

THE North Star MONTHLY

Every Small Town's Newspaper

DANVILLE, VERMONT

GOOD FOR THE WHOLE MONTH

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MAY 2008

Volume 21, Number 1

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Vanna Spills the Beans with One of Her Favorites: Rhubarb Crisp

PAGE SEVENTEEN

Stay with Us at a Northeast Kingdom B&B

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MEDEVAC in a Blackhawk over Iraq



OLD NORTH CHURCH COMMITTEE INVITES YOU TO ADOPT-A-WINDOW

SUE STRIFERT

In late 2007 the Old North Church in North Danville received a grant from the Preservation Trust of Vermont for the purpose of an evaluation, a conditions assessment of the building. As a result of the assessment, the committee of the Old North Church has voted to move forward with improvements to the historic structure in order to preserve it for future generations.

The Old North Church was constructed in 1832, of post and beam design with a stone foundation, metal gabled roof and clapboard siding. The original cost of construction was \$1,400. In 1868 renovation was begun to modernize the building. The wide board floors were carpeted, the box pews were removed and replaced by rows of pews, and the exposed beams were covered by a dropped plaster ceiling. In 1960, the Old North Church was (See *Old North Church* on Page 8)

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Cashmere Goats Could Be New Wave in Sustainable Agriculture



Photo By: North Star Monthly

Michael Smith, Shirley Richardson and her granddaughter Taisha Pavlica find the soft fleece and the engaging personalities of these Cashmere goats hard to resist. This year they hope to have 20 young kids join the growing herd.

TERRY HOFFER

Some say farming is only for the young. The work is hard, the rewards, although satisfying, may not be financial, and the job never stops. In 2004 Shirley Richardson realized she had devoted most of her distinguished professional career to school administration. She had been principal at schools in Walden and East Haven and at Hazen Union in Hardwick, and she says, "It was time for something different."

Her husband, Michael Smith, a retired computer programmer was interested in something more.

Their Danville home sits on a hillside where there is evidence of farming that can be traced to the 18th century, a time when lamps lit the homes of families with names like Brainerd, Currier, Danforth, Frye, Kittredge, Langmaid, Morrill, Pettingill and Webster.

Richardson and Smith have a spectacular site where they can watch the sun rise over the great White Mountains in New Hampshire, and they see all the way from Mt. Cabot in the north to the massive profile of Moosilauke in the south. Their home is not old, but as Smith says with unrestrained reverence, "This land has been farmed for longer than anyone can remember."

Richardson was raised on a dairy farm in Rupert, VT, and Smith refers to his ancestors as dirt farmers. "My grandmother," he says, "had a farm in Pennsylvanian Dutch country."

Perhaps, they thought, what they were looking for was farming. Richardson admits it's in her blood. She says, "I talked to sheep people, and then I found information Online about Cashmere goats. We

talked to Pat Bacon of Jefferson, NH, [Bacon was featured in a *North Star* article honored by the Vermont Press Association, "Whatever It Takes It's Worth It," in June 2004] and we decided that Cashmere goats were the route we wanted to take." Finding the best goats they could at a farm in Buckfield, ME, Richardson and Smith started their herd with four goats in 2004.

Native to the high dry plateaus of the Gobi Desert in Mongolia and China and native to the Jammu and Kashmir region of Pakistan, Cashmere goats are distinctive for their downy undercoat, which grows under a coarse exterior. The undercoat is sleek, soft, silky and known as Cashmere. Once separated from the heavier "guard hair," genuine Cashmere fleece is vaunted for its texture and weight. Anyone who has ever worn a Cashmere sweater or a Cashmere coat can imagine that its source is not the same as that of the more familiar and more common sheep's wool.

Microns are very fine units of measurement. There are 1,000 microns in a one millimeter, a million microns in a full meter. Sheep's wool measures at 15-35 microns in diameter. Human hair is approximately 60-70 microns, and graded prime Cashmere is measured at less

(Please See *Goats Are Underrated* on Page 6)

THE North Star MONTHLY

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Thanks Alex and Be Home Soon

I remember watching Alex Scott play basketball at Danville High School. It wasn't a period that anyone would describe as the glory days of boys' basketball at Danville, but Alex took it seriously. He was a class leader, he did well, and he was one of those young people who didn't hold it against you if you were from another generation. I liked that.

Not long ago I discovered that I had an email message from Alex with an attached photograph. In the photo he is standing in front of a MEDEVAC helicopter somewhere in Iraq. He is in his U.S. Army uniform reading *The North Star*, and he wanted to know if we could use the photograph in our back page series of photos of pilgrims in faraway places reading *The North Star*. I liked that, too.

Despite the time difference, Iraq is seven hours ahead of us, we exchanged a series of emails, I in the warmth and comfort of spring moving in over northern Vermont and he in the scorching dry heat, on-call as part of a MEDEVAC rescue team waiting for their next mission over the dusty Iraqi landscape we know from our televisions. Alex wrote that he'd received a great number of letters, email messages and care packages from friends and from people he barely knew back in Vermont. He wanted to know if we'd print a note conveying his deep thanks and expressing the gratitude of the others in his unit for the support they know to be in Vermont for their efforts in the Middle East. They call themselves the "Pirates," and, he said, they are all fascinated by Vermont.

Sure, I answered, but I told him I'd much rather read some substance about his experience than have him write something like an Academy Award acceptance speech. He said he understood, and he agreed. He responded quickly and thoughtfully. Alex has written a wonderful account of a day in the life of his MEDEVAC unit, and I call your attention to it on page 18. He did thank us, but I thought and you might, too, "Alex we want to thank YOU."

Alex, it was only eight years ago that we were shaking your hand as you graduated from high school in Danville. Someone said something about there being no limit as to what you might do in the future. The doors were wide open. Today you are flying that big Blackhawk helicopter to places where your red crosses may be the brightest and truest signs of hope for the people you evacuate out of harm's way. For whatever the reason, and it is convoluted, there is a war going on, and it's not very pretty. But guys like you make us enormously proud of what you are doing, and it's guys like you who, as you have described so well, have earned the gratitude of folks on the ground. They thank you, and, by gosh, so do we.

Understand that you are in our thoughts and our prayers, and that everyone of us wish you safety and good luck. Just as we might have said to you eight years ago, "Drive safely, Alex, and be home soon."

Terry Hoffer

From the Delirium of Lack-of-Spring Fever

In addition to necessity, the unceasing winter-like weather of early April also spawns inventive ideas, at least for me. In a state of delirium resulting from a surfeit of snow and insufficient bare ground, my thoughts turn to useful but improbable inventions:

I still await development of the adjustable G- (as in Gravity) belt. Described years ago in an earlier edition of *The North Star*, the adjustable anti-gravity belt would be worn by those at risk for or concerned about falling. The belt could set to provide an adjustable, counteractive force to gravity. Set the belt to reduce the force of gravity by, say 75%, and a slip on an icy sidewalk turns from a broken wrist (or worse) to an elegant slow descent.

The wind turbine sun lamp is desperately needed in latitudes above 40° north. This device is a high wattage lamp on a goose neck, mounted by strong magnet to the roof of a car. A separate wind turbine, also attached to the car roof and put in motion by the movement of the car, powers the lamp. The lamp projects over the driver's window, such that in the dark and cold of mid-winter, while whipping down the road, the driver can roll down the window and put his or her arm out, basking in the warmth of the lamp as if it was a dog day in August.

Genetically engineered Holsteins that produce hydrocarbons in their milk that can be refined to a substance suitable for powering an automobile engine. This bio-fuel would be a huge boost to Vermont's farmers. There is a potential downside for consumers, however. The price of milk would likely go up as more farmers switched from dairy cattle to fuel cattle.

The recent troubles in the financial industry, at least partially stemming from the sub-prime mortgage debacle, point out the need for the Avarice-ometer. I suspect multiple factors have contributed to the financial industry's current predicament, factors such as herd mentality, denial, poor judgment, the incremental acceptance of increasingly tenuous financial practices. But it boils down to human fallibility and, gently put, unjustified optimism, or bluntly stated, greed. The Avarice-ometer would supplement (and perhaps supplant, given our infatuation with technology) our imperfect judgment and common sense. After assessing the financial backgrounds and goals of all parties to a transaction, whether investor, lender, broker or borrower, this computational device renders a judgment about the wisdom of the transaction. The output from the Avarice-ometer can be tailored to the user. Cautionary responses directed to individual investors and borrowers might include "Beyond your reach," "Not on your current salary," or "Likely to be taken to the cleaners." Avarice-ometer responses to financial advisers and managers might include "Would you take this risk if it was your own money?" or "Because you can does not mean you should."

I think it is a safe prediction that greater government oversight of the financial industry will result from the problems now before this sector of our economy. It is equally likely that at least some within the financial industry will stridently protest any new governmental regulations. What better application, then, for the Whine-verter, which harnesses the energy of whining and converts it into productive action.

Tim Tanner

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: Thanks

is no mystery. We love its news, progressive views and especially its history. Thanks to all of you.

Jan & Dave Houston
Danville

Dear North Star,
We must renew our *North Star* subscription. Our addiction

Dear North Star,
We rely on *The North Star* to
(Please See *Letters* on Page 4)

Please Let Us Know If You Move

The USPS is not willing, or not able, to remember where you have gone or where you once were. In the best of circumstances, the wrong address will significantly delay the arrival of your North Star.

Russian Troops March into Turkey To Wage Religious War Danville Suit Over Insufficient Highway Settled in Favor of Plaintiff

The North Star
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THE NORTH STAR

May 4, 1877

The World's New Disturbance - War is declared against Turkey by Russia, and the Pruth has been crossed by Russian troops. A contest opens whose end no man can foresee. Whether the European powers generally will be drawn into it is problematical, but they are compelled to maintain themselves all the time in a warlike attitude. Russia makes her first move into Roumania. Turkey must counter with her forces. This alone engages the personal interest of Germany, which maintains a prince on top of the Roumanian throne. It is proclaimed by Russia and accepted by Turkey as a religious war, Christians against Mussulman.

Sexton's Notice - Mr. N.M. Stocker, our village sexton, requests us to give notice that he will attend to the burial of those now in the cemetery vault on Wednesday, the 16th of May. Should that day prove to be quite stormy, the burial will

take place the next day.

Prosperous - Notwithstanding the hard times, Benjamin Greenbanks of this town manufacturer of woolen goods keeps things moving at his factory. As evidence of this fact, we need only say that in one week during the month of April, Mr. Greenbanks manufactured and shipped from his factory 12,000 yards of woollens to Boston and New York.

Serious Accident - Last Tuesday afternoon about six o'clock a serious accident occurred to a Mr. Dickey in Eastman's sawmill at Coles' Pond in Walden. Somehow Mr. Dickey got caught in a circular saw and had a large gash in his forehead making a ghastly wound so that his brains could be seen. Medical aid was obtained, the wound dressed and at last accounts Mr. D was alive. His parents live in East Orange, Vt., and he is himself a resident of Kansas where he owns a large farm. He was in this section temporarily on business. His age is 38, and his recovery is considered somewhat doubtful.

May 11, 1877

It is denied that the managers of the Central Vermont Rail Road have issued an order requesting the engineers in their employ to withdraw from the Brotherhood of Locomotive Engineers.

There are now living in the Bridgewater poor farmhouse the following named aged people: Allen Brown, aged 100 last January; Wm. D. Atwood, aged 88 years; and Mrs. Tucker, aged 88

years. A healthy place.

A War Map - G.W. & C.B. Colton & Co. of 172 William Street, New York, have prepared a very complete and handsome Map of the Seat of War, or rather two maps on one sheet, 29 by 18 inches, showing Turkey in Europe and Turkey in Asia with portions of the countries, the whole of the Black Sea and the eastern portion of the Mediterranean Sea, which they will sell for thirty cents. A copy of this map will aid materially in getting a clear understanding of the newspaper reports relating to the Eastern complications.

Tramps at Montpelier - Since the first day of April, Overseer of the Poor Cadwell has given assistance to 151 tramps, and since the 17th of February, when the report was made out, 255 of the nomadic persuasion have applied for and received help. Of these 220 went to the town farm.

May 18, 1877

Our Indian Policy - The report of the Indian Commissioners is worth studying as a guide in the formation of a policy for future government of the Red Men. There have been so many statements made to the effect that the Indian could not be Christianized or even civilized that the greater part of the people believe it to be a fact that the nations' wards are beyond the pale of even partial redemption. But if we had been as anxious for the conversion of the heathen at home as in foreign lands a very different showing might today be made. Not includ-

ing Alaska there are 266,000 Indians in the United States, of which 104,818 wear citizen's dress. The garb of civilization, however does not always bring an Indian up to a highly desirable moral level. Over 25,000 can read; upward of 11,000 are now attending school, and more than 27,000 are church members. The area of land cultivated by them and the products of their industry have greatly increased within a very short time. In some of the territories Indians have separated from their tribes by the hundred for the purpose of taking up land as actual settlers. The women in many places are "advancing every year in house-keeping and in every womanly quality." It would do no harm to experiment a little with moral influences, since those that have been tried have secured results by no means discouraging.

Last Monday there were several forest fires close by making the atmosphere look quite dark and smoky. At one time in the afternoon the fire spread so rapidly in Nehemiah Page's woods as to endanger the buildings. Quite a force of men was present, which by steady work, succeeded in arresting the progress of the fire or turning it in such a direction that it could do no material damage. Page had some 75 acres burned over and his sugarhouse and a lot of wood were saved by hard work against the flames. The smoky appearance continued Tuesday.

May 25, 1877

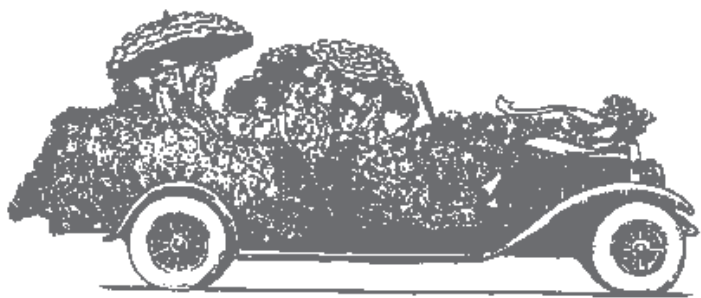
Poverty in Nevada - The

Virginia City Enterprise cautions those in pursuit of labor and living to keep away from Nevada. "Men have been lured here and continue to come because of the published and widespread report that miners get \$4 per day. Many have managed to get here and then find that the new men are not wanted, not more than one in five of the old miners can get work and the prospects are getting poorer. There are thousands of men who had better go elsewhere. The custom of men out of work and out of money to apply to the city jail for a cover for the night and something to eat in the morning tells a fearful story of the want and destitution in our midst."

Dr. Cilburn shot an eagle at Center Rutland, Tuesday, with a rifle, which was flying in the air some 200 or 300 feet over him. It measured from tip to tip of wings, six feet.

\$1,500 Award - In the arbitration case of Jacob G. Varnum against the town of Danville, for alleged injury to his wife on account of insufficiency of the highway, there was a two day hearing before Judge Powers of the supreme court and ex-county judges Isaac Hall of Groton and Charles Rodgers of Wheelock. The hearing closed last week Wednesday evening, and the referees rendered an award in favor of Varnum to the amount of \$1,500. The matter is now ended. There can be no appeal or any new hearing in the case. Danville will have the award to pay.

THE North Star MONTHLY



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Letters to the Editor:

(Continued From Page 2)

bring us news of the Northeast Kingdom. The paper, thanks to all of the contributors is well written, informative and of great interest. Here's to another successful year for *The North Star*.

Eleanor & Clint Ritchie
Sullivan, ME

Dear North Star,

Thank you so much for sending me the April issue of *The North Star*. Those were my grandchildren reading the paper in front of the Eiffel Tower on the last page. I was a French major in college and never knew that Guy de Maupassant ate his lunch there every day. I'll bet he packed a sandwich to avoid the pricey restaurants.

It was a great issue and I am so glad I didn't miss it. I loved Lois White's remembrance about Del Petrie. He did all the renovations on our house. He worked with Lew Abbot when he first came back from the Army, and he and Lew did all the work on my parents' cottage on the Mountain Road. Years later Del asked if he could go upstairs to check on a mistake he had made. When I asked what the mistake was, he told me that if I hadn't noticed it in 25 years, he certainly wasn't going to tell me any more about it.

I also liked the article about Ron and Jo Crisman's play.

I didn't understand the Fantasy Baseball set up at all, but I know and like all the Peacham men involved.

Thanks again.

Beppy Brown
Burlington, VT

Cobleigh Public Library

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Confusion Compounded

It may be that I try to read too much to obtain background information for my monthly columns. The result may be confusion compounded for me and those trying to form sensible opinions about the serious problems confronting us. After admitting this, how do I find the audacity to pass on my thoughts for others to read? But it may be more interesting to ask why newspapers publish my columns, possibly their editors are just as confused as I? I am glad that at least I found the courage to admit my dilemma.

This situation has caused me, for the first time ever, to make a list of what I read or scan for news in the course of a week or the month. Making the list was a mistake; how can I absorb enough credible and significant material from these sources in the time I have available?

For daily news and comment, I read *The New York Times*, *Caledonian-Record* and *Truthout*, an online service printing articles and columns about current events and the *Christian Science Monitor*. I often watch Jim Lehrer and CNN. For a more exhaustive discussion of events, I read the *New Yorker*, *Nation*, *Mother Jones* and *Time*, and occasionally I watch Bill Moyer and Gwen Ifill.

Background information for my general enlightenment comes from the *Atlantic*, *Smithsonian Magazine*, *The North Star*, *National Geographic*, *Russian Life*, *Northland Journal*, *Vermont* and *American Bar Journals*, *Harvard* and *Yale Quarterly* magazines and *Consumer Reports*. There are four books that I am trying to wade through at the moment – Barack Obama's *The Audacity of Hope*, Jan Greenburg's *Supreme Conflict* about the Supreme Court and Mearsheimer and Walt's *The Israel Lobby and U.S. Foreign Policy*. Next on my list are Reverend Peter Gomes' *The Scandalous Gospel of Jesus* and Howard Zinn's *A People's History of American Empire*. For relaxation I am reading Peter Thomson's *Sacred Sea* about Lake Baikal in Siberia. Occasionally I tackle a mystery or one of Lilian Jackson Braun's delightful novels about cats.

Where does all this reading leave me when it comes to writing columns? I would say "great" if the information I soak up from the so-called experts was consistent. Too often, unfortunately, they can't agree on some of the facts or their strategic importance.

Take the war in Iraq, for example. General Petraeus and the president now say we should take at least another couple of months before deciding on whether to withdraw more troops. After five years there is no end to the war in sight, no light at the end of the tunnel. Senator McCain says we are on the road to ultimate success, whatever that means. Hillary and Barack want to get us out of there in an orderly manner as soon as we can. All well and good, but with this conflict in views, how can my column help readers to make up their minds about the best policy? Is my opinion even worth considering?

Take the environmental area — it is universally conceded that we have excessive atmospheric pollution and unbridled consumption of natural resources. Al Gore has been the leader in this "war" to pass much-needed legislation before it is too late, and he will be spending his own money to pursue his goals. His general views have captivated the minds of the great majority. But there is a vocal minority, with respectable scientific credentials, arguing that we are faced with a cyclical problem that will eventually correct just itself as it has in years past; Gore's expensive solutions won't work.

The economy admittedly is in tough shape, but no one assumes the blame for it, even though some of the causes behind the present "recession-depression," such as the sub-prime mortgage scandal, are obvious. No one in authority is fighting to change regulatory laws to help prevent such catastrophes in the future. Many of us will receive money in May, but this is a stop-gap measure at best.

In view of legislative inaction, I recommend (without adding to our confusion) that a positive approach would be to regulate those businesses — such as hedge funds — that have avoided any regulation over the years, with occasional disastrous results for investors. Beyond that, at least for the present, let free market forces take over.

Mearsheimer and Walt convinced me that the media and politicians are to be severely criticized for tolerating, without serious complaint, the importance of the Israel lobby, a group of Americans working to influence our foreign policy in favor of the interests of Israel, sometimes to our government's detriment. Anyone criticizing their actions — like me, for instance, for criticizing the Israelis for their treatment of the Palestinians — is considered to be anti-Semitic, and that I am not. If politicians speak out, they risk political death, as well as the loss of major campaign contributions, when the lobby quickly retaliates.

Curiously, while the Israel lobby tries to quell criticism of Israel and its policies here, there is a critical, ongoing and heated public debate in Israel about the country's policy of building more settlements on the West Bank that cause obvious damage to the Palestinian people. How can Americans understand what is the best policy when these entities appear to be working at cross purposes?

Readers will probably be as confused as I am by the time they finish reading this column. I am sorry that the only "wisdom" I can suggest is that, in the final analysis, one should make up his or her own mind about important issues, and not be unduly influenced by all that one reads and hears from those who are supposed to know more than we do.

Too often they have been wrong.

John Downs

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Medical Tourism

Out-sourcing of jobs from the United States to developing countries has become commonplace. Many of us know that x-rays can be read and medical records transcribed overnight by health care providers and technicians in India, but a January 2008 radio program woke me up to another reality. We are outsourcing pregnancy. At least some of us are. Through this short radio program about the use of foreign surrogate mothers, I became aware of the burgeoning field of medical tourism.

