David Folkenflik).

While all this was happening, another example of manipulation was exposed. The editor of the *Journal of the American Medical Association (JAMA)* April 16, 2008, Catherine D. DeAngelis, MD, MPH, wrote a critical article about "ghost- or guest-" writing of articles for *JAMA* and other medical journals. Medical and other scientific and professional journals are highly respected. They present new and important data from clinical studies and research in medicine, science and technology. They invite critique from peers in the field.

According to DeAngelis, and her co-author Phil B. Fontanarosa, MD, MBA, pharmaceutical and medical devices companies have been paying large stipends to well-known doctors to put their names on journal articles that were actually written by company employees or professional writers whose names are not included. Such articles often minimize poor clinical trial results and promote products from these companies. Many of the medical professionals, who lent their names to the articles for stipends, had no participation in the clinical trials and often no expertise in the field of research that the articles described. Dr. DeAngelis and her co-author consider this behavior unprofessional, demeaning to the medical profession and to scientific research in general. Despite efforts by *JAMA*, and some other journals, the practice continues.

These articles influence the education and clinical practice of physicians and health professionals. Some of the drugs described in such articles, eg. Vioxx, have been shown to be unsafe and withdrawn from the market. This is a deadly form of manipulation for unsuspecting patients. This type of "pro business at any cost" behavior was also described in Chris Mooney's book, *The Republican War on Science*, published in 2005.

This is an election year. We must be aware of manipulation. We cannot allow ourselves the luxury of ignorance or naiveté. The future of the United States as a credible nation, as an ally to other countries, as a source for accurate scientific research and as a cooperative participant in global environmental and humanitarian issues is at stake. We need to know the truth. Political campaigns are so manipulated by the media, so filled with petty, inconsequential nonsense that it is difficult to form a clear picture of the candidates' ideas or policies. This is no way to elect a national leader. We need to demand facts, not theories and innuendo. Elizabeth Edwards, wife of former presidential candidate John Edwards, expressed in *The New York Times*, on April 27, 2008, the need for honesty in the news so eloquently. "News ... is essential to an informed electorate," she said. "And an informed electorate is essential to freedom itself."

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He's At Home In the Trees

(Continued from Page 1)

tected and no nails or metal spikes are used because they would damage the tree.

Manning offers his followers and students two classes. The entry level or novice class lasts two to three hours. He says, "I teach people about trees and how to select one that is appropriate for climbing. I go over the basic equipment and how it is used and we practice climbing technique. But most importantly," he says, "and within all three areas of that first class I emphasize safety, safety and safety."

his horses in a fenced in corral.

The Fun Climb begins with a classroom exercise in Manning's garage where students put on a harness and they tie and re-tie knots using a rescue dummy, called "Knotty Nancy." In the classroom students learn the basic double-rope technique, safety knots and the "BACK check," a mantra referring to the repetitive inspection of belt, anchor, carabiner and knots. Then they don their harnesses and helmets before trying anything off the ground.

Fun Climb students, depend-



Photo By: North Star Monthly

When Allan Manning can break away from his daily routine and his classes in recreational tree climbing, he just might be in his treehouse.

The "BACK check" is a mantra referring to the repetitive inspection of belt, anchor, carabiner and knots.

Manning says that the first session, he calls it the "Fun Climb," is about just that, having fun. He limits his class size to six students at a time.

On this warm sunny day in Danville, he says, "I think I can read people pretty quickly. If they like dogs, horses and nature they will enjoy this, and I have all three." Two golden retrievers are enjoying the sunshine as are

ing on their interest, confidence and Manning's sense of their capability, will tie in and work their way off the ground in a four step process - bending the knee, stepping up, sliding the knot and tying a safety knot - up into the tree. As he says to one student who looks down with a broad grin on her face, "Just relax and look around. Just sit there and imagine yourself alone in some

faraway place with nothing but you and the trees. Isn't it nice?"

In some of these pines, Manning says, you can get 120 feet above the surrounding landscape.

He calls it great exercise with plenty of fresh air using muscles and techniques you might not have thought about before. "If you can climb a stepladder," he says, "you can climb trees."

Students who do well in the Fun Climb will get a tour of Manning's own tree house sur-

rounded by tall pines. The tree house has glass windows, a Vermont Castings wood stove, a sleeping loft and some 200 square feet of floor space. "We've spent the night up in the tree house on New Year's and Christmas Eve," he says. "There's nothing like it at all."

For those who want more than the Fun Climb, Manning offers the 1½ day Advanced Course, which introduces the intermediate climber to repelling, hammocks in trees, double climbing in which the climber can advance from the top of the first climb upward another 150 feet and the single rope technique.

"At the end of the Advanced Course," Manning says, "they leave with the knowledge and experience to go out on their own. All they need is the equipment (that's the ropes, harness, helmet, gloves and common sense) and permission from the land owner."

He says, "This gets pretty serious, but one thing I won't allow is people who want to compete."

Gross says, "There are times and places for everything. Some climbers get into timed racing for climbing the ropes, rescuing a dummy and various above-the-ground objectives like ringing bells placed among the limbs and the trees."

But not in Danville or in these trees, Manning says. "The worst that could happen is that this becomes competition and racing."

Manning takes his students

and their attention to detail very seriously. "Like most things in life," he says, "you have to stay focused. I preach the importance of safety checks over and over. I don't want anyone to take any of this for granted. There's a terminology and a protocol for everything, and that's important whether it's in trees or doing something else."

One student, Jim Tabor from Waitsfield, is an experienced outdoorsman and published author of true accounts of outdoor adventure. Tabor says, "We had a fantastic time during the tree climbing experience with Allan and Brenda Manning. As an experienced mountaineer and caver, I was tremendously impressed with their emphasis on safety as well as the superb quality of their instruction, equipment and the facility. We would recommend their course to anyone who loves to have fun."

When Manning isn't teaching or guiding his students he is trimming his trees and working on his home and the tree house. He maintains recreation trails throughout his property and welcomes his children and friends who often come to visit from Montreal. "This country is so friendly," he says. "We've met the nicest people. We love Canada, but the tension between the French and the English ... we don't miss that."

What he does like, he says, is when his visitors and students come with simple needs. They just want to appreciate the beauty of this place - and enjoy the dogs, the horses and nature. ✦



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Remembrance
Doris Stebbins

Doris Stebbins was one of those people who chose Danville from a long list of places and was ever so happy to call it her home.

Born on January 16, 1918 in Edwards, NY, she was raised on a dairy farm in Woodbury between Hardwick and Montpelier. She married Ralph Stebbins of Woodsville, NH in 1941.

In 1949 they moved to Coventry, a rural town in eastern Connecticut where they kept Appaloosa horses and commuted to work - he at Pratt & Whitney, the company known all over the world for its aircraft engines, and she to the University of Connecticut in Storrs. She often laughed about her job, in which she solicited quotes for supplies and equipment. She was the one who ordered chemistry equipment, furniture, test tubes and lab rats for the university.

In her spare time Stebbins read with a great love of books, and she began to write for pleasure. Her first published article was about mint. Written on a borrowed typewriter, it appeared in *Country Gentleman Magazine*.

The Stebbins raised seven foster children and made many friends in Connecticut. She kept writing and discovered that she had a natu-

ral gift for it. With the resources of the five-story university library she found she could research and write about a growing range of subjects. *Successful Beekeeper* asked her to develop a column on bees. Knowing nothing about bees she scoured the library and continued that column for three years.

In 1965 Stebbins enrolled in a correspondence course offered by the Famous Writers School in Westport, CT. The school was so impressed by her work that it hired a taxi to drive her to the school, introduced her to a group of published writers and persuaded her to help make a promotional film about the school. It was a tremendous boost to her confidence and firmly established for her the love of writing, which continued through her long life.

In 1968 Stebbins and her husband set off in search of a place where they could relocate with their horses far from the crowds of Connecticut. They wanted a place with a barn. By chance, as much as anything else, they came upon the house owned at the time by Earl McReynolds in North Danville. Built in the 1700's, it was a vacant place on the McReynolds' farm. It was available with a barn and five

acres.

The Stebbins agreed that they had found what they were looking for. Ralph moved their five show horses and hay. Stebbins laughed, "He came and got me and the furniture on the next trip."

Surrounded by active farmland, their North Danville home always suggested a farm homestead. Stebbins described its comforts in terms of the place where she could write by a sunny window. "It's quiet up here and a good place to write," she said looking out at her gardens and planted fields beyond.

In July 1998 she and I walked through those gardens as she described a mosaic of flowers and vegetables, a combination of the decorative and practical. Stebbins wasn't one to brag about accomplishments, but she did agree that she could "can and freeze and make pickles and all that stuff." I looked across her old kitchen at a well-used broad shelf and at Skip, her 12-year-old dog, wagging his tail at the mention of cooking, and I knew the kitchen had seen plenty of "that stuff."

Stebbins wrote for *Horticulture*, *Country Journal*, *Herb Quarterly*, *Flower and Garden*, *Organic Gardening*, *Mother Earth News*, *Family Food Garden*, *Backwoods Home* and of course, *The North Star Monthly*. She was one of the original contributors to *The North Star* and wrote under her own name and that of Molly Sharp.

Stebbins enjoyed the connection with magazine people and found great pleasure in their communications. She had a wealth of knowledge about gardening and flowers, and I will always be grateful for her gracious enthusiasm for *The North Star* and the way she always thought to mention a simple jar of bread & butter pickles that I made for her.

Ralph Stebbins died in 2001. Doris died on May 13, 2008 after several years at the St. Johnsbury Health and Rehabilitation Center. We'll miss her.

Terry Hoffer

Matt Choate Runs for Vermont Senate Seat

Matthew Choate of St. Johnsbury is a candidate as a Democrat for the Vermont Senate from the Caledonia-Orange District.

Born and raised on a dairy farm in Barnet, Choate is the son of Wanda Waugh of Lyndon and Jonathan Choate of Barnet. Choate grew up in Caledonia County, attended local schools and graduated from the University of Vermont with degrees in biochemistry and nursing. For nearly 20 years he has worked at Vermont hospitals and served with CALEX Ambulance in St. Johnsbury.

"My home is in the Northeast Kingdom," Choate says. "I know that my connections to farming families and the health care community help me understand the 'kitchen table' concerns facing people in this area."

Although well qualified to address health care issues Choate is quick to emphasize his campaign will also focus on investing in roads, communications, energy and utilities to stimulate the economy and lay the groundwork for job creation.

Choate believes that agriculture needs special attention. In the past several years, agriculture has amounted to less than 10% of our annual Gross State Product. "It's a shame that in a state known for its commitment to the land that less than a dime of every dollar earned and spent in Vermont is derived from agriculture." Choate says that at a time of increasing fuel costs, rising food prices and global concerns about the food supply Vermont should be investing more in its agricultural base. "The free market forces have aligned to give Vermont's farmers an opportunity to expand their economic power, and as a Senator I will work to ensure they have access to those opportunities."

Choate is in favor of examining ways to improve funding for higher education for our high school graduates. "Local businesses need highly educated graduates in order to meet the needs of a changing economy," says Choate. "I believe that many young people leave Vermont due to a lack of economic opportunity here. By advocating a strategy of investing in education and in the infrastructures critical to business development, I hope to lay the foundation for an economy that is attractive to younger people and one that will retain our youth in Vermont."

Choate is currently president-elect of the Vermont Emergency Nurses Association and serves as treasurer and past-president of the Upper Valley Chapter of the AACN, a critical care nursing association. He is the president of the CALEX Board of Directors and a corporator for the Northeastern Vermont Regional Hospital. Choate is employed full-time as a nurse at Dartmouth-Hitchcock Medical Center where he manages the Pediatric Intensive Care Unit. For more information about the Choate campaign, please access www.votechoate.com for Matt's activities, photos and detailed positions.



Matt Choate candidate for state senate



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The lamb had been nursing, and the two of them had the routine down pat.

(Continued from Page 1)

I thought a little preprandial stroll up into the pasture with her to see the lamb would be a nice way to start what was looking like a perfect country evening. There were thunderstorms coming, due in a few hours, but they were still well out of sight and

why sheep, deer and other herd animals will stomp their own feet on the ground to alert others when they see something suspicious. And, alas, it is why I have found my own flock of sheep to be so hard to handle when storms approaching. They sense something awful about to happen, and

visions, then getting the ewe which was by now bouncing off the walls like a squash ball into a stall, and finally fashioning a very rudimentary splint out of tape and tongue depressors around a very complicated fracture. All this, yes, while the storm broke and darkness descended, in the mud and poop, while supper went by the wayside.

As a new male lamb, the poor creature had been worth perhaps twenty dollars, but with a broken leg it was nothing but a liability. While I was sensible enough not to go to a veterinarian who would have charged a hundred for the first visit alone, my investment in this animal, not yet

a day old, was growing by leaps and bounds with the only hope for pay-off being a rather crooked roast leg of lamb in the fall. Well, the whole farm has hardly ever been more than that, and I always have known that we pay a hefty price for being soft-hearted.

But today, as I watch this lamb happily hobbling about a few days later, the reward is without measure. If all goes well, he may become our "bellwether," not for sale or slaughter, but as a sort of spiritual guide, if you can imagine anything as stupid as a sheep like that. But this is precisely what we, not as a farm, but as a society, have been missing more and more. We need to nourish our souls as well as our bodies, we need to share reverence for life with all our fellow creatures.

It was the confusion of

Darwin with English Imperialism that gave us "survival of the fittest" in the first place. Darwin didn't even say that. It was Herbert Spencer as part of his extensive philosophizing on the glories of what we now call "market capitalism." It was nothing more than an excuse for bad behavior, and we've been suffering it ever since.

Scientists, on the other hand, tell us that in nature, altruism has been shown to represent a higher rung on the evolutionary ladder, and it is but one of the things which distinguishes us from sheep.

(Two years later) Well, enough of that. In the end my skills in ovine orthopedics proved excellent, but the lamb's soul remained unredeemed. We never even noticed which of the many legs of lamb we ate that year was his. ★

Scientists tell us that in nature, altruism has been shown to represent a higher rung on the evolutionary ladder, and it is but one of the things which distinguishes us from sheep.

beyond hearing as we strolled hand in hand out to the pasture with the dog bouncing alongside. The sheep, for such mindless animals, had something else in mind.

Sheep, like all herd animals, are particularly sensitive to low frequency sounds. They feel these vibrations through their hooves long before the sound itself can be heard. To them, the vibrations could be footfalls of a predator approaching. This is

when they see me coming they put two and two together and get something resembling seven.

And so it was that as the three of us drew close to the flock, they panicked and went thundering off, running over the new lamb in the process and clearly breaking the poor creature's hind leg. This was followed by about three hours of separating the ewe and lamb from the rest of the flock, a flock which was increasingly possessed by apocalyptic

Fine Antiques and Exquisite Food at Show in Peacham on June 26

ANNA RUBIN

On Saturday, July 26, fine antique dealers from across New England will gather for an annual event, which features quality pieces in the Village of Peacham. Expect to uncover treasures as you browse the stands, and allow time to enjoy delicious, homemade treats for breakfast and lunch.

This year local music will round out the day. There will be something to satisfy all the senses. The Peacham Antique Show opens at 9 a.m., when visitors are welcomed to the grounds of the

Peacham Elementary School. Tents and open-air stands will welcome curiosity and conversation with pieces from across New England and beyond.

The Peacham Antique Show began in 2001 as a benefit for the Peacham Library and has built a reputation for excellence in every facet. Betsy McKay organized the event during its early years. McKay says, "We wanted to attract people from all over New England, and Peacham seemed an ideal place to hold an antique show." The idea came from people involved with the Friends of the Peacham Library.

"We wanted to create a distinctive niche, and the timing was right," she says.

As the Antique Show came to Peacham with the colorful objects and fascinating stories, a new tradition arrived. The success of the first year owed a lot to great weather and good dealers, according to McKay. "We concentrated on finding the best dealers we could who would come for the day." In addition to quality pieces, the organizers asked dealers to mark prices, so there would be no bartering.

Peacham offers a fine glimpse of early Americana; the village is listed on the National Historic Register, and it features classic nineteenth century architecture in a spectacular hilltop location.

A drive through Peacham sets the scene, and entering the Antique Show invites guests to imagine a time when butter churning, soap making and horse-drawn carriages were common. Browse furniture, folk (See Antique Show on Next Page)


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	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

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Lorna Quimby



Recollected in Tranquillity

When April's bank statement arrived, Dick and I made sure the check we'd written for the balance owed on our 2007 income tax had cleared. What a peculiar thing to be concerned about, you say? We agree.

When we filed our income tax form in March 2006, we owed money to the Feds and the Vermont Tax Department. I am one of those boring people who follow directions to the letter. I wrote the checks and, following instructions, mailed the packets as soon we received the forms from the accountant. What a relief when the chore of filing is finished! We've done our civic duty for another year.

In April last year, we noticed

the check for the Vermont Tax Department had not cleared. We knew it was a busy time for the department. They must have deposited our check too late to be covered by the April statement. We didn't think any more about the matter.

We were busy in May, Dick, planting the garden and I, getting the Historical House ready for opening in July. We didn't note that our check to the department still had not been received by the bank. We were, therefore, taken aback when we received a notice, computer-generated, that we owed a balance, plus penalty and interest, on our 2006 income tax.

I wrote immediately, explaining that we had sent the check in a timely manner, and it had not cleared the bank. Where was our check? We received another com-

puter-generated form, stating that, if we would send a copy of the check with its cancellation on the back, the department would pursue the matter further. Now in my letter I had written that the check was missing, not cashed. Evidently the computer could not read English nor could anyone else in the department.

By then the first check was stale, so I wrote another check for taxes due only, another letter—this time addressed personally to the Tax Commissioner—and explained that we felt, where the error was on the State's part, we should not have to pay penalty and interest. The amount involved was small, around twenty-two dollars, but we did not feel the State was in such desperate need that we should be penalized for their mistake.

I might have saved my energy. The commissioner ignored my letter. Instead of an answer from a human being, we received another bill for penalty and another month's interest. They brought up the big guns this time. Dick

received one bill, with his name and social security number, and I received another with my name and social security number. (We file jointly.)

At the bottom of these documents was a paragraph threatening us with hell fire and damnation unless we promptly paid what we owed. Dick said, "Let's each of us pay our bill and wait to see what they do with the overpayment." So we did.

We received another computer-generated form ...

Summers are busy. We have the garden; we help celebrate the 4th of July, our family comes to visit, the lawn needs mowing. We were occupied, so we forgot all about our struggles with the Vermont Tax Department.

Then, one day there came in the mail another computer-generated form with a check for \$45, "for overpayment of 2006 income taxes." At that point we threw up our hands and deposited the check. We knew there was no point in trying to communicate with the tax department. It isn't possible.

Franz Kafka wrote about people trapped in a nameless bureaucratic maze from which there was

no escape. If his protagonist follows directions, he is lost. If he does not, he loses. Talk about Catch 22!

Kafka is not one of my favorite authors. His vision is too dark. I couldn't help thinking of one of Kafka's poor souls dealing with officialdom when we were struggling with the Vermont Tax Department. For more than 50 years, Dick and I have paid taxes and filed our tax returns on time.

We are law-abiding lower-middle-class citizens—some of those poor schnooks who have no tax shelters or funds invested in the Cayman Islands. And we didn't ask much of the tax department. We just wanted to know what happened to our check.

It would have been nice if someone, anyone, had scribbled a line or two on one of those time saving, computer-generated forms. It would be nice to know that human beings work in the various departments over there in Montpelier. After all, we Vermonters pay their salaries. They are supposed to be working for us.

The check never came back.

Antique Show Benefits Peacham Library

(Continued from Page 8)

art, glass, ceramics, jewelry, farm items, games and more; there's always something surprising. One recent visitor said she collects game boards and found such a variety that she had trouble choosing just one. Another guest described her find: "A set of dishes that remind me of my gardens. It's not a full set and not something I had ever seen before. I like using them in the winter to remind me of what lies beneath the snow."

The beauty of the setting is matched by the breakfast treats and lunch provided by volunteer Friends of the Library, who bake, prepare and present a creative assortment of muffins, sandwiches, salad, fruit and desserts. A new dimension this year, Bobbi and Marvin Stritch from St. Johnsbury will fill the air with their distinctive and folksy music from Noon until the show closes at 3:00 p.m.

The Antique Show is the most important fundraising event for the Peacham Library, and all

proceeds will be used to improve the Library's collections and programs. Jutta Scott, who heads the Peacham Library volunteer board of directors, helps make the event a true community commitment. She praised the work of the Friends of the Library, "Based on the success of their fund-raising efforts, the Friends make an annual contribution to the Peacham Library budget to

support collections and programs." In 2007, that contribution amounted to almost 10 percent of the Library's budget.

The show will be on the grounds of the Peacham Elementary School, which offers accessible parking and an excellent location within walking distance of the town center. Admission is \$5 per person. ✦

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College Credit For Outside-of-Class Learning

CARROLL COLBY

If you hadn't been looking you might not have noticed that the price of higher education has taken flight, and with leaps in the cost of all kinds of energy, that path is likely to keep going up. But you knew that.

For many, financial aid tends to make college affordable, but even in the best of circumstances the cost of college, in time and dollars, is substantial.

For more than 30 years the Vermont State Colleges (VSC) have offered an alternative to those who decide to return to (or rethink the importance of) college. Introduced in 1975,

Vermont's Assessment of Prior Learning Program (APL) allows individuals to gain college credit for outside-of-the-classroom (often called) experiential learning. Gabrielle Dietzel is coordinator of assessment services for the VSC Office of External Programs. "This is one of the largest and most successful programs in the country," Dietzel says. "More than 6,000 Vermonters have been through the program and received college credit for the college-level learning gained through their experience. That's one percent of the state's population." As Dietzel says, "It saves a ton of time and money.



Photo By: North Star Monthly

Gabrielle Dietzel is coordinator of assessment services for the Vermont State College Office of External Programs. Her office is in Montpelier, but she travels the state as one of the primary advocates for the assessment of prior learning program, through which "nontraditional students" (those who choose to return to college at some point in life other than immediately after high school) may earn college credit for their experiential learning.

"The typical student is someone who has reached a crossroads of some kind. Often they are people who find they don't have the educational credentials for a promotion or a new job, and sometimes they are people who always wanted to go to college but for whatever reason it just never fell into place. Still others just want to see what happens as they satisfy their own curiosity about learning at a higher level."

The key is that virtually everyone has accumulated valuable but unquantified life experience, and the Vermont APL program provides a means for qualified students to develop a portfolio describing that experience

with documentation from associates or other experts who give evidence of the learning.

Dietzel says, "It's important to remember that it's not what you did that counts but what you learned. You don't get credit for being there, but you may get credit for what you learned."

The APL program in Vermont is typically offered through the Community College of Vermont at its 12 locations. A candidate may begin by attending a workshop where the program is described and then by meeting with an advisor. The advisor will ask the candidate to think about four questions. First, does the student have significant experiential learning that could effectively be

described as college level learning? A 40-year-old, for example, who has managed a business office, served on committees, made presentations and been responsible for several computer applications but has no previously earned college credit is an ideal APL candidate.

Second, the assessment process will include differentiating between previous college course work and the applicant's experiential learning. That is, if a student has college credit in business management and seeks to get APL credit for business experience, the evaluation committee will not award credit for something that duplicates previous college credit.



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Third, the APL candidate will be required to have solid writing skills like those expected at the college level. The process is demanding with considerable writing, and some applicants are advised to take English composition before enrolling in the APL program.

have been students far from the mean, as young as 19 and as old as 73. "However, when they finish," she says, "they all have found tremendous, or perhaps renewed, self confidence. They know that their learning is as valid as any offered in college, and they know that they can fit in.

"It's important to remember that it's not what you did that counts but what you learned. You don't get credit for being there, but you may get credit for what you learned."

Finally, the advisor will ask, does the student have the time and the commitment to undertake the process? The APL program, itself, is offered as a 15-week, college level course with three credits awarded upon completion. It is time consuming and not something to be undertaken casually.

"It is not unusual," she says, "for a student with no earned college credit to complete the APL program and then spend his or her first day on a college campus as an upperclassman."

Once the 15-week course is completed, the portfolio and letters of documentation are submitted to a program assessment committee of college faculty and qualified professionals with relevant experience. It is they who make the determination about awarding credit or not.

Typically, a candidate gets about 70 percent of the credits applied for in the APL portfolio, and 95 percent ultimately go on as adult- or non-traditional students and earn a college degree. "When they complete the APL program," Dietzel says, "they have a pretty clear idea of their educational plans for the future, where they want to go next and what they want to do when they get there."

Offered through CCV, the fees for the course currently total \$850. "It depends on the student and his or her experience," Dietzel says, "but the statistical average shows a student between 30 and 50, who applies for 40 credits. That hypothetical, average APL student gets 29 credits, which may be considered at CCV, the other state colleges or some other college as transferable." Depending upon the institution, the APL credit may serve to meet elective or general education credits and, in some cases, requirements for a particular major. "The program is well integrated within the educational landscape in Vermont."

Kim Drew and Joni Gingue are members of the support staff at Downs Rachlin Martin in St. Johnsbury. Both are valued employees with extensive work experience, but neither had the opportunity to go to college as traditional students soon after high school.

According to Dietzel there

Drew says that she had been feeling inadequate in her job, not because of her abilities but because of her lack of a formal college degree. "I didn't want to waste precious time and money taking classes I didn't need because I already had the experience to satisfy the course requirements. A co-worker at the time was enrolling in the [assessment of prior learning] class and

encouraged me to join her. That was the catalyst that got me going, but once I got started I didn't want to stop."

Drew completed her APL course (her first college level course) and APL portfolio and received 29 credits, which applied directly to several degree plans that she was considering. She continued to take classes at CCV and completed the requirements for her associates degree this spring. "My next step," she says, "is to get started on my bachelor's degree."

Gingue had run a dairy farm with her husband and been in the workforce for 25 years. She says, "I had put my two children through college and figured it was my turn, but the thought of 'hard time' with two or three courses a year, was frightening as I would be working full time as well."

Gingue submitted her APL portfolio seeking credits for math and computer learning and for small business management. "I asked for 30 credits and received 31. I was ecstatic," she says. "I'm enrolled in CCV now working towards an associates degree in business. It is truly a great way for those of us who decide to attend college later in life. It gives you such a sense of accomplishment, knowing the work you have done is worthy of college credit."

Drew and Gingue both emphasize the value of financial support and the importance of personal encouragement from their employer.

Gabrielle Dietzel has scheduled an information session on the assessment of prior learning course in St. Johnsbury on Wednesday, June 25. Anyone interested in learning more or discussing their own particular situation should attend the session at the Community College of Vermont site at 1197 Main Street, next to the St. Johnsbury House from 4:30 to 5:30 p.m. ✦

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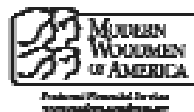
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Thomas and Henrietta Passion in the Next Field

KATHY E. SMITH

He was standing on a small rise in the field the first time Henrietta saw him. From where she stood, he looked so strong. Henrietta didn't really want him to know that she was watching him, but his bronze coloring shimmered in the afternoon sun. She couldn't take her eyes off his beard. It was a glorious beard hanging down below the middle of his chest.

As he came closer, Henrietta could see that she had misjudged his size and strength. He puffed up his chest and sauntered closer to get a better look at her. She felt so plain beside his copper plumage.

The sunlight reflecting off his white head told her he was a

mature male that knew what he wanted and was determined to get it.

They barely spoke at first as hunger was urging them to look for a quiet place for lunch. A few moments in each other's company and they soon felt comfortable together. He was not one to stay in one place for long, and she knew this would only be a fleeting few days of excitement. She trembled with anticipation of the joy of being the center of his attention. He looked so strong and capable. Henrietta was afraid he would find her terribly old-fashioned. The desire to straighten her appearance was overwhelming so she quickly patted her feathers to make sure she looked her best.

Henrietta knew of a quiet

place they could go for lunch (under our birdfeeder). It was away from prying eyes, but the buffet was exquisite with cracked corn and a wide variety of seeds, including her favorite, sunflower. He followed her to the lower level where they could eat on the lawn with the afternoon sun casting shadows through the European Cranberry bush.

She barely picked at her cracked corn while he gobbled up the sunflower and other seeds. Thomas thought she was a beauty. She had light brown coloring with lovely tan wingtips. She seemed to be quiet, not one given to constant talking and questioning. Thomas didn't like those who pried into his other affairs. He wanted her to feel that she was his only interest. She didn't like to feel competition, and Thomas knew that.

They picked at their food for a few minutes before nerves drove Henrietta to walk away from the dining room and wander through the blueberry maze (our blueberry bushes). She wondered if Thomas would follow. He thought it was delightful the way she swung her hips and dipped her head in a flirting man-



Photo By: Kathy Smith

Author Kathy Smith has kept a close eye on this handsome male turkey and the object of his affection in Danville.

ner. She was the one of his dreams, for the moment.

Evening was approaching and he suggested they find a

comfortable place to spend the night. Henrietta knew of a branch motel in a quiet wooded area (the trees on the west side of our house). She found a limb that would give her support for the whole night. Thomas, being much larger, needed a stronger bed but he didn't want to be too far away from the shy Henrietta. Thomas chose a branch that looked directly into Henrietta's room. They soon settled down for the night.

As the early morning light began to filter through the branches, Thomas awoke with a powerful desire to make Henrietta his own. He called to her through the branches telling her how beautiful she was. He hoped she wouldn't recognize the phrases as those he had used on many other willing partners this spring. His reputation as a strong and capable lover might have made her unwilling to share her favors. Thomas gobbled again, hoping she would notice that he was taken with her. He didn't want to be too far away from her company.

Henrietta began to stir to the sounds of love coming from a nearby tree. Thomas was calling. It seemed incredible that one so handsome would be interested in her. She was cautious to not show too much interest.



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“I like being a role model for my children”

PAULIA GEORGE
ST. JOHNSBURY, VERMONT

I was diagnosed with rheumatoid arthritis a year and a half ago. I was in terrible pain and had no energy.

I have a young family, a full-time job, and I love life. Knowing that I would have to live with my disease forever, I decided to change my habits. First I quit smoking and started to exercise. Then I was referred to Sharon Anderson, Registered Dietician at NVRH, and we clicked.

When I realized I was taking in over 1200 calories stopping at the local mini mart to get a large cappuccino and a pastry, I knew I had a lot to learn.

Sharon is awesome; she provides a comfortable atmosphere, she's informative, but not forceful, she's a great listener and she really knows her stuff.

After leading a sedentary life for quite a while, I now play racquetball two days a week. My whole mindset regarding food has changed. I am very conscious about what I put into my body. I eat a lot of vegetables, and I like being a role model for my children.

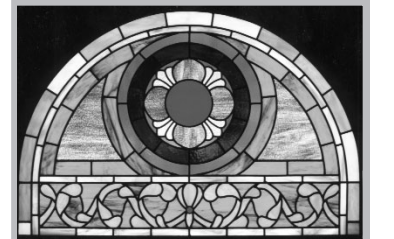
Best of all, I have more energy. In fact, I no longer go to bed before the kids!



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Henrietta thought that if she didn't encourage him, Thomas might show even more interest. She didn't want to him to think she was one of those who were forward with only one thing on her mind.

Henrietta glided down out of the tree. Hunger was again dictating her thoughts. She was more interested in breakfast than what Thomas had in mind. Henrietta had to admit, though, that he was spectacular looking in the morning. He stood so tall and strong with his feathers puffed out to catch the soft light at dawn.

She couldn't believe her luck in finding such an experienced lover to share her spring.

They dined again at the same little out-of-the-way restaurant. The only company were the finches, chickadees and nuthatches on the upper floor. The quiet spring morning overtook their thoughts as they enjoyed their meal. Henrietta finished eating first. Nervous about Thomas's intentions, she moved away from the buffet table. She wandered through the outdoor gardens hoping that Thomas would follow.

Thomas couldn't get close enough to the petite Henrietta. He was delighted with her shy manner and followed wherever she led. As the sun rose, Thomas became more determined to win the sweet Henrietta.

Thomas drew himself up to his full height. He knew his most impressive quality was his tail, so he spread it wide to the extent that the feathers would reach. Thomas knew Henrietta was impressed with his appearance even if she tried not to show her interest. He puffed out the feathers on his broad chest and dragged his wings so that Henrietta would see how virile he was.

Henrietta began to quiver in excited anticipation of those strong wings wrapped around her. She couldn't believe her luck in finding such an experienced lover to share her spring.

They secretly looked at each from a distance and soon decided that looks were not enough. They slipped through the bushes to a neighboring field to share their passion away from curious onlookers. The chickadees and nuthatches saw them leave the

restaurant and smiled to themselves, knowing that love always blooms in the spring.

They stayed together for five nights, sharing branches in the small clump of trees. Thomas gently woke the sleeping Henrietta each morning with words of love and encouragement.

After their fifth night together, they shared a last breakfast. Henrietta knew the end of their time together was near. She knew that he would soon leave her to look for other conquests. She had known he would not stay with her when the young

came. He was too selfish to tie himself to one hen.

Thomas thought about the lovely Henrietta as he walked across the field for the last time. He had enjoyed his few days with the shy hen. She was not demanding and accepted his attention with great joy. He would miss the comfortable companionship. Henrietta looked on from the seclusion of her nest and watched Thomas walk away. She knew he had to leave but she knew she would have their offspring to keep her company during the summer and into the winter.

Editor's Note: We thought of issuing a parental discretion advisement on this article, but the other day we heard a country western song as part of a television pickup truck commercial, and that was just as explicit. Please forgive us if we misjudged this. ✦

Ask the Shrinks
Alice S. Kitchel and Burton Zahler

Dear Shrinks,

Sometimes you answer questions that seem almost unimportant to everyone except the writer, and I'm afraid that my question falls in that category. My wife becomes lost in her head when she is shopping. Anyway, that's what I call it. She will look back and forth between two packages of meat for several minutes, leave and come back and do it again. "Getting lost" is much more severe when she shops for clothing, whether for herself or the children. The only way I can go with her and keep my temper is to bring along a good book.

My wife is intelligent, uncommonly wise and has a great sense of humor. Can you shed any light on this (to me) bewildering trait?

Waiting

Dear Waiting,


We'll try. The trait you describe is called ambivalence by shrinks, and that refers to having difficulty choosing. It is probably clear to you that everyone experiences ambivalence at times. For some it becomes a serious problem, and for some it can flare into one of the most painful of human conditions. One could feel ambivalence about career choices or whether or not to marry. We don't think that your question and this answer will appeal only to you.

No one knows for sure what causes ambivalence. In our field that means there are a variety of theories.

It is in the nature of things that people who have a lot of ambivalence get teased a lot. They tend to be a little embarrassed by the ambivalence, so they usually just accept the teasing. And they almost never get any sympathy for the pain they experience whenever they have to make a choice.

So our advice is to use this letter to open a discussion with your wise wife about how she feels about the way that you handle her ambivalence.

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



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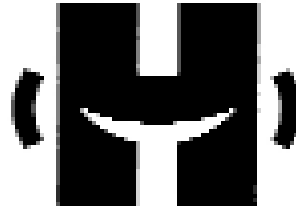
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Backroom Gallery Salutes Spring in Northeast Kingdom

Spring in the Northeast Kingdom is like the appearance of a long-lost friend. Those delicate first blooms give promise of long summer days and beautiful bountiful gardens. At the Northeast Kingdom Artisans Guild Backroom Gallery, four Vermont artists share their interpretations of this annual phenomenon in *Garden Reflections*, a collaborative exhibit of paintings and prints by Marion Greenwood, Ellen Levitt, Meryl Lebowitz and Viiu Niiler. The show will run from June 6 to July 15.

Marion Greenwood, from Thetford, will show botanical prints drawn in colored pencil. Greenwood began studying botanical illustration at the New York Botanical Gardens in 2002 after retiring from a long career

as an early childhood educator. Greenwood says that the detailed nature of botanical art appeals to her, and she looks forward to working in watercolors.

Ellen Levitt's mixed media block prints are part of a 12-print series. She calls it "Florilegium," from the Latin word meaning a collection of flowers. Each print is drawn onto a linoleum plate and printed on 100% rag paper. Then the positive image is masked and golden fluid acrylic ink is meticulously applied to the negative space. Levitt an avid and experienced gardener, says she is inspired by her friends' gardens, regional display gardens and her own lovely gardens in Lyndonville.

Oil painter, Meryl Lebowitz, is well known throughout New England for her spacious land-

scapes, portraits, photographic/mosaics and garden paintings. For Lebowitz, gardening, itself, is another art form, one in which she excels. Each year she designs magnificent gardens from which to draw and paint. Her signature poppies, lilies and nasturtiums, as lovely on canvas as they are in her Kirby gardens, will be among the paintings in this show.

Plainfield artist, Viiu Niiler's paintings in watercolor and mixed media, represent her desire to capture and prolong the remembrance of her flower gardens in Vermont. She says, "Flower gardens are a labor of love, a cohesion of joy and hours of hard work, which brings about a deep sense of nostalgia. My garden is made up of personal history. My mother's irises, which she planted from seed more than 50 years ago, on our arrival to this country. My father's last pot of narcissus was

given to my mother for Easter two days before his sudden passing 26 years ago. I have delphinium, lilies and oriental poppies planted from seed more than 30 years ago when I moved to Vermont. Then there are the many plants that were given to me as gifts by family and friends when they were dividing their flower beds spreading the feeling of being connected. My one priority is to care for, maintain and perpetuate each plant. Then during the fleeting moments of blossoming time, I am struck by the beauty as well as the memories of the origins of every flower in my garden."

Garden Reflections is presented in collaboration with the Catamount Arts Garden Tour Saturday, July 12, which, this year, will showcase six gardens in Danville, Cabot and Ryegate. Visitors will enjoy a wide variety of approaches to gardening in the

Northeast Kingdom. For ticket information contact Catamount Arts: catamountarts.org.

The Backroom Gallery at 430 Railroad Street in St. Johnsbury welcomes the general public to an artists' reception on Saturday, June 14 from 3-5 p.m.



Blockprint Detail by Ellen Levitt

the ARTS around

June

- May 30 - June 5 Chicago 10** (2007 U.S.) [NR] Director: Brett Morgen Documentary of the greatest media spectacle of the High '60s, the 1968 Democratic Convention. A mixture of bold animation and extraordinary archival footage to revitalize an episode and an era in U.S. history that has clear contemporary meaning. Catamount Arts, St. Johnsbury. (802) 748-4800.
- 1 Upper Valley A Cappella Showcase, Opera House, Lebanon, NH.
 - 1 Stone Temple Pilots, Tweeter Center, Mansfield, MA.
 - 1 Vermont Philharmonic Orchestra Spring Concert, Opera House, Barre.
 - 4 Eric Clapton, Tweeter Center, Mansfield, MA.
 - 5 Robert Plant & Alison Krauss, Bank of America Pavilion, Boston/
 - 6 Natalie McMaster and Donald Leahy, Opera House, Lebanon, NH.
 - 6-12 *Flawless* (2007 U.S.) [NR] Director: Michael Radford. Clever and masterful diamond-heist thriller set in swinging 1960's London. Catamount Arts, St.

- Johnsbury.
- 7 Grace Pottor & The Nocturnals, Opera House, Lebanon, NH.
- 13 Tom Petty & The Heartbreakers and Steve Winwood, BankNorth Garden, Boston.
- 13 R.E.M., Tweeter Center, Mansfield, MA.
- 13-19 *My Blueberry Nights* (2007 Hong Kong/China/France) [PG-13] Director: Kar Wai Wong. After a failed romance, Elizabeth sets out on a redemptive journey across America. She leaves behind a life of memories, a dream and a soulful new friend, a café owner as she witnesses the true depths of loneliness and emptiness, and begins to understand that her own journey is part of a greater exploration. Catamount Arts, St. Johnsbury.
- 14 Tom Petty & The Heartbreakers and Steve Winwood, Tweeter Center, Mansfield, MA.
- 15 Rush, Tweeter Center, Mansfield, MA.
- 18 Lynyrd Skynyrd, Meadowbrook Pavilion, Gilford, NH.
- 19 ZZ Top, Meadowbrook Pavilion, Gilford, NH.
- 19-28 NorthEast Shakespeare Ensemble with *Much Ado About Nothing*, Opera

- House, Lebanon, NH.
- 20-26 *The Duchess of Langeais* (2007 France/Italy) [NR]. Director: Jacques Rivette. Romantic devotion becomes a perverse kind of warfare as Antoinette, the Duchess of Langeais, orchestrates a calculated game of seduction, characterized by repeated refusals, to fan the flames of obsession. Catamount Arts, St. Johnsbury.
- 21 38 Special, Meadowbrook Pavilion, Gilford, NH.
- 22 Phil Lesh & Friends with Levon Helm, Meadowbrook Pavillion, Gilford, NH.
- 22 Stevie Nicks, Bank of America Pavilion, Boston.
- 23 Steeley Dan, Bank of America Pavilion, Boston.
- 27 Michael Franti & Spearhead, Shelburne Museum, Shelburne.
- 27- July 3 *Academy Award Nominated Short Films*: Unique showcase collection of outstanding films features two full-length programs made up of many of the most acclaimed and finest short films produced around the world last year. Each is a multiple-award-winner and won its country's entry into Academy Award competition. Catamount Arts, St. Johnsbury.