Medical tourism is defined as, "the act of traveling to other countries to obtain medical, dental and surgical care." This is nothing new. Citizens of ancient Greece traveled around the Mediterranean to Epidauria, the sanctuary of Asclepias, the god of healing, to receive treatment for their medical problems. Ancient Romans are renowned for developing healing springs and spas throughout their empire, many of which remained popular until Victorian times and some even to the present day. In the nineteenth and twentieth centuries, people traveled from major American cities to towns such as Middletown Springs, VT, Saratoga Springs, NY and Hot Springs, AK, to "take the waters." Religious pilgrimages were also a kind of medical tour with significant spiritual overtones. So why should I be surprised at the modern version?

One reason is that we think of modern industrialized nations, like those of Western Europe and North America, as having the best medical care that money can buy. Therein lies the clue. In all the political discourse about universal health care one of the most misleading statements is that in a universal health care system, care is rationed, implying that this is not the case for our current for-profit insurance-based system. What is seldom recognized is that in the for-profit system care may be available to all, but the financial means to access it are not. This is rationing of a different kind.

The costs of medical procedures and hospital stays are rising all the time. I remember from just a few years ago, the bill for my mammogram was \$90. I thought then that it was a lot of money for a recommended annual procedure. In 2007 the hospital bill for my mammogram was \$190. My husband's recent hospital stay of three and one half hours in Day Surgery was billed at almost \$7,000, a little more than twice the surgeon's fee. These minor examples pale beside the cost of major procedures, such as joint replacements and cardiac surgery.

Many people without adequate health insurance, or with large deductibles, cannot afford procedures that could keep them functioning and active. Some countries, such as India and Thailand, have taken advantage of this situation. Their health care workers are well educated, they have superbly trained physicians, and they have built state-of-the-art modern hospitals to cater to the medical tourist trade. The Joint Commission International, a branch of the organization that accredits U.S. health facilities, accredits these facilities. Worldwide, 130 hospitals have been accredited by this commission.

The combined cost of a procedure in one of these hospitals, and the travel involved to access it, is often considerably lower than the deductible and extra money required beyond the insurance coverage for the same procedure here in the U.S. This cost benefit has caught the eye of some American employers who are encouraging their employees to use such foreign facilities for their major medical care. The Internet has many web sites describing the facilities and the care they provide, and they set up travel plans and provide step-by-step advice on the whole process.

This account of the developing world's attempt to fill a niche must also include the role of the surrogate mothers, which I mentioned earlier. A surrogate mother is a woman who will house in her womb a fertilized egg from another couple until the baby develops and is delivered. In the U.S. there are complicated legal protections for surrogate mothers that allow them parental rights until they sign over those rights at the time of delivery. There may be few if any controls over the lifestyle of the surrogate mother while she is pregnant. The cost of a surrogate birth for a couple in the U.S. can be as high as \$80,000.

In one Indian facility things are very different. Village women are recruited as "hosts" to in-vitro fertilized and implanted eggs from a western couple (or in some cases a wealthy Indian family). The care and daily lives of these "host mothers" are carefully supervised, and the pregnancy and birth are treated with great medical care (unlike most pregnancies and births in India where a woman dies every 7 minutes from pregnancy related complications). The baby is delivered and given immediately to the genetic family. For this service the woman receives between \$6,000 and \$10,000, about 15 years of normal family income. This surrogacy industry is estimated to be worth \$449 million a year in India alone, but it does nothing to improve pregnancy outcomes for most poor women in India.

I think there are ethical questions surrounding this aspect of medical tourism that seem to go far beyond those of typical out-sourced blue collar or high tech jobs. It is one thing to employ people in factories, labs and hospitals to provide services more cheaply than they can be provided in the United States. But to use, at one's convenience, the body of a poor, uneducated woman in a distant country, to perform a dangerous, though fundamentally human process, seems to me to be dehumanizing and unethical. It does not reflect well on those who organize this service and those who use it. The French high court stated, when it banned commercial surrogacy in France, "The human body is not lent out, is not rented out, is not sold ..." I understand that surrogacy may be an important option for some families, but surely part of the process of becoming a parent, by any means, should involve developing deeper awareness of, and respect for, all human life.

Isobel. P. Swartz

Pondering over frozen bread as I prepare for breakfast ...

If I, by fate or happenstance, were kidnapped somewhere in the faraway world and kept in a cold, silent room with no book to read, no words spoken to me while time lost its passage, if daily I received a portion of frozen bread given me by a faceless hand through a dark and endless hole, would I learn to hold that frozen piece and chew it slowly, with care, explore its deliciousness, find pleasure in its grain?

Would I become grateful for the life it sustains in me to survive, surviving that cruel and senseless capture?

And if I escaped, by some chance or plan and returned home, safe and warm, would I reach to find a piece of frozen bread and chew it, slowly and with care, experiencing again its pleasure and its taste, its life-giving substance?

And then, conjuring up this memory, would I think to forgive, forgiving the hand that left me there, the keeper of my life?

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“Goats are underrated for sustainable agriculture in a place like Vermont.”



Photo By: North Star Monthly

Taisha Pavlica is visiting her Danville grandparents during the time of the spring arrival of 20 young kids, who join a herd of Cashmere goats. This young goat is just 24-hours old.

(Continued from Page 1)

than 19 microns. Cashmere is smooth and lofty - some describe it as cool or cloudy in texture. Whereas sheep's wool is almost sure to be itchy or prickly, Cashmere fleece is so smooth that it's difficult to tell when your skin actually makes contact. It is wonderful to feel, but there is a reason that Cashmere sweaters and coats are costly.

Where sheep may produce 10-20 pounds of wool in a year, Cashmere goats may offer up 4-6 ounces of their prized fleece in the same length of time. A sweater could take all the fleece produced by three to six goats in a year. Keep that in mind next time you hold a Cashmere scarf against your face and wonder at its price.

Richardson and Smith can talk about their goats in terms of microns and diameter, fiber length and its crimp or its fuzziness, but their specialty and their herd is not just about fleece.

Smith says, “We sell our raw fleece to another farmer who turns it into roving (that's cleaned and unraveled fleece) or has it spun into yarn. Our specialty,” he says, “is breeding stock. We breed goats, descendants from those first goats from Maine.”

According to Smith, the original source of their herd in Maine has given up its business, and his vision is that, from Danville, he and Richardson will pick up where those folks left off. “Our focus is on a breeding stock,” he says. By means of careful selection they hope to continue to develop their line for its fleece production.

Richardson says, “A goat's conformation is indicative of the quality and quantity of its fleece, and we are looking for good bodies. We are looking for a solid big chest with a wide stance, a straight back end and a wide rump with solid hind quarters.

Our product is our best goats, and that's what we sell - for others to raise.”

In much of the world goat meat is a dietary staple and eaten as commonly as Americans eat beef. Smith says, “People have been eating goat forever.” He says it's a “cultural thing popular in the Mideast,” but never has it been widely accepted in mainstream North America. “It's milder than lamb, lean, maybe tougher in texture, but it's sought after in much of the world for use in stew or chili or as a pot roast.”

“There is definitely a pecking order, but to fully understand that you have to have the mind of a goat.

I haven't gotten that far yet.”

- Michael Smith

Smith says that it costs about a hundred dollars a year to keep a goat with veterinarian fees, medication and feed. “We do as much as we can,” he says, “and housing and fencing are capital expenses that someone starting out should not underestimate.” Last year Richardson and Smith sold a starter herd of nine of their goats for \$1,600. Gradually this is gathering momentum, picking up speed. Following a November visit from a buck they share with another goat farmer, Richardson and Smith have been busy through much of April. The normal gestation period is five months. Typically a doe will bear twins, two young at a time, but sometimes there are three or even quadruplets. This spring they are hoping to have 20 young kids.

“Our goal,” Smith says, “is to winter over up to 25 goats, mostly does and to breed as many as we can. We'll keep the newborn does for breeding a year and half later. Bucks will be culled probably for meat.”

Smith says, “Breeding bucks is a whole specialty in itself with a substantial investment in time.” He tells of one buck that had all of the physical attributes that anyone might ask for, but given the opportunity to mate with does, that buck just wasn't interested. “By then,” Smith says, “several years could have gone by before you realized that your good looking buck wasn't going to be very businesslike.” Typically bucks don't produce as much fleece as do Cashmere does.

Richardson is captivated by the excitement of the arriving young kids, and her granddaugh-

ter Taisha Pavlica, visiting from Michigan is, too. It is an exciting time, and in less than 24 hours the young are most entertaining.

Richardson says, “They are close to being a feral animal, but they are really easy to care for. Goats are curious, and they are easy to train.” She is concerned about the occasional sign of coyotes near their farm in Danville, and she is wary of their interest in these goats. “Coyotes are opportunists,” she says. “They wait for you to make a mistake.” As a defensive measure she and

Smith have installed a heavy fence with a 6,000 volt perimeter wire.

“That's more than a dairy fence,” Smith says, and so far it has kept predators, be they coyotes or aggressive domestic dogs, at bay.

But beyond all these inquisitive goats and the excitement of their life cycle (Does bear young and have good fleece up to age 12), Smith and Richardson have found great pleasure in the people they have met. She says, “We've had field trips here from the Pope Library. People are always coming over to see the goats. Goat people are really fun, and I just love being around the animals.”

Smith says, “I like the chores. I like being the handyman, and it sure beats writing software. We've gotten involved in the Vermont Sheep and Goat Association and we'd like to see it become more goaty. To date, goats are mostly seen as dairy animals, but they are a terribly underrated animal for sustainable agriculture in a place like Vermont.”

He says, “These goats get along well. There is definitely a pecking order, but to fully understand that you have to have the mind of a goat. I haven't gotten that far yet.”

Shirley Richardson and Michael Smith have had no second thoughts. They have taken to this new career with delight, and from the enthusiasm expressed by granddaughter Taisha Pavlica, this goat farm may be in for the long haul. In a curious way it's a rebirth of this land, these farmers and these great Cashmere goats.



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\$ Follow the Money

by Rachel Siegel

“Good Fences Make Good Markets?”

The latest market turmoil has churned up old discussions about guarding the capital market henhouse: how to best protect the eggs, the hens and indeed, even the foxes. There is much talk of enhancing the regulatory powers of our existing institutions, primarily the Federal Reserve and the SEC, and of somehow setting boundaries for market activities so that our institutions can watch them.

Never had so much been owed by so many to so few.

Of course, this debate is centuries old; the original premise of a market-based economy was that markets would do a better job of sorting out the economy than any sovereign government, armed with rules and regulations. We have been arguing about the limits of political and market sovereignty ever since.

Just about a century ago, a panic in the credit markets was resolved by several financiers - J.P. Morgan, John D. Rockefeller and others - providing capital and thus guarantees to the markets. That quelled the immediate liquidity crisis but fostered fears of too much private wealth wielding too much economic power: literally, never had so much been owed by so many to so few.

Those fears led to the creation of the Federal Reserve. We had resisted the idea of a federal, central bank for over a century, fearing that it would wield too much power, but then found the prospect of relying on private wealth to be even less palatable. For the last half-century, we have

focused on the Fed's role in monetary policy, in balancing the money supply with economic growth, but it is also the lender of last resort for banks, as it took on the old role of private bankers providing liquidity in a crisis, or, in effect, in stepping up to protect the capital markets on which our capitalism depends.

It is also a regulator, along with other agencies, of the banking system. Yet even the powers of the Fed did not keep that banking system and the capital markets from collapsing during

the Great Depression. More regulation and more regulatory agencies followed. Most profoundly, a fence was built to separate investment banking from commercial lending, and the FDIC was established to insure depositors against losses - and banks against panic.

By the 1980's, new financial theories and technologies were introducing new ways of investing and of selling investment,

and the old fences no longer contained market activity. Banks were finally “deregulated” to compete with new money market and mutual funds, but government insurance remained, creating potential for “moral hazard” or irresponsible behavior on the part of bankers who, now less restrained, knew their depositors' backs were covered by the government. In the 1990's, the distinction between investment and commercial banks fell away.

Now there is much discussion that the deregulation of markets and the blurring of distinctive roles has led to today's market becoming riskier, obscuring investors' rational choices; that in our excitement to embrace the efficiencies and freedoms of technologically and theoretically enabled markets, we have gone too far. There are proposals to create new regulations and new agents of oversight in response.

Now we argue over the creation of still more political bureaucracy and moral hazard, and weigh that against the stability of anchoring the market to something as democratically transparent and ultimately responsible as the government. As there were a century ago, behind these thoughts are fears that somehow too much wealth is concentrated in the hands of too few - in our times, hedge funds and private equity pools - whose market manipulations are invisible to the naked eye, and who

therefore create hidden risks that threaten our market integrity.

We will keep raising chickens because we want the eggs, we want to have our capital markets and use them to create both corporate and individual wealth, and to do that they must be accessible enough and transparent enough. Markets enjoy what economists now call the “network effect” - the more investors there are in the capital markets, the better the markets will work for corporations to raise capital and for individuals - the butcher, the baker, the call center call maker - to become capitalists.

As long as there are chickens and eggs, there will be foxes. It is clear that we cannot discount or even fully anticipate the creativity inspired by the prize of wealth. Whatever new fences we build, eventually, they will not

hold. The real question is whether they will hold well enough to make it worthwhile for enough of us to stay in the game.

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.

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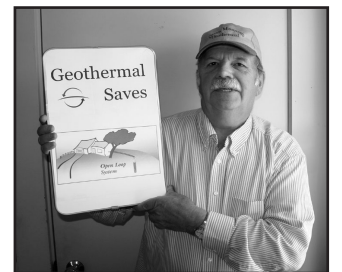
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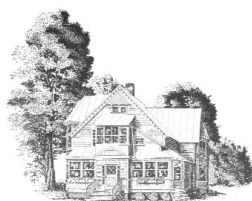
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Danville's Old North Church Restoration Project Continues with Windows

(Continued from Page 1)

last renovated. The plaster ceiling was removed once again exposing the hewn and pegged King truss and purlin construction. The carpet was removed exposing the wide pine flooring, and the walls were papered.

During the winter of 2004-05 the Palladian-style window on the south face was meticulously restored by S. A. Fishburn. Generous donations from the Bicentennial St. Johnsbury House Foundation, the Vermont Restitution Unit, S.A. Fishburn Inc. and Friends of the Old North Church allowed us to complete this phase of restoration.

The work to be undertaken



Photo By: North Star Monthly

There are four double-hung windows on the west side of The Old North Church, five on the east side and one behind shutters above the large Palladian window on the front. The church was constructed in 1832 for the sum of \$1,400.

over the next several years includes replacing deteriorated siding on the south face, returning the interior walls to the original plaster, and restoration of the remaining ten double-hung

12/12 sash windows. In keeping with the plan, the Old North Church will be conducting an "Adopt-a-Window" campaign. Donations to the Old North Church restoration fund may be made to facilitate restoration of the donor's choice of any part of, or all of a window. Suggested donations are: 1 pane, \$80; 2 panes, \$160; 4 panes, \$320; 8 panes, \$640; 12 panes (1/2 sash), \$960; 24 panes (an entire window), \$1,920.

All donations will be matched by the Old North Church, and donations in any amount will be gratefully accepted.

Please join us at our monthly

services the last Sunday of each month from May through September at 7:30 in the evening. Questions and donations may be directed to the Old North Church, c/o Sue Strifert, 4099 McDowell Road, Danville, VT 05828. (802) 748-4096. ★

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Washington DC Monument Honors Those Who Served in The War

BRUCE HOYT

Dedicated four years ago on Memorial Day, the National World War II Monument honors the dedication and sacrifice of those who served in the United States armed forces during the period from the December 7, 1941 attack on Pearl Harbor, to

the signing of the Japanese surrender on September 2, 1945.

In the last months of the war 8,269,373 U. S. soldiers, sailors, airmen and marines were on duty struggling to bring the conflict to a victorious end.

In 2004, when a fitting memorial was finally constructed, only 3,924,000 were still

alive. Still, those veterans, many in their ninth and tenth decades, and the descendants of all World War II veterans will be gratified by the noble aspect of this monument and its setting among the Nation's most honored memorials.

The Capitol, the Mall, the Washington Monument, the reflecting pool and the Lincoln Memorial lie on the east to west axis of central Washington D.C. In spite of some early concerns about its proposed location, the World War II monument took its place between the Washington obelisk and the reflecting pool. Rather than dominating or marring the view, the twin colonnade of state-by-state columns frame the view to the east toward the Washington Monument and the view west toward the reflecting pool and the Lincoln Memorial.

Water from the long pool flows over a wide dam of polished granite and arises again as fountains in a central pool. Two large granite porches, represent-



Photo By: Richard Latoff

Dedicated on Memorial Day, 2004, the National World War II Monument (seen here from the Washington Monument) honors those who served in the United States armed forces between the December 7, 1941 attack on Pearl Harbor and the signing of the Japanese surrender on September 2, 1945.



Above: Every state and territory has its own column to recognize the wartime efforts of its civilian and military population. Photo By: Tom Hoyt. Below: Ceremonial entrance is marked by flagpoles with American flags and this plaque. Photo By: Richard Latoff



ing the Atlantic and Pacific arenas, stand to the left and right of the main axis.

Every state and territory has its own column to recognize the wartime efforts of its civilian and military population. Bronze tablets show familiar scenes of the time. The inspiring words heard during the war are carved into the everlasting granite. Even the GI's defiant "Kilroy was here" logo has been carved discreetly in an obscure corner.

This is a place to bring back memories and to teach an important history to the next generation and the next. This is also a place to remember greatness. The domed Jefferson Memorial lies in full view across the Tidal Basin.

In the woods near the World War II Memorial, a cold and alert platoon of bronze soldiers trudges forever through the Korean winter, and a black marble wall of names records the sad toll of American deaths in Vietnam.

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Come to the Table

Denise Brown



You could say that I went to Capri to look for my mother.

All my life, Capri had been a fabled place, a fabulous homeland not easily forgotten. My widowed great grandmother, Josephine Capritti, had left the island unwillingly with her youngest child, my grandmother, enticed across the ocean by grown sons who'd departed some years earlier in search of fame and fortune, or at very least something more than the meager future the sun and sea could offer them. She made her home in Brooklyn, and when her daughter had grown and married, lived with her and tended the grandchildren.

From the tone of her voice in the retelling, my mother must have felt one of her most favored. In the mysterious logic of the heart, the Isle of Capri came to mean to me all that's best and beautiful of love and

family. I suppose I felt I could find something of my mother in the very air and something of myself as well.

A shock of recognition jolted me when I approached the woman behind the desk at our hotel. With her crop of graying curls, reserved smile and simple housedress, she reminded me in every way of the Italian grandmother who'd given me her faux-ruby ring and her prayer book when I was a teenager. I found myself telling the hotel manager, and in short order everyone else, that my grandmother had lived on Capri.

"Yes, of course," said the man who wanted to sell me limoncello. He could see right away I had Italian blood in my veins. He plied me with a sample. I bought a bottle on the spot.

Over the next five days, I would try the patience of every merchant surrounding our hotel with the story of my grandmoth-



Photo By: Denise Brown

Marion Brown is the author's daughter, here above the Mediterranean Port of Marina Grande on the Isle of Capri.

er. The cobbler and his son at work under an awning, the waiter scooping out gelato, the woman peddling expensive scarves. No one was spared.

I was amazed at not only the ease with which I imparted this information to complete strangers, but the utter glee as well. I'd never before felt such a need to belong as I did walking

those streets, to be differentiated from the crowd of tourists clogging the way, or sitting in a darkening restaurant relishing the last sunlight falling on the sheer rock and glimmering sea.

Something in the combination of elements called to a memory not my own — the heat of the day relieved by the breeze off the water at night, the twisting

roadways revealing slices of a panorama so lush and grand words fail to define. Something in that combustion felt like home.

Our last evening in Capri, I found myself with some hours alone. It saddened me to think of leaving. I retraced my steps one last time along the narrow streets, most of the shops closed, the superb restaurant we'd patronized twice just beginning to collect diners at the tidy, linen covered tables set out on its bougainvillea entwined porch.

The white façade of a small church finally beckoned me inside; a few curious tourists scrutinized the spare but beautiful interior. I took a seat on a back pew and with little regard to the surroundings, knelt to say a prayer. In mere moments, several other women took their places beside and around me. Then a few couples appeared. A number of families. Some elderly men and women. In no time, the church was quite full.

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Granita is a simple, refreshing sweet, more reminiscent of sugar-on-snow than those syrupy sucrose jolts purchased at fairgrounds.

A man dressed in street clothes approached the altar rail, genuflected, then took a seat near the front. Without further adieu, he began to recite what I felt certain must be the Apostle's Creed in Italian. The parishioners joined him, and the Rosary was underway.

I stayed through the five decades of prayer, letting the music of the language fill me, the glorious, sorrowful and joyous mysteries of the Holy Mother coming clearly to mind. I cried tears both grateful and glum. And I said a prayer for all the women in my family who had walked on the island before me, and for my mother, who hadn't, but was there with me even so.

LEMON GRANITA

Lemons are everywhere in Capri, featured on menus, downed in shots of the iconic liqueur and painted in freehand on ceramic souvenirs. Granita is a simple, refreshing sweet, more reminiscent of sugar-on-snow than those syrupy sucrose jolts purchased at fairgrounds. A perfect offering after a meal which leaves you thinking you couldn't take another bite. For additional tartness, use more lemons (up to 6) or a teaspoon of extract. Inspired by Marlena Spieler's *The Islands in the Sun Cookbook*.

¾ to 1¼ cups sugar
3 cups water
3 lemons

Juice the lemons and strain out the pulp and seeds, leaving behind ¾ cup of juice. Set aside. Add the water and sugar to taste to a medium saucepan. Stir together and bring to a boil. When the sugar is completely dissolved, remove from heat. Allow to cool. Stir in the lemon juice, then pour into a loaf pan or baking dish – whatever you can cover and store in the coldest part of the freezer. Check after an hour. As the mixture begins to freeze, take a fork and scrape around the edges, mixing the crystals into the liquid. Some recipes call for freezing the mixture until fairly frozen over before beginning to scrape; not having tried both, I think odds for success are better with the freeze and stir method. Continual stirring and scraping will ensure a smooth consistency. Do this every half hour until the granita is frozen though still pleasantly slushy. Best served promptly, but additional attention will keep the mixture from becoming a lemon ice block.

Look for a collection of Denise Brown's columns later this year. Please write to her at kitchenhelp@cahoonfarm.com for details. ✦

Discovering Connections Is an Adventure

VAN PARKER

While delivering e-mail greetings to hospital patients, I came across a man with the same last name as that of my grandmother. It's not a common name. I asked a question or two about his family, and it turns out we are related.

I'll leave it to genealogists to explain what that relationship is. As near as I can tell we are third cousins. His grandfather and my grandmother were cousins. I recall my mother telling me that her mother had more than 30 first cousins. Apparently this gentleman's grandfather was one of them.

In looking up Barack Obama's family tree somebody discovered that Obama was related distantly to both Dick Cheney and George W. Bush. And that's only on one side of his family.

The evidence of DNA has made it quite clear that Thomas Jefferson's descendants include people who are both white and black.

We have all talked to strangers at a gathering, only to discover that we knew someone in common. It's hard to believe, but someone said that if we did six or seven times (know somebody who in turn knows somebody, who knows somebody etc.) our associations would cover the whole world. That's a little hard to believe, but it makes a point.

We are connected, probably more than we think. But people don't always feel connected.

Believe me, I'm not against cell phones. A family member gave us one and it's come in handy many times. Cell phones and other even more sophisticated devices can keep us in touch with almost anyone, almost anywhere. I realize that some historic battles would not have been fought had people been able to confer on the telephone or even the telegraph. But what I want to know is do all these means of communication enable us to appreciate our neighbor more or to realize that everyone is in the same boat? Do they help us to get in touch with our surroundings? I wonder about that.

The late William Sloan Coffin was a Vermont resident during the latter years of his life. Coffin had a gift with words. He was a great appreciator of nature, perhaps inspired by the countryside around his home in Stratford. One time he said that he had come to love nature, especially as he grew closer to being "a part of it."

The strong, self-sufficient individual is a kind of ideal in

our culture. He (it's mostly he) is pictured as not being part of anything. His philosophy is expressed in statements such as: "You're on your own," "Sink or swim," "If you don't make it, it's your fault," "We're number one," or "So and so is a loser." Occasionally these sentiments may bear some truth. They may also keep us from seeing that others have given us a hand along the way and that sometimes we've been losers ourselves.

Making connections can be a mechanical kind of thing. You plug something in, turn a switch or dial a number. Discovering connections is more organic. It's learning that you have a lot in common with people you meet. It's planting seeds knowing that only the sun and the soil can make them grow. It's finding that you need your neighbor as much as your neighbor needs you. We just might discover we have more cousins than we thought we had.



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String Worth Saving

Bill Christiansen

After reading John Downs' Reminiscence of the Great Depression in *The [April 2008] North Star*, I began my own remembrance of history, World War II.

World War II was possibly the defining event of the 20th Century. There are two dates from that period that I remember with clarity, December 7, 1941 and August 6, 1945.

On December 7, 1941, I was returning home from a friend's house, late in the afternoon. There was a gas station at the bottom of our street, and I always stopped there on the way home. It was a dark winter day, and the radio was on in the gas station. The news was that we were at war, the Japanese had bombed Pearl Harbor. I had no idea where Pearl Harbor was or who the Japanese were. I was 10-years old with a world view of about 50 miles. I hurried home to get more news, but there was little more information available.

The war years were filled with drives of all kinds to collect war materials. I liked the rubber drives. Scrap rubber would fetch a penny a pound, cash money. We spent hours wrestling old tires out of ravines around town. They were heavy and always full of mud. They had to be cleaned up before they could be sold. Soon we discovered that a tire from the brook bed was much heavier than one from the back of the garage. So, we took all of the tires we found to a mill pond, tied a rope to them and sunk them in the water. A week later we hauled them out to be sold. Was this war profiteering? You betcha! It was many years later I finally discovered rubber does not absorb water.

All through the War, I don't think I ever actually saw any military equipment. I never saw a real Army truck, Jeep, tank or artillery piece. The closest things to military equipment I remember were from World War I. One fellow had a steel helmet

and another had a gas mask. The gas mask smelled like rotten rubber.

Occasionally, an airplane would fly over town and everyone ran out into the streets to see it. This was always a big event, but often a disappointment as the plane turned out to be a WW I Jenny.

There were two great sources for information about the war, LIFE Magazine, and Movietone News. Every Tuesday, LIFE arrived with the greatest war pictures one could find. They were big, clear and glossy. You could count every nut and bolt on a tank.

The Movietone News was always shown at the Saturday afternoon matinee. The voice of Lowell Thomas was reassuring. Sitting in the front row of the theater, I thought it was as real as it could get. Newspapers did give a perspective. Willie and Joe were the two "dogfaces" created by Bill Maulden, and there were soldier's stories written by Ernie Pyle.

I never actually knew anyone who enlisted in the military. Everyone was older, and I knew them by family names. One friend of the family lost a son early in the War. I never knew

the son, but his mother was the first Gold Star Mother I ever knew. Another local boy returned home on leave after he was wounded. He was a gunner on a bomber and was wounded over Europe. I don't think I actually ever spoke to him, but everyone knew his whereabouts while he was home.

I remember the hot August day in 1945, the day the atomic bomb was dropped on Hiroshima.

As the war dragged on, the excitement of the moment died away, and there were shortages to remember. Meat, butter and sugar were rationed, as were tires and gasoline. There were no new cars or appliances. Yet none of this had much impact on a 10- to 15-year old boy. I think the biggest impact was no new tires for my bike, so my bike tires had fabric showing through the rubber. I found I could extend the life of the tire for a few hours using electrical tape on the thin places. Electrical tape was a cotton cloth material, impregnated with a kind of tar.

Maps were a big part of the war. With every new battle or invasion, there were more places

to find on maps. This gave us a greater appreciation of the size of the world, and it expanded our view beyond the 50 miles. While Europe seemed somehow familiar and like us, the Pacific was a whole new world. Places with names like New Caledonia, Bikini, and Iwo Jima took hours to find on a map. Suddenly, I

found there were thousands of islands in the Pacific I had never heard of. Some of the islands we never did find.

I have no vivid memories of the end of the war in Europe or its end in the Pacific. While these were great events, they did not mark themselves on my memory.

The second date I remember is August 6, 1945, the day the atomic bomb was dropped on Hiroshima. It was a hot August day, and the news came over the radio late in the afternoon. Not only was the event going to end the War, it was going to bring a whole new age to the world, and I believe that it did. This was the event that for a time made war unthinkable. One bomb and one airplane had done to a city what thousands of bombers and tens of thousands of tons of bombs had done in Europe. For better or worse, the world was never the same after that afternoon.



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

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

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

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


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The Cork & Bottle

Gerd Hirschmann

More and more wine labels feature the words that not too long ago were synonymous with poor quality: Table Wine. Those words once relegated the bottles to lower shelves between the boxes and jugs that have headache written all over them and are best used for “coq-au-vin” or other applications in cooking.

Today the wine world is heavily regulated to protect the name and the quality of wine from a particular region. In the United States most wines are named for the grape. The area it comes from is more and more important as wine drinkers become more sophisticated and know that the origin (or “terroir”) makes a difference. A Napa Cab, New Zealand SB or an Oregon Pinot Noir has a much better name, a more distinctive cachet, than simply the grape: varietal.

Wine makers are saddled with regulations. The most obvious restriction is that which requires a minimum percentage

of varietals used by volume. (For example, in this country, wine has to be at least 75% of the grape to be called a Merlot).

In Europe, table wine is meant to designate the lowest level of wine produced, among those that qualify for either an appellation or other form of regional quality control. To get the coveted designations like Bordeaux, Chianti, Barolo or what have you, the wine makers hands are tied not only to the region but to specific blends dictated within the area.

By definition, a table wine is any wine that isn't fortified or sparkling. In the United States, the official definition of table wine is that its alcohol content is between seven and 14 percent. This definition does not in any way describe quality, although some of those old connotations still equate table wine with lower-quality and inexpensive wine.

Some independent producers find the appellation rules are too restrictive. They produce some

very high-quality wines labeled as table wine, which just aren't made exactly as prevailing rules dictate.

Table wine typically is not permitted to disclose even its region of production (In France the producers must use postal codes to prevent the name of an appellation from appearing even in fine print on the label) or its vintage date (though “lot numbers,” which may bear a striking resemblance to dates, are permitted).

The fraction of national production classified as table wine varies from country to country. In France the majority (by volume) of wine is affordable “vin de table.” European table wines are generally made from the highest-yielding sites and vinified in an industrial manner.

In contradiction with the apparent order by regulations,

exceptional table wines are an uncommon but important fact in Europe. Quite ambitious wines may be classified as mere “table wine” if they are made from non-traditional grapes or with unconventional processes of wine making. Even wines made with every measure of care (such as low vine yields and hand harvesting) and grown on sites otherwise entitled to a prestigious appellation may be denied that high status.

The best-known examples are wines called Super Tuscans, which are made either with more than allowed quantities of international varieties (grapes not indigenous to Italy such as Merlot or Cabernet Sauvignon) or without the once mandated inclusion of small proportions of Cannaiolo, Malvasia and Trebbiano per the relevant Tuscan appellation.

In 1992 Italy created the Indicazione Geografica Tipica (IGT) specifically to permit Super Tuscans to step out of the table wine classification and become viewed as quality wine. Still, wherever legitimacy in a given appellation is stipulated by something more than geographic boundary, one may find producers willing to ignore limitations in pursuit of quality.

Next time you see Table Wine on a label, take a second look.

Does it list a wine maker or winery? A specific area or even vintage? It may be a jewel in disguise and well worth a try.

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

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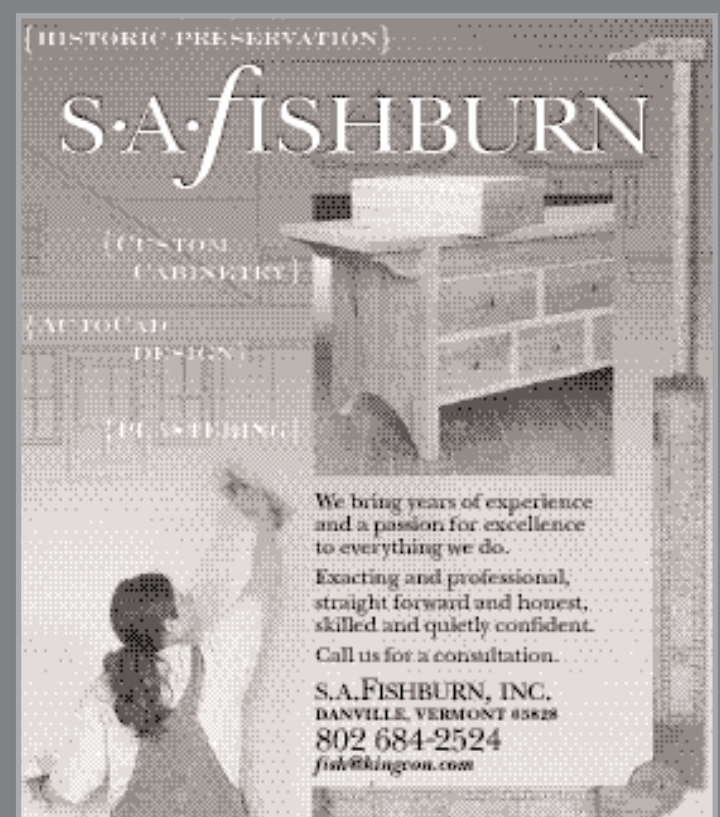


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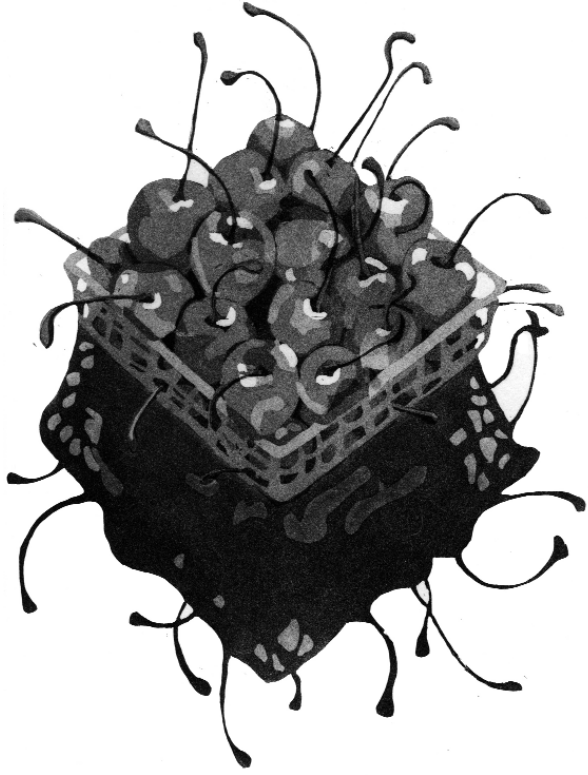
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"Spiritoso," an aquatint etching with spit bite by Louise Hamlin.

Artists from Two Rivers Printmaking Studio Show in Backroom Gallery

Twenty-four of Vermont's foremost printmakers will display work in The Backroom Gallery at the Northeast Kingdom Artisans Guild through May 29.

Two Rivers Printmaking Studio in White River Junction, boasts a friendly, creative and experimental environment with excellent facilities. The studio is renowned for its dedication to working artists in their exploration of traditional and experimental printmaking.

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Rivers Studio have collaborated in a 2006 Portfolio Show, which demonstrates the diversity of printmaking techniques: mono-print, lithography, etching, dry-point, woodcut, wood engraving linocut, digital lithography, solar plate and Chine Colle.

One of the printmakers in this collaborative show, Louise Hamlin, is professor of studio art at Dartmouth. Former department chair, she is currently area head of printmaking and faculty advisor to the Book Arts Workshop. She has

taught painting, drawing, design, freshman and senior seminars and printmaking. She has published art reviews, provided cover art for books and literary magazines, and collaborated with Coffee House Press to produce a limited edition of hand-printed poems by 15 poets, each accompanied by an etching.

The Northeast Kingdom Artisans Guild is located at 430 Railroad Street under the purple awning. For more information go to: nekartisansguild.com



the ARTS around

May

- 2 Mehr and Sher Ali and Musicians: "Qawwali Music of Pakistan," Flynn Center, Burlington.
- 2 Sandra Wright, Middle Earth Music, Bradford.
- 2 Bret Michaels, Hampton Beach Casino, Hampton Beach, NH
- 2 Dartmouth Wind Symphony, *Around the World in 80 Minutes*, Hopkins Center, Hanover, NH.
- 2-8 *Under the Same Moon* (2007, Mexico) [PG-13] Director: Patricia Riggin. Determined to provide a better life for her son, Rosario has been working illegally in the U.S. Back in Mexico, Rosario's mother cares for her 9-year-old son, Carlitos. Life is suddenly turned upside down when the grandmother dies and Carlitos strikes off northward to reunite with his adored mother. Catamount Arts, St. Johnsbury. (802) 748-2600.
- 3 Tammy Fletcher, Middle Earth Music, Bradford.
- 3 Fiddler Kelli Trotter, Opera House, Barre.
- 3 Erica Wheeler, Goddard College, Plainfield.
- 4 Dartmouth College Gospel Choir, Senior's Choice, Hopkins Center, Hanover, NH.
- 4 Nobby Reed, Middle Earth Music, Bradford.
- 6 Bryan Adams, Paradise, Boston.
- 8 Dartmouth College Glee Club with Ciao Italia, Hopkins Center, Hanover, NH.
- 9 Max and Ruby (YES!), Opera House, Lebanon, NH.
- 9&10 Gandalf Murphy & Slambovian Circus of Dreams, Middle Earth Music, Bradford.
- 9-15 *Stop-Loss* (2008, U.S.) [R] Director: Kimberly Peirce. Decorated Iraq war hero Sgt. Brandon King makes a celebrated return to his small Texas hometown where he tries to resume the life he left behind. Catamount Arts, St. Johnsbury.
- 10 Barbary Coast Jazz Ensemble, Hopkins Center, Hanover, NH.
- 14 World Music Percussion Ensemble with Music of the Caribbean, Hopkins Center, Hanover, NH.
- 14 The Cure, Bell Centre, Montreal, PQ.
- 16-22 *The Counterfeiters* (2007, Germany) [R] Director: Stefan Ruzowitzky. Fascinating, complex and psychologically revealing true story of the world's largest counterfeit operation set-up in 1936 in Nazi Germany. Catamount Arts, St. Johnsbury.
- 17 Handel Society of Dartmouth College with Carl Orff's *Carmina Burana*, Hopkins Center, Hanover, NH.
- 17 B.B. King, Capitol Center, Manchester, NH.
- 17 Rodney Carrington, Flynn Center, Burlington.
- 17&18 Australia's Back to Back Theater with "small metal objects," Flynn Center, Burlington.
- 23 Dartmouth Chamber Singers with A Woman's Inspiration, Hopkins Center, Hanover, NH.
- 23&25 The Benders, Middle Earth Music, Bradford.
- 23 Afrissippi Boogie Revue, Flynn Center, Burlington.
- 23-29 *Shine a Light* (2008, U.S.) [PG-13] Director: Martin Scorsese. The Rolling Stones as they've never been seen before. A concert that absolutely defies the ages of the group and their electrified fans, as both soar with the music. Catamount Arts, St. Johnsbury.
- 23&24 Dartmouth Dance Ensemble, Complexities, Hopkins Center, Hanover, NH.
- 24 Dartmouth Symphony Orchestra with Mahler's Symphony #5, Hopkins Center, Hanover, NH.
- 28 Van Halen, Verizon Arena, Manchester, NH.
- 30-June 5 *Chicago 10* (2007, US) [NR] 2007 Director: Brett Morgen. A brilliant perspective on the media spectacle of the 1968 Democratic Convention using a mixture of bold animation and extraordinary archival footage to revitalize an episode and era in U.S. history that has clear contemporary meaning. Catamount Arts, St. Johnsbury.
- 31 Joshua Redmond Trio, Flynn Center, Burlington.

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No Small Potatoes

Vanna Guldenschuh

As spring takes hold in the Northeast Kingdom, we find signs of renewal popping up out of the ground everywhere. There are crocus, lilies, mint and, of course, the unrelenting rhubarb. You overhear, “My rhubarb’s up” in the supermarket line, at the bank and in the hardware store. These words make me smile, and they are a sure sign that spring is here and summer can’t be far behind. I am elated that the thaw has finally produced something to eat.

Rhubarb originated in Asia and is rich in vitamin C and fiber. It is this vegetable’s perennial nature even in harsh climates that make it a treat for us in the north country. Rhubarb can be a large plant with huge leaves. Please note that the leaves are toxic, containing high concentrations of oxalic acid, and must always be discarded. The stalks are the edible portion.

To prepare rhubarb for use, I cut off the toxic leaves and the root end. If the rhubarb is young I don’t peel the stalk, but if it is large and older, I peel the outside rounded edge. Then I cut it cross ways into ¼ to ½ inch pieces.

Rhubarb Strudel

This is a perfect dessert for this time of year with a sprig of mint from the perennial bed as a garnish.

I use frozen puff pastry and make sure to roll it out to about half of its original thickness. It makes for a much lighter, flakier crust.

- 2 sheets frozen puff pastry
- 1 cup cream cheese – softened
- 4 cups prepared rhubarb – cut into ¼ inch pieces
- 2 teaspoons cinnamon
- 1 cup sugar
- ¼ cup flour
- 1 egg
- Sugar for sprinkling

Let the pastry thaw in the refrigerator and then bring to room temperature. On a lightly floured surface roll the pastry out to ½ of its original thickness. Cut into

approximately 5”x10” pieces (you can make smaller ones if you want.) Set aside.

In a large mixing bowl mix the rhubarb, cinnamon, sugar and flour. Set aside.

Place the pieces of dough on a flat surface and spread a thin layer of cream cheese on one half of each piece. Cover the cream cheese with a handful of the rhubarb mix. Fold the other half of the piece of dough over the rhubarb side and press down with the tines of a fork to secure the edges. With a sharp knife make three long slashes on the top of the strudel. Make sure you cut right through the top dough to the rhubarb.

In a bowl, beat the egg with a fork. Brush the top of each strudel with egg, making sure to cover the edges with the egg mix. Sprinkle sugar over the top of each strudel applying it heavier at the edges (where the fork tines have marked it).