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Bats Continuing to Die Across Vermont

Reports to the Vermont Fish & Wildlife Department indicate that bats affected with white nose syndrome continue to die as they reach their summer ranges.

White nose syndrome affected over 500,000 hibernating bats across the Northeast this past winter, and researchers have yet to determine the cause of the die-off. While many of the affected bats died during hibernation, some mortality is continuing after the bats left their caves.

"We were hoping a majority of the bats that survived the winter and emerged from their caves would regain their health after feeding on insects this spring," said Scott Darling, wildlife biologist for the Vermont Fish & Wildlife Department. "However, the continuous stream of observations from the public of dead or dying bats demonstrates that the effects of white nose syndrome are still being felt."

Bats affected with white nose syndrome lost much if not all of

their fat reserves through the winter, and many were seen flying during the day, struggling on the ground and dying on lawns, decks and houses. Most observations occurred in towns that have caves or mines with hibernating bats.

More recently, Vermont Fish & Wildlife personnel have received calls of bats flying during the day and dying within or near houses from Island Pond to Guilford.

"Bats are returning to their summer range," says Darling, "which is why reports of bats flying during the day and dying are more geographically widespread. It is not unusual for bats to be seen flying during the day in the spring as the animals feed to build up their energy reserves. However, the number of dead or dying bats found at residences is unusual."

Dead or sick bats should not be handled because a small percentage may carry rabies.

Darling says it is far more likely they are affected by white nose syndrome. If several dead or sick bats are observed, he urges people to contact him at (802) 786-3862.

Citizen reports of dead and dying bats have played an important role in helping biologists evaluate the distribution and the effects of white nose syndrome.

"Vermonters have helped us locate caves with affected bats as well as determine how widespread the syndrome has become," says Darling. "Further reports will help us learn if the problem continues."

The Vermont Fish & Wildlife Department is working closely with other state agencies in the Northeast, as well as with the U.S. Fish and Wildlife Service and several wildlife health laboratories across the country to determine the cause and possible management strategies for reducing the spread of the puzzling white nose syndrome. ✦

June 20, 2008

Sun,
Origin of our
Life force,
Seems to stay still for a moment, like a ball thrown skyward.
The flowers abound. Bees hum
In gardens of the north,
Collecting pollen, mixing genes,
Empowering evolution.

Isobel P. Swartz

Rabbits, Cow Manure and Healing

VAN PARKER

My wife and I are migratory animals. As I write this in mid May, we're anticipating our annual migration back to Danville within a few days. We'll be leaving some of our neighbors behind, at least two rabbits. These rabbits seem almost like domestic animals. They hop around the lawn and go back and forth into the woods behind our cottage. They don't seem to be afraid of anyone, and they happily co-exist with the senior citizens who inhabit the cottages nearby. We see these rabbits frequently. I caught a glimpse of one just a few minutes ago.

Don't ask me why but there is something comforting about these neighbors. We share the same territory. We don't threaten them. They don't threaten us. We get along.

In late April, before really migrating, we went up to Danville to check things out. The huge piles of snow had almost gone. It was pretty warm, and we had a window of opportunity to work on the gardens. Perhaps the most satisfying thing I did was spread compost and cow manure on the vegetable garden. This little ritual is not a terribly significant activity. In a way it's sort of mindless. It does put me in touch with nature and it makes me feel good. There's something healing about

it. When Mt. St. Helens erupted about 25 years ago it caused tremendous destruction in the Pacific Northwest. The surrounding countryside seemed barren. One hundred cottages were obliterated by the ash and lava, and the nearby lake looked dead. When we and another couple visited Mt. St. Helens over a dozen years ago we still saw a rather strange, scarred landscape all around us. But our guide pointed out signs of new life literally everywhere. New trees were sprouting. Animals were returning. A whole new lake had been formed. The guide helped us to look more closely and see for ourselves that a kind of healing was taking place before our eyes.

Robert Frost wrote in one of his poems: "Something there is that doesn't love a wall." That's a statement you could chew on and think about for a long time. Something in the nature of things seeks to break down barriers. It doesn't make sense to pollute a river (the Cuyahoga) to the point where it actually catches on fire. It's kind of crazy to leave the sort of "carbon footprint" that melts ice and raises water levels. Nor is it in anybody's interest to feud with a neighbor or for a government to "combat terrorism" by violating the Geneva Accords. In Gandhi's memorable words, if

everyone practices "an eye for an eye, the whole world ends up blind."

Fortunately, for our sakes and everyone else's, there really is something that doesn't love a wall and wants it down, something that wants to mend what is broken and renews what gets depleted. I feel like a small part of this process when I'm spreading cow manure on the garden and sharing a bit of space with our local rabbits. ✦



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8x20	15x25	40x40	20x20
10x10	15x30	40x50	20x30
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Mountain Flower

The lingering warm-front rain drizzles in the still air,
Waiting for the wind to shift and bring the mountain to life
once more.

Boulders teeter softly beneath the tread of climbers
Ascending to clear their minds in the wide view and cold air.
Unlike the younger mountains on another coast
Which quake and rumble with their growth,
This old formation watches itself going down to dust
From the relentless work of lichens, roots, ice
And weather.

Here in the steep scramble of the Lion Head,
Where the last snow has drawn back beneath the stunted trees,
And mountain ash is coming to leaf
There comes a stirring.

Forces as old as the mountain
Awaken with quickening ferocity.
Clouds pile up in the Great Gulf,
Waiting their turn in the venturi over the summit.
The wind shreds them to fractus,
Throws them down into Tuckerman's Ravine
Then tosses them again into towering cumulus across the valley.
Thunder rumbles in Carter Notch, beyond Wildcat.
Shadows and fog chase each other over rocky slopes.
With increasing intensity, the cold wind defends
The Alpine garden in the broad expanse, just above.
The climb hesitates for cliff dangers in the fog.
Suddenly, though, as the trail levels out, and the fog clears,
There it is:

A single diapensia sprung from its mossy foliage in a
rocky crevice,
Then more and more of the tiny white flowers appear,
And pink moss campion,
And low-lying Lapland rosebay azalea,
All in a floral carpet across the Bigelow Lawn plateau.
Walking gingerly from rock to rock
So as not to spoil this splendor, the turmoil in my mind is quieted
And I am released into a new hope.
I stay awhile, listening to the wind in the ravine,
Then race the evening shadows down the eastern slope.

Bruce Hoyt



NOTES:

Mount Washington's alpine flowers bloom briefly and abundantly about the second week of June. Several trails lead to the relatively level areas know as the Alpine Garden and Bigelow Lawn. The easiest trail starts at the parking lot near the auto road 6-mile post and tends south with a mild descent (The Carriage Road costs \$20 for a car and driver and \$7 for each additional adult. The fee is \$12 for a motorcycle). Crossing through the Alpine Garden near the tops of the Huntington and Tuckerman Ravines it reaches the Bigelow Lawn and Lakes of the Clouds in about two miles.

There is a trailhead and parking at the Appalachian Mountain Club facility in Pinkham Notch across from the base of the Wildcat ski area. A common path gradually ascends beside a mountain stream to the vicinity of Hermit Lake, a tarn at the mouth of Tuckerman Ravine. Although the trail goes straight



White Mountains Photo Above: Rob Burbank/Appalachian Mountain Club.
Diapensia inset: Doug Weirauch/Appalachian Mountain Club.

into the glacial cirque and up the steep headwall, the way is likely to be blocked at this time of year by snow (and skiers in bathing suits). In recent years, the Lion Head trail up onto the north shoulder has been closed due to erosion, so the most viable option is the link to the Boot Spur along the south shoulder to Bigelow Lawn, about three and half hours from the A. M. C. trailhead.

On Mountain Washington's west side, the Base Road from Bretton Woods leads to a trailhead and parking near the Cog Railway station. The trail starts behind and to the right of the station and ascends alongside the headwaters of the Ammonoosuc River, passing spectacular waterfalls and pools, arriving at the Lakes of the Clouds and Bigelow Lawn in about three hours of hiking time.

Hikers should obtain a map at the A.M.C. operated Highland

Lodge in Crawford Notch or at the Cog Railway base station. Mountain temperatures drop about three degrees per thousand feet, making a cool day at the base into a freezing day at the summit, so layered clothing is a wise choice.

The carpet of alpine flowers is spread across the mountain at about 5,500 feet. The summit at 6,288 feet can be reached in about an additional hour of hiking. Stay on the marked trails to preserve the delicate flora. Much useful information can be obtained at hikethewhites.com

Some trailhead parking now requires that a parking permit or a Golden Eagle pass be displayed in the vehicle window. These may be purchased from "vendors" (outdoor recreation stores, for example), from the U. S. Forest Service in Gorham, NH or by inquiry at (603) 528-8721. The cost is \$3 for one day or \$20 for a full year.

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Come to the Table

Denise Brown



Some years ago, while motor-sing down the interstate for a rendezvous I was not at all sure would go well, I stopped at a rest area just south of White River Junction. As I returned to my car, I noticed a woman standing at the back of a well-traveled Jeep sporting a Howard Dean bumper sticker. A large, gregarious-looking dog of indeterminate breed, red and white bandanna tied as a neckerchief, energetically wagged his tail and waited patiently at the woman's heel.

Treat yourself to an education on jams, jellies, conserves, pickles, relishes, salsas, chutneys and a variety of flavored oils and syrups.

She was attractive and fit, gray hair cut short, dressed casually for a hike or a long road trip. She petted the dog and flashed me a quick, broad smile.

I noticed the Jeep's Maine tags.

I noticed, too, that the woman was alone, except, of course, for her four-legged pal. No companion. And many miles from home.

I've often thought of those tags, that woman and her dog. They are stuck in my consciousness, a little like a pebble in the toe of the psyche.

There's something mildly miraculous about the state of Maine: something in the air or water or stretch of the land that allows you to imagine another life, or nudges you to remember one left behind. I'd spent many happy afternoons as a 5-year-old in a town called Winterport, suiting up for sledding, eating blueberries straight off the bush, holding hands with my little boyfriend, Marty El-Hajj, who lived across the street. Hollering from our side of the river to the other for the sheer joy of hearing our voices echo back.

My family left Maine not long after that wonder-filled childhood year, but we returned often to a small camp surrounded by acres of trees. I recall quick treks to the outhouse and sunny afternoons exploring all that lay behind moss-covered boulders scattered about the property. Card games with my older brother. Carefree days indeed.

On a recent trip with my family to Winter Harbor, a scenic village far up the coast, we stayed at a contemporary inn with a stun-

ning view across the water. After a long drive and a meal of excellent haddock served at one of the two nearby eateries still in business, we returned to Bluff House and settled in for a sip of scotch before bed.

The only other off-season guest was conferring at a breakfast table with a Realtor, dotting i's and crossing t's. Too excited to sit still, the woman approached us and with contagious enthusiasm, eagerly described her review of 44 properties before finding her perfect home, five acres right on the water. Not long before, she'd lost her second husband. They'd vacationed here countless summers; now, she said, she was fulfilling a dream.

Like that traveler in the Jeep, I found this woman an inspiration.

Speaking of inspiration, or not, I ran smack into a birthday some weeks ago. (Yeah, I was excited about it, too.) An acquaintance with whom I'd carried on an intermittent email flirtation wrote to ask if I'd treated myself to anything to celebrate.

When I told him I had, he was appreciative but thought I could do better.

"Why don't you treat yourself to me?" he replied.

So much for flowers, I thought. Or even phone calls. Still, I pondered this for a spell. He was younger, good looking, well-read. Probably fun on a Saturday night.

But I passed.

You see, the present I'd given myself was a pair of terrific dogs, beautiful creatures bred to look like wolves. I call them Hugo and Gustav.

And I had this trip in mind. I was going to Maine.

All About the Berries

My newest favorite finds are Bartlett Maine Estate Winery and Ellie Topp and Margaret Howard's *The Complete Book of Small-Batch Preserving*. Bartlett, located in Gouldsboro, ME, produces superb fruit and mead wines including a semi-dry blueberry aperitif and a decadent blackberry dessert wine. Visit them on the web or purchase their products when in Maine.

Topp and Howard's book will become an essential for anyone even slightly interested in putting by the bounty of this season or any other. Treat yourself to an education on jams, jellies, conserves, pickles, relishes, salsas, chutneys and a variety of fla-



vored oils and syrups. The recipe below was inspired by the authors' use of wine in several recipes, among them a Rosemary Wine Syrup, which, as they note, would be outstanding with fruit and mild goat cheese.

Simple Blueberry Wine Syrup

Prepare this syrup and step back as your imagination takes flight. While stunning over vanilla ice cream, this would be grand warm over Belgian waffles, providing the finishing touch to a berry trifle or incorporated into pies and pastries.

- 1 cup semi-dry Blueberry wine
- 1 cup granulated sugar
- 1 tablespoon lemon juice

Place ingredients in a heavy bottomed saucepan and stir well. Bring to a boil over medium high heat. Lower heat and boil gently for 5 to 7 minutes. (Topp and Howard suggest covering the pan when preparing their wine syrup. I left it uncovered to allow the mixture to thicken slightly). Surface will clear as syrup cooks. Allow to cool before pouring into clean jar or bottle. Keep refrigerated.

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VIRGINIA DOWNS

A windssock flutters on their deck with Burke Mountain and its ridges in the distance. This is the perfect setting for the lifestyle of Lyndy Burdet and Heinz Fischer. Their 30-year marriage has been rich in adventures. They have traveled widely in this country and in many other lands as well.

A few days before they skied to the North Pole on April 12, they were feted at a Burke Mountain send-off party where fellow skier Dick Strifert presented them with a copy of the latest issue of *The North Star*. Strifert proposed that they and the paper be photographed at the Pole. They also were given a Burke Mountain banner to take to the top of the world.

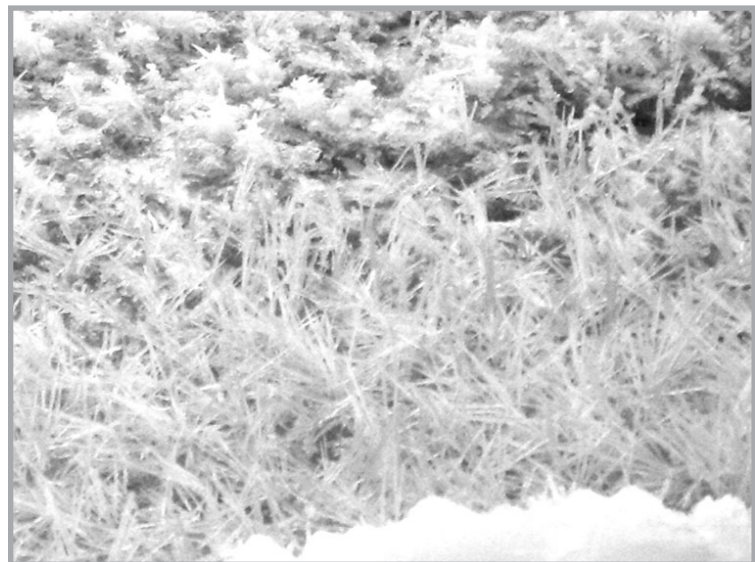
Burdet and Fischer consider that their recent trek will far outdistance any others they will make. "The trip was not made to break a world record," Burdet says, referring to recent attention about their record as the oldest couple (Burdet is 76 and Fischer is 79) to make the trip and thereby warranting inclusion in the *Guinness Book of World Records*. "We could care less about any record. We did it for adventure and to witness once in our lifetime the world as it was created without cell phones, music or pollution."

The couple met in 1978 at the airport in Lyndonville. Burdet, was living in Mt. Holly, VT and she had a private pilots' license. She was flying sometimes to Lyndonville to visit her son Bill, a student at Lyndon Institute. Burdet grew up in Connecticut, studied at Mt. Holyoke College and took her junior year abroad in Switzerland. "I stayed for five years, mainly because I loved the climbing and skiing, and I ended up helping with translations for the Swiss expedition to Mount Everest in 1952."

Fischer, a native of Germany, majored in electrical engineering in college and worked in Switzerland before moving to the United States. He became a U.S. citizen and worked for companies building electrical transformers in the Midwest. Seeing the need in the industry for high quality insulation material, Fischer arranged for Weidmann, a Swiss company, to sell its products in North America. Eventually EHV in St.



Lyndy Burdet and Heinz Fischer, who carefully took GPS readings, led the team of four as they neared the North Pole. "What an incredible feeling with the ice all around us," Burdet explains.



"Frost flowers" grow when new ice forms directly from vapor below.

Johnsbury became EHV-Weidmann; Fischer met EHV founders Gordon Mills and Bob Fuehrer; and he became part of the company's expansion in St. Johnsbury.

Asked how early skiing became a serious part of their lives, Burdet recalls, "I was 5-years old and I've loved it ever since."

Fischer says with a chuckle, "I was probably 4-years old when my mother and father took me cross country skiing. I rebelled violently. I didn't like it at all. Much later in life I found that I enjoyed much more having a motor push me along or fly me through the air. My ski teacher

was Lyndy."

Fischer retired the day he turned 65. Burdet retired after 40 years as a ski instructor in the Berkshires, at Stratton Mountain, at Burke and the Balsams. It was time for new adventures.

What tipped the scale for something they hadn't dreamed about occurred during an ice-breaker trip to Greenland last fall. At the time, their destination was the highest mountain in that Danish commonwealth at 84° N. "We probably could have climbed it, since it is not much higher than Burke, but the ice was too thick for the icebreaker, and we stopped 260 miles short of the drop-off point. The expedition failed,"

Burdet says.

Would they try it again? Probably, she said, but a fellow passenger on the Greenland trip had skied to the North Pole and suggested they try it. The idea clicked.

At the end of March, when daylight returns to the North Pole, a Russian Antonov 74 jet aircraft, loaded with heavy equipment, searches for a suitable location to build an ice station about 1° south of the North Pole. The equipment and people are parachuted down to build a runway on the ice. From then on the jet ferries equipment, fuel and people to the site called

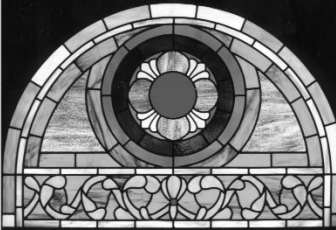


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Fischer/Burdet Photographs

Pole. On April 15 they stood on the top of the world and thought about the Pole. It was very, very cold with a wind chill of - 48 ° Fahrenheit."

high ice ridges. Once the helicopter left us on the ice we were alone on the vast icescape. We skied over ice blocks, rubble and snow drifts. Then Eric found a three-day-old 'lead,' that's a smooth, narrow ice surface perfect for skiing. It was headed approximately in our direction. Hard to think that three days before this was a crack in the ice, open water which had frozen quickly. Leads can be from inches to several hundred feet wide."

Philips asked Fischer, because of his years of airplane navigation, to lead the trekkers to the Pole. "With every stride the GPS indicated that we were coming closer to the Pole," Fischer recalls. "Finally the reading was 90° N. We were standing on the North Pole!"

"What an incredible feeling with the ice all around us," Burdet explains. "It was very, very cold with a wind chill of - 48 ° Fahrenheit. This was the coldest winter in years in the Arctic. We do think that global warming is cyclical. We were at the top of the world. It was a feeling of happy solitude, whiteness, extreme expanse with the clear, pronounced blue sky above and the visible curvature of the Earth all around you on the horizon. There was a pure, clean smell."