Cook in a 375° oven for about 20 to 30 minutes or until golden brown.

Rhubarb Crisp

Serve hot with a slab of vanilla ice cream and a sprig of mint if you have it.

One of my favorite desserts to

make with rhubarb is a crisp. It lends itself perfectly to the tart and sweet flavors you find in this dish.

- 4-5 cups prepared rhubarb stalks cut into small to medium pieces
- ¼ cup flour for the rhubarb
- ½ cup apple cider
- 3 tablespoons cinnamon
- 1 stick salted butter – softened
- 2 cups sugar
- 1 cup flour for the topping

Make the topping:

Combine one cup sugar and the cup of flour in a medium bowl. Work the butter into the mix until it forms a mealy topping. Do not overwork. Set aside.

Mix the rhubarb with the cinnamon, ¼ cup flour and 1 cup of sugar.

Cover the bottom of a shallow 9”x13” baking dish with the rhubarb mix – Do not pile it up – you will want just one tight layer of rhubarb pieces.

Drizzle the cider over the rhubarb. Sprinkle the topping mix over the rhubarb, evenly.

Put in a 375° oven for about 30 to 40 minutes or until golden brown on the top and bubbly.

Let cool for about 15 minutes and serve with a small amount of vanilla ice cream or sweetened whipped cream.

Stewed Rhubarb

Rhubarb was often used as a condiment for meat dishes on the farms of America. Stewing it was fast, convenient and created a new

taste at the traditional “meat and potatoes” meal. Often it was just sugar and rhubarb, but I like to add a few more flavors to this side dish.

- 4 to 6 cups prepared rhubarb
- 1 cup sugar
- 1 cup dried cherries
- ½ cup apple cider
- ¼ cup balsamic vinegar

Mix all the ingredients in a large saucepan and cook over medium heat about 20 minutes until they are all soft and the mix is reduced by about one quarter. It is that easy.

A couple of variations – Use honey instead of sugar, add some chopped scallions, substitute ½ cup currant jelly for the cider, use rice vinegar and mirin instead of balsamic vinegar and apple cider or use dried currants instead of cherries.

It will keep in the refrigerator for a week or two and can easily be processed in jars for use throughout the year.

Rhubarb Bread

This is a very good quick bread that freezes wonderfully. I suggest doubling the recipe and putting a few loaves in the freezer to serve all through the year. It is great to have on hand for unexpected company.

2 cups prepared rhubarb –

Rhubarb

- cut in small pieces
- 1½ cups brown sugar
- ¾ cup canola oil (or other vegetable or nut oil)
- 1 egg
- 1 cup buttermilk
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 2½ cups flour
- ½ cup chopped walnuts (optional)
- 2 tablespoons soft butter
- ¾ cup sugar
- 2 tablespoons flour

Preheat the oven to 375° and grease and flour 2 loaf pans.

Combine the 2 tablespoons flour, ¾ cup sugar and the soft butter until crumbly. Set aside.

Beat the sugar and oil together in a mixing bowl until they are smooth. Add the egg and beat well.

Whisk together the salt, baking soda and flour and set aside. Add the vanilla to the buttermilk. Add the flour mix and the buttermilk, alternately, to the sugar mix only blending until it is well combined. Don’t beat it at this point.

Fold in the rhubarb and the nuts. Divide the mix between the two pans and sprinkle the prepared topping over the batter.

Bake about 45 minutes to an hour. Check for doneness by inserting a toothpick in the center of the loaf. If it comes out completely clean it is done.

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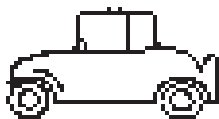
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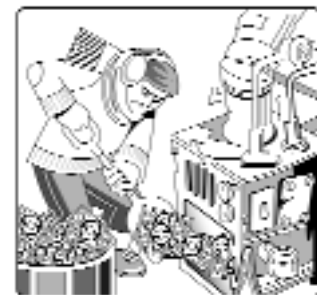
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Walden Hill Journal

ELLEN GOLD

May 1, 2007: May began very spring-like with the cheeriness and warmth of the sun. Patches of snow linger on the White Mountains and in the woods, but flickers are back aerating the lawn, and the creaking, quacking sound of frantic frogs congregating in the overflowing ponds, place us at winter's end.

May 3, 2007: We're enjoying three days of beautiful sunshine. The temperature remains on the cool side, but warmth of the sun goes a long way to brighten the day. One pair of swallows set up housekeeping in our oldest bird house. The female appears to be nesting while the male flies to the box to feed her. Yesterday we attempted to hike to Cheever Falls. Massive logging has been

going on so the usually narrow trail was obliterated by wide, muddy and debris-strewn logging roads. We found the cascading stream but not the falls. I think we may have ventured too far upstream.

May 9, 2007: Bright sunshine is giving way to clouds. I cleaned up last year's hosta debris along the stairs. I purposely left the dried stalks over the winter to mark the stairs for shoveling. The snow often obliterates their exact location.

May 11, 2007: Vermont's other foliage season is underway. After two days of high 70's and 80's, early buds have burst forth in pastel shades of green punctuated by the rust red of maples. Tamarack needles soften the once bare trees. Shad blossoms remain closed but won't need much more

encouragement to open. Lilac blossoms are a hint of what's to come. I gave into this perfect spring day and planted snow peas. They got a helpful watering from the afternoon rain storm.

May 13, 2007: Sunny but only in the 50's today and windy. Pileated woodpeckers have been busy chiseling huge holes in what's left of an old maple trunk. Fresh large chips of wood litter the ground. Beaver have been busy cutting smaller poplars and dammed a large pond near the logging road. They're maintaining a massive lodge there.

May 15, 2007: We're getting much needed rain today. I picked our first asparagus stalk yesterday and added it to a stir fry supper. Another first was a hummingbird whose bass buzzing I heard before seeing that miniature gem.

May 24, 2007: A very peaceful, sunny morning. Sunrise has progressed as far north as our lower drive and will journey a bit further yet before turning to begin its southward path. Spring green is everywhere with trees approaching full leaf. Shads are at the end of their blooming, and now it's the turn of the apple trees, wild and decorative, to perfume the air and



Photo By: Jeff Gold

Vermont's other foliage season is underway as the green color of spring sneaks in.

dazzle our vision.

May 26, 2007: Cool, breezy and sunny today. A welcome relief after two days of August haze and temperatures into the 80's. It was a perfect morning for stacking our first loads of wood. A small snake in the woodpile kept seeking new hiding spots, which we constantly uncovered. He finally wizened up and slithered over into the stacked wood. I spent the afternoon in the garden, replanting lettuce and

cilantro and doing a first planting of chard. Kohlrabi and tomatoes are hardening up in the cold frame.

May 31, 2007: May is ending on a misty note after several glorious sunny days. Apple trees are in full bloom, and profuse lilac blossoms perfume the air. Swallowtail butterflies haven't arrived yet, but they can't be far behind. I have yet to see bluebirds. They must be nesting elsewhere. Hummingbirds are a constant visitor as are our year-round resident chickadees. Asparagus are tender and plentiful. Snowpeas are well-established in the garden, but not much else has come up yet. Kohlrabi, basil and tomato plants are hardening off in the cold frame. Today's rain is just what they need. Kohlrabi can go in the ground soon, but tomatoes and basil should wait for tomorrow's full moon to pass and hopefully take with it any possibility of a June frost.

(To view an extended version of this month's Journal with additional photos, go to www.jeffgoldgraphics.com and click on "The View from Vermont")

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Come Stay With Us In Vermont's Northeast Kingdom. It Is Absolutely Real.



Photo By: North Star Monthly

Vermont is a beautiful place, and the Northeast Kingdom is rich with its share of Vermont. We invite you to come stay with us, take your time and get to know this part of New England. Reeve Lindbergh, a North Star contributor and author of books for children and adults, describes the area like this: "It is very beautiful, whether or not our words are adequate to its beauty, in any century. It is absolutely real, however we choose to describe it, at any point in our lives. And best of all, however it may surprise us, after twenty five years or two hundred, it is still here."

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“When I Have Your Wounded”

A day in the life of a combat MEDEVAC pilot



Between missions, there is no end to double checking systems.

ALEXIS D. SCOTT

It's 3:14 p.m.

You've been on missions all night and on duty for the last day and a half. You're caked with sweat, grease and dust, and yesterday you missed your only chance at a shower. The outside temperature is over 115°, and not even your darkened visor cuts the brightness of the sun. With a lack of moisture in the air, dust stays suspended for hours, and visibility is hardly ever more than two miles. Worse yet, you've missed both breakfast and lunch.

Fortunately, somebody

grabbed sandwiches for the crew. You go back in the rest area, find a chair and eat quickly; downing 2-quarts of water with the turkey sandwiches. With food in your stomach, grogginess starts to set in. If all goes well, you'll finally get that nap you've been trying to get for the last 36 hours. Finally there is a comfortable position, and you start to doze off.

All of a sudden, the pager on your hip goes off, “1st up MEDEVAC! MEDEVAC! MEDEVAC!”

The squelch of the pager is devastating. You'll sleep through a mortar attack, and not even

flinch anymore, but when the pager sounds off, your heart starts racing. Adrenaline kicks in. You leap from the chair as does the rest of the crew. Water bottles, silverware and half-eaten sandwiches spill across the floor.

The time is 3:24 p.m.

You grab your M-4 rifle and night-vision goggles and sprint to the aircraft. As you run, you hear possibly the worst thing imaginable. The radio operator yells at us, “An 11-year old Iraqi girl was hit by an IED and burned on 90% of her body.” Your heart stops again, but there's no time to think about it.

The world record for the 100-meter dash may be 9.79 seconds but you cover it in 5 running to your HH-60 Blackhawk with its Red Crosses on the sides.

Your crew chief follows you to the aircraft, and together you follow the startup procedures. A minute later, you're joined by your medic and co-pilot. The standard time for MEDEVAC departure is 15 minutes, but not in this unit and not on this day. From mission receipt to calling the tower for clearance to lift off takes less than six minutes. In a swirling cloud of dust, you're away and heading for the heart of Baghdad.

The smell of sweat and dust is replaced by the smell of oil fires as we approach Baghdad. The thermometer in the cockpit is up to 130°, and turning the outside air vents off would be unbearable. The 60 pounds of survival gear you wear prevents

any heat from leaving your body. You choke through the smoke and heat and brush off the headache starting to move in. You're 50 feet off the ground flying a 17,000 pound, 65 foot-long helicopter, 200-mph over a city filled with power lines, kites, unlit towers and a population that is less than friendly. There's not much room for error.

Central Iraq's landscape is odd by our measure. One minute, you're flying over open desert, and the next you're in the middle of a palm grove oasis spreading miles in every direction. Baghdad is an enigma. Founded on the banks of the Tigris River, the city is full of parks and palm groves, which grow with little human assistance. The city is a blend of modern society and the ancient past with small skyscrapers pressing up against centuries-old Mosques in a way that defies description. The dynamics of the city are typical of modern society with areas of industry, suburbia and frequent slums. Most of the better homes resemble town homes in the United States, and some even have gardens and an occasional swimming pool.

In the middle of all this is the International or “Green Zone,” which is identifiable from the air by perimeter barriers. The Green or International Zone was founded using existing infrastructure from the Saddam Hussein regime. This includes various government buildings, a hospital and the famous Crossed Sabers



Alex Scott, Captain, U.S. Army, is from D to provide support for anyone who is injured, prisoner of war, crews like this one are on

that Baghdad is known for. The only way to separate it from the rest of the city, is its series of checkpoints and relatively new perimeter wall, which surround it.

It's 15 miles to the small patrol base where the girl was found. In less than 6 minutes we are there, and the aircraft fills with dust. You can't see the ground. “Almost there - almost there - almost BUMP - we're there!” your copilot jokes as you descend through blinding dust.

As it turns out, the girl isn't 11. She's 3. Your medic jumps out of the aircraft and gets a quick brief from the physicians assistant on the ground. You know better than to look at the girl as she's loaded onboard, but you do anyway. For the third time on this mission, your heart sinks.

Your medic recognizes the severity of the situation and hops back into the helicopter. Thirty seconds later you're off and away; engines roaring and a dust cloud trailing behind. In the back of the aircraft, the medic starts his work.

Flight medics are amazing. They have less medical training than a member of the average rescue squad, but a doctor will defer to a flight medic's opinion in a second. If the skills of medical professionals were to be rated and compared, flight medics would be among the best.

Over the aircraft's internal communication system, I hear the medic's desperate voice. “HEY! I'm losing her! We gotta go!”

You're already pushing the



With a lack of moisture in the air, dust stays suspended for hours, and visibility is hardly ever more than two miles.



Photos Courtesy of Alex Scott

Danville. He is currently serving a 15-month tour as a MEDEVAC pilot in central Iraq. MEDEVACs are assigned in the sector. Whether you are American or a coalition military member, Iraqi civilian, contractor or even in call and ready to take you out of harm's way.

aircraft to its limits, but you try to apply more power anyway. It's only a few more knots of airspeed, but every second counts. You glance back into the cramped cabin, and there is the medic performing CPR.

The crew chief is "bagging" the little girl, pumping fresh air into her lungs. The flight to the hospital is only seven minutes, but for them, it feels like forever.

My copilot says, "One-minute out."

The medic replies, "I got a pulse, she's stabilizing!" The crew chief continues to assist with her breathing, and the medic prompts the hospital on his radio.

As we approach the Baghdad Hospital heli-pad, a litter team drives out on a gator to meet us. At the moment of touchdown, the medic throws the door open, and the ground team responds immediately. The medic jumps on the back of the gator and stays with the girl. The crew chief runs behind in case his help is needed.

Total time from our initial launch to the hospital is 20 minutes. Forty minutes have elapsed from the time the girl was first injured. She's well within the "Golden Hour," that critical first hour during which the patient's chances of survival are best.

About 10 minutes later, the medic and crew chief are back from the ER with bottled water and Gatorade.

"How's she doing?"

"She's going to make it," the medic answers.

Despite the unpleasant smell still in the aircraft, there is a sense of satisfaction. A miracle

just occurred, and the impossible was accomplished.

The flight back home is slower, and everyone is quiet. You land at the refuel point, get gas, fly to the aircraft ramp and ground taxi to the parking pad. As you shut down the aircraft, the sun is low on the horizon. The red glow reflecting off the

dust creates an amazing orange sunset.

Everyone has their own way of handling what just happened, and we take it in stride. As we leave the aircraft, we check each other with an "Are you okay?" No one ever says no, but the question helps, especially the crew chief and medic. They

You're 50 feet off the ground flying a 17,000 pound, 65 foot-long helicopter 200 mph over a city filled with power lines, kites, unlit towers and a population that is less than friendly. There's not much room for error.

always see the worst of it.

When the rotor blades stop, you hop on top of the helicopter checking for bird strikes, worn parts or bullet holes. Finding none, you hop down to the pavement.

You grab your gear with the rest of the guys and start back to the operations building. "1st up MEDEVAC! MEDEVAC! MEDEVAC!" Here it goes again...

This is a typical day in a MEDEVAC unit.

I am a Forward Support MEDEVAC Team Leader serving in Iraq. I grew up in Danville. I graduated from Danville School in 2000. I took a full commission in the Army as a second lieutenant in 2004, and I have been a MEDEVAC pilot since. I deployed with my team of 20 crew members and three helicopters to Iraq last spring for a combat tour of 15 months. We are a year into the deployment and still going strong.

We are a part of the U. S. Army, but my team's mission is support for anyone who is injured in our sector. This includes American and coalition military members, Iraqi civilians, contractors and even prisoners of war.

If you end up on our helicopter, we'll take care of you. "No one dies in our helicopters," is the creed of our crews. I once watched one of my medics perform CPR for more than 45 minutes to keep that promise.

The original air MEDEVAC

system was established during the Korean War. In the Vietnam War, we were given the call sign DUSTOFF (Origins of this name are still hotly debated). During the early stages, our mission was clarified by three simple rules: NEVER refuse a mission, NEVER return with an empty helicopter, and the NEEDS OF THE PATIENT come first.

Those rules are followed to this day. My team will attempt to launch and recover a patient even under the harshest conditions of battle or weather. Where other air assets remain above the battle and provide support from there, virtually every MEDEVAC crew will ignore a firefight to extract the wounded. From these traditions our predecessors coined the phrase, "When I have Your Wounded" to represent our commitment to those on the ground.

Beyond all the legendary terms, during this deployment my team was nicknamed the Pirates. My platoon sergeant and I chose the name because, in his words, "No one likes us, but they all want to be LIKE us."

There is some truth in what he says. When my team was created two years ago, I was the junior team leader in the company. As a result, I was not allowed to select personnel from the same pool of candidates available to the other team leaders. Actually it was my good fortune. I still got many of the crew members that I wanted, but the stigma remained. We were the outcasts, the unde-

(See "When I Have" on Page 20)



The standard time for MEDEVAC departure is 15 minutes, but not in this unit and not on this day.



Ask the Shrinks

Alice S. Kitchel and Burton Zahler

Dear Shrinks,

I hope you can solve a small puzzle in my life. I work in a mill in Vermont. One of my co-workers, I'll call him AI, is a very nice man, always respectful and helpful. Everyone knows AI is quite slow. Sweet, but not too bright. Once in a great while AI comes out with a line that seems very intelligent, even sometimes, full of wisdom.

Some of the other men at work and I hope you can explain this to us.

Puzzled

Dear Puzzled,

The whole subject of human intelligence is full of strange enigmas. There are several sets of IQ tests. Most are arranged to test for ability in a variety of capacities. For example, some test verbal skills while others test mathematical skills, pattern recognition, spatial orientation and so forth. Others test for interpersonal skills or creativity. Some theorists believe that intelligence is fluid and cannot be truly measured. Although there is controversy about the value of these tests, our culture accepts

and relies on them. Interestingly, according to some analysts of the data there is a strong correlation of scores among different types of tests.

It often happens that one can score very high in all the skills except one, where one scores very low. An example would be the obviously bright people who get disoriented (lost) every time they leave a store. These people would score low in spatial orientation.

It also happens that some people score low across the board with the exception of one or two areas, where they may score unusually high.

If AI's intelligent and wise remarks are limited to one or two areas of mental proficiency perhaps we have supplied your answer. For example, the tri-

archic theory of intelligence attempts to measure three areas of intelligence - analytic, creative and practical. Perhaps you can identify AI's strengths through this lens.

If AI's brightness spans a broader range of skills there is another possible explanation. Some children learn at an early age that their life is simpler or safer if they pretend to be stupid. After many years, they may forget that they made a decision to act this way and come to actually believe in the role they invented for themselves.

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



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"When I Have Your Wounded" - Alex Scott in Iraq

(Continued from Page 19)

sirables, the "Pirates." To highlight that status, my crew members have all affixed a pirate-patch to the left side of their helmets.

The results has amazed even me. My guys have helped over 2,000 wounded, of which more than 500 were in critical condition at the time of our pickup. To date, three of my Pirates have Bronze

Stars with Valor, and the Air Medals are too numerous to count.

We have become so well known in Baghdad, that we have been adopted by both the Balad Air Force Hospital and the Baghdad Hospital, as they refer to my team as "their" MEDEVAC guys. Nurses always come out to visit.

We have become well known

to the ground units in Iraq and even to the locals. One day, a ground commander came to our building to say thank you for saving some of his men. To my commander's chagrin, the visitor didn't ask for the Medicine Man (that's our company call sign) operations center. Instead he asked where he could find the "Pirate guys."

That's the good part.

The work we have accomplished has not come without a price. The mission I described is common. There has not been a single day in this country during which our unit had no mission. We take pride in our success at helping others, but there are many times when the realities of war hit

close to home. Psychologically, we all have had at least one mission we just can't stop thinking about.

This is the essence of this article. Throughout all of our moves and never-ending missions, there was support from back home. There are vast blankets of "America Supports You" items, which we always get, but there is more.

The support from Danville and other parts of the Northeast Kingdom have kept us smiling - everyday. Of my 20 crew members, no one received more team care packages than I have from people like you.

You may not realize this, but we have read each of the personal

letters you sent, and the care packages were greatly enjoyed. All those letters, notes, pictures and seasonal goods have kept us positive through some of our darkest times, and they allowed us to keep looking forward to returning home. I can only keep my team motivated to a point. It was all of you who tipped the scales for me and for them.

Everyone in my team has tasted REAL Vermont maple syrup. Everyone knows where Danville is, and better yet, everyone knows what the old Danville General Store looks like. Half of my guys want to take vacations in the Northeast Kingdom, and the others want to meet some more of us "crazy Vermonters."

So between the letters, candies, pictures, Oreos, toothbrushes, Brownie Bowls (thanks "mom" - you know who you are) and everything else you have done for me and my team, I would just like to say thank you.

We often receive thanks for our work, but your support has helped us in many ways. No matter where I live or where I may travel in the future, you have proven to me where my true home is. I thank you.

Captain Alexis D. Scott
Pirate 1-6
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DANVILLE SCHOOL

2008 Schedule

Athletic Director: Merlyn Courser CAA

Softball

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

Baseball

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

Lacrosse

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

Track & Field

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

June

WSTJ

am 1340

Tune in for
Red Sox Baseball



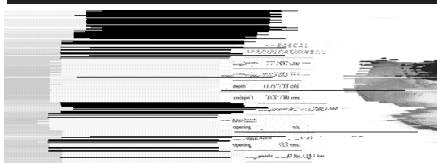
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- ✓ DICKIE WORK CLOTHES



Up on the Farm Early

Lorna Quimby



There and Back or The Patient in Room 202

In January I had to have a new hip to replace the one I had implanted three years ago. My bones and the old prosthesis were having a quiet divorce. The experience was as difficult and painful as I'd feared.

Isn't it amazing? You walk into the pre-op room, change to a pretty johnny and ride in a wheelchair to the operating room. Much later you regain consciousness. Your lower limbs are immobilized, tubes run into you from all directions. At frequent intervals the nurses check your blood pressure and everything else. Your strength is gone, left under the operating table. Your brain doesn't work nor do your eyes focus.

The anesthesia and pain medication give you a killer case of constipation. From your last experience in the hospital, you know what should be done and you so inform the nurses. Finally, I imagine they say, "Give her an enema, and put her out of her misery."

After hip surgery, you can't lie on that side. A hedge of stainless steel staples marches along the incision and sticks into you. You're not supposed to lie on the opposite side. That would endanger your new hip. How tired your back gets and so do you as you drift in and out of consciousness.

The nurses have to move your leg when you can get out of bed. When you sit, your leg has to be propped. Was there a time when you could bend your knee and sit down easily? Then come the therapists to help make your leg muscles wakey, wakey.

Physical therapists are the cheerleaders of the medical world. A small wiggle of your toes brings a "Good!" or sometimes even "Great!" First you move your toes. Next comes "buns of steel," then pressing down with the knees. A slim, agile young thing shows you how to move off the bed to the walker.

Dad and Maw always said, "You do just as the nice people tell you to and be a good girl."

Last time I'd had my hip worked on, I was "a good girl." This time I decided that, at my age, I knew my body as well as anyone—hence my nagging over the bowel problem. When the therapist started me walking, I followed my gut instinct. The drill is, the first day you walk, say, to the light switch. The next day you reach the door, the next the hall, a couple of strolls down the hall, and, Bob's your uncle, you're ready to go out the door. I mean, out of the hospital.

The first day for walking, I didn't feel as enthusiastic as the therapist. The second day, I marked a spot I thought I could reach. The next day, the therapist urged me to try for the door. She had a belt fastened around my waist so she could catch me if I fell. As I was a little taller than she, I could imagine what would

happen if I did fall. But I said I'd try. I walked about halfway and felt I couldn't walk another step.

"I feel woozy" I said.

I never saw five people materialize so fast in my life. There were nurses everywhere. Someone slid a chair under me and they put me back to bed. There was no more therapy that day.

Two units of blood brought the color back to my face and gave me more energy. I dozed off and on through another night while the blood dripped slowly into my vein.

When Friday came and I found I was to be discharged, willy-nilly, "to the rehab center," I had a fit. (All I can think of is The Mouse That Roared.) I think everyone on the floor heard me.

Before surgery I had said I wanted to go home from the hospital. I certainly didn't want to go to rehab over a weekend, a dead period for all concerned. Laura drove me home Tuesday morning.

Home! The girls helped all we would let them. Kathy helped find a hospital bed to rent, and we had borrowed a commode. Diana and Jerry lent us a privacy screen and a portable phone, which have been a blessing.

We have been blessed in many ways. Thank you to everyone who sent cards.

They brightened my days. Neighbors brought in food: Julie dropped off a loaf of pumpkin bread on her way for a walk and brought some beef stew another day. Edgar and Helene came with a loaf of Edgar's crusty bread and stopped to visit. Diana and Jerry sent meat loaf one time, roast turkey another and then a loaf of Jerry's "Superman" bread. Marilyn and Dave brought a basket with a complete meal one

night, and Marilyn has provided me with books while I am unable to get to the library.

I was especially touched when Junior brought a chicken pie Sharon had made. Junior used to be a neighbor when we were all a bit younger than we are now. Another former neighbor, Benny, gave us some fresh perch he'd caught at Joe's Pond. How fortunate we are to be part of a caring community.

We felt especially blessed when Eric or Ross plowed our drive after the storms. Remember February, one storm after the other. The world after a heavy snow is incredibly beautiful—and driving is incredibly difficult. But the therapists from Home Health could manage our drive when they could get to it.

My sister Patty stayed with me on Thursdays, so Dick could do errands in St. Johnsbury. She pampered me with shampoos and foot and back massages. My spirits as well as my body felt better every

time she came.


And lastly, my greatest blessing, my caregiver, my husband, Dick, who made my homecoming possible. He was the one who slept on our lumpy couch for around a month, so he could help me in and out of bed about every two hours. Besides his usual winter work of shoveling the walks, bringing in wood for the furnace and grocery shopping, he did all the housework and got meals. He did baking, too. Just ask about his raisin pie.

Meals are much more enjoyable when you have someone to talk with while you eat. We watch the children get on the school bus, birds at the feeder, Sam and the others go off to work. After chores, Marceau comes home for breakfast.


In the afternoon, a neighbor walks her dog to get her mail. On a Friday we note when Julian comes home from college. There's no better place than home to convalesce. ★

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St. Johnsbury Academy

Spring 2008 Sports Schedule

BOYS VARSITY/JV LACROSSE		BOYS TENNIS	
5/1 Harwood (NL)* (H) 4:00	5/3 Spaulding SAT* (A) 3:00	5/1 N. Country (A) 3:30	5/3 Spaulding (H) 3:00
5/5 Montpelier (A) 4:00	5/8 Milton (H) 4:00	5/5 Harwood (A) 3:30	5/8 N. Country (H) 3:30
5/10 Hartford (NL)* (H) 11:00	5/13 Harwood* (A) 4:00	5/10 Montpelier (A) 10:00	5/12 U-32 (H) 3:30
5/15 Lamoille* (H) 4:00	5/17 U-32 (NL)* (H) 11:00	5/15 Middlebury (H) 3:30	5/17 Stowe (A) 10:00
5/20 Rice* (A) 4:00	5/22 Randolph (H) 4:00	5/21 Montpelier (H) 3:30	5/24 Harwood (H) 11:00
5/24 Montpelier (NL) (H) 11:00	5/27 U-32* (A) 4:00	5/27 Spaulding (A) 3:30	
5/30 Vergennes (H) 4:00			
* JV Games Will Follow Varsity		GIRLS TENNIS	
GIRLS VARSITY/JV LACROSSE		5/1 N. Country (H) 3:30	5/3 Spaulding (A) 3:00
5/1 Montpelier (NL)* (A) 4:00	5/3 Oxbow SAT (H) 3:00	5/5 Harwood (H) 3:30	5/8 N. Country (H) 3:30
5/5 Oxbow SAT* (H) 3:00	5/6 Montpelier* (H) 4:00	5/10 Montpelier (H) 10:00	5/12 U-32 (A) 3:30
5/8 Chelsea (A) 4:00	5/10 Hartford (NL) (A) 11:00	5/15 Middlebury (A) 3:30	5/17 St. Burlington (A) 11:00
5/13 Sharon Academy (V) (H) 4:00	5/13 Harwood Club (JV) (H) 5:15	5/21 Montpelier (A) 3:30	5/24 Harwood (H) 11:00
5/14 Spaulding* (H) 4:00	5/16 Lamoille* (A) 4:00	5/27 Spaulding (H) 3:30	
5/20 Rice* (H) 4:00	5/23 Randolph (A) 4:00		
5/23 Randolph (A) 4:00	5/27 U-32* (H) 4:00		
5/30 BFA St. Albans* (A) 4:00			
* JV Games Will Follow Varsity		TRACK SCHEDULE	
VARSITY BASEBALL/SOFTBALL		5/2 Burlington (A) 3:00	5/3 Burlington (Day 2) (A) 2:00
5/1 S. Burlington (H) 4:30	5/3 Milton (SAT) JV 11:00 (H) 2:00	5/6 Champlain Valley, (H) 3:30	5/9 Bob White Relays (A) 3:00
5/8 Burlington (H) 4:30	5/10 Mt. Mansfield (H) 11:00	5/10 Girls Iverson (A) 10:00	5/14 Essex, Hazen & Oxbow (H) 3:30
5/12 Rice (A) 4:30	5/12 JV-BB (Rice) SB (Stowe) (H) 4:30	5/17 Hanover, NH Invit. (A) 10:00	5/21 Lyndon (A) 3:30
5/15 Spaulding (A) 4:00	5/17 Colchester (H) 11:00	5/23 FROSH (A) 3:00	5/28 Lamoille, Milton, (A) 3:30
5/17 Colchester (H) 11:00	5/20 Champlain Valley (H) 11:00	(Former Metro Schools)	
5/22 BFA (A) 4:30	5/24 Missisquoi (A) 11:00	5/28 Lamoille, Milton, (A) 3:30	5/31 Essex Invitational (A) 10:00
5/24 Missisquoi (A) 11:00	5/27 N. Country (H) 4:30		6/7 State Meet, Div. 1 (A) 9:30
5/28 Midd (A) 4:30	5/31 Essex (A) 4:30		6/14 New England Meet (A) TBA
5/31 Essex (A) 4:30	JV (H) 11:00		
* All dates JV teams will be at opposite sites		ULTIMATE FRISBEE	
GOLF SCHEDULE		5/3 Amherst Invite GV, BV (A) 9:00	5/4 Amherst Invite GV, BV (A) 9:00
5/2 BHS, CVU & Essex (A) 3:00	5/5 CHS, MIDD & NC (H) 3:00	5/10 Greenfield Tourn. (A) 9:00	5/11 VT St. Champs BV (A) 9:00
5/7 MVU, Mt. ABE & SBHS (A) 3:00	5/12 Girls Invitational (A) 2:00		5/17 STJA Invite ALL (H) 9:00
5/13 Rice, SHS & VER (A) 2:00	5/15 Boys Invitational (A) 8:00		5/18 STJA Invite ALL (H) 9:00
5/15 Boys Invitational (A) 8:00	5/16 Girls Invitational (A) 3:00		5/24 NE Qualifier BV (A) 9:00
5/19 Girls Invitational (A) 12:00	5/20 CVU, MIDD & SBHS (A) 3:00		6/1 NE Champs GV, BV TBA (A) TBA
5/22 MVU, NC, SBHS (A) 3:00	5/23 Girls Metro (A) 1:00		
5/29 Boys Metro (A) 9:00	5/29 Girls Tournament (A) 1:00		

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Lyndon Institute

Spring Athletics 2008

Varsity Baseball		Varsity Softball	
Sat. May 3	Randolph 4:00	Sat. May 3	Randolph 4:00
Mon. May 5	@ Northfield 4:30	Sat. May 10	Otter Valley 1:00
Tues. May 13	Oxbow 4:30	Tues. May 13	Oxbow 4:30
Thurs. May 15	@ U-32 4:30	Thurs. May 15	@ U-32 4:30
Sat. May 17	@ Randolph 11:00	Sat. May 17	@ Randolph 11:00
Mon. May 19	Northfield 4:30	Thurs. May 22	@ Harwood 4:30
Thurs. May 22	@ Harwood 4:30	Sat. May 24	@ Oxbow 11:00
Sat. May 24	@ Oxbow 11:00	Tues. May 27	Montpelier 4:30
Tues. May 27	Montpelier 4:30	Thurs. May 29	Lamoille 4:30
Thurs. May 29	Lamoille 4:30	Sat. May 31	@ U-32 11:00
Sat. May 31	@ U-32 11:00	Track & Field	
Varsity Softball			
Sat. May 3	Randolph 4:00	Fri. May 2	@ BHS Invite 3:00
Sat. May 10	Otter Valley 1:00	Sat. May 3	@ BHS Invite 10:00
Tues. May 13	Oxbow 4:30	Tues. May 6	Lyndon 3:15
Thurs. May 15	@ U-32 4:30	Sat. May 10	Girls @ Iverson Relay 10:00
Sat. May 17	@ Randolph 11:00	Thurs. May 15	@ Milton 3:30
Thurs. May 22	@ Harwood 4:30	Wed. May 21	Lyndon vs SJA 3:15
Sat. May 24	@ Oxbow 11:00	Fri. May 23	@ U-32 Frosh/Soph 3:30
Tues. May 27	Montpelier 4:30	Wed. May 28	@ CVU 3:30
Thurs. May 29	Lamoille 4:30	Sat. May 31	@ Essex Invite 10:00
Sat. May 31	@ U-32 11:00	Sat. June 7	State Meet @ Windsor
Track & Field		Sat. June 14	NE's @ Thornton Acad.
Golf			
Mon. May 5	@ Oxbow 3:30	Mon. May 5	@ Oxbow 3:30
Wed. May 7	@ Lamoille 3:30	Wed. May 7	@ Lamoille 3:30
Mon. May 12	STJCC 3:30	Mon. May 12	STJCC 3:30
Wed. May 14	@ Stowe 3:30	Wed. May 14	@ Stowe 3:30
Thurs. May 15	@ NC Invite (Boys) 3:30	Thurs. May 15	@ NC Invite (Boys) 3:30
Mon. May 19	@ NC Invite (Girls) 3:30	Mon. May 19	@ NC Invite (Girls) 3:30
Mon. May 19	@ Harwood (Boys) 3:30	Mon. May 19	@ Harwood (Boys) 3:30
Wed. May 21	@ Randolph 3:30	Wed. May 21	@ Randolph 3:30
Tues. May 27	Div. II Sectionals CCVT	Tues. May 27	Div. II Sectionals CCVT
Tues. June 3	Girl's States @ Proctor/Pittsford	Tues. June 3	Girl's States @ Proctor/Pittsford
Wed. June 4	Boy's States @ Middlebury	Wed. June 4	Boy's States @ Middlebury

What's Happening at the Town Hall?

Barnet

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

April 14, 2008

Harvey's Lake Beach Committee – Beach committee member Bob Zita met with Board to provide update on committee's plans for summer season.

Highway Projects – Board signed grant applications for funding assistance on parts of Barnet Center Road and Roy Mountain Road and for bridge projects on Somerhill Road and Bridge Street in Passumpsic.

Access Permit – Board approved temporary access permit for William Graves on Cloud Brook Road.

Liquor License – Board approved liquor license for Barnet Village Store.

Overweight Vehicle Permits – Board approved overweight vehicle permits for Blue Mountain Trucking, Maple Leaf Trucking, Limlaw Chipping, JFB Trucking, Gil's Construction, Green Mountain Power Corp., Ron Fenoff Excavating, Sidney Smith Trucking, Camp Precast Concrete, W. D. Fearon, Larry Flood, Calkins and Chief Logging & Construction.

Fire District Water System – On request of Barnet Fire District Board voted to grant certain powers to the district to establish, acquire, maintain and operate a water system.

Cemetery Mowing – Board agreed to hire William Warden to mow Stevens & Palmer Cemeteries, monument in Barnet Village and lawn at Library building and cleaning up around Town Hall for \$2,150.

Town Plan – Board signed agreement with NVDA for services to assist planning commission with process for updated town plan. Cost to be \$250.

Highway Expenses – Treasurer William Hoar noted concern for costs of diesel fuel and equipment repairs for 2008. As of April 4 town spent \$42,700 for diesel fuel from a total budget of \$74,750. Repairs to trucks to date total \$22,600 out of a budget of \$30,000. Costs to date represent four months of budget year.

Town Garage – Jeremy Roberts presented preliminary plan for new town garage.

Cabot

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

February 27, 2008

Utility Easement – Board discussed request from Washington Electric Coop for a utility right of way and permit for electrical power to Damien Dunham property. Board will discuss further at next meeting.

Fire Department – Board approved authorization for fire department to purchase surplus property from state inventory as needed.

Liquor License – Board approved liquor license renewal for Searles Village Store.

Legal Matter – Board discussed letter from Jules Chatot regarding dismissal of Forant / Allaire VT Supreme Court Docket No. 2007-424. Chatot discussed court dismissal and requested town to act on "violations" identified in the letter. Board has conveyed letter to planning commission, board of adjustments and town attorney and is waiting for advice from them.

Cabot Creamery – Board met with Ed Pcolar, operations manager at Cabot Creamery, and discussed Creamery's request to amend its Act 250 Land Use Permit. Board discussed the request and agreed that more time is necessary to consider the effect on the town and the written comments from people in town about increased waste disposal and increased volume and speed of Creamery trucks.

Audit Report – Doug Harvey presented corrections to town annual report and recommendations from annual audit.

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

March 19, 2008

Masonic Hall – Board approved use of Masonic Hall by Cabot Parent Teacher Student Association for a rummage sale on July 4.

Central VT Humane Society – Board noted new proposal and contract from Central VT Humane Society for \$300 to perform animal control services.

Sheriff Contract – Board approved contract and hourly rate increase from \$24.50 to \$25 for Washington County Sheriff's department.

Fire Department Vehicle – Board noted that no petition was received seeking reconsideration or rescinding town meeting vote to issue bonds not to exceed \$150,000 for a new rescue vehicle for fire department.

Cabot Creamery – Board noted letter drafted by Ed Pcolar describing Board's support of Cabot Creamery's request to amend its Act 250 permit. Board will take additional time to review material received.

Historic Road Maps – Board noted proposal to provide area maps showing town's ancient roads. Board deemed it unnecessary to purchase the information.

Cell Tower Silo Conversion – Board approved request from Andrew Leinoff to contact town attorney at his own expense to discuss the planned cell tower silo conversion.

UDAG Loan Fund – Andrew Leinoff asked Board consideration of use of alternative banks for UDAG loan funds to bring additional business opportunities to Cabot. Board asked for possible agreements from alternative banks and further information before deciding.

Employee Retirement Plan – Board tabled action on options for town employee retirement until further information is available.

Town Website – William Walters presented results of a survey about information that should be available through town's website.

April 2, 2008

State House Representative – Kitty Toll introduced herself as a candidate for the Caledonia-Washington 1 House seat to be open at end of current term.

Cabot Creamery – Board discussed draft letter of support for Act 250 permit for Cabot Creamery.

Liquor License – Board approved liquor license renewal for Rolf and Dolores Muench.

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

Bridge Inspection – Board signed inspection report for bridge #37.

Chittenden Bank – Board approved authorization for Town Clerk Tara Rogerson's use of town credit card and her authorization for deposits.

Joe's Pond Association – Board approved requested appropriation for Joe's Pond Association's Aquatic Nuisance Control Project.

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

Danville

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

March 20, 2008

Legislature – Kitty Toll met with Board to inform members of her candidacy for the seat to be open as Steve Larrabee has decided not to run again. She asked to be advised of any important town issues. Board acknowledged her candidacy and appreciation of her offer of assistance.

Road Report – Kevin Gadapee reported on continued winter storms and the increase in hours worked and high cost of fuel and materials. Gadapee noted that while the school access road is not a town road, the crew does plow and grade it. There is no maintenance agreement between the school and the town for its level of upkeep. Board asked Merton Leonard and Gadapee to determine what type of agreement could be made with the school.

Emergency Management – Leonard met with Tim Clouatre, commander of State Police Barracks, for an inventory of town equipment for emergency management and to discuss reimbursement for equipment use when some of the inventory is used by other towns.

Antique Roads Project – Antique roads project is off to a slow start as

other things have priority. Leonard has done some work comparing maps from various years maps in various size to compare roads. On his recommendation Board approved hiring a service which will reproduce the maps all at the same scale and consolidate the information on a single map. Fee will be \$730.

Bridge Report – Board approved annual bridge inspection report.

Snow Plows – Leonard noted a state law requiring flashing lights on snowplows and that anyone can turn in someone to the police for plowing without a light. People plowing their own driveways are not required to have lights.

Green Up Day – On request of Rodger Pearson Board agreed to let Pearson collect scrap metal on May Green Up Day this year.

Wastewater Treatment – Board noted a new law last year requiring sewer plants to have an emergency response plan for leaks and a plan to check for leaks. A plan has been written and noted by Board.

Liquor Licenses – Board approved liquor licenses for Marty's 1st Stop, Diamond Hill Store; Goodfella's Restaurant; Joe's Pond Country Store.

Town Green – Board approved use of the Green for a yard sale on Green-Up Day to benefit Danville School freshman class.

March 26, 2008

Route 2 Design – In response to the VTrans directive to eliminate enhancements from the proposed Route 2 reconstruction, Board met with town's local review committee. Following executive session to consider reductions in the scope of the project Board agreed to propose elimination of deep excavation and placement of sand borrow for estimated savings of \$275,000. Further, group proposed eliminating field trailer and provide space near the project for a savings of \$100,000 and reduction of full reconstruction of roads around the Green for a savings of \$600,000. There was no agreement on reductions in visual and safety improvements.

April 2, 2008

Historical Society – On request of Mary Prior to distribute money appropriated at town meeting to Danville Historical Society now rather than when taxes are received in November, and following discussion, Board took no action.

Road Crew – Kevin Gadapee reported on heavy seasonal work and a proposal to school board for maintenance of school access road.

Mileage Reimbursement – On request of Merton Leonard Board approved increase of reimbursement rate for use of personal vehicles to 50.5 cents per mile.

Emergency Use of Town Hall – Board renewed agreement for VT Department of Health's use of town hall for mass medical distribution in event of major epidemic.

GoodFellas Restaurant – Board noted Act 250 application from GoodFellas Restaurant for addition of open signs and lighting of business sign.