Fischer says, "There is no sense of time of day, because the sun circles around you at the same

height above the horizon. In our case the sun was about ten degrees above the horizon. From the end of March to the end of October there are 24 hours of daylight."

it is the season now when these adventurers keep their eyes on their windsock and their ears on weather forecasts for a safe time to go aloft. This will be their 17th

"We did it to witness once in our lifetime the world as it was created without cell phones, music or pollution."

Burdet says, "We took pictures while Eric quickly put up the tent, and soon we were on our foam mattresses in our sleeping bags. Eric prepared a hot meal, melting snow and mixing it with freeze-dried foods. Heinz and I were happy to have our chemical heating pads from Wheeler's Sports in Lyndonville around our bodies to keep warm in the sleeping bag. Inside the tent the temperature was minus 21° Fahrenheit. We joked and laughed, then managed to get a fair amount of sleep while the sun circled around us."

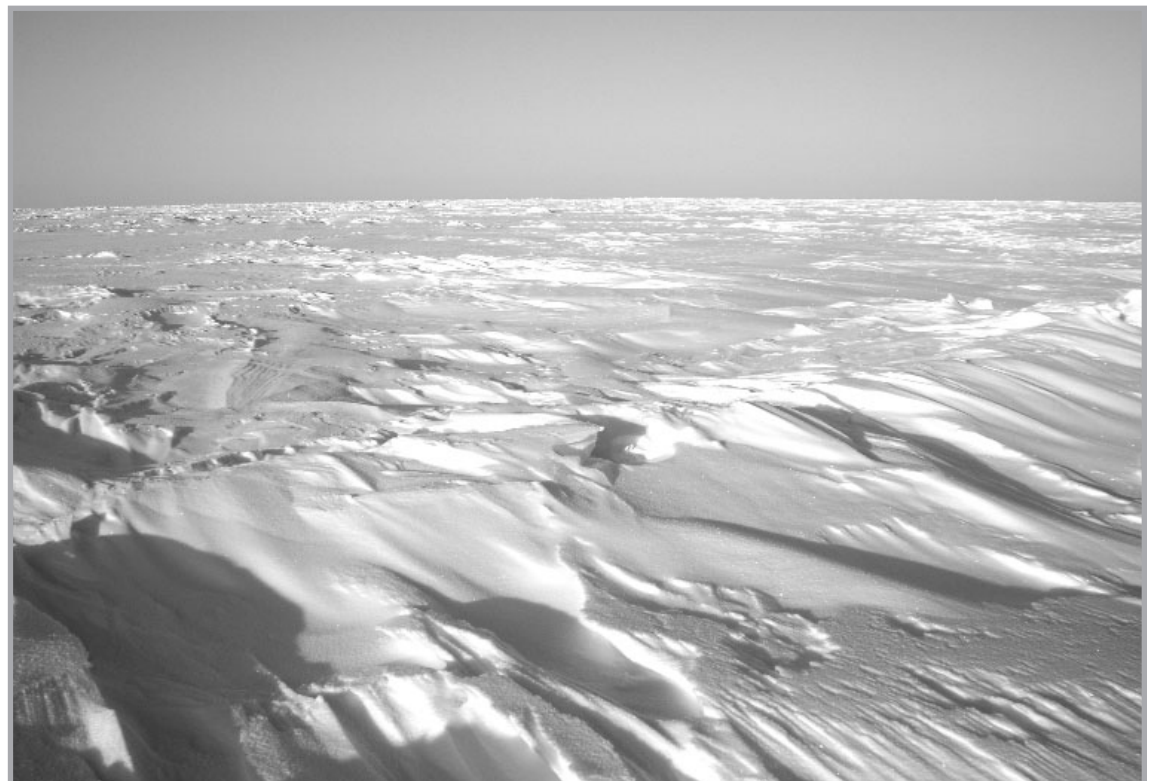
Fischer says, "The next morning there was more picture taking and explorations. A new GPS reading showed that over the previous 21½ hours we had drifted four kilometers away from the North Pole. In the afternoon the helicopter ferried us back to the Barneo ice camp. After some hot soup we boarded the jet and flew the 2.5 hours back to civilization on Spitzbergen."

Back in the Green Mountains

year of flying over the Northeast Kingdom and beyond in their colorful hot air balloon.

"We really feel that we are the Lyndon balloon and belong to the community," Burdet says. "We have tried to be careful over horses and cows. We do try to respect the privacy of others and not disturb their peace and quiet. We have flown as far as the Canadian border, over to Lancaster and Gorham in cold weather, and to Cabot and south almost to Bradford. Everything depends on the wind and weather."

Burdet sums up the North Pole experience this way: "We have climbed to the top of high mountains. We have been diving deep under the sea. We have soared over the land in hot air balloons. But to reach and stand on top of the world has been the most awesome and special experience of our lives. Nonetheless, it is wonderful to be back in Vermont and find that spring has come to the Northeast Kingdom." ✦



The curvature of the Earth along the horizon as the party approached the North Pole was a sight to remember.

Barneo at 89° North. It is the 11th consecutive year that private Russian companies have accomplished the feat.

Barneo, however, is short lived. At the end of April the ice starts to break up. Equipment and people have to be evacuated before the runway deteriorates and becomes unusable. As a result, only during April are scientists, explorers and adventurers able to use it as a base.

On April 7 Burdet and Fischer flew to Spitzbergen, the biggest island in the archipelago north of Norway. There they met their expedition leader, 43-year-old Eric Philips from "Icetek," based in Australia. With Philips was

Chris Fuhrhoph, 47, of Germany, who had just found out that his own guide was sick, so his trek had to be canceled.

"Eric, typical of his thoughtful nature, invited him to join us," Burdet says. "This was Chris's first time to ski, but he was a good sport and kept up with the rest." The following day they flew by jet to the ice station Barneo.

"Reaching the North Pole from Barneo is not easy," says Fischer. "It can be outright dangerous. The weather is the main factor. Storms may pin you down for days, and wind chills may reach -75° Fahrenheit.

"Dense fog may make it hard to find a low spot for crossing



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Got Questions About Quilting?

Ask them at the Sewin Love Fabric Shoppe

TERRY HOFFER

Kathy Rooker was raised in the Lehigh Valley of eastern Pennsylvania. On the fringe of the area around Philadelphia, the region is full of early American history, and boosters of Allentown and Bethlehem claim that it was there that one of the first sparks of the industrial revolution ignited.

In 1840 in the town on the Lehigh River now called Catsauqua, anthracite iron was invented opening the way to bigger and better in every form of industrial technology. For more

than 150 years it was iron and steel that paid the bills in the Lehigh Valley.

But it was another technology, not hardware but soft goods that captured Kathy Rooker's attention in her childhood. She says, "My great aunt, my grandmother and my mother all had quilts, and I grew up in Pennsylvania appreciating them."

About 30 years ago, Rooker says, that appreciation of quilts found fertile soil and put down roots. "I had seen pictures someplace, and I got some fabric. I made a cardboard pattern, and I



Photos By: North Star Monthly

Kathy Rooker opened her Sewin Love Fabric Shoppe on Hill Street in Danville at the end of April. She carries a tremendous assortment of fabric, patterns, books and notions as well as home-dyed wool for knitting and embroidery supplies.

cut squares to make a quilt. With a sheet blanket as batting and fabric as backing, I sewed everything together and I tied the quilt with knotted threads." That Christmas, Rooker presented each of her three sisters one of her handmade quilts.

Then as the mother of two young children and with a career as an operating room nurse, Rooker set aside her interest in quilting, but she never stopped admiring the work of others when she could.

Finally, she found a fabric shop in Milford, PA, where a soft-spoken instructor gave lessons in quilting. "She was knowledgeable," Rooker says. "She was patient, and she knew quilts. I went to classes twice a month for five or six years and I made so many quilts..." She pauses on this day in May, and finally she says, "I think there were 10. I gave most of them away, but I kept a couple of them."

In 2002 Rooker and her husband were empty nesters, with their son and daughter off and away from home. Discovering an opening for an OR nurse at St. Johnsbury's Northeastern Vermont Regional Hospital the

Rookers decided to pull up their stakes in Pennsylvania and relocate in northeastern Vermont. Nurse Rooker laughs about suggesting the move to their adult children. "Their response was," she says, "'That's fine.' My daughter had a business degree and was working in Pennsylvania. My son was in college in New York. Neither had any intention of coming home again, and we bought a home in Danville." That was in 2002.

Working two-and-a-half days a week in the operating room at NVRH Rooker sought out a fabric shop where she might find classes in quilting or people with a common interest in quilting. Rooker says, "There are groups, but I wasn't aware of them, and I found myself going as far as Berlin, Chester and White River Junction for quilting supplies and people who were helpful, knowledgeable about fabrics and interested in helping their customers



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learn about quilting.”

Meanwhile, a fabric business which had opened and operated briefly in West Danville had moved to a location on US 2 in Marshfield. “I found it by chance, and just as I was discovering how good it was, the owner told me that she was about to move out of state, and the business was up for sale. I spoke to my husband,” Rooker says, “and he pointed out that having a shop of this kind was always something I’d wanted to do. He has worked in retail, and he was completely supportive.”

In October last fall, Rooker purchased the Sewin Love Fabric Shoppe. “I quickly learned that I needed greater visibility and more traffic. When I realized space was available in the Dole Block on Hill Street in Danville I decided that that was the place for me. It’s a busy neighborhood with The Creamery and other businesses, and it seemed just perfect.”

Rooker opened her door to business on April 30. Sewin Love is open Tuesday through Sunday with Rooker’s husband often covering the store on Tuesdays. Rooker is upbeat about quilting and her business. She is easy to talk to and has already attracted her Marshfield followers to Danville. She says that she has had a steady flow of buyers and browsers, and her first impressions of moving her business closer to home have been entirely positive.

“I’d love to see it grow,” she says. “I love nursing, but it’s very physical, and I achieved the goals that I set for myself. I love my patients at the hospital, but I have patients here. They are my customers, and they are healthy and upright, and I love them, too. I think this would be a great retirement.”

Rooker offers beginner classes once a week for up to six people, and she welcomes people to join her on UFO night, Wednesday evenings. “Quilting is a social thing, and anyone who has a UFO (that’s an unfinished object) can bring it to the store and have a chance to concentrate

on sewing with the only distraction being others working on their projects.”

She welcomes people to join her on UFO night, Wednesday evenings.

“I’m flexible,” she says, “and I’ll try to accommodate people interested in quilting or sewing in any way that I can.” She has on hand a great assortment of fabrics, patterns and pattern books, Vermont home-dyed wool and embroidery floss.

“There is always more fabric,” she says. “You can never have them all, but I’m fascinated by Oriental fabrics and batiked prints. I’d like to expand my flannel lines, and I’d love to have classes taught by people who are familiar with techniques beyond those that I know myself.”

Rooker naturally expresses

her own enthusiasm for quilting and this business, and it has already proven contagious

among a growing circle of customers.

Something else has proven her contagious enthusiasm for northern Vermont. Rooker smiles as she says that both her son and daughter, who vowed they would not move “home” again, have relocated to the Northeast Kingdom, found jobs, made friends and they, too, are contented transplants in Vermont.

Rooker has more than one reason to think that the move to northern New England was the right choice at the right time. ✦



Kathy Rooker opened her doors on April 30, and her first impressions of moving her business from Marshfield closer to home have been entirely positive.

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Indoor sports we devised in the city were nothing compared to the wholesome outdoors of New England

BETS PARKER ALBRIGHT

I leaned against the simple old gate that led to the rocky pasture bordering our land in Franconia, NH. Summer was almost over, and we would soon go south to our winter home in New York City.

It was a difficult transition from the fields, forests and running brooks to a city apartment where my brother and I amused ourselves when we weren’t in school. Our mother was an artist, and she spent much of her time teaching or being with her artistic friends. My father had left us when I was 3, and we only saw him occasionally at family gatherings.

In New Hampshire I had a favorite tree to climb. I would perch on a comfortable branch, clutching one of my books of fairy stories. In the city I relied upon my inventive brother to think up games for us. One we had was a football game we played on an Oriental rug where we marked off a playing ground with adhesive tape and used plastic animals, wearing red (for Harvard) and blue (for Yale) bands around their tummies.

The only problem with that was that I tired of football rather quickly. So Dick came up with a game that could only be played when we were alone in the apartment. Dick’s bedroom overlooked a back entrance to the building, where delivery vans unloaded. He devised a bomb made of folded paper, which could be filled with water. Once loaded the bomb could hold for only a short time.

With the window open, we watched for the arrival of trucks and delivery men. We were on the tenth floor and could easily toss one of the water bombs onto unsuspecting victims and not be seen as we quickly withdrew. We were never caught, and at an age at which there was no consideration of any anguish we might be causing below we enjoyed ourselves very much.

Our city antics were not up to the standard of our summer life in the country, but they did help us to pass time on dull winter days, as the era was long before the advent of television and other modern entertainments.

We were elated when the day came when school closed, and we could be off to northern New England again. We would be free to roam the outdoors, where fishing, hiking and swimming took the place of our contrived, indoor, city sports.

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

What's Happening at the Town Hall?

Barnet

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

April 28, 2008

Liquor License – Board approved liquor license renewal for Aunt Dee's Country Store.

Overweight Permit – Board approved overweight vehicle permits for Carroll Ainsworth and Calkins Excavating.

May 12, 2008

Replacement of Boundary Marker – Barnet Center Road resident Dale Hinchey appeared to ask town to replace a boundary marker at southeasterly corner of his property. Pipe appears to have been removed during road reconstruction in 2007. Board agreed to have Andy Dussault, a surveyor in St. Johnsbury, find location and town will cover cost of marker replacement.

School Road Improvements – School Board Director Shannon Larocque appeared to discuss improvements to area around school building entrance. School Board has asked town to repave the road into school and hopes work can be coordinated with town's summer paving schedule. No action taken.

Private Gate on Town Road – Landowner Paul Toney met with Board in response to questions over his gate on Chamberlain Road at his property line. Vermont law forbids gates across a town road without permission of Selectmen. Toney was under the impression the road had been discontinued. Toney will pursue this by talking with adjacent landowners and hope to have Board discontinue the road.

Harvey's Lake Dam Study – Board noted addendum to Harvey's Lake Dam Hydrologic and Hydraulic Report from consulting engineers. Addendum describes two additional hydraulic models for reducing amount of reverse flow into Harvey's Lake.

Access Permit – Board approved highway access permit request from David Warden for a driveway off Chamberlain Road.

Overweight Permit – Board approved overweight vehicle permits for Mathews Excavating, Robert Morris and Donald Moore Jr.

Harvey's Lake Projects – Board noted correspondence regarding request from Michael & Kathryn Bergeron to place large concrete blocks in front of a failing stone wall in public waters of Harvey's Lake and from Robert & Christine Dufresne to do grading on a 3-acre parcel of land located across the road from cottage on Roy Mountain Road at south end of Harvey's Lake.

Town Equipment Maintenance – Maurice Gingue provided estimate for sandblasting and painting two truck bodies. Board asked for another quote.

Mileage Reimbursement – Board approved changing reimbursement for mileage for town employees from 41 cents per mile to IRS standard of 50.5 cents per mile.

Contract Discussion – After executive session to discuss a contract issue, no action taken.

Cabot

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

April 16, 2008

Community Justice Program – Carol Plante of Hardwick/Greensboro Justice Program, reported an interest in expanding program to surrounding towns. Program stresses accountability and outreach to those who commit low-level crime. Expansion would increase funding from VT Department of Corrections.

Water to Lower Cabot – Board discussed grant to offset cost of extending water line to Lower Cabot, where water supply is contaminated. ANR is currently supplying bottled water to residents. No action taken.

Town Garage – Board discussed new site for Cabot town garage. No action taken.

Rental of Town Facilities – Lori Augustyniak drafted proposed rental and use contract for municipal facilities. Board indicated preference for simplified process for instances where additional insurance is necessary.

Lost Animals – Board discussed animals lost by Steven Hough. No action taken.

Bank Resolution – Board signed Chittenden Bank resolution authorizing deposits by Town Clerk Tara

Rogerson.

Wiley Building Painting and Roof Work – Board reviewed bids for painting and roof work and approved bid from Cabot Heights Cleaning Service to paint building. Board will readvertise for roof bids.

Board of Listers – Board approved appointment of Valdine Hall, assessor from Greensboro, to assist this year. Once resignation is received from Doug Harvey, lister position will be advertised.

Road and Bridge Standards – Board approved resolution pertaining to road and bridge standards.

April 25, 2008

UDAG Account – Andy Leinoff reported that Tara Rogerson would be involved as town treasurer with UDAG accounts. Bank cards were signed by Leinoff and Rogerson.

Bond Anticipation Note – Board signed \$150,000 bond anticipation note and resolution for fire department rescue vehicle.

US 2 Realignment – Board approved Act 250 permit application letter of support for US 2 realignment and reconstruction.

Town Financial Agreement – Board approved A. G. Edwards cash account agreement.

Danville

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

May 15, 2008

Danville, California – Following presentation by Ken Linsley about letter chamber of commerce received from City of Danville, CA, Board directed Mert Leonard to draft a letter of congratulations on occasion of that town's 150th anniversary in July.

Road Work – Kevin reported road maintenance is continuing with grading and application of chloride in some areas. Culvert replacements are planned.

Route 2 Reconstruction – Board noted Ken Robie's statement from VTrans that town must cut more money from Route 2 project.

Joe's Pond Bathhouse – Bert Frye and Martin Larrabee will be removing

bathhouse at Joe's Pond Beach and offered to remove septic tanks as well for \$550. Board approved removing tanks including pumping and regrading for \$550 unless other contractors will do it for less.

Use of Green – Leonard reported Jane Kitchel and Kitty Toll will be using Green on June 23 for a kickoff to their campaigns to state general assembly.

Sewer Connection – Board approved sewer connection for Martha and Robert Kitchel on Walden Hill Road.

Sign on Town Green – On request of local churches Board approved installation of bible school sign on Green.

Lyndon

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

April 28, 2008

Highway Report – Board reviewed highway report as of April 18. At 31% through year, budget is 31% expended.

ATV Ordinance – After considerable discussion about request from ATV club to open Fall Brook Road for ATV travel, Board voted to pass over request.

Overweight Permits – Board approved overweight permits for Larry Brown Logging, Harold's Concrete Construction and Kelley-View Farm.

Access Permits – Board voted to approve requested access onto New Boston Road, to approve requested access onto Darling Hill Road and to approve requested access onto Lower Campus Drive.

Police Advisory Committee – Board appointed Bob Heath to police advisory committee.

Road Sign Request – Board approved request for a Dead End Street sign on Light Plant Road.

Personnel – Board reviewed job descriptions for road foreman and road crew.

Road Equipment – Board agreed to accept bid of L&B Truck Center for a 2009 Sterling dump truck for \$63,237 after trade of 1992 International dump truck.

Roadside Mowing – Board accepted bid of O'Maple Services (Jerry O'Meara) for mowing sides of all roads in town for \$14,000.

Bridge #6 – Board reviewed plans for rebuilding bridge #6. Estimated project cost is \$103,000 with town liable for 10% and authorized Dan Hill to move forward with project.

Winter Sand – Russell Riendeau has offered to hold price of sand for coming winter if town agrees to purchase another 6,000 yards. Dan Hill will discuss with road foreman.

Gilman Housing Project – Board authorized Dan Hill to sign documents associated with Gilman Housing Grant.

Skateboard Park – Board discussed history of proposed skateboard park

project and alternative uses of grant award.

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

May 12, 2008

Highway Report – Board reviewed highway report as of May 2. At 35% through year, budget is 32% expended.

Perpetual Care Agreement – Board approved perpetual care agreement of Gordon & Yvonne Coolbeth.

Mobile Home Park License – Board approved annual mobile home park licenses for Maple Ridge Trailer Park, Woodland Heights, Hill Street Park and NEK Mobile Home Park.

Access Permits – Board discussed application for access permit from Sean Kelly on Birchwood Terrace. Board tabled decision until applicant chooses one point of access rather than two. Further, Board approved access for Neal Austin onto Fall Brook Road.

Overweight Permits – Board approved overweight permits for John Colgrove, Warren Hill Trucking and Donald Moore.

Municipal Tickets – Board authorized zoning administrator, municipal administrator and animal control officer to issue municipal tickets.