Harvey's Hollow Bridge – Board noted grant application for rehabilitation of Harvey's Hollow bridge.

April 10, 2008

Route 2 Reconstruction – Board met with representatives of VTrans and Local Review Committee of Route

Reconstruction to discuss potential reductions in scope of project work. After considerable discussion all agreed to reductions in construction of the roadways reduced by \$472,116; town supplied office space, \$10,132; reduction of number street lights, \$282,068; reduction of number and size of trees and shrubs, \$58,021; elimination of the park benches, \$16,800; reduction of VTrans contingency, \$135,932; reduction of construction engineering of \$181,242; totaling a savings of \$1,156,311.

April 17, 2007

Town Green – Ken Linsley met with Board to discuss use of Green after reconstruction of Route 2. On request of Cheryl Linsley, Board approved use of Green for Danville Fair, Autumn on the Green, summer library concerts and Pope Library plant and book sale.

Road Report – Kevin Gadapee reported on seasonal road work. Price of chloride for dusty roads has increased by at least 15% and roads may be a little dustier this summer. On Gadapee's request Board approved road crew working four 10-hour days for a total of 40 hours. They will return to 42½ hours per week in fall.

Tax Maps – Merton Leonard reported he has a draft copy of tax maps. Listers will check them, and landowners should as well.

Lamoille Trail Committee – Leonard reported on progress in development of Lamoille Trail.

Liquor Licenses – Board approved liquor licenses for Creamery Restaurant and Danville Inn.

Old North Church Signs – Board approved placement of Old North Church directional signs.

Personnel – After executive session to discuss a personnel matter on request of Burt Frye, no action taken.

Lyndon

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

March 31, 2008

Highway Report – Board reviewed highway report as of 3/21/08. At 23% through year, entire budget is 26% expended.

Excess Weight Permits – Board approved excess weight permits for A & S, Barrett Trucking Co., Calkins, Camp Precast Concrete Products, Ron Fenoff Excavating, Larry Flood, Gil's Construction, JFB Trucking, Bruce G. Thompson, Winterset and Wayne's Transport.

Liquor Licenses – Board approved 2008 liquor licenses for Fordham's MobilMart and Sweet Basil Catering. On recommendation of Police Chief Jack Harris that a third condition be placed on cabaret licenses to restrict that doors and windows of the establishment be kept closed so as not to disturb neighbors, board agreed to meet with representatives of Phat Kat's Tavern to discuss violations of conditions of their liquor license as described.

Outside Consumption Permit – Board approved outside consumption permit of VFW Post #10038.

Fire Truck Loan – Board voted to renew loan for fire truck from

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

Community National Bank for \$6,531.33 at 2.77%.

Bridge Report – Board reviewed and acknowledged Vtrans report on the Center Street bridge.

Town Planner – Board approved job description for town planner position.

Cobleigh Public Library – Board appointed Ellen Doyle to fill position of library trustee after resignation of Gerry Stork.

Industrial Park Road – Board voted to adopt Industrial Park Road agreement with NVDA. Town has taken the road with understanding that NVDA will continue to pay for its maintenance.

Request To Use Town Roads – Board approved permission for Memorial Day Parade on May 26 and March of Dimes Walk-a-thon on May 4.

Plowing Agreement with Kirby – Board discussed proposal from Town of Kirby that Kirby will plow a portion of Burrington Bridge Road (Lacoss farm to Kirby line) in exchange for Lyndon plowing Kirby's only paved road.

South Wheelock Road Bridge – Board directed Dan Hill to pursue funding to repair bridge just before Cold Hill Road.

Curbside Recyclables Pickup – Board agreed to seek bids for curbside pick up of recyclables to determine interest and future steps of Board.

Contracts – After executive session to discuss a contract, no action taken.

April 14, 2008

Budget Review – Board reviewed actual financial reports against year-to-date budget for general, highway, wastewater and sanitation funds.

Highway Report – Board reviewed highway report as of April 4. At 27% through entire year, budget is 29% expended.

ATV Ordinance – On request of Bernie Ash to open full 2.55 mile length of Fall Brook Road to ATV traffic, Board tabled action until a future meeting.

Liquor Licenses – Board approved liquor licenses for Vinny's Hospitality, Wildflower Inn, Phat Kats Tavern and Freighthouse Restaurant. Board also approved liquor license for The Packing House subject to review every three months to be sure care is taken at special events to prevent underage attendance and to keep entertainment activities appropriate.

Excess Weight Permits – Board approved excess weight permits for W.D. Fearon; Feed Commodities International; Richard Laclair, Sr. and Limlaw Chipping & Land Clearing.

Walk-a-thon – Board approved request of Darling Inn Senior Meal Site to use town roads for annual walk-a-thon on May 17.

Access Permit – Board approved access permit for Michael Boivin onto Jewell Hill Road.

Police Department – Board discussed a three month trail period to begin May 1 with town police coverage of entire town when they are on duty and state police coverage of entire town when village police are off duty.

History Advisory Committee – Board appointed Alfred Toborg, Virginia Downs, Sheila Fors, Harriet Fisher and Chris Raymond to town history advisory committee.

Gravel – Board approved bid of

Gingue Construction for 12,000 yards of gravel at \$5.95 per yard and 6,000 yards of sand at \$3.35 per yard.

Contracts – After executive session to discuss contracts, no action taken.

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

Peacham

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

March 19, 2008

Dog Bite – Board discussed complaint of a dog bite incident. Board voted to hold a hearing with dog's owner on March 24.

Gym Use Policy – Board discussed Town Gym Use Policy. Board voted against adopting present practice that town clerk is responsible for use of gym as policy. Board will discuss.

Budget Review – Board discussed budget and added "revised budget FY 2008" columns to original budget spreadsheet. Several adjustments were made.

Administrative Assistant's Report – Board discussed new dump truck and its financing and directed Phil Jejer to develop a list of summer road projects.

Cemetery Plans – Board reviewed proposed cemetery plans. David Jacobs will be contacted to schedule a public hearing on proposed cemetery project.

Recreational Trail – Board discussed recreational trail work plan including trimming and town forest trail.

Town Bookkeeping – Board discussed town bookkeeping system including purchase orders, improved identification of accounts payable and authority for authorizing purchases. Board also discussed preparation of financial statements and other accounting tools to track revenue and expenses.

Grant Policy – Board discussed procedures for grants and contributions. Beatrice De Rocco volunteered to begin writing grant policy draft.

Cemetery Deed – Board approved cemetery deed for Lawrence Welch.

State Transportation Fund – Board voted to offer its support to NVDA's Transportation Advisory Committee's request that the Legislature discontinue diverting money from transportation fund as the Legislature has done in past.

Assistant Town Clerk – Board voted to engage assistant town clerk/treasurer for special projects as in 2008 budget and that he be provided with town health benefits provided he works at least 36 hours per week.

March 24, 2008

Cemetery Trees – Board approved submitting grant application to VT Department of Forests, Parks and Recreation for \$4,000 for work on cemetery trees and approved a \$4,000 match from town cemetery funds.

Dog Bite Incident – Animal Control Officer Jo Guertin presented findings from her investigation of March 14 incident. Dog that bit Sylvia Morris was probably owned by Marion Goguen. Dog in question, Lucky, was positively identified by Sylvia Morris. Guertin quarantined Lucky and all

neighboring dogs that are of Australian Cattle dog breed for 10 days. Marion Goguen spoke on her own behalf defending accusations that her dog was the one that bit Sylvia Morris. Goguen agreed to have a fence constructed in spring of 2008 to keep her dogs confined. Until then she will restrain her dogs by whatever means necessary. Board accepted commitment by Ms. Goguen and postponed action on complaint by Sylvia Morris. Any violation of commitment by Ms. Goguen will renew nature of complaint against her.

April 2, 2008

Reappraisal – Lister Becky Jensen reported on reappraisal progress. Recent sales prices continue to be above current town appraisal.

Budget Review – In review of 2008 budget Board noted a deficit of \$18,000. Board directed treasurer to not transfer money from operating fund to any reserve funds until necessary.

Auditor – Board appointed Jan Eastman as auditor until next town meeting.

Road Crew – Phil Jejer reported road crew has been clearing drifted snow, cleaning runoff to divert snowmelt and salting due to several mornings of ice. Sand supply is nearly gone. New truck is proving more versatile than old one. Older trucks have had repairs.

Road Work – Jejer is applying for road grant to improve 1.6 miles of East Peacham Road from East Peacham to Barnet town line with plan to re-gravel portion of the road this year and grind the pavement from Thaddeus Stevens Road toward Barnet to the end of pavement in 2009. That section would be graveled and not re-paved. Town is also applying for grant to replace culverts under Green Bay Loop from Martins Pond. Existing culverts are badly undersized. Jejer noted high winter maintenance bills for contracted plowing and sanding around Peacham Pond. He will seek alternatives for next winter.

Road Equipment – Old truck used to spread chloride needs to be replaced. Jejer reported apparent theft of about 97 gallons of diesel fuel from the tank at the Town Garage on the night of March 31. Police report will be filed. Steps will be taken to increase security.

Animal Control Ordinance – Board discussed potential animal control ordinance.

Cemetery – Board reviewed preliminary cemetery plan.

Transfer Station – Board discussed replacement of fence at transfer station. People are entering premises when transfer station is not open and removing items from dumpsters. Jejer will get quotes for new fence.

Village Road Reconstruction – Board discussed water system pipes and fittings in the proposed village construction zone.

Bridge Report – Board noted bridge

inspection report to VTrans.

Fourth of July – Board discussed request from 4th of July Committee for town sponsorship of the event. Board will review a written request.

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.

March 24, 2008

Town Clerk – Board accepted public comment on appointment of Town Clerk Sandy Grenier to open seat in state legislature. Grenier is paid a full-time salary by Town but not working full-time. Tina Wood observed that legislative pay is \$614 per week, and. Grenier's salary is \$1,338 per week. After considerable discussion, no action taken.

Three Rivers Transportation Path – Board met with officials from Three Rivers Transportation Path who reported most required permits are in place. Right-of-way plans are complete, and appraisal and negotiation for right-of-ways should be completed by early fall. Town may need to work on state legislature to be sure funding is available for project.

Ambulance Service – Board met with Matthew Choate and Erin Quatrini, town representatives to CALEX EMS board of directors and discussed fiscal planning for CALEX. CALEX operates profitably and this year reduced its annual appropriation request from town by approximately \$11,000. Mike Welch indicated that St. Johnsbury Fire Department responds to approximately 500 EMS calls as first responders, and town is interested in sharing some of ambulance service revenue. After discussion, including possibility of town starting its own ambulance service, Board asked to have a team with Fire Chief Troy Ruggles, Board members and CALEX representatives develop a proposal to Board.

Town Forest Stewardship – Following discussion of Lyndon State College research in St. Johnsbury Town Forest and Arlington Woods and identification of invasive species, buckthorn, Board authorized town tree stewardship committee to work with Lyndon State College to allow a growth-related research project to move forward until it interferes with development of forest management plan and further, to wait until forestry management plan is complete before allowing any eradication of foliage outside of research project.

Pomerleau Building – After presentation by Joel Swartz, Board voted to move forward with proposed lease of second floor space in Pomerleau

Building with Chamber of Commerce at a monthly price of \$1,725 (approximately \$12 per square foot). Nat Tripp volunteered to serve as Welcome Center manager.

Tax Anticipation Note – Board approved \$2 million line of credit from BankNorth with interest rate of 2.59%.

Community Justice Center Advisory Board – Jean Hall Wheeler volunteered to serve as Board representative on community justice center advisory board.

Liquor Licenses – Board approved liquor licenses for A&C Belknap, Inc.; CN Brown Co.; Cantore Ent.; C S Enterprises; Elks, BPO St. Johnsbury Lodge; Horizon's Deli & Convenience; Irving Oil Corporation of Vermont; Kham's Thai Cuisine; Moose, Loyal Order of Lodge 1779; Railroad Yard; Paul Ravel; St. Johnsbury Community Food Co-op; St. Johnsbury Country Club and Veteran's of Foreign Wars.

Caledonia Work Camp – Board discussed recent state proposal to expand St. Johnsbury work camp facility by 20-beds. Board asked for further information before responding.

April 3, 2008

Personnel Evaluation – After executive session to evaluate town manager, no action taken.

April 7, 2008

Caledonia Work Camp Phased Expansion – After considerable discussion about Board's previous support of expansion of Work Camp by 100 beds and that of town voters at March town meeting, for many good reasons, and recent proposal to phase expansion with 20 beds added to existing work camp facility, Board voted to inform state that it does not support interim measure of adding 20 beds to existing facility, and that when state is ready to move forward with 100-bed expansion project, it should come back to St. Johnsbury.

Walden

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

March 25, 2008

Danville Rescue Squad – Board appointed Chris Bissell to represent Walden on Danville Rescue Squad board.

NVDA – Board appointed Dave Brown as representative to NVDA board.

Stop Sign Request – Board discussed request for a stop sign at corner of Bayley Hazen Road and Ward Hill. Dave Brown will look into it.

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

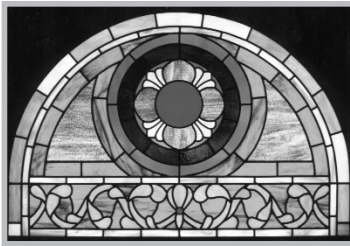


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Her Work Ethic Is Beating the Long Odds

TERRY HOFFER

Raised, as she says, "in the middle of nowhere between Orleans and Derby," Tabatha O'Connor was a product of Newport's Sacred Heart Catholic School and North Country Union High School.

"Even when I'm not brush in hand, I'm on the phone, on my computer or visiting people and getting ready for the next job."

- Tabatha O'Connor

"My father had a really strong work ethic, and my mother's father did, too. My father worked for the Immigration Service, and my mother's father worked at [the tool and die division of Litton Industries known as] Butterfield's in Derby Line. My grandparents had this immaculate three-bedroom ranch house. It was nothing lavish, but whenever my grandfather had spare time he was raking the lawn, fixing the windows or improving something about that house. It was wonderful. My parents had a big old place on Brownington Pond. There were no shovel leaners in my family. I am the oldest of four siblings. That was the way I was raised."

As a senior at North Country, O'Connor says, "I was a cheerleader, and I had no great direction, but that all changed when I got pregnant in the middle of my senior year. I got married just before graduation in 1995," and she says, "That was how high school went." O'Connor's

daughter, Cassandra, was born in August soon after O'Connor's graduation from North Country.

With the support of two extended families, the newlyweds moved to Honolulu, where Cassandra's father, a sailor, was assigned to a ship in the American Navy. It was far from easy for a young mother with her husband at sea and, finally, a job near the Navy base as a waitress. O'Connor says, "I was a minority in a foreign culture. I didn't fit in very well." A year later she was divorced, and in 1997 she was back in northern Vermont with her daughter.

As a single parent, with a high school diploma and a 2-year old child, O'Connor faced a

steep path ahead. But she says, "My parents were helping me. I washed dishes, and I worked at IBM in Essex Junction for a while on the 7 p.m. to 7 a.m. shift. Finally, I decided that it just wasn't worth what I was being paid. I jumped from job to job, and then I decided there was no way I was going to be a statistic and raise my daughter in the grip of poverty."

O'Connor enrolled at Lyndon State College as a part time student with a part time job in the college library. "I was convinced that college was my way up. Cassie was in 1st grade in Derby, and day care was her other parent. As a single parent you provide everything - food, shelter, atmosphere, support when things go bad and love when things go well. You provide everything - and day care takes over when you can't be there yourself. It takes the place of the absent parent.

"I had this woman who takes care of kids for people who work the night shift or for people like me who just couldn't always get back by 5 o'clock. I couldn't have done it without her," O'Connor says, "but I was struggling. I often borrowed gas money from my brother to get to



Photos By: North Star Monthly

Tabatha O'Connor has turned her long odds as a single parent mother into a growing and successful painting business.

college. Thank God for my whole family. They never hesitated to give me the 10 dollars or the pair of pants they found at the Salvation Army. My brother was working at a convenience store in Newport, and I can't remember the number of times I called him for a ride or for help with my car."

O'Connor studied geology as part of a liberal arts curriculum at LSC. Most of the students were serious, she says, especially those in the sciences. "The first level geology course is pretty easy, but after that the program becomes significant and challenging." She describes the motivated students, the successful ones, as passionate. They played hard, but they worked hard as well. O'Connor found, too, that college can be about a lot more than papers and exams. "The people I met, those college friends, are the ones I can count on. They are the ones that will be there forever."

College was rewarding, but it was expensive. After four years as a part-time and nontraditional student at Lyndon, O'Connor graduated in 2005 with an associate's degree. "I wouldn't trade it for anything," she says, but she had accumulated a debt for student loans totaling \$60,000.

"College takes a lot of time,

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8x20	15x25	40x40	20x20
10x10	15x30	40x50	20x30
10x12	18x24	40x60	30x40
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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.



Tabatha O'Connor refers to her daughter, Cassandra, as her best friend. They have been called sisters, and when they get started, they have great fun together with enormous mutual respect.

and it takes a lot of money," she says, "but the experience was wonderful. Today it almost seems like a college degree is the equivalent of a high school diploma in my parents' or my grandparents' day. I learned that if you apply yourself and you want it more than the next person, you can do just about anything. My daughter, in her own way, was part of my college experience - she came to work with me and sat in on classes some times - and I hope that some day she'll love it as much as I did myself."

With a college degree and an 9-year old daughter, O'Connor took a summer job with the state park system in Groton State Park. "I was working with high school kids, and I found myself disappointed. I realized that working in the park with a deeper understanding of geology than the others I worked with didn't amount to much, but I knew I didn't want to relocate and work for an oil company someplace. We were established with family and friends, and I figured it was time to realign my passion for education."

She says, "I have no respect for those who choose not to further themselves simply because the system allows it. There are some who use their children as an excuse to stay on welfare. We moved to St. Johnsbury where we have access to St. Johnsbury Academy, a great library and the college. O'Connor was hired as an AmeriCorps VISTA volunteer teaching computer classes at the UVM Extension Service, and then she started summer painting.

"The first painting," she says, "was for my landlords, Jim and Lorraine Impey." By the end of the first month I was so pleased to find that I had a few dollars left over. I got a couple of small grants for women and minorities in business, and I bought some ladders. I decided that this was going to be all about slow and continual growth without borrowing money. I was buying brushes one at a time. I saved up enough to buy a used pickup truck, and I was determined to

not work for someone else."

Like her parents and her grandparents before them, O'Connor would never be described as a shovel leaver. She says, "That first year I busted my hump. With a crew of two

employees we went from \$600-a-month apartments to multimillion dollar houses at Jay Peak. I am so proud of those jobs and the feedback we got from our work."

Last summer, 2007, was the second year for O'C Painting.

With a second used vehicle and an expanded crew at the peak of the summer season she took on bigger and more involved residential projects. "I followed up on every lead, and I contacted every customer from the year before. Word of mouth referrals were the best advertising, and I like to think that people appreciated the walk-around at the end of every job. I won't leave a project until we inspect it together and the customer agrees that the work meets their expectations. I'd rather have a satisfied customer than anything else."

Tabatha O'Connor works

hard, and it has paid off. Last year, her second, between May 1 and early November, her work increased nearly three-fold over the year before. "Even when I'm not brush in hand, I'm on the phone, on my computer or visiting people and getting ready for the next job."

Determined to not be a statistic on the rolls of public assistance, she has left no stone unturned. You might find her at her off season job working at the St. Johnsbury Athenaeum or in the summer on a ladder someplace making her own dream come true. ★



Tabatha O'Connor and O'C Painting are conspicuous for their work ethic and customer satisfaction and just maybe for their wry sense of humor.

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- Diamond/Meyer Snow Plows & Hopper Spreaders ✓ 
- Fisher Snow Plows ✓
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Once an Eagle Always an Eagle

TERRY HOFFER

Jim Jung was born and raised in a suburb of Milwaukee. In 1944, World War II was reaching a climax in both Europe and the Pacific. D-Day and the invasion of Normandy were in June, and the United States started massive bombing raids on Japan. Those were dark days as members of what we were to know later as the Greatest Generation fought for freedom, but in Milwaukee, Jimmy Jung joined the Boy Scouts.

was quite a bunch who had been Cub Scouts.”

It was what Jung remembers as a “tightly knit group,” including some who would be long time friends. It was an active troop with projects and activity driven by advancement. Jung’s father joined the troop advisory committee, and Jung remembers the fathers becoming a close social group running parallel to their sons and scouting.

One of the volunteer leaders was an army veteran, a paratrooper, who had a deep interest

“I never wake up in the morning and worry about finding something to do.”

“I was 12.” Jung says, “and at that time, that was as young as you could be and join the Scouts. There was a well-established troop at the elementary school, but there was interest in starting a new troop. That was us. We were sponsored by a Presbyterian Church, and there

in the customs and traditions of American Indians. Jung says, “We respected him, and for boys in their teens we were fascinated by his experience. He was in great physical shape, and he’d come to our meetings in Indian costume and dance.”

That same paratrooper and

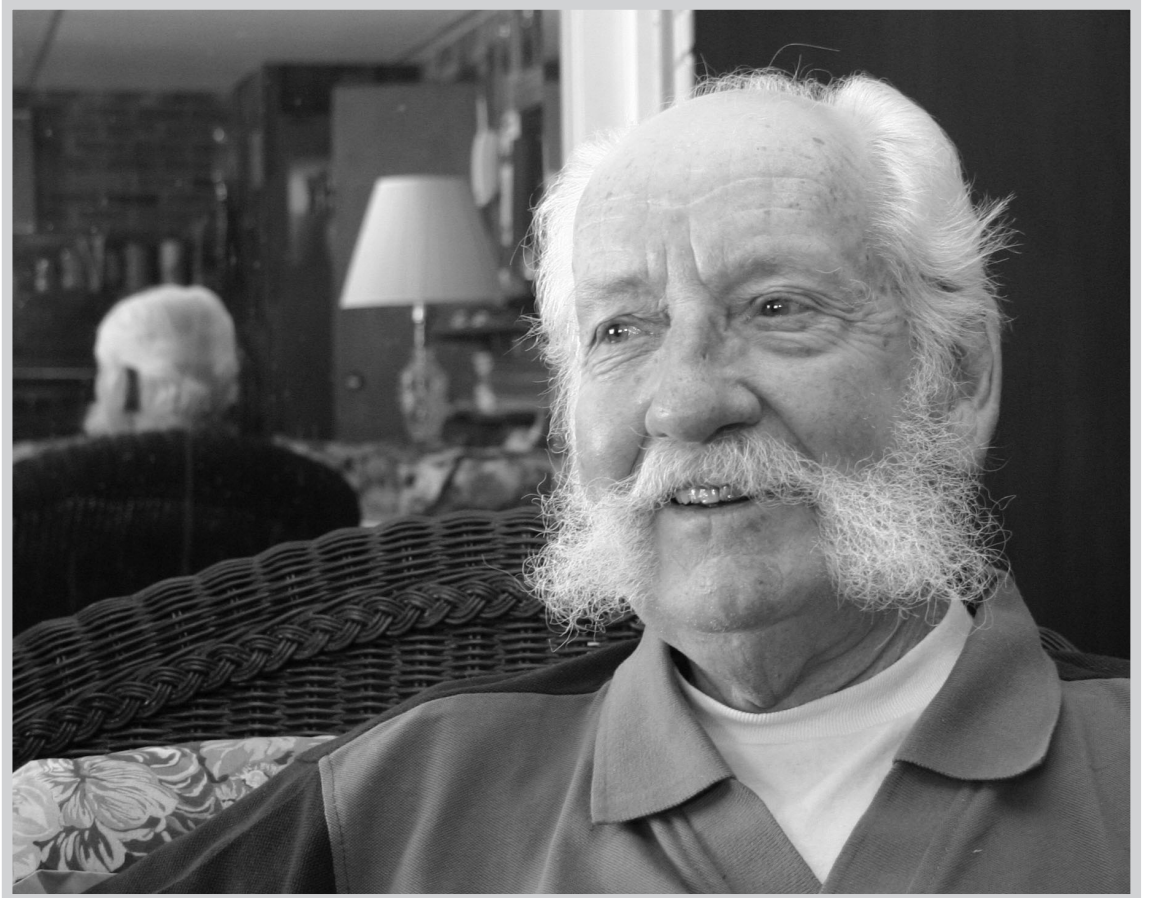


Photo By: North Star Monthly

Once an Eagle always an Eagle. Jim Jung became an Eagle Scout in Milwaukee in 1946. More than 60 years later, he still is a firm believer in Scouting and an active leader in the Green Mountain Council of Vermont.

troop leader shared his volunteer time with the Milwaukee YMCA, and Jung says, “That gave some of us an opportunity to go to the Y and volunteer with their youth groups.” Jung and some of the other scouts even found summer work washing

dishes at the camp operated by the YMCA.

In December 1946, World War II was over, and Jung and another member of his troop were celebrated as Eagle Scouts. “It was a low key ceremony at the high school auditorium with

two of us on the stage, and basically that was the end of scouting for the time being.”

Jung speaks about his own scouting with understatement, but he admits that one of his troop-mates became a roommate at the University of Wisconsin and later served as best man in Jung’s wedding. “We shared values and skills, and we learned things about character and discipline that you never forget.” And the recognition as an Eagle Scout never wears off. Jung says more than 60 years later, “Once an Eagle always an Eagle.”

In 1963, married and well on a career path with the federal government, Jung and his family were living in suburban Maryland. “My son joined the Cub Scouts, and I found myself drawn back into scouting. I was on the pack committee. One of the fundamentals of scouting is that parental support and help is important, and that’s how I came back.”

By 1968 the Junges were in Germany, and Jung found a Boy Scout troop that had attracted the families of Americans. “I wanted my son to continue,” Jung says, “and I found myself the scoutmaster of Troop 56 outside of Bonn. There was another leader, and we had some great hikes and other outdoor activities. All the way back to the earliest days when scouting first started in 1910, it has been the outings that are the heart of scouting. It was great to be in it with my son, but he found other interests, and in 1973 we were back in Virginia.”

Jung’s own enthusiasm for scouting followed him, and in northern Virginia he was asked to serve as assistant district commissioner. The position offered less direct contact with scouts themselves but responsibility seeing that the operation of the Cub packs and Boy Scout troops ran smoothly in the area. He talks about the process of recruiting leaders, maintaining appealing programs and seeing that scout membership was solid and



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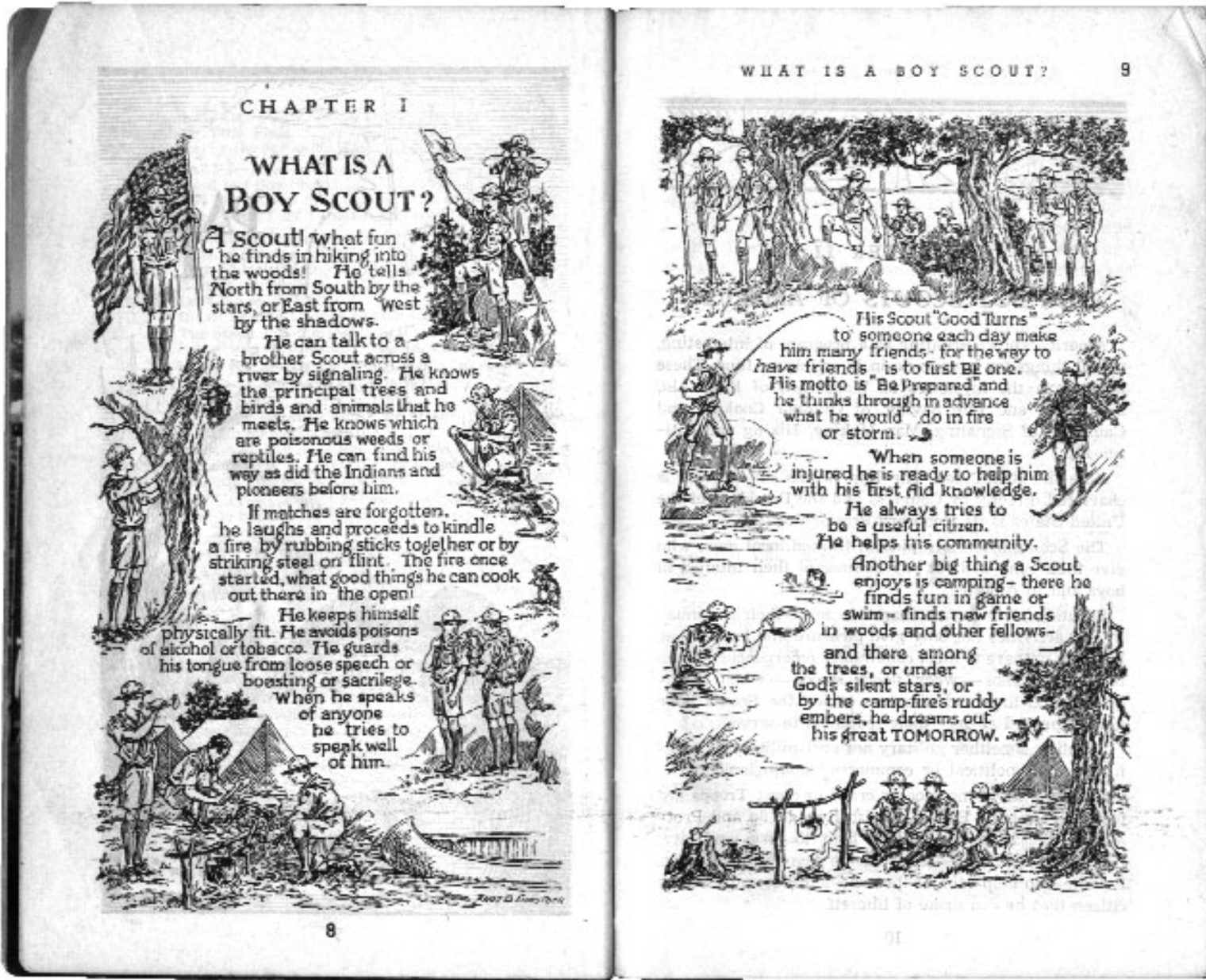
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What is a Boy Scout? From the 1942 Revised Handbook for Boys by the Boy Scouts of America.

that ultimately dues were paid upward through the organization.

Back to southern Germany and an assignment in Vietnam and finally in 1982 Jung decided to retire from his federal government career and see if he could, as he says, “turn my great interest and avocation of scouting into a second career.”

With his experience and undeniable enthusiasm for scouting, Jung was offered the paid position of district executive in southern New Hampshire, and he became the leader of the Daniel Webster Council based in Manchester, NH. “My wife and I moved to East Sullivan near Mt. Sunapee, and I was responsible for recruiting volunteers and giving them the support they needed and basically carrying the flag. It was a full time job, and for three years it was great, but we found that somehow in New Hampshire we were looking for something more.”

The Jungs moved again, this time to Groton in Vermont’s Northeast Kingdom, and he laughs, “I was working for the Scouts again as a volunteer.”

Since then Jung has been assistant district commissioner and district commissioner for Vermont’s Green Mountain Council. He has been cubmaster in Danville and helped reestablish packs in Groton and Hardwick.

His scouting experience, which began in Milwaukee in 1944 and included the rank of Eagle Scout in 1946, resumed in 1963 and has continued almost without interruption to the present.

Jung is hoping to find someone to take up the flag for the Danville pack and serve as its pack leader. There are three

active Cub dens and, Jung says, good energy among the kids and their leaders, but they need someone the boys can identify with, someone who is organized and creative and someone who has an enthusiastic interest in scouting - someone to be their packmaster.

That’s quite a job description, but Jung says it’s fundamentally

a ringmaster’s job whereby you plan an event a month and participate in the district roundtable with other leaders from the state.

“It’s about making it fun for the kids,” he says.

Karen Hauserman is one of the den mothers in Danville’s Cub Scout Pack 888. She says, “Jim has been so dedicated to cub scouts, always wanting what

is best for the boys and for our community. He represents what Cub scouts is all about ... doing your best, working as a team, working with your families to achieve goals, getting the boys outdoors, learning new skills and being out there in our communi-

ty. He is a rock star of community service.”

Hausermann says, “Jim is a special person who has put in a lot of time, passion, wisdom and fun-filled activities for the boys to remember for a lifetime.”

Jung takes it in stride. “It’s been a busy and satisfying retirement,” he says, “and I never wake up in the morning and worry about finding something to do.”

He says, “Scouting has changed, but it’s still absolutely relevant. There are pack and troop leaders who are women, and that has only been a good thing. Families are different from the way they were in the 40’s. Single parent families are common, but the support they give and the values they seek for their kids are often no different from the way I remember scouting when I started.”

Jim Jung says, “My community service and volunteerism go back to scouting and doing that good turn daily. Those who have the scouting spirit talk about values they learned - The 12 points of the of the Scout Law are still basically the same.”

A Scout is:

- trustworthy,
- loyal,
- helpful,
- friendly,
- courteous,
- kind,
- obedient,
- cheerful,
- thrifty,
- brave,
- clean and
- reverent.

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Flowers in Sunshine In Education

BETS PARKER ALBRIGHT

Maria Montessori developed a method of teaching young children, which became popular, especially in private progressive schools, in the 1920's and 30's. Montessori suggested that children should neither be punished nor rewarded for what they did in school. Schools under her influence began working with children between 2 and 5 years old. The theory was that they would develop like little flowers in the sunshine.

My mother thought this sound-

ed great, and she enrolled my brother and me in a Montessori school near Washington Square in lower Manhattan. My memories of the school go back to when I was about 6. I recall having a lovely time building with huge lightweight wooden boxes to create houses and watching guinea pigs having babies. It was quite idyllic and relaxed. There were no textbooks or assignments, no stern instructions or rules of behavior. There must have been other children, but I don't recall them much.

Unfortunately, this pleasant experience came to a halt one day

when my brother, two years older than I, had a disagreement with a classmate outside the school as we waited to be collected by our mother. The boy punched my brother, who began to cry and backed off. Enter my strong-willed mother, who brought Dick back to confront the aggressor, showed him how to make a fist and instructed him to hit the boy back.

The school principal, a gentle middle-aged lady, appeared and said firmly to my mother that she did not want children in her school who were taught to fight. Would she please take her children home and not bring them back.

Undaunted by this, Mother entered us in the Friends Seminary, a Quaker school. It was not as nice

as the Montessori scene, and I was a bit sad, but we got along all right there. A while later, we moved uptown and I was sent to a progressive co-ed school and later attended an all-girls school for a while.

I eventually moved on to a Canadian boarding school, which was run by an English woman who observed the traditions of British schools. There were lots of rules, the teaching was formal and our lives were carefully structured. Oddly enough, I was completely happy and felt safe and accepted, as the only American girl in the school. I may not have been a flower in the sunshine, but I thrived on the wholesome, orderly school life. We had various schoolgirl crushes on teachers,

who were referred to as 'mistresses.' We spent a lot of time outdoors and indulged happily in harmless breaking of rules such as gathering after dark in our rooms to share forbidden goodies sent by doting parents.

I went on from Canada to a liberal arts college in the US, from which I was able to graduate early. This was largely because my varied schooling offered subjects not taught in most public schools, mostly foreign languages. I'm not sure what Maria Montessori would have said about my education, but I appreciated the opportunity to experience different approaches and different school environments. And I'm grateful to the wide variety of mentors who contributed to my educational sunshine. ✦

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Pope Notes
Dee Palmer,
Library Director

The Novel Dinner was a great success, and as always, the food was delicious. Thanks to Marion Beattie and her crew at The Creamery for putting on such a nice event. Reeve Lindbergh generously donated four books for our

raffle, and we are very grateful for her support. We also thank all who decorated tables and their guests for participating in this important fundraiser.

We will soon be getting ready for our Memorial Day Plant, Book

and Bake Sale. The sale will be on the Library lawn on Monday, May 26 from 9 to Noon. We will accept book donations the week prior to the sale. Donations of baked goods and plants may be dropped off before 8:30, the morning of the sale. Please make sure plants are labeled.

We are sad to see one of our long-time volunteers leave Danville. Mary Blanchard, who has been helping us for about 10 years, has shelved her last book at the Pope Library. With her computer expertise Mary has written programs for our patron data base, our overdues, daily statistics and the circulation of periodicals. We wish her the best as she moves off to Buffalo to be with her daughter and grandchildren.

The Pope Library will lose two other wonderful employees at the end of May. Rita Foley and Jill Kelleher, who co-coordinated the Young Adult After School Program, are moving on. Rita and Jill have run this program with kindness, enthusiasm, patience and most of all a sense of humor. We will miss them as part of our library family and know that the YA kids will, too.

We are currently looking to fill this position. The program meets Monday, Wednesday and Friday afternoons from 2:30 - 5:15 and on the days that Danville School has early dismissal, from 12:30 - 5:15. Contact the library for a job description or to apply.

Our latest book acquisitions are *Go With Me* by Freeman, *Sweet Revenge* by Davidson, *The Secret Between Us* by Delinsky, *The Appeal* by Grisham, *Lost and Found* by Sheehan and *Change of Heart* by Picoult. New DVDs include *Ocean's Thirteen*, *The Longest Yard*, *The Cell*, *The Lake House*, *Breach* and *Sideways*. Come check them out.

From the Children's Room and YA Center

Story hour meets Monday mornings at 10 a.m. Join us for stories, songs, snacks and activities.

We have the complete collection of the 2008/2009 Dorothy Canfield Fisher award books for summer reading. The list this year is wonderful and diverse.

The last day for the YA Program is May 23, but we encourage our kids to come in and visit over the summer.



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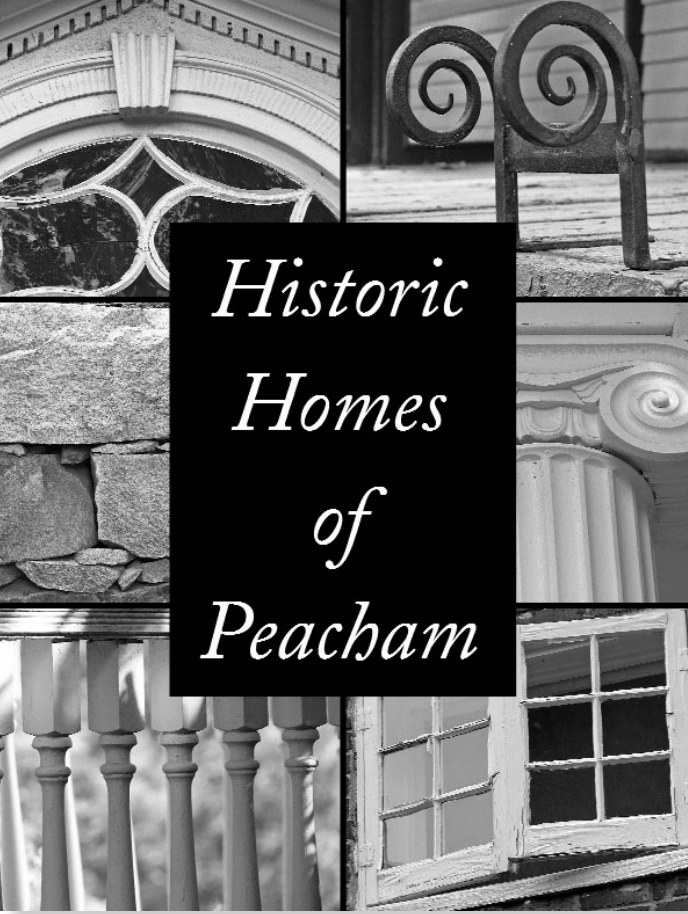
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Sheep and Sacrifice

NATHANIEL TRIPP

A storm is coming just as this hot and humid day draws to a close. The sky to the west is dark. The air is breathless and tingling with anticipation. There are profound rolls of thunder, and once again the sheep have formed into a line, heads bowed and started their solemn march to the highest point in the pasture, there to take shelter beneath the tallest tree, preferably an oak which is known to be particularly attractive to lightning. There, they will placidly await their electrocution. They always do this. It is in their breeding to be the biblical animals of sacrifice. This pilgrimage to the alter of electrons is just one of the many ways they seek their ultimate fulfillment in death.

their beloved daughter was tossed into a volcano or their son's throat slit? To question the authority of a priesthood, which called for sacrifice would have been more than mere heresy, it would have made one an admitted accomplice to senseless murder, and opened doors that would be impossible to close.

And so, along with all the bells and whistles, the costumes and songs, the notion of sacrifice, of ultimate sacrifice, continued to prosper. In some societies, it lasted until intertribal wars came along as an even more attractive alternative, with the same net effect plus the zest of acrimony and the allure of booty. Other societies settled for the sacrifice of valuable objects instead, and made a cult out of life after death with the priests,

peared in a haze of decadence and incompetence, all those virgins, all those firstborn sons and the promise they once held, lost forever, sacrificed to greed.

The storm has come and gone. The air is crisp and clear with a northwest breeze, and the sheep are wandering back down from their hilltop - unscathed, unfazed and unknowing. Tomorrow is Memorial Day, and it will be good weather for a parade, not too hot and enough wind to make the flags stand out. But I don't think I'll go see it, although I used to love it as a child. Now the beat of the drums and the speeches about sacrifice make me feel more sorrow with every year. I'll stay here, maybe split some firewood, fix fence and watch the sheep. We can still learn a thing or two from them.

And so, along with all the bells and whistles, the costumes and songs, the notion of sacrifice, of ultimate sacrifice, continued to prosper.

This notion of sacrifice is an interesting one, though not for sheep, for I doubt they have any notions at all, but for the rest of us. The term is most often used by church and state as either a eulogy for those who got zapped for the rest of us, or as exhortation to the rest of the flock to do the same. It's a handy fund-raiser, too, and a notion as ancient as human society itself; deeply ingrained and passed on from one generation to the next as a sort of "meme," which is a newly minted scientific term for a social behavior, which is reproduced and transmitted through our minds just as genes are through our bodies.

Sacrifice is a notion we have always taken very seriously. So seriously, in fact, that the culturally approved execution of valued community members evolved almost universally throughout the primitive societies of Asia, Europe, Africa and America. The ritual of sacrifice often called for a virgin or a firstborn son. Both son and daughter are the members of the society in which the most has been invested, years of love and nurture and nourishment. Both are now poised on the verge of payback to their family and society. Both are symbols of hope and regeneration. How could the practice of human sacrifice, which seems today so cruel and self-destructive, become so very widespread and successful? It makes the behavior of sheep seem almost intelligent by comparison.