Sand Purchase Agreement – Board accepted offer from Russell Riendeau to hold price of sand at \$3.50 per yard for 2009 and agreed to purchase 6,000 yards of Riendeau sand.

Skateboard Park – Dan Hill reported grant money for a skateboard park cannot be used for anything else. Project must be completed by December 31, 2009. Board will consider alternative designs and costs.

Road Work – Crack sealing was completed on South Wheelock Road and Center Street. A tree in Harris Park will be moved to either the Park & Ride or the Cemetery.

New Hire Update – Town received 17 applications for opening on highway crew.

Safety Committee and Walk-through – Rikk Taft of VLCT recently had a walk-through of town garage, village garage and municipal office building. Darryl Brill, Laurie Willey and others will serve on newly formed safety committee.

Dog Issue – As discussed at Board's March 17 meeting, Mrs. Kadamas questions whether it was her dog that threatened Mr. Fox on March 12 as there is another dog matching that description in the neighborhood. Mrs. Kadamas does not think tickets she received from police chief were fair since she does not think it was her dog. Board recommended she speak to Chief Harris.

Green Up – Lisa Barrett reported that Green Up Day participants removed a record breaking 7 tons of trash from Lyndon's roads on May 3. Large number of volunteers was attributed to Lyndon Town School being in session that day and having Green Up as the day's assignment.

Legal Matter – After executive ses-

Vermont Coverts Wildlife Presentation

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Saturday, June 28, 2008



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Danville Town Hall 10 a.m. - Noon

■ **Water Andric:** Nat Tripp will talk about the history of the Water Andric.

■ **Fish Species & Habitat:** Fish and Wildlife Biologist Jud Kratzer will talk about fish species in Vermont rivers and streams and how to improve that habitat.

■ **Healthy Rivers and Streams:** Aquatic Biologist Jim Kellogg will talk about indicators of the health of rivers and streams.

■ **River Restoration:** River Restoration Scientist Shayne Jaquith will discuss the evolution of rivers, erosion and movement and effects associated with actions that are man-made and natural.

Optional Field Trip: Water Andric 1-3 p.m.

Our guest biologists will take us to explore what we have learned between the banks of the Water Andric. Be prepared to get your feet wet.

There is no fee for this program, but we ask that you register in advance at (802) 684-3956 or via email at jeff.frampton@pwc.ca Bring your own lunch or join us, for a nominal fee, with barbecued hot dogs and hamburgers.

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

sion to discuss a legal matter, no action was taken.

Peacham

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

April 16, 2008

Land Trust Property – Board voted to pay VLT property taxes to town for 3+ acres of land received from the VLT.

Dog Ordinance – Board discussed town dog ordinance. Louis Cheney and Bob Rhein spoke about two incidents in which dogs pestered and/or bit them. Board reviewed examples of ordinances from Danville and VT League of Cities and Towns and agreed that proposed ordinance should cover entire town. Browne will contact Peacham Elementary School administration for their input. Ordinance will not include a “pooper scooper” regulation but will include noise regulation. Ordinance language will be discussed at next meeting.

Town Committees – Board discussed appointments to town committees. Committee charters will be written by Board with input from committee members. Board agreed to have one of its members assigned to committees including trails committee, Gary Swenson; recreation committee, Richard Browne and conservation commission, Tim McKay.

Road Crew – Board noted that gas pump at town garage is now locked; rear window of backhoe was damaged by BB gun shots; additional speed limit signs will be installed. Board discussed winter sanding and salting of parking areas and conditions of County Road.

Cemetery – Dave Jacobs and Don Davis will review landscaping plans for Peacham Cemetery and report to Board. Board authorized spending up to \$6,800 plus any grant funds received to repair and maintain trees in Peacham Cemetery.

Tree Planting – Town received \$2,000 from Department of Forest, Parks and Recreation as reimbursement from 2007 tree planting activities.

Board Work Plan – Board discussed replacement of town trucks; transfer station fence and additional dumpster roof; Board filing practice policy; grants filing system and adoption of standardized accounting procedure.

Board of Listers – Board approved new hourly rate structure for listers during reappraisal to be effective as of March 4, 2008 town meeting.

Fourth of July Committee – Board agreed to act as sponsor for July 4, 2008 event as proposed by Beatrice DeRocco Ring and Lisa Moore. Fourth of July committee will consult with Board regarding traffic control and possible road closures.

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

St. Johnsbury

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

April 14, 2008

Town Appointments – After executive session to discuss candidates, Board appointed Larry Sharer to development review board; Tim Angell, planning commission; Lew Appgar, recreation board; Karen Willey, recreation board alternate; Tom Viles, recreation board alternate; Amy South, downtown improvement commission; Staci Whitcomb, recycling committee; and Judy Brown, recycling committee.

Fairbanks Museum Expansion – Board met with Jock Gobin of Fairbanks Museum to discuss proposed discontinuance of Thaddeus Lane so Museum can use upper portion of roadway to access Museum’s Weather Park. After discussion, Board agreed to allow Museum to proceed to next level of investigation relative to discontinuance of Thaddeus Lane.

Fire Station – Gary Reis provided an update on fire station committee. It appears that Murphy Hasting Hill site is less expensive to develop than other options. Entire project could be less than \$3.5 million.

Industrial Parkway Agreement – On recommendation of town manager Board approved maintenance agreement for Industrial Parkway.

Weidmann Electrical Substation – Board approved resolution authorizing \$460,000 VT community development block grant application for Weidmann Electrical Substation project.

Water System Improvements – After discussion, Board authorized agreement with Dufresne & Associates for a leak analysis of water system for an amount not to exceed \$47,350. Board voted to approve USDA loan resolution for \$427,000 with grant of \$2,059,000, and to approve USDA loan resolution for \$1,813,000 with grant of \$1,301,000. Board voted to accept \$5,600,000 in grants and loans associated with water system improvement project approved by voters and accept state revolving loan of \$495,170 for final design of water system improvements.

St. Johnsbury Center Easement – Board agreed to accept maintenance agreement, easement and bill of sale as presented for water and sewer lines near Passumpsic Savings Bank building in St. Johnsbury Center.

Liquor Licenses – Board approved liquor licenses for JD’s Family Restaurant; Barter; CN Brown Co.; Gerald Boardman, Jr.; and VTBEV. Board also approved liquor license for Front Row Sports with certain additional conditions.

Welcome Center – Town manager

noted meeting scheduled with downtown property owners and businesses to try to address problems associated with drilling for elevator shaft at Welcome Center.

April 28, 2008

Labor Relations Agreement – Following presentation by town manager as to negotiations with labor unions Board approved three year agreement with firefighters with wage increases of 3%, 3.5% and 3.5%. Firefighters will pay more toward health insurance 11%, 12% and 14% in final year. Board also approved one year agreement with public works and police departments with wages to increase 3.5%. Employees will contribute 11% to health insurance. Finally Board approved same adjustment for non-union employees police and public works contracts.

NEK Community Action – Following discussion with Paul Denton indicating that NEKCA has a purchase option in lease for former Lincoln Street School building, Board approved a USDA authorization to allow NEKCA to apply for grants and loans for former Lincoln Street School.

Water Usage Appeal – Board met with Gary and Mary Lunderville of Moose River Campground to hear request that town adjust their water bill. Meter readings and inspection of connections indicate water was leaking from campground water system in a location where state construction was taking place. Lundervilles asked for an adjustment on their bill. After considerable discussion Board agreed to table action until Daniel Kimbell was present.

Police Activity Report – Police Chief Leighton provided activity report for department. Calls for service in 2008 are up over same period last year (1,033 in 2008 to 837 in 2007). Leighton said it is suspected that many robberies in area relate to illegal use of drugs. A full-time officer is going to be stationed in downtown area throughout summer to try to address merchant complaints.

Highway Department Vehicles – After discussion, Board approved agreement totalling \$696,098 with Baystone Financial for leasing five highway vehicles.

Proclamations – Board approved res-

olutions recognizing “Walk-for-Lunch Day” and Arbor Day.

Licenses – Board approved tobacco license for C.N. Brown and liquor license for Porter & Craige.

May 12, 2008

Street Sweeping Noise – Dana Askren expressed concern about town street sweeping at 3 a.m. Board asked town manager to speak to highway department superintendent.

Extra Telephone Poles – Bruce Corrette asked Board to reduce number of double utility poles located throughout community. Board asked town manager to contact Fairpoint Communication on the issue.

Moose River Water Bill Appeal – After considerable discussion, Board accepted town manager’s recommendation to make a one-time adjustment based upon normal water use patterns while campground is not open and base disputed bill on 15,000 gallon estimated usage.

St. Johnsbury Walking Tour – Following presentation about proposed Main Street walking tour by Tom Turek and Linda Fogg, Board agreed to allow installation of benches within town right-of-way at South Park, St. Johnsbury House and Summer Street Common.

Community Justice Center – Dinah Yessne, director of Justice Center, provided Board with an update on center and its board of directors. The Center has reviewed 130 cases from a wide variety of offenses. There have been 5 community mediations.

Water and Sewer Fund Rate – Town manager reported finance committee has been reviewing income through water and sewer rates and expenses for the fund. Committee agreed to improve equity between users; move toward a constant usage rate; transition any rate impact on high volume users; raise adequate revenue for operations, capital improvements and debt service; and to annually review rates and utility budgets. In 2007 water rates generated 9.3% less than budgeted. Sewer rates generated approximately 26% less than budgeted. Committee is recommending that decreasing usage rate be eliminated, that usage rate for water be set at \$2.05 per 1,000 gallons and usage rate for sewer be set at \$3.60 per 1,000 gallons. Board discussed meeting

with highest volume water users and will consider action on budget at next Board meeting.

Safe Routes to School Grant – Board voted to approve agreement for Safe Routes to School Grant in the amount of \$81,500 to be used for new sidewalk for school entrance, radar detection speed indicators, and replacement of street signs.

Fairbanks Museum Expansion – Board approved letter of support for Fairbanks Museum expansion project.

Bank Loan – Board approved low bid from Community National Bank for grant receivable note in amount of \$650,000 at 2.68%.

Liquor License – Board approved liquor license transfer requested by Sodexo.

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

Walden

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

April 22, 2008

Complaint at Recreation Field – Board noted problems with a neighbor at town recreation field and agreed to have a lawyer write and explain town’s right to access ball field. Efforts will be made to see that parking does not block access.

Hardwick Reparative Justice – Carol Plante from Hardwick Reparative Justice presented information on program and how it could be expanded for Walden residents.

Walden School Board – Bill Half, from Schoolboard proposed working with Selectboard to identify long term goals for town and school. After considerable discussion Board decided issues should be dealt with separately.

Constable – Bill Huntoon reported break-ins in town. He has participated in training at Vermont Police Academy.

Road Work – Board discussed gravel prices, paving bids and summer projects.

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



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Follow the Money

by Rachel Siegel

“Specflation”?

Specflation: rising prices due to commodities speculation that masquerades as economic growth.

We all know that food and fuel prices have been rising, while the dollar and interest rates fall. We have heard about the growing consumer class in India and China, who are driving more cars and eating more meat, which pushes up prices of gas and meat, but also of

steel and rubber, and corn and fertilizer and grazing land, and so other crops.

We have heard about how those middle classes have grown due to global economic growth and expansion, which has increased demand for commodities, and thus shipping and freight, and thus transportation fuels and metals and building and housing and industrial commodities.

We know that new oil discov-

eries have slowed and that they seem to be in places where it will be expensive to get the oil out. We know that the stability of oil producing nations is not what it used to be, so our relations with them are not what they used to be, and neither is the security of our future

commodity, the dollar is only as valuable as it is useful. The falling dollar is increasing our exports and bringing tourists to our shores, but since fuels and foods and commodities are priced in dollars, this makes them even more expensive for us.

Food and fuel are now more valuable commodities than dollars, and they are looking like our next speculative bubble.

oil supply. We know we should develop alternative fuels, but our pursuit of biofuels is yet another reason that demand for and prices of grains and sugars and cropland has increased.

We know that interest rates have been falling as our central bank tries to protect us from the housing market bust that has led to the credit market crunch and the loss of loans and so consumption, and of jobs and job creation and consumer confidence and economic growth.

We know that the dollar is falling in value relative to other currencies, especially those of our major trading partners, because interest rates are falling and inflation is rising, so the dollar's return on investment (interest) is less and the dollar buys less, and like any

Prices of fuel and food are projected to rise much faster than interest rates. Right now, food prices overall are expected to increase 4-5% over the next year, with prices of some foods, like fats and oils, expected to rise as much as 8-9% (according to the Department of Agriculture). The price of gasoline is up 23% so far this year, and is not expected to level off any time soon. Meanwhile, interest rates on a 1-year CD are, as of this writing, only about 4% and on money market accounts are about 3% (according to bankrate.com).

Clearly, food and fuel are now more valuable commodities than dollars, and they are looking like our next speculative bubble. While most of us are not going to stockpile by installing additional oil

tanks or root cellars, professionals are investing in commodities futures, now more valuable than dollars (and dollar-denominated assets like stocks and bonds), bidding up their prices, and increasing current commodities' prices as they do: a classic market mania.

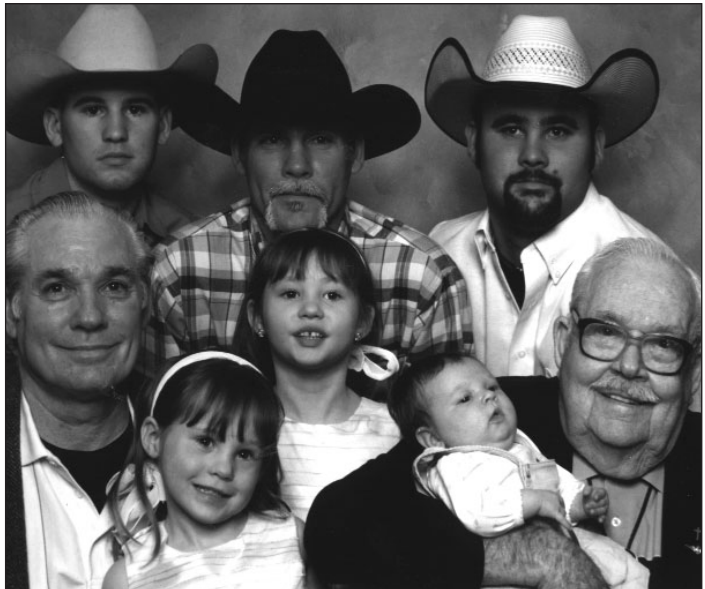
We have survived a stock market bubble in the last decade and a housing bubble in this one, but securities and real estate are assets, alternative ways to store wealth, instead of, say, a bank account. When the bubble bursts and they fall in value, we transfer that wealth to another medium; we sell the stocks or the house and turn that value, perhaps diminished, into cash, and then invest it in some other way.

Risking our stores of wealth by speculating on their most profitable vessels – investing in stocks or real estate or baseball cards – is at least intended to increase that wealth. Transferring wealth into consumption – using it for food and fuel – is counterproductive in a capitalist economy, where success comes from amassing wealth, not consuming it. We have long found consumption more attractive than saving, but now consumption is more prudent than saving.

If rising prices are a cyclical inflation caused by global economic growth – all those carnivorous drivers somewhere in Asia – then markets will correct as that inflation inspires us to create alternatives, which we always, eventually, do.

If, however, these rising prices are our next speculative bubble, this latest exuberance may have greater consequences for more of us: the wisest move is not to get caught up in the frenzy, but food and fuel are necessities, and we may have little choice.

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.



Bradley Family photograph

Neil Bradley (right front), longtime Peacham resident and for many years a fixture at Memorial Day services in his town has provided us with this photograph of the five current generations of his family. Bradley is holding his great great granddaughter Vanity Lynn Bradley (daughter of Michael Bradley, son of Neil Hathaway Bradley III, son of Neil Hathaway Bradley Jr., son of Neil Hathaway Bradley Sr.)

Photo above Front: (L-R) Gracie Laine Bradley, Vanity Lynn Bradley and N. H. Bradley Sr. Middle Row: N. H. Bradley Jr. and Kadince Lanae Bradley. Rear: Michael Andrew Bradley, N. H. Bradley III and Scott Alan Bradley. Great Great Grandmother Marge Herрман lives in Sprintown, TX.



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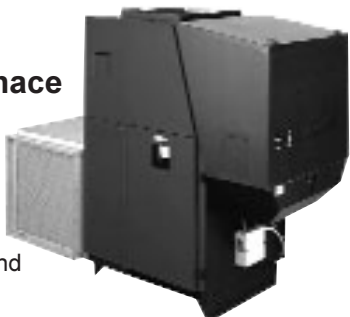
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Letters from the Past

When writing was a necessity and an art

Lynn A Bonfield



Young Vermont boys watching the return of Union soldiers after the Civil War must have innocently wondered what adventures lay in store for them. Reuben Graves Cheney, born in 1850, was one such dreamer. When his mother refused to grant him permission to join the army in 1869, he left the family home on Pine Street in St. Johnsbury and ran away to sea at age 18 – at least that is the family legend.

Reuben signed up for a 30 month voyage on a whaling vessel sailing on July 13, 1869 from New Bedford, MA.

Reuben signed up for “a 30 month voigah,” on a whaling vessel sailing on July 13, 1869 from New Bedford, MA. In his first letter to his mother, he wrote “I take good quill to inform you that I am about to go to sea” and to assure her he was “at the present time enjoying good health.” He promised to write again and hoped to “have good luck” and “have some money when I get back.”

In all, Reuben wrote five letters addressed to St. Johnsbury, mainly to his mother, Lois Pike Cheney. At the end of his first letter, he signed his name “Reub,” and by the second, he had achieved a more adult status and signed “R. G. Cheney.” Little is known of Reuben’s life after he returned to Vermont. He was married in 1871, according to the announcement in The Caledonian, both groom and bride listed as being from St. Johnsbury. Through the years they had six children, and looking at the census records, the family lived off and on in St. Johnsbury where he was buried in Mount Pleasant Cemetery in 1938.

Bark Ohio at sea
March 13th 1869

Dear Mother

I now seat myself to answer your kind letter which I recived the tenth we run in to St Hellena and the Captin [J. R. Jenney] went ashore and got the letters when he came aboard he called all hands aft to get there letters when I got mine I felt good enough to jump over the main tople [topsail] yard. you have no idea how much good a letter from home does one away out

hear. I am tough as a knot and am enjoying myself hugely I can’t ride out with the girls so I have to ride out with the whales it an’t bad fun I supose you want to know wher I have been since I left Fayal [Portugese island in Azores] we came south to the Cape Verd islands we stoped at one of them called Praia [capital of Cape Verde] I went ashore one day it was a gay place there has been a famin there from 1862 to 1866 it never rained a drop. since that [then] they have had plenty of rain the inhabitans creoles they spek the Portugues language their complexion is yellow but the way the women dress it is what I call slaving they wear a blue skirt made fast around there boddys with a red sash it comes

about down to their knees, and on their heads they wear a red turban this constitutes their dress. what a contrast between this and tidy dressis and neat straw hats of the blueyed girls of yankee-land. from Praia we went west to the cost of South America then down along the coast as far as lattitude 45° then northeast to St Hellena we are going in and anchor the 17 I am going to visit Napolions tomb [he was exiled there in 1815 and died in 1821] and so forth about disipline it an’t very strict aboard an American whale ship. We ain’t alowed to swear when the officers are in hereing and have to keep our clothes clean and mended. You wanted to know what I had to eat drink and wear. I will tell you. we have salt Beef and Pork and sea bread all we want then we have soft Bread three times a week rice once a week mush once a week dride Apples once a week, molasses an Vinegar all we want. our potatoes are all gone now we had a 125 bushels and 25 bushels of onions and we have Butter once in awhile Tea Coffee and warter to drink cotten pants striped cotin shirts, with wide collars and low shoes straw hats I have got stockings enough but dont wear them when the sun dont shine we go bairfoot officers and all hands you need not wery about me suffering from the cold in this part of the world my shair of the [whale] oil is worth about 200 dollars I dont have much money to spend I have spent 3 spanish shillings about 72 cts in 8 months our Captin is young man only 32 years old but he is a good salor

and a good whaleman the first mate is a model man his name is Sylvenus C Waldron the second mate is a rough old salor but he is a good harted man his name is Joseph Simons the third mate Edward Cluny is christian man. I belong to his boat

I was very sorry to here of the death of my brother Thomas I was in hopes that I should see him some time but I never shall I must close this poorly written and poor spelled letter give my love to all of my brothers and sisters and all enquireing friends write soon and tell every body else to write tell Dan & Hellen to write to me you and Rhoda write a long letter Direct the same as befor any time for 6-8 months or a year to come

this from you affectionate son R G Cheney

[top of first page] tell Johney to be a good boy and go to school and help his Mother

The original of this letter is preserved in the St. Johnsbury Athenaeum, Manuscript Collection. The editor is grateful to librarian Shara McCaffrey for help in transcribing the handwriting. Letters in this series are transcribed as written with no changes to spelling, punctuation, or capitalization. Brackets indicate information added by the editor.



Drown family photograph

When Grace Elizabeth Drown was born earlier this spring she established her place in the fifth living generation of the Newman - Drown family with deep roots in Vermont's Northeast Kingdom. Above (L-R) are Father Michael Drown (Winthrop, ME); Great-grandmother Marilyn Drown (Barnet Center); 10-week-old Grace Elizabeth Drown; Great-great-grandmother Marion Newman (St. Johnsbury) and Grandfather Bruce Drown (South Berwick, ME).

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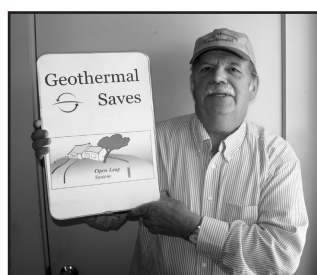
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Trophy Trout Fishing Underway Across Vermont

Vermont's "Trophy Trout" stocking program is underway with seven stream sections and 33 lakes and ponds receiving two-year old trout. Some are over 18 inches in length.

Fish & Wildlife Commissioner Wayne Laroche says, "The trophy rainbow and brown trout stocked in the Black, Winooski and Lamoille Rivers as well as Otter Creek have provided exciting fishing for anglers of all ages and skill levels for many

years. We are stocking trophy trout in sections of East Creek in Rutland, the Missisquoi in Enosburg and Sheldon and the Passumpsic River in St. Johnsbury. In addition, two-year old brook trout as well as some large rainbows will be stocked in selected lakes and ponds to provide excellent fishing opportunities."

Fishing in the trophy trout streams is open from April 12 through October 31 this year in



Photo by John Hall

Tom Jones, with Vermont Department of Fish & Wildlife, stocks Trophy Trout in the Winooski River in May. The Vermont Trophy Trout program includes seven stream sections and 33 lakes and ponds.

Lee Anthony

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7 AM Morning Edition	7 AM Only a Game	7 AM Spouting of Faith
8 AM BBC Newshour	8 AM Weekend Edition	8 AM Weekend Edition
9 AM On Point	9 AM Civ Talk	9 AM On the Media
10 AM Vermont Edition	10 AM Wait, Wait Don't Tell Me!	10 AM A Prairie Home Companion
11 AM The Story	11 AM World Cafe	11 AM All the Traditions with Robert Hesnik
12 PM Day in Day	12 PM This American Life	12 PM A Prairie Home Companion
1 PM Fresh Air	1 PM The Splendid Table	1 PM A Prairie Home Companion
2 PM All Things Considered	2 PM Marketplace Money	2 PM Studio 360
3 PM Marketplace	3 PM All Things Considered	3 PM All Things Considered
4 PM The World	4 PM A Prairie Home Companion	4 PM Word for Word
5 PM Jazz with George Thomas	5 PM My Place	5 PM Says You!
6 PM BBC World Service	6 PM American Routes	6 PM Selected Shorts
7 PM BBC World Service	7 PM Hearts of Space	7 PM Living on Earth
8 PM BBC World Service	8 PM Hearts of Space	8 PM BBC World
9 PM BBC World Service	9 PM Hearts of Space	9 PM BBC World
10 PM BBC World Service	10 PM Hearts of Space	10 PM BBC World
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the stream sections listed below. There is no length limit. The daily creel limit is two trout.

Black River: Along Rt. 131 in Weathersfield and Cavendish from the Downers covered bridge upstream approximately four miles to the next bridge, the Howard Hill Bridge.

Lamoille River: From the downstream edge of the bridge on Route 104 in the Village of Fairfax upstream, approximately 1.6 miles, to the top of the Fairfax Falls dam.

Otter Creek: In Danby and Mt. Tabor from the Vermont Railway bridge north of the fishing access upstream, approximately 2 miles, to the Danby - Mt. Tabor Forest Road bridge (Forest Road # 10).

East Creek: In Rutland City from the confluence with Otter

Creek upstream, approximately 2.7 miles, to the top of the Patch Dam in Rutland City.

Missisquoi River: In Enosburg and Sheldon from the downstream edge of Kane Road (TH-3) bridge upstream, approximately 5.7 miles, to the top of the Enosburg Falls dam in Enosburg Falls.

Passumpsic River: In St. Johnsbury from the top of the Gage Dam upstream to the top of the Arnold Falls dam. This section includes the Moose River from its confluence with the Passumpsic upstream to the Concord Avenue bridge.

Winooski River: In Duxbury and Waterbury from the top of Bolton Dam upstream to the US 2 bridge east of Waterbury Village. This section includes the Little River from its conflu-

ence with the Winooski River upstream to the US 2 bridge.

About 25% of the fish stocked in these waters will also be trophy trout: Adams Reservoir (Woodford), Amherst Lake (Plymouth), Baker Pond (Brookfield), Bean Pond (Sutton), Beck Pond (Newark), Black Pond (Hubbardton), Brown Pond (Westmore), Colby Pond (Plymouth), Colton Pond (Sherburne), Echo Lake (Plymouth), Goshen Dam (Goshen), Kent Pond (Sherburne), Knapp Pond #1 and Knapp Pond # 2 (Reading-Cavendish), Lake Paran (Bennington-Shaftsbury), Lefferts Pond (Chittenden), May Pond (Barton), McIntosh Pond (Royalton), Mill Pond (Windsor), Miller Pond (Strafford), Osmore Pond (Peacham), Lake Raponda (Wilmington), Lake Rescue (Ludlow), Rood Pond (Williamstown-Brookfield), Searsburg Reservoir (Searsburg), Lake Shaftsbury (Shaftsbury), Smith Pond (Pittsford), Stoughton Pond (Weathersfield), Sunset Lake (Brookfield), Townshend Reservoir (Townshend), Wheeler Pond (Barton), Zack Woods Pond and Perch Pond (Hyde Park-Wolcott).

Standard fishing regulations apply. For details, see the 2007 *Guide to Hunting, Fishing & Trapping*, available where licenses are sold.

Vermont fishing licenses are available statewide at more than 350 agents and on the Fish & Wildlife website www.vtfishand-wildlife.com

More information about trophy trout stocking can also be found on the website. Click on "Fishing" and then see "Stocking Schedule."

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Rhubarb Says Summer Is Here

DIANNE LAMB

This spring has been a remarkable one with more than the usual warm weather and sunshine. But one of the benchmarks of the change to summer is rhubarb, and mine is ready to be harvested. Visions of rhubarb sauce, pie and bread make my mouth water.

Rhubarb is known as “pie plant” because of its popularity as a culinary delight in pies and tarts in England through the 18th and 19th centuries. Botanically speaking, rhubarb is a vegetable, but it is classified as a fruit when eaten.

Stalks of the rhubarb are the only edible part of the plant. The leaves and roots are poisonous. Rhubarb stalks contain oxalic acid, which makes the calcium in the stalk unavailable for human absorption. A half-cup of cooked, unsweetened rhubarb has about 30 calories, but rhubarb is tart and has to be sweetened, which increases the calories to about 140 for a half-cup of sweetened sauce. You can cut the sugar or sweetener to be added by mixing rhubarb with strawberries, apples, pears or other fruit. Some families mark the passing of winter by the dwindling number of frozen rhubarb pies in their freezers.

If you don't have fresh rhubarb in your garden or available from a neighbor, you will find it in the supermarket. If you are a rhubarb lover and have space, rhubarb is very easy to grow and makes a colorful and interesting plant in a flower bed or garden. Contact the University of Vermont Master Gardener HelpLine for information on growing rhubarb at (800) 639-2230.

Two cups of fresh, diced rhubarb will cook down to about 1 cup, which contains over 20% of the daily requirement for vitamin C, potassium and manganese and about 4 grams of dietary fiber.

Whether you pick rhubarb from the garden or buy it at the market, cut the leaves and root end off before storing in the refrigerator. Rhubarb can be stored in a plastic bag in the crisper for a week. Before cooking, trim the stalks and trim away any bruised areas and wash.

University of Maine Cooperative Extension Nutrition specialist Nellie Hedstrom offers this recipe for making rhubarb sauce.

Popular cooking methods include baking and stewing for sauces. Rhubarb sauce is made by placing cut pieces in a saucepan. A stainless steel or Teflon-coated pan is preferred. Rhubarb is highly acid and may react to some metals such as aluminum. Add 2/3 cup of water to the pan, and bring to a boil. Add 4 cups of cut rhubarb (six to eight stalks). Reduce heat and simmer over low heat for about five minutes or until rhubarb is tender. Add sugar to taste; between 3/4 and one full cup is sufficiently sweet for most. If you like less sugar, start with a smaller amount and taste-test the fruit before serving. Cold

rhubarb sauce will not taste as sweet.

Rhubarb freezes easily and quickly. To freeze, chop rhubarb into 1/2-inch pieces. Spread on a sheet pan and freeze. Once frozen, pack rhubarb into freezer bags or containers. Label and return to freezer. Rhubarb frozen this way can be measured and removed from the container without having to defrost the whole package. Another suggestion is to freeze in amounts your recipes call for as in packages of 1 cup or a quart.

During the winter I made a crisp from frozen rhubarb, berries (blueberries, strawberries and cranberries — all frozen) and apples. It's a delicious treat.

Work rhubarb into your meals throughout the day. At breakfast add chopped rhubarb to muffin- or pancake-batter. Use rhubarb sauce as a topping for pancakes. Add a little rhubarb sauce to a fruit smoothie.

For lunch, mix rhubarb sauce with cottage cheese. Make rhubarb chutney, and use some on sandwiches.

At dinnertime, sauté diced

rhubarb and add mustard and use as a sauce for chicken, fish or meat. Add rhubarb sauce to fruit salad.

Here's a recipe for rhubarb-strawberry topping.

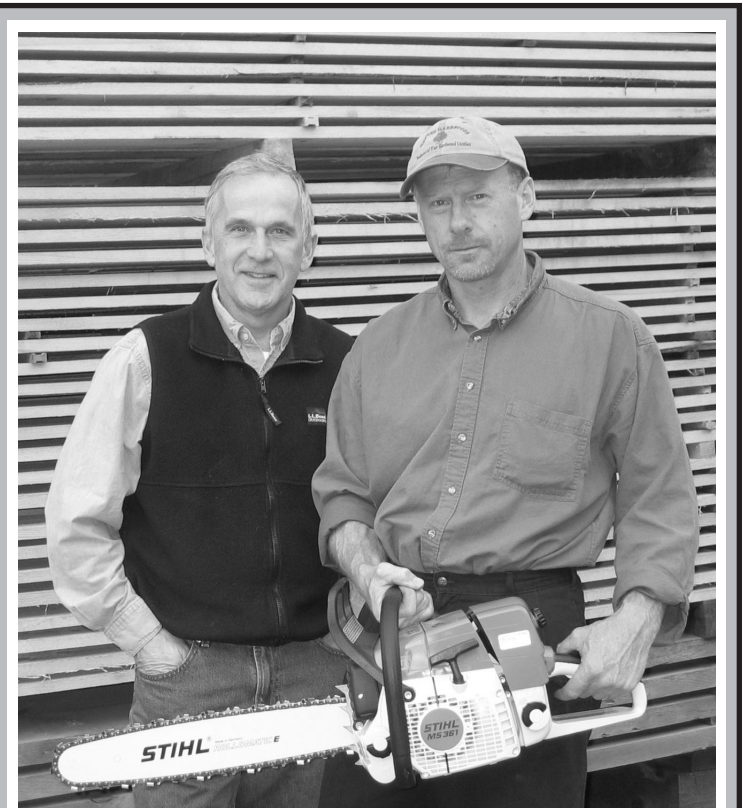
RHUBARB – STRAWBERRY TOPPING

- 4 cups rhubarb, cut in one inch chunks
- 1/2 cup sugar
- 1/3 cup water
- 2 1/2 teaspoons cornstarch
- 1 tablespoon water
- 3 cups strawberries, sliced
- 1 teaspoon vanilla flavoring

Combine rhubarb, sugar and water in a medium saucepan, and bring to a boil. Reduce heat, and simmer uncovered for 5 minutes or until rhubarb is tender. Combine 1 tablespoon water and cornstarch; stir well, and add to rhubarb mixture. Bring to a boil, stir constantly, and cook for 1 minute or until thickened. Remove from heat; stir in strawberries and vanilla. Serve warm or chilled over custard, ice cream or angel food cake. It's good on pancakes. Serves 5 (1/3 cup servings)

Enjoy the flavors of the season.

Dianne Lamb is University of Vermont Extension nutrition specialist.



Yankee Farm Credit Photograph

Joel Currier (right), owner of Currier Farms Forest Products in Danville, was the winner of a STIHL chainsaw at the Farm Credit drawing at the recent Northeastern Forest Products Equipment Expo in Essex Junction. Ken Buzzell, vice president and branch manager of Yankee Farm Credit office in Newport, VT, presented the prize.

Currier operates a sawmill supplying specialty wood products throughout the region. Farm Credit describes itself as the largest lender to agriculture in the Northeast. In addition to providing loans and leases, the organizations offer agricultural-specific financial services to forest products, agriculture and aquatics industries.



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Isaac Fletcher of Lyndon was twice elected to the U.S. Congress serving from 1837 to 1842

HARRIET F. FISHER

Letters From Washington

Isaac Fletcher of Lyndon was twice elected to the U.S. Congress serving from 1837 to 1842.

His letters written from Washington to family members or friends, tell something of life in the nation's capital 170 years ago. Some are political comments, and some are descriptions of the capitol grounds and Sunday activities there. His contemporaries were people we learned about in American history. Some are mentioned in these letters.

To Mrs. William Merrill in Hollis, NH, October 18, 1837, "Dear Sister, There are a great many Indians in town and among them the celebrated Chief Black Hawk."

To Epaphras B. Chase, Lyndon, VT, January 24, 1838, "I agree with you Abolition is an exciting topic and a very unfortunate one. It is one from which no good can result to the north and an immense injury to the south. But the south are determined if their rights are invaded to secede from the Union, speedily and forever. I regret the excitement. I believe many honest conscientious men are engaged in it misled by the falsehoods and calum-

nies of their leaders. I hope it will cease.

"As I am chairman of the Committee on Patents my business has brought me in contact with the Commissioner of Patents, Mr. Ellsworth. He is a great farmer and has kindly given me a number of grains, corn that ripens in 87 days after it is first planted, some field barley from Nova Scotia, some remarkable pole beans, spring wheat, bush beans, Siberian wheat, and some Maryland corn. If you will see them properly planted and sown, either on your farm or in my garden, I will send them home. The quantity is trifling, but if they succeed with us in a few years I shall be able to give some of each to all the farmers in the county."

To Hon. Isaac Redfield, March 12, 1838, "On Saturday in the Senate there was a war of the giants. Mr. Calhoun and Mr. Clay of Kentucky entered the arena and combated all day. The strife was wholly personal, the Senate galleries were literally thronged to overflowing from nine in the morning to six in the evening. A seat could not be procured for privilege, favor or money. Having business in the House I went to the Senate about one and could get no admittance. These master spirits of the Senate descended from the high and lofty ground of debate and

entered the arena of gladiators where they combated with great skill and power for six hours, much to the amusement of their enemies and the satisfaction of a great crammed audience. They used each other up pretty effectually. They were, in a political point of view, like the Kilkenny cats, 'nothing was left but the tip end of their twa' tails.'

"Today Mr. [Daniel] Webster has the floor. He is making one of his great speeches. It is a speech not for the present time, the present generation only, but for posterity. His speech is upon the sub-treasury system. Upon the bill the Senate is equally divided. If Mr. Calhoun's amendment is retained it will require the casting vote of the President to pass it; if it is rejected it will pass by a handsome majority. It is gaining ground in the House."

To Epaphras B. Chase, May 15, 1838, "I introduced an amendment to a resolution by J. Q. Adams. Mr. Slade & others made speeches. These called from me an answer. Of course I made one or two speeches, I carried my amendment and beat them.

"Times are fast changing. Now is the time for outlays and enterprise. Money is going to be plenty & credits good. Mark me that. Ninety days will tell the story. Biddle's chains are broken. Whig victories at an end. The prosperity of the country is commencing. We are hard at work



Isaac Fletcher was the author's great-great-uncle. After John B. Chase died in 1960 letters that Isaac Fletcher had written to Epaphras B. Chase (John's grandfather) were given to Dartmouth College. Harriet Fisher says, "I have copies of those letters as well as letters written to members of the Fletcher family, so I find that I have a lot of history at my fingertips."

here. The House did not adjourn last Sunday morning till half after one o'clock. The whole day & night of Saturday was spent in making speeches by the Whigs. Not a single speech was made by the friends of the Administration. The Whigs had the whole

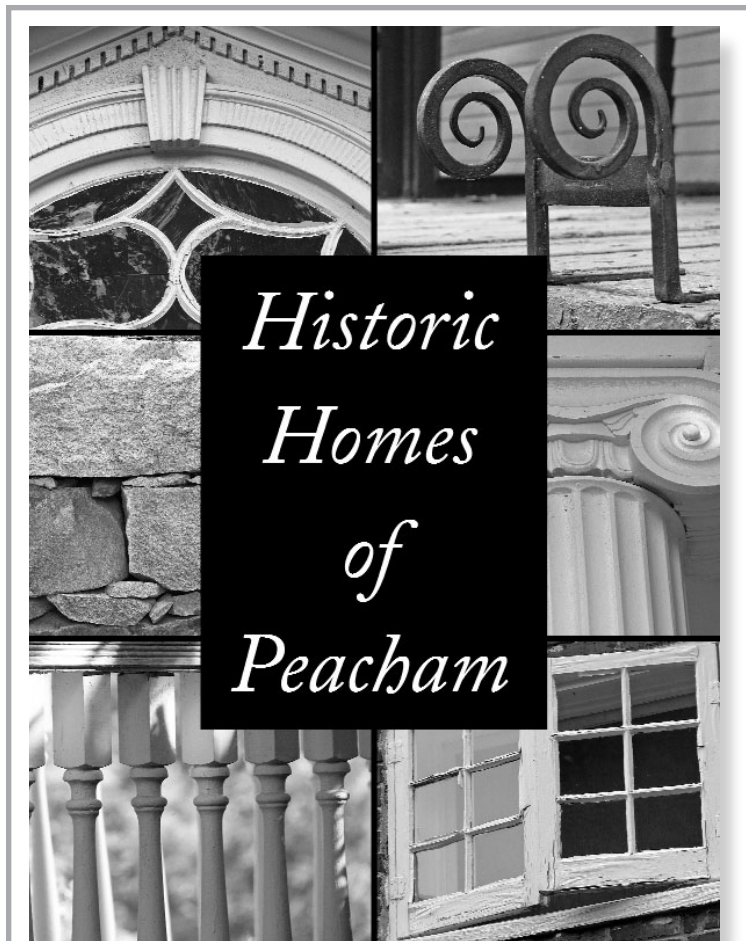
ground. We are at work upon a bill to authorize the Secretary of the U.S. to issue Treasury notes to the amount of ten millions to defray the expenses of Government the current year. The Whigs think it is best to resort to a loan thus giving the United States Bank an opportunity to furnish the money. The friends of the government will not agree to borrow of Nick Biddle. I suppose you would not. The bill is now under discussion and Nick Biddle's brother is making a long speech against it. We may get the question upon it today, but it is doubtful."

Another to Epaphras B. Chase on May 15, 1838. "The bill making appropriations for carrying on the war in Florida has produced long & weary discussion. Bell & Tournay of Tennessee came to blows in the House. The Sergeant at Arms was called on to separate the gentlemen. Yesterday Mr. Downing took up an inkstand to throw at the head of Mr. Biddle, but his arm was arrested and the assault prevented. The subject has been very exciting & belligerent, but we have got through with it. We passed the bill last night."