Yet it served a purpose, and it served very well. It may have started out as a spontaneous mutation of human behavior, but as a meme, the practice of human sacrifice was quickly adapted, absorbed and transmitted because it consolidated the power of the priesthood and knit the society more firmly together under their control. Who could dare speak against it, having once agreed to it and watched as

as always, skimming more booty off the top. The Egyptians were the most conspicuous masters of this, building pyramids instead of tanks and bombers, but then they, too, faded away. Some societies fell victim to the wars themselves. Others simply disap-

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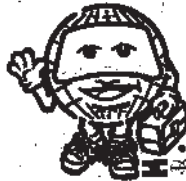
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Habitat for Humanity in The Northeast Kingdom

TERRY HOFFER

Habitat for Humanity was established in 1976. Described as a nonprofit Christian housing ministry, the organization built its first single family home in Georgia in 1979, and the first international affiliate started the same year in Guatemala. Since then, more than 250,000 houses have been constructed in more than 3,000 communities around the world.

Upper Valley group has built 22 homes including four that Swainbank worked on himself.

"The process," he says, "begins with finding the site. Sometimes it's part of a larger, affordable housing development, and sometimes Habitat for Humanity can buy the land below market rates." Swainbank describes several examples in which people seemed to go out of their way to have Habitat homes built as their neighbors in direct

IN her back yard.

The next step is to raise the money for the house, typically a one-story ranch or a one-and-half story Cape style home with approximately 1,000 square feet of living space. Depending on the extent of the donated materials, the cost of the home is about \$100,000.

Swainbank says there is always great attention paid to quality control from the use of the Habitat for Humanity name and the responsible use of funds collected on through the actual construction of the house. He calls the homes, "Well built but simple. They are well insulated and have good windows and good heating systems."

Once most of the money has been raised, the group starts the search for a family for the house. Habitat for Humanity has a policy of nondiscrimination. Families must be in need of decent shelter (currently living in substandard housing). They must have financial need, and they must be willing to become partners in the program contributing 500 hours of "sweat equity" in the form of work on their project. They must demonstrate the financial wherewithal to repay a no-interest and no-profit mortgage covering the

cost of construction, and they must ultimately work with a family support committee, which will provide help and counsel for the family in its adjustment to its new financial responsibility.

Once the land has been secured, the money committed and the family selected, ground can be broken, and construction gets underway. Typically, Swainbank says, a project supervisor, who is experienced in all aspects of construction, is hired to work with the pool of volunteers and to schedule the certified contractors providing excavation, concrete, plumbing and electrical work.

It's not the kind of process that might be characterized by blazing speed or instant results, but it works. Swainbank says, "Habitat for Humanity likes to say that it builds houses with people not for people." Partner families are very much involved in choices of colors and floor coverings, and they are involved in their contribution of time in construction.

"The philosophy of Habitat for Humanity," he says, "is that if you can take the pressure of housing off the backs of the members of a family and provide them with safe and decent housing, they can concentrate on being a good family.

"People seem to really get into it," he says. Partner families participate, and volunteers develop a spirit of working together in

whatever capacity they choose. Now, Swainbank is hoping to bring Habitat for Humanity to the Northeast Kingdom.

He says that an affiliate was active in the area in the 1990's, perhaps as recently as 2002, and it did a "lot of good work" in the construction of porches, roofs, foundations and the rehabilitation of existing buildings. "It seems," he says, "that they just lost momentum."

Currently the Northeast Kingdom Habitat for Humanity is a "local project committee" operating under the auspices of the Upper Valley affiliate. A steering committee includes Susan Aiken of St. Johnsbury, Tom Archer of Lyndonville, Andrew Beals of Newport, Jesse Tatum of Derby, Francis Carlet from Peacham, and Gerry Piper, Swainbank and his wife, Mary, from Danville.

Their vision is to develop a local group of volunteers, who, at whatever skill level, will make a commitment to the project. Swainbank says, "You don't have to have particularly sophisticated construction skills. You just have to be willing to show up and contribute." Typically general workers will work one afternoon a week and every Saturday. They might be joined by a church- or a school-group for a week or more, and in some parts of the country Habitat for Humanity has benefited from a nomadic group of retirees who travel in

Dan Swainbank calls the homes, "Well built but simple."

More than 1 million people in "partner families" have benefited from the Habitat for Humanity movement, and volunteers including Former President Jimmy Carter and his wife, Rosalynn, have found enormous satisfaction in their participation.

Dan Swainbank is a St. Johnsbury native who recently moved back to the Northeast Kingdom after retiring from teaching in Lebanon, NH. Swainbank was involved with the Upper Valley affiliate of Habitat for Humanity, based in White River Junction. Since 1981 the

contrast with the "Not In My Backyard" response to some proposals for development.

Near White River Junction, one contractor donated land next to a project he owned and was working on. Swainbank says, "He volunteered on the project as its project supervisor, and he had his hands on the [Habitat] construction from start to finish."

In another example, a woman in Vermont wanted to donate a parcel of the land she lived on, and where she might have offered a parcel far from her own home she directed that it be, literally

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Photo By: North Star Monthly

Habitat for Humanity volunteers work on Danville Senior Housing renovations. Front (L-R) Dan Swainbank, Liz Peltier and Mary Swainbank. Rear: Tom Ziobrowski, Bob Gondar, Jim Jung and Marty Pollard.

motorhomes and RV's from project to project.

Swainbank says, "Some get involved because they love tools. Some do it for their church, which leads them to do it for other people. Some do it as a means to create affordable housing in their community." And perhaps some do it as part of a fellowship with other RV owners who choose to contribute in whatever way that they can.

Starting intentionally deliberately, the Northeast Kingdom Habitat for Humanity is providing volunteer labor for renovations to the Grand View Avenue senior apartments in Danville and will be working on construction of the Chamber of Commerce Welcome Center in Newport. Swainbank says that there is an apartment in Barton owned by NEKCA they will work on, but the goal is to break ground for a

house in the spring of 2009.

There are possibilities for land, but nothing has been finalized, and the group would like to get to work on the site, start raising money and expand its list of volunteers.

If you are interested in further information contact Dan Swainbank at (802) 748-6239. As he says skilled builders are welcome for their experience in framing, hanging drywall, taping,

painting or roofing, but there is work for landscapers, supply handlers and even people who just want to make lunch. Some participate as fund raisers or as members of a specific committee. "In the Upper Valley Affiliate," he says, "there is a group that always presents a quilt to the partner family at the time of their house dedication. That's their contribution and, it's a pretty moving part of the project." ✦

Workshop to Help Area Residents Reduce Fuel Costs

Thomas Ashley, candidate for Steve Larrabee's position in the Vermont Legislature District Caledonia-Washington 1, has organized a workshop to take place on Saturday, May 10, from 9:00 a.m. to 1:00 p.m. at the Danville Town Hall.

Like many Vermonters, Ashley is concerned about the soaring costs of energy. Through this workshop he hopes to introduce area residents to available programs and strategies to reduce their heating and transportation fuel costs without investment in new heating systems or vehicles.

The workshop, "Reducing Your Fuel Costs: Programs and Activities to Save Money by Saving Energy," will feature representatives from various organizations, including Efficiency Vermont, the Northeast Education and Training Organization/Central Vermont Community Action Council, Northeast Kingdom Community Action Agency and University of Vermont Transportation Center/Vermont Clean Cities Coalition.

Programs covered include the State Weatherization Assistance Program, Home Heating Fuel Assistance (Low Income Home Energy Assistance Program (LIHEAP)) and Energy Star Home Performance.

Ashley says, "The purpose of this workshop is to allow area residents to connect with resources and strategies available to reduce their fuel bills. As fuel prices rise it is essential to identify methods to help our communities and residents meet their needs at the lowest possible cost. Many are simply unaware of the programs that exist to help them. We will be connecting people with those programs and services."

Subsequent workshops will focus on alternative heating and electricity generation technologies, farm efficiency, as well as the most efficient new vehicles by class.

Residents of Danville, Cabot and Peacham are particularly encouraged to attend. The workshop is free and open to the public. More information is available at www.thomasashley.com/events, by calling Tom at (802) 922-5585 or emailing tashley@ascendantvermont.com.

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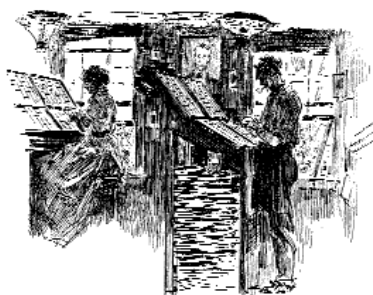
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Dear Tom and Ray:

Last year a friend gave me a nearly new set of tires for my Toyota Tacoma 4x4. I'm a cyclist who puts about 14,000 miles a year on my bicycles, so I drive very little. At the rate I drive, it might be five years or more before I need to install these tires on my truck. Is there anything I need to do in terms of storage and preservation so these tires are safe to use in the future? Or should I sell them now, while they're still in usable

condition? - James

RAY: All you need to do is store them in your hyperbaric nitrogen chamber, James.

TOM: Even if tires aren't worn out in the traditional way by leaving tiny, rubber pieces of themselves on 40,000 miles of roadway - they still get old. Rubber can dry out and crack, due mostly to ozone that's in the air.

RAY: So, a number of manufacturers suggest that we all put expiration dates on our tires. Ford, for instance, suggests that you get rid of a set of tires after six years of use, due to atmospheric degra-

ation of the rubber.

TOM: And while cynics would say they're just trying to sell more tires (and, of course, that is a happy side benefit), there is a good body of evidence to back up their recommendation.

RAY: So, if your tires have been on your truck for six years or more (and yours may have been, since you drive so little), you may want to put those newer tires on right now.

TOM: And if not, sell them to someone who can use them now, and use the proceeds to buy yourself some extra-heavily padded bicycle shorts. About 14,000 miles? Ouch!

Disappearing Antifreeze

Dear Tom and Ray:

I have a 2001 Chrysler Town & Country with a 3.3-liter V-6 engine and 134,000 miles on it. I use it to deliver mail for the Postal Service. One day I refilled my antifreeze, and a week later it was

empty. This past week I put in two gallons, and now it's empty again. There's nothing on my driveway, so the car's not leaking. So, where is that antifreeze going?

Please help. - Eben

TOM: It's going air mail, James. It's getting burned up in your engine and sent, first class, out the tailpipe.

RAY: There's a small possibility that it is leaking, even though there's nothing in your driveway. Sometimes a leaky water pump, for instance, will drip only when the engine is running. In that case, you've been leaving a few drops at every mailbox along your route.

TOM: Actually, it's unlikely that you'd leak out two gallons in a week without seeing anything. But check for a puddle in your driveway after the engine's been idling there for half an hour or so, just to be sure.

RAY: If you don't see any evidence of an external leak, then the coolant is leaking inside the engine. If you get someone else to

drive the car, and you drive behind it, you'll probably see voluminous clouds of white smoke coming out of the tailpipe. Or, if you check your oil dipstick, you may find it overfilled and frothy. That means coolant's mixing with your oil.

TOM: In that case, the best-case is that you have a blown head gasket. But if you wait too long, it could get worse. If you run out of or too low on coolant, you could overheat the engine and end up with a cracked engine block.

RAY: This is something you want to get checked out soon, while there's still hope of saving the engine, James. And if you need a new engine, maybe you can get a deal on having one mailed to you!

Pedal Away the Warnig Light

Dear Tom and Ray:

I have an '07 Chevy Cobalt. I like the car, especially because it's red and has a spoiler. But it has an annoying feature. It has a computer that tells various things, like gas mileage, temperature, coolant level and so forth. It also tells you your "oil life." But it never seems to catch on that I've already changed the oil. I change the oil, and the light still tells me I need an oil change. I've changed the oil a dozen times already, and yet the



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ceiling and hardwood floors, and the first floor has a large country kitchen with an island and pantry, formal dining room with atrium doors to a screened-in sunroom and deck, living room and master bedroom with full bath and walk-in closet. From the 2 car garage, you come through a mudroom that has a laundry area and 1/2 bath. Upstairs are 2 additional bedrooms that are huge, and a full bath. This is a perfect home for a family, OR empty-nesters who still need room for returning family. MLS# 2713132. **\$325,000**



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DANVILLE

ML#2710123 This log home sits on 10 acres along a picturesque tree lined road in Danville. The home offers a large cathedral ceilinged living room with woodstove, an adjoining kitchen and dining area, a mudroom/laundry room, 2 bedrooms, 1 1/2 baths, and a big open porch. There are a walk-out basement and a nice yard with views. **\$189,000**

With 25.5 acres \$225,000



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#6726 NEWARK

720 sq. ft. camp on 2 +/- acres in Newark with an incredible view of Burke Mountain. Built in 2005, this camp has a powerful gas furnace and gas lighting. Loft provides extra sleeping or storage space. Convenient access to VAST and Kingdom Trails and all that nature has to offer! 300-gallon fresh water spring also on property!



Asking price \$48,000

#6845 Kirby

The perfect spot for your log cabin & already complete with a 24'x32' walk-out basement! Drilled well, septic & electric on site. Scenic 5 acre hillside country location with panoramic mountain views. This can be your own little piece of the Northeast Kingdom. **Offered at \$75,900**



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Danville Senior Action Center

May Meal Schedule

- May 1** - French Toast, Breakfast Sausage, Fruit Salad, Orange Juice, Nollie's Donuts.
- May 6** - Roast Chicken, Rice, Winter Squash, Green Beans, Tomato Juice, Monster Cookies.
- May 8** - Fish Sticks with Tartar Sauce, Spinach Salad with Mandarin Oranges, Welsh Rarebit on Toast, Cranberry Sauce, Tomato Juice.
- May 13** - Cream of Broccoli Soup, Chicken Salad Sandwich on Whole Wheat Roll, Carrot, Pineapple and Raisin Slaw.
- May 15** - Meat Loaf with Tomatoes, Peppers and Onions, Rice with Gravy, Carrots, Rolls, Orange Juice.
- May 20** - Chicken Caesar Salad, Pasta Salad, Whole Wheat Rolls, Fruit Cobbler.
- May 22** - Pot Roast, Potatoes, Carrots, Orange Juice, Rolls, Apple Crisp.
- May 27** - Spaghetti with Meatballs, Garlic Bread, Tossed Salad, Carrots.
- May 29** - Salmon Pea Wiggle, Saltines, Spinach Salad with Mandarin Oranges, Rolls, Tomato Juice.

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

computer keeps saying "change oil soon." OK, there are bigger problems in the world, like war, disease and pestilence, but this little beeping oil thing is driving me crazy.

- Barbara

TOM: Isn't it interesting how we can get obsessed with something so trivial? You have a little, tiny, insignificant problem with an otherwise perfectly good car. But once you notice it, you start to focus on it. And then war, disease and everything else takes a distant back seat.

RAY: Fortunately, this is an easy one, Barbara. There's a reset procedure. Whoever is changing your oil doesn't know how to perform the reset. If you're going to a Pokey Lube-type place, those guys change the oil on 1,000 different types of cars a week, and they might not even know your oil-life light NEEDS to be reset - not to mention knowing how to do it on your Cobalt.

TOM: This is going to sound like I'm pulling your leg, but I'm not kidding. On this car, you turn your key to the "on" position (without starting the engine), and then press the gas pedal all the way down three times within seven seconds. Next, turn the key off, then start the engine. The light should go off after a few seconds. You might have to try it a few times to get it right. But that's all you have to do.

RAY: And next time you go to the Pokey Lube, when the guy's finished changing your oil, walk over and say, "Hey, lemme show you something interesting." ❖

Village Improvement Society Seeks Help in Planting Hydrangea and Spirea

Members of the Danville Village Improvement Society have agreed that there may be a future for their town as the Spirea or Hydrangea capital of Vermont. At a recent meeting, the group decided to urge people with space in their gardens or lawns to join them in planting Bridal White Spirea or Hydrangea.

Society Member Chrystal Fox says, "They have maple festivals and lilac festivals - why not have a Bridal White Spirea festival or a Hydrangea holiday?"

Spirea blooms in June with masses of white flowers so thick you can barely see the leaves of the bush underneath. Spirea grows and flowers well even in zone 3, where winter temperatures plunge to -40°. It likes sun or shade and is not particular as to its soil conditions.

The best known hydrangea is the paniculata, known affectionately as the PeeGee. Blossoms are panicle shaped (somewhat cone-shaped) and they, too, are hardy in zone 3. PeeGees will form a large shrub or small tree with branching that resembles a cascading fountain.

Fox also says that the Village Improvement Society is willing to accept donations and may be able to satisfy your request to plant a memorial tree on town land. The Society has a small endowment which began in part with a generous donation to the town by Charles Brainerd. In 1935, Brainerd, left \$5,000 for the care of the Danville Green Cemetery and \$5,000 for the Town's use in the purchase of small trees on town land.

The Brainerd legacy lives on through the continuing interest of the Danville Village Improvement Society. For further information contact Chrystal Fox at (802) 684-1054.



Paniculata Hydrangea



Bridal White Spirea



Photo By: John Downs

Bruce Hoyt (right) showed Virginia Downs this sign in Germantown, MD, last spring when she was visiting family and friends in the area. Downs interviewed Hoyt, who lives in Rockville, MD, for information that Pat Swartz, director of the Fairbanks Museum's Kitchel Center, is gathering about Helmut Siber. The German-born artist was a volunteer at the museum in the early 1960's when Hoyt was a docent and planetarium director. Hoyt served as the artist's chauffeur, taking photographs while Siber explored the White Mountains for dramatic scenes to sketch. The North Star would welcome information on the origin of the St. Johnsbury Lane sign in Maryland.

West Barnet Senior Action Center

May 2008 Menu

- May 2 - Buffet.
- May 7 - Spaghetti with Meatballs, Tossed Salad, Italian Bread, Grapenut Pudding.
- May 9 - Roast Pork, Potatoes, Apple Sauce, Mixed Vegetables, Rolls, Pineapple Upside Down Cake.
- May 14 - Shepherd's Pie, Spinach, 3-Bean Salad, Biscuits, Apricots.
- May 16 - Baked Beans, Hot Dogs, Cole Slaw, Brown Bread, Fruit Cobbler.
- May 21 - Potato and Egg Salad, Sliced Ham, Copper Penny Carrots, Assorted Breads, Pie.
- May 23 - Barbecued Chicken Legs, Oven Potatoes, Dark Bread, Sauerkraut Salad, Green Beans, Jell-O with Fruit.
- May 28 - Chipped Beef with Egg Gravy, Boiled Potatoes, Sliced Beets, Biscuits, Peaches and Cream.
- May 30 - Hot Roast Beef Sandwich, Mashed Potatoes, String Beans and Onion Casserole, 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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POST AND BEAM FARMHOUSE

ML#2615278 This Circa 1876 home has spacious rooms and a well-designed floor plan - with 4 bedrooms and 2 baths, it can easily accommodate a large, active family or provide room to display your antiques. Two-acre lot, brook frontage, attached garage/barn.

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ML#2698435 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 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.

\$320,000



GREAT OPPORTUNITY FOR YOUR SMALL BUSINESS

ML#2674841 Don't let another year go by while you just sit and think about a small business of your own. This historic building in the heart of the Danville business district offers so much potential. It has been well-maintained and has new replacement windows and added insulation. Use the entire 2000 sq. ft. of space for yourself or lease one floor to help defray expenses. A great opportunity awaits. Come take a look.

\$135,000

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AROUND THE TOWNS



May

COMMUNITY CALENDAR

Daily - Northeast Kingdom Artisans' Guild Backroom Gallery, Railroad Street, St. Johnsbury, *Printmaking Portfolio 2006* by members and faculty of Two Rivers Printmaking Studio Through May 29. (802) 535-5008.

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

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

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

1st Monday - North Danville Community Club, Meeting, 6 p.m. North Danville Community Center. (802) 748-9415.

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

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

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

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

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

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

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

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

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.

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.

May

1 Osher Lifelong Learning Lecture: The Group of Seven: Canadian Landscape Artists, St. Johnsbury House, 1:30 p.m. (802) 626-5135.

1 Georgia O'Keefe, An American Master presented by Bob Manning, South Ryegate Presbyterian Church, 7 p.m. (802) 584-4417.

2 Poetry Reading: John F. Deane, St. Johnsbury Athenaeum, 6:30 p.m. (802) 748-8291.

2 Contradance, Danville Town Hall, 8 p.m.

3 GREEN UP DAY

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

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

3 Danville Bulky Day and NEK Hazardous Waste Collection, Stump Dump, Danville, 9 a.m. - Noon. (802) 684-3491.

4 Author Reeve Lindbergh talks about leaving middle age and other unexpected adventures, St. Johnsbury Athenaeum, 7 p.m. (802) 748-8291.

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

5 Book Discussion: Margaret Atwood's *The Blind Assassin*, Barton Public Library, 7 p.m. (802) 525-6524.

7 Warbler Watching in the Northeast Kingdom, Two evenings, (May 7 and May 14), 6 p.m. and Two Saturdays, (May 10 and May 17), 7 a.m. (802) 748-2372.

7 The Founders and the Problem of Democracy with Vic Henningsen, St. Johnsbury Athenaeum, 7 p.m. (802) 748-8291.

7 The Regeneration of an Artist