To Epaphras B. Chase, June 5, 1838. "As to my health I can only say that since I wrote the other sheet I have been to the public departments on business which are two miles from my boarding house, that the day is warm, and that I walked there and back, and have been at the House doing business."

To his sister, Elisabeth Fletcher Merrill in Hollis, N.H., June 17, 1838. "I am at leisure today. Our streets are thronged with people going to meeting;

(Please see Bell & on Next Page)



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The Cork & Bottle

Gerd Hirschmann

Vernaccia di San Gimignano's origins in Tuscany are shrouded by the mists of time. Some even suggest the grapes used to make it were brought by the Etruscans. In any case, over the centuries, the vines adapted superbly to the soil around San Gimignano, and the Renaissance Vernaccia was considered Italy's finest white wine, fit to fire the imaginations of poets, artists and Popes. In part because of its renown, it was the first Italian wine to be awarded DOC status, in 1966.

The enological revolution, which is sweeping through Tuscany, reached San Gimignano as well. Vernaccia producers are returning to their roots, improving their grapes, reducing their yields and vinifying with care. As a result we are

seeing a return of the wine that garnered so much acclaim in the past. Powerful and full-bodied, with a rich, heady bouquet and a crisp clean taste that lingers long on the palate, it is a golden-hued wine that both warms and inspires.

"Vernaccia is really a red wine made from white grapes," observes one winemaker, who has been making wine the traditional way for 30 years and is now one of the driving forces behind the wine's rebirth. There are three kinds of Vernaccia, which illustrate the major styles currently being made by San Gimignano's better producers:

Tradizionale is made with extended maceration of the skins to draw the most from the grapes. This is, as its name implies, the traditional Vernaccia

and has a deep golden color produced by compounds in the grape skins. Indeed, the color was so important that in the old days in off years producers used to add caramel to achieve it. The wine has a rich floral bouquet, good fruit and is full bodied. It goes well with the local cuisine and could also be an interesting accompaniment to a Chinese meal.

Fiore is from free-run must. Free-run must is the juice that runs from the press before it is turned on. This is the reverse of Tradizionale, a delicate wine that is much lighter on the palate and which will complement rather than overwhelm subtly flavored dishes such as steamed fish.

Carato is barrel-fermented. Almost every Tuscan producer who makes white wines now ferments some of them in barriques. The wood tannins from the barrels give the wine a more international character, with hints of vanilla on the nose and added body and complexity on the palate. However, the influence of

the wood is carefully controlled to keep the wine from being oaky. Carato is still very much a Vernaccia. It will be a fine accompaniment to crustaceans or white meats.

The 'Il Palagione' farm is located on the last hill on the medieval town of San Gimignano, along the Volterra panoramic road. Documents at the Episcopal archives of Colle Val d'Elsa confirm it already existed in 1594. This estate belonged to those land properties around Castel San Gimignano.

The farm is situated on top of the hill about 1,000 feet above the sea level. It has an area of about 100 acres. Only about half is used for grape growing, the rest is used for olive groves, walnuts and cherry orchards, as well as woodland and pastures. Close by is the wine cellar, with the most modern machines for processing grapes softly and delicately. Underground, a cav-

ernous area for barrels was created to get the best and most natural wine preservation in oak barrels and balanced aging in the bottle.

It's a great white wine, which is hard to top.

Look for Il Palagione Enif, a beautiful blend of "sur-lie" Malvasia and Trebbiano with great floral, fruity aromas and flavors of apricots, peaches and almond with an easy, clean finish. It's a great white wine, which is hard to top.

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

Bell & Tourney of Tennessee came to blows in the House. The Sergeant at Arms was called on to separate the gentlemen.

(Continued from Page 28)

they cross each other in all directions. Some are for a jaunt in the country to breathe the fresh & to recreate themselves with sport and play. All are let loose on Sunday, crossing and jostling each other."

To Epaphras B. Chase, March 8, 1839. "The Maine difficulties protracted the session. John Q. Adams on that occasion played the Patriot. Indeed no man could have done better. He is a great man when he pleases to be. I forgive him much he has heretofore said and done, believing that when the honour & interest of his country is at stake that the old gentleman will come to the rescue. The publick ear is full of rumor here. Report says that the British have strong force on the Aroostock & that Governor Fairfield is concentrating his force at Holton. I do not think that we are going to have war with England. There will be a flare upon the borders and be settled by negotiation."

To his sister in Hollis, June 7, 1840. "I know not when Congress will adjourn, probably not until sometime in July, and I shall not be surprised if not until the first of August. The weather is quite warm and we have for many days an abundant supply of all kinds of vegetables, green peas, beans, cabbage, new potatoes, berries of all kinds. At this season of the year these gardens and walks are beautiful beyond anything you ever saw. The gardens cover probably 50 acres, graveled and paved walks in every direction intersect each other. These walks are bordered with beautiful trees and shrubbery interspersed with a great variety of flowers which shade and perfume the air and make a walk very agreeable. In the shades are beautiful arbors cov-

ered with honeysuckles & hyacinth. Among these walks are fountains in which sport the gold & silver fishes and aqueducts are constantly players written so long ago, to cool and refresh the air.

"On a pleasant evening sometimes you will see probably as many as two hundred coaches standing in the public yard about

the capitol and it may be a thousand persons walking for pleasure in these public gardens and listening to a fine band of music from the colonnade of the capitol. I wish you could be here with your husband and Elisabeth [their daughter] some fine evening to enjoy the exhibition." ★

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No Small Potatoes

Vanna Guldenschuh

Vermont has turned its magnificent green again. Nothing compares to the color of the verdant fields of our state at this time of year. The grasses are not only luscious to the eye but to the taste as well. All that is needed is some transformation by the dairy animals that eat them and the dairy industry that converts them into some of the best cheeses in the world.

Cheddars, bries, chevres, camemberts, hard and soft varieties, blue veined and soft creamy types, artisanal and table cheeses – are all made in Vermont, and rival their counterparts produced anywhere in the world. I don't know why you would buy cheese from any other place.

Go to www.vtcheese.com, and you will see diverse products of this industry, as well as smiling cheese makers and the contented dairy animals living high off the grasses of Vermont.

Use Vermont cheeses in the following recipes.

Pasta and Three Cheeses

Real Vermont cheddar makes an everyday macaroni and

cheese into a real gourmet treat. It tastes so good, even children who demand the boxed version of Macaroni & Cheese will like this, although you might want to leave the onions off the top if you are feeding fussy youngsters.

- 1 lb. box pasta – I use butterfly (bow tie or farfalle) pasta. You can use penne pasta if you want.
- 1 lb. block of extra sharp Vermont cheddar cheese
- 8 oz. grated 100% parmesan cheese
- 1 cup ricotta cheese
- 1 teaspoon Worcestershire sauce
- 1 teaspoon hot sauce
- 6 cups milk
- ½ cup heavy cream
- 2 cups breadcrumbs – preferably homemade
- 1 large onion – thinly sliced

Cook the pasta (al dente), strain and rinse with cold water. Reserve the pasta in a buttered baking pan.

Meanwhile cut the cheese into small pieces and place in a suitable container for heating. Pour the milk over the cheese, making sure all the cheese is fully submerged. You may have

to use a little more milk. I like to use a microwave to melt the cheese into the milk (This requires a plastic or microwavable container.) If you are using the stovetop, a medium-sized saucepan will suffice. Using medium heat on stovetop or full power in the microwave let this mixture become a completely melted homogenous mass. You want it all to be melted, but you don't want to cook the mix - just melt. The cheddar will always look a little curdled at this stage – not to worry. Make sure to stir every so often. When the cheese and milk mix are hot and fairly smooth add 6 ounces of the grated parmesan, the ricotta, Worcestershire sauce and hot sauce. Stir well. Pour this mix over the pasta in the baking pan and stir it in evenly.

Mix the breadcrumbs with the rest of the parmesan cheese, and spread over the top of the pasta and cheese. Place the onion slices on the top, and drizzle the heavy cream evenly over the top.

Bake in a 375° oven for about 30 minutes or until it is all bubbly. Remove from the oven, and let the casserole sit for about 15 minutes before serving.

A simple salad is all you need for a great meal.

The Perfect Grilled Cheese Sandwich

I know this sounds like a “no brainer,” but at my café we served an absolutely delightful grilled cheese sandwich, and there were stringent rules on how to make it. You need soft butter, a block of Vermont cheddar cheese to slice yourself and decent bread. I like hearty white bread on this sandwich, but feel free to use your favorite. The directions detail how to make one sandwich.

- 1-2 tablespoons soft, room temperature butter

Vermont Cheeses

- 2 slices bread (about ½ inch thick) I like a hearty white
- 3-4 slices Vermont cheddar cheese (from a block) – slice it fairly thin

Heat a skillet or griddle to medium temperature on the stove top. Very lightly butter all the sides of the bread. The secret is to use as little butter as possible and coat all the surfaces. If the butter is too heavy it will make the sandwich sodden with butter.

Put the two slices of bread in the skillet and lightly brown the bottom of each piece. Adjust the heat if it browns too quickly. Turn both slices over and put the slices of cheese on one slice of the bread. Cover the cheese with the browned side of the other slice of bread. This puts the cheese between the two hot sides of the bread and starts the melting immediately.

Cook until the bottom is browned and flip the sandwich to brown the other side. There you have it – the perfect toasted cheese.

Serve it with tomato bisque for the perfect lunch.

Vermont Goat Cheese, Yogurt and Maple Pie

Vermont produces wonderful goat cheese. It pairs deliciously with all kinds of flavors – sweet and savory alike. I always keep some handy for a spur of the moment hors d'oeuvre with nuts, fruit or even salsa. It is an under-used, but versatile food. It is perfect to use in desserts, with its great texture and subtle flavor, as in this recipe that uses maple syrup for a real Vermont twist. I like the chevre from Vermont Butter and Cheese Company. It

is perfect for desserts.

- 1 pie crust – your favorite recipe
- ½ cup walnuts – chopped
- 3 eggs
- ½ cup sugar
- 12 oz. Vermont goat cheese
- ½ cup cream
- ½ cup Vermont yogurt (I like the whole milk organic yogurt from Butterworks Farm)
- ¼ cup pure Vermont maple syrup
- 1 teaspoon vanilla extract

Preheat the oven to 325°. Line a 9 inch pie plate with a thinly rolled out crust. Sprinkle ¼ cup of the chopped nuts on the bottom. Set aside.

Beat the eggs until creamy and set aside. Cream the goat cheese, cream and sugar until light and fluffy. Blend in the maple syrup, yogurt and eggs till well combined. Pour into the pie crust. Bake about 50 minutes.

Allow the pie to cool and put in the refrigerator to set. This should take about 3 to 4 hours – overnight is fine.

Mix the remaining chopped walnuts with a tablespoon of sugar and sprinkle over the top for service.

If you want to turn this into a spectacular dessert, omit the walnut topping and make a maple aspic to put on the top after the pie has set. It seems a little fussy, but it is a real show stopper, and is actually quite easy.

Maple Aspic Topping

- ½ cup pure maple syrup
- ¾ cup water
- 1 teaspoon unflavored gelatin

Combine the gelatin and ¼ cup water in a small bowl. Set aside and let it bloom for 10 minutes. Meanwhile in a saucepan heat the maple syrup and remaining water to a simmer. Add the gelatin mix and softly whisk it over low heat until all the gelatin has dissolved. Let it cool, but not set, at room temperature. Strain it into a pourable container.

When the aspic has completely cooled (but not set) and the pie is cold and set, carefully pour the aspic over the top of the pie so it forms a beautiful golden layer. Put it back in the refrigerator to set the aspic. This will take about an hour.



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Black-eyed Daisies Light Up Our Fields All Summer Long

LEONARD PERRY

Black-eyed daisies (Rudbeckia) are also known as Black-eyed Susans or coneflowers. They shouldn't be confused with another perennial coneflower (Echinacea). Other common names are gloriosa daisy and rudbeckia. This native to the United States is often admired as a wildflower or cultivated in gardens for its colorful flowers in yellows, golds and oranges. It has been named flower of the year for 2008 by the National Garden Bureau.

Rudbeckias are low maintenance flowers. They prefer full sun for best blooming, but they will tolerate light shade. They tolerate some drought once established, and they are deer resistant. They prefer well-drained soil of minimal fertility, as too much fertilizer can make plants flop. These flowers are attractive to bees and butterflies, and their seeds are appealing to birds.

Rudbeckias are a diverse group of flowers, including annuals to perennials. They range in height from one to nine feet. The most popular perennial selection, and one of the most popular perennials in general, is the cultivar 'Goldsturm' meaning "gold storm." Its gold flowers in mid summer until fall are on plants two to three feet high.

One of the oldest grown cultivars is of the perennial cutleaf coneflower with its deeply divided leaves. "Golden Glow" has double yellow flowers on plants to nine feet tall. In some areas it may be known as the "outhouse plant" as it was often planted around outhouses as a visual screen. The Golden Glow can spread to six feet across, so give it plenty of room. Another good cutleaf coneflower, with large single yellow flowers, is 'Herbstsonne' meaning "Autumn Sun."

A recent favorite of mine is the three-lobed coneflower with its

dainty one to two inch wide gold flowers on plants that grow two to five feet tall. Its leaves are divided into three oval parts, giving rise to the species name. This prairie plant self-seeds and can be grown as an annual, biennial or short-lived perennial. It fills in among other plants or is wonderful growing in masses.

The most commonly seen rudbeckias in gardens are the gloriosa daisies. These are grown as annuals in the North and as biennials or perennials in the South. In mild winters in the North, plants may be perennial. Some are short, only about a foot high, including 'Becky,' 'Toto' and the double 'Maya.' Three of my favorites are about three feet high, and are All-America Selections winners.

'Indian Summer' was an AAS winner in 1995, having golden yellow flowers five inches or more across. 'Cherokee Sunset' was an

AAS winner in 2002, having semi-double to double flowers two to four inches across in various shades of yellow, orange and bronze. 'Prairie Sun' was a winner in 2003, having flowers five inches across. They are golden yellow with lighter primrose yellow petal tips. Similar to 'Prairie Sun', only with smaller yellow flowers green

towards the centers, are 'Irish Eyes' and 'Green Eyes.'

The short gloriosa daisies are great in front of larger beds and along walks. The taller selections are showy in the backs of plantings. Both work well in large containers. Try the perennial rudbeckias in meadow or prairie-style gardens. They combine well with ornamental grasses and with the blues of perennials such as Russian sage, catmint, blue lobelia and fall asters.


Leonard Perry, Ph.D. is extension professor, University of Vermont.



Black-eyed daisies have an extended bloom season. They are heat tolerant and good for mass plantings, ground cover and naturalizing. They attract birds and butterflies, and are suitable for use as cut- and dry-flowers.




Clif Muller



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All of the Associates of BEGIN REALTY welcome Armand Veilleux as our newest Associate in the Danville office.

Armand is a native Vermonter and a life-long resident of the Northeast Kingdom. He currently resides in Waterford with his wife, Linda Lyon Veilleux, and their son, Mark, a student a UVM.

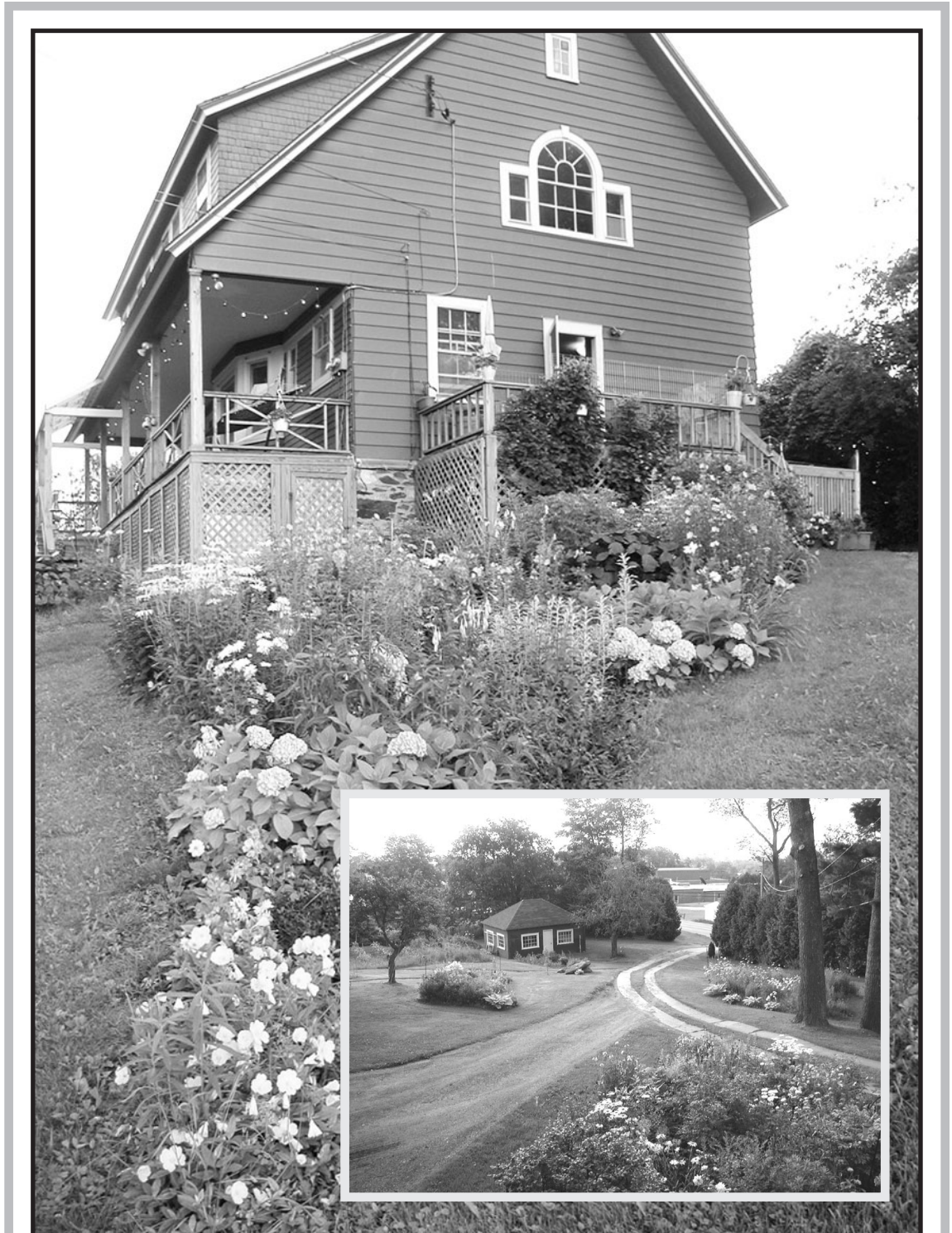
Armand prides himself on his knowledge of the surrounding communities and the many people he has come in contact with during his 35 years with the postal service.

Armand has two years experience in real estate sales and he is committed to helping you move ahead with all your Real Estate needs and making your transaction a pleasurable experience. Call him at the Danville office, 802-684-1127.

Start your search here.



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 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

Guinea Pig Gets a Rough Shake

Dear Tom and Ray:

So, I was driving home in my beloved 2003 Toyota Prius on Friday. I turned right a few blocks from my house, and the wheel froze in the turned position. I slammed on the brakes to avoid hitting a parked truck. After a few minutes of freaking

out, I realized that with all my might, I could force the wheels straight enough to get it home. I had the car towed to a dealer, and they say it's an electrical connection between the steering column and the rack and pinion, and will cost about \$2,000 in parts and labor. I'm at about 70,000 miles, way past the 36,000-mile warranty. I know there was a recall having to do

with the steering system on Priuses made just after mine, but the dealer says it doesn't apply. Do I have any recourse? I've gotten all the scheduled maintenance at the dealer ... I just keep thinking that if this had happened on the freeway, I'd be dead. Thank you.

Rebecca

RAY: I'm afraid the dealer is right, Rebecca. The later steering recall is for a different issue entirely, so it wouldn't apply to your car.

TOM: And he's right that what you probably need is a rack and pinion, which will cost you two grand.

RAY: Welcome to the world of new technology. One of the many ways the Prius saves fuel

is with electric power steering. And although it's expected to become more and more common (and, presumably, more durable), the Prius was one of the first vehicles to use it.

TOM: It works by using sensors in the steering column, which tell a computer how far, how hard and how quickly you're turning the steering wheel. The computer then sends an appropriate amount of electrical "boost" to the electric power-steering motor (most cars use hydraulic power-steering pumps, run by the engine).

RAY: The advantage of this electric system is that it saves fuel by being smaller and lighter, and by running off electric power only when that power is needed, instead of off the gaso-

line engine all the time. The disadvantage of it is that it's new, and apparently it can fail catastrophically.

TOM: So, you're a guinea pig, Rebecca. We're just glad to hear that you lived through the experiment.

RAY: You can try asking to speak to the dealer's zone manager. You can make your case to him or her, and ask if he or she will help you with the cost of the repair, since you almost died - and now that you're still alive, if he or she treats you well, you'll be around to buy more Toyotas. But if he or she tells you to get lost, you'll just have to consider this part of the cost of being an early adopter.

Sorry, Rebecca.

ML#2718634

Wonderful camp within walking distance of Joe's Pond and offering a full bath, kitchen, glassed in sun porch and a sleeping loft. Could be converted into a year around home.



\$100,000

ML#2659674

Circa 1820 renovated 3-bedroom cape on 14.25+/- acres. Inside features a spacious kitchen with porcelain floor, a large den, formal living & dining rooms, 1st floor master bedroom/bath & more. Outside, there is a screened gazebo, nice grounds, large barn with a heated shop & open fields for gardens and/or livestock.



\$239,000

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GROTON

This property has it all. Large living area with two fireplaces. Six bedrooms. Full finished walkout daylight basement onto a deck overlooking two ponds. Fenced pastures with a barn. Large garage big enough to put six cars with a finished room above, could be an office. Very desirable view to southwest. Thirteen acres.

\$400,000

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PEACHAM COMPOUND

MLS #2718693 These three well-maintained houses are comfortable to live in and are well insulated and efficient to heat. Each house is fully furnished, has separate utilities and each one features 3 bedrooms, kitchen, living room and bath. Would make a great investment property: Rent out all 3 houses - or live in one and rent out the other two for extra income. Keep your snowmobiles or boats in the large garage. Walk to Martin's Pond in summer or winter. Ride your sled to the nearby entrance to the VAST Trails. Situated on a country road, with 4.66 open acres with nice local views.

\$385,000



WALKING DISTANCE

MLS #2719295 If you're looking for a home with-in walking distance to school and downtown, than this 3 bedroom, 2 bath vintage home fits the bill! One of the oldest homes in St. Johnsbury, this 1801 cape still has all the charm and character, but with a brand

new kitchen and bath, plus recent roof, furnace and updated wiring. You'll love the wide-board floors, 3 fireplaces, original beams and all the nooks and crannies an old home offers.

\$184,500

#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

#6865 E. Burke

Beautiful sunsets & gorgeous long range views is what you will enjoy from this well cared for up to 5 bdrm., 2 bath home in the country. All this plus a sunroom, cathedral ceilings, new heat system (11/07). A terrific getaway for the whole family or your full time residence. Minutes from Burke Mtn. Ski area & more!



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Kid Is Wise Beyond His Years

Dear Tom and Ray:

My name is Daniel. I drive a 2005 Escalade (OK, it's a toy car). I am 7 years old. Here is my question: Why do speedometers in cars go up to 120 mph, when you are only allowed to go 65 mph?

- Daniel

RAY: Great question, Daniel. To answer it, we have to give

Danville Senior Action Center

June Meal Schedule

- June 3** - Hamburger on a Bun with Lettuce and Tomato, Potato Salad, Fruit Cocktail, Grapenut Pudding.
- June 5** - New England Clam Chowda, Grilled Cheese with Tomato Sandwich, Spinach Salad with Mandarin Oranges and Balsamic Vinaigrette, Watermelon, Nollie's Donuts.
- June 10** - Margaret Ide's American Chop Suey, Baby Carrots, Whole Wheat Rolls, Orange Juice.
- June 12** - Pulled Pork on a Bun, French Fries, Cole Slaw, Rice Salad with Peas, Broccoli and Red Peppers.
- June 17** - Homemade Pizza, Cottage Cheese, Tossed Salad with Homemade Croutons, Cantaloupe, Orange Juice.
- June 19** - Meatball Subs with Mandarin Sauce, Pasta Salad, Tropical Fruit Cocktail, Apple Pie.
- June 24** - Marinated Boneless Chicken Breasts, Pasta Primavera, Garlic Bread, Steamed Broccoli, Orange Juice.
- June 26** - Shepherd's Pie, Peas and Carrots, Whole Wheat Rolls, Strawberry Shortcake.

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.

you a lesson in advertising.

TOM: A lot of advertising is done by implication. That means they may not be able to actually SAY something, because it isn't true. But they can SUGGEST it.

RAY: A carmaker may not be able to SAY that a car goes 120 mph, because it doesn't. But it can put a speedometer in the car that goes up to 120 mph. That IMPLIES that the car can go that fast.

TOM: And that's supposed to make you say: "Wow, this car can go 120 mph. It must be good!"

RAY: But smart people - like you, Daniel - will say to yourself: "I live in civilization. Where could I ever drive 120 mph? I can't! So, why do I need a car that can go that fast?" Then you'll look past the advertising to things that really matter - like whether it's well-built, gets good gas mileage, is the right size for you and is safe.

TOM: To give you another example of implied advertising, take a look at the box that your morning breakfast cereal comes in. What's on the box? An athlete?

RAY: The implied message is, "If you eat this cereal, you'll be able to play baseball or football just like this athlete." Of course it's not true, because

you'll be too fat from eating candy disguised as breakfast cereal every morning. So they don't SAY it, they just IMPLY it.

TOM: So, you're a very wise young man to notice that, Daniel. And if you want to learn more about tricks like these, send me \$25, and I'll send you our pamphlet, which will instantly make you as smart as two guys who write a car column in the newspaper.

RAY: That was a test, Daniel. (1) There is no such pamphlet, and (2) you're already smarter than we are.

Fed Up with Overheating Car

Dear Tom and Ray:

I'm going to get right to the point here. I just spent \$1,500 on the repairs for my 1999 Pontiac Montana minivan. It was overheating big-time and losing coolant. Here is the list of the stuff they took four days to replace: Lower intake manifold gasket set, water pump, thermostat and gasket, serpentine belt, radiator, oil change, injector seals, fuel filter, air filter, plugs and wires.

I had it back for a grand total of 10 minutes, and guess what? It overheated again. By the way, they said they tested the head gasket, and there was no indication of that being the issue. If you have any ideas, I'd love to hear them, because I am ready to drive it off a cliff ... and I may or may not decide to jump out at the last second. Hope to hear from you soon.

- Daria.

RAY: Don't drive this car off a cliff, Daria. It wouldn't be fair to the weeds and garbage it lands on.

TOM: We've got two ideas. One is to check the rear heater pipes. This van has an optional rear heating system, and over time the pipes that carry the coolant to the back tend to corrode. And then they leak. That could explain your loss of coolant and the resulting overheating.

RAY: The other possibility is that the manifold itself is cracked and allowing coolant to get sucked into one of the cylinders. This vehicle uses a plastic intake manifold, which is prone to cracking. That would explain your symptoms, too.

TOM: And since a head-gasket test looks for hydrocarbons in the coolant rather than vice versa, neither of these failures would show up in a head-gasket test.

RAY: Now, some of the stuff these guys sold you has nothing to do with losing coolant. A new belt, a fuel filter, spark plugs and wires won't do anything to plug a coolant leak. But they'll probably argue that you needed that stuff anyway, and you may very well have needed it.

TOM: But since they didn't fix your primary problem, I think you're within your rights to go back and ask them to try again. I mean, it overheated again after 10 minutes. Even WE have a longer warranty than that.

RAY: Yeah. Ours is 20/20. Twenty minutes, or 20 miles from the shop.

TOM: And since they clearly misdiagnosed the problem, they should provide the additional diagnosis and labor at no cost. If you need additional parts, you can even suggest that they give them to you at their cost.

RAY: In the meantime, be

careful not to run the car out of coolant or drive it while it's overheating. If you do, you could end up with a cracked head or cracked block. And then we WILL have to guard the cliffs near your house, Daria. Good luck. ★

Time

Take time to say I love you,
Take time to say I care,
Take time to ask forgiveness,
While there is still time to share,

For time goes by so quickly,
That before we are aware,
Our time on Earth will have run out,
There'll be no time to spare.

Carolyn French

Pumpkin Hill Singers Concert Series

"Glory! Glory!" sing the Pumpkin Hill Singers this spring. June will be ushered in with a June 1 performance at the Danville Congregational Church at 7:30 p.m.

The group will be singing songs from South Africa, Republic of West Georgia, Canada, Japan and Croatia as well as from the United States. The title song of the concert "Glory! Glory!" is the name of a South African song of celebration, which has been recently learned by the group.

Also featured in the concert will be "Children of Sky," a new song by group members Steve Parker and Susan Terry.

Instrumentalists Jeff and Ellen Gold and David Hare will accompany the sixteen member group. These musicians also accompanied the singers on their recently released CD with, "With Song Alone." Also joining the singers on two songs will be pianist Karla Boone.

The group will have copies of their CD for sale at the concert.

West Barnet Senior Action Center

June Menu

June 4 - Salmon Pea Wiggle with Crackers, Pickled Beets, Biscuits, Chocolate Chip with Caramel Bars.

June 6 - Buffet.

June 11 - Lasagna, Tossed Salad, Italian Bread, Apricots.

June 13 - Roast Turkey with Stuffing, Potatoes, Peas, Cranberry Sauce, Rolls, Mixed Fruit.

June 18 - Macaroni and Cheese, Hot Dogs, Stewed Tomatoes, Sweet Breads, Jell-O.

June 20 - Liver with Bacon and Onions, Mashed Potatoes, Sliced Carrots, 3-Bean Salad, Dark Bread, Chocolate Pudding.

June 25 - Corn Chowder, Tuna and Egg Salad Sandwiches, Cottage Cheese with Fruit, Assorted Pies.

June 27 - Hot Roast Beef Sandwich, Rice, Broccoli, Cole Slaw, 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.



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ML2698435 Every detail was planned to make this home comfortable and pleasant - spacious rooms that allow lots of light to pour in and makes entertaining a joy. A well-planned kitchen that is large enough for two cooks to work together, 4 bedrooms that accommodate queen- or king-sized furniture, 3 baths to speed up the morning routine, a 2+ car garage so there is room for cars and outdoor "stuff" and top that off with a 3-acre lot with views. **\$309,900**

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PERFECT PLACE FOR THAT WELL-DESERVED REST & RELAXATION
ML2704896 A waterfront camp with 128+/- feet of frontage on Joe's Pond. Large screened-in porch overlooking Joe's Pond, 2 bedrooms, 1 bath, kitchen, dining area and living room all remodeled including wiring, plumbing, flooring. Most furnishings included; including appliances. **\$239,000**

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ML2695481 If you love to hunt, fish and snowmobile this property is for you. Surrounded by nature's beauty and wildlife are two houses; live in one and rent the other. The property features a brook, small pond, a maple orchard and near VAST trails. Truly a sportsman's paradise you won't want to miss out on. Call us today and find your happiness in the wilderness. **Recently reduced to \$99,995**



ML2660674 Beautiful views overlooking the Connecticut River Valley, hills, & mountains This 72-acre parcel is partly wooded w/open pasture & electricity. Located on a private, town maintained road in Barnet, you'll find many places to build your primary home. Choose the hilltop overlooking the barn, or a spot on the knoll in the back pasture. Within five minutes of Harvey's Lake! Small ranch style home included. May be available with less acreage. Call for details today! **\$375,000**

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AROUND THE TOWNS



June

COMMUNITY CALENDAR

Daily: NEK Artisans Guild Backroom Gallery "Garden Reflections" exhibit featuring work by Marion Greenwood, Meryl Lebowitz, Ellen Levitt and Viiu Niiler, June 6 - July 15. (802) 535-5008.

Weekends - Ben's Mill, Barnet, open Saturdays & Sundays, 11 a.m. - 3 p.m. (802) 748-8180.

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

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.

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

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.

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.

1 Pumpkin Hill Singers Concert, 7:30 p.m. Congregational Church, Danville. (802) 748-2603.

2 NEK Audubon Informational & Planning Meeting, Fairbanks Museum, 4:30 p.m. (802) 748-8515.

3 *Abby Hemenway and the Vermont Historical Gazetteer* with Deborah Clifford, 3 p.m. Brownington Grange Hall. (802) 754-2022.

4 *The Great Debate: Is it Time for a Second Vermont Republic?* With UVM Professor Frank Bryan and former Deputy Secretary of State Paul Gillies, 7 p.m. Goodrich Memorial Library, Newport. (802) 334-7902.

4 *Forward from Here: Leaving Middle Age and Other Unexpected Adventures*, with Reeve Lindbergh, 7 p.m. St. Johnsbury Athenaeum. (802) 748-8291.

5 Naturalist's Choice walk with Walter Medwid, Northwoods Center, East Charleston. 9 a.m. (802) 723-6551.

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

7 NEK Audubon Hike: Welch and Dickey Loop, Waterville Valley, NH. Meet at Fairbanks Museum, 8:45 a.m. (802) 748-8515.

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

7 Mark Shelton, 7 p.m. Haskell Opera House, Derby. (802) 754-2216.

7-8 Caledonia County Relay for Life, St. Johnsbury Academy. (802) 626-9622.

8 Open House, Bread & Puppet Museum, Glover, 1 p.m. (802) 525-3031.

11-15 Rural Heritage Institute, Sterling College, Craftsbury Common. (802) 586-7711.

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

13-15 Weekend Fly Fishing School, Seyon Ranch, Groton. (802) 253-7346.

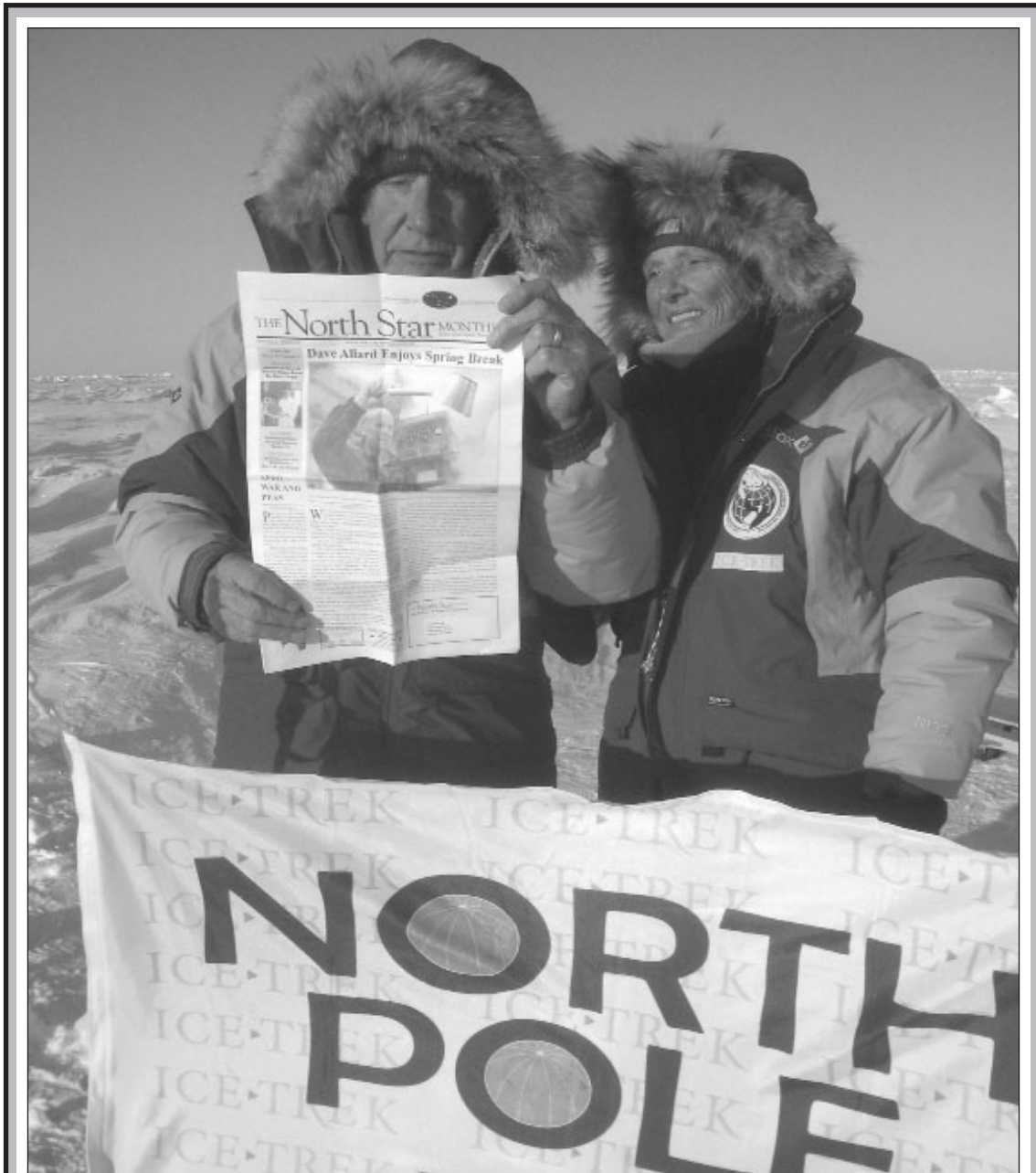
14 Pancake Breakfast, Lake View Grange Hall, West Barnet, 8-10 a.m. (802) 748-8180.

14 Tour de Kingdom Bike Race, Derby. (802) 334-8511.

14 Wild Edibles Hike with Forrest Gardner, Northwoods Center, East Charleston. 9 a.m. (802) 723-6551.

14 GPS and Mapping for Landowners with John Whitman, Northwoods Center, East Charleston. 10 a.m. (802) 723-6551.

14-15 Antique Gas & Steam Engine Show, Old Stone House, Brownington. (802) 754-2022.



Fischer/Burdet Photographs
Lynda Burdet and Heinz Fischer, from Lyndon, and a team of other adventurers followed GPS readings to the North Pole on April 15. On that date they stood on the top of the world and thought about their challenges and accomplishment. Far from the sound of cell phones and music or the obvious signs of pollution they reached for The North Star. Please see Page 18.

15 Music for a Sunday Afternoon, Philomel Voice and Piano Duo, St. Mark's Church, Newport, 4 p.m. (802) 334-7365.

15 FATHER'S DAY

18 Full Moon Paddle on the Clyde River and Echo Lake, Northwoods Center, East Charleston. 7 p.m. (802) 723-6551.

20 FIRST DAY OF SUMMER

21 Mountain Birds and Blooms with Jayson Benoit, Northwoods Center, East Charleston. 7 a.m. (802) 723-6551.

21 Chautauqua and Cobleigh Library Summer Reading Kick-Off with John Gailmor, 10 a.m. Bandstand Park, Lyndonville. (802) 626-5475.

21 St. J Jazz Band Dance, Irasburg Town Hall, 8 p.m. (802) 754-2022.

21-22 Cultural Heritage Festival, Bandstand Park, Lyndonville, (800) 884-8001.

25 Leland Kinsey and Stephen Sandy Poetry Reading, St. Johnsbury Athenaeum, 7 p.m. (802) 748-8291.

26 NEK Audubon Annual Meeting and potluck lunch, Silvio O. Conte Refuge Station, Bloomfield. (802) 754-2010.

28 Barton River and Lake Memphremagog canoe trip, Northwoods Center, East Charleston. 9 a.m. (802) 723-6551.

28 Cost Assistance for Improving

Wildlife Habitat, Northwoods Center, East Charleston. 9 a.m. (802) 723-6551.

28 Vermont Coverts Wildlife Presentation "Celebrating the Water Andric," Danville Town Hall, 10 a.m. - Noon with optional field trip to follow. (802) 684-3956.

28 Circus Smirkus, Greensboro, 1 and 7 p.m. (877) 764-7587.

29 Lamplight Service and Hymn Sing, 7:30 p.m. Host Pastor: The Reverend William Cotte of First Congregational Church of St. Johnsbury Center.

See also the Arts Around the Towns Calendar on Page 14.

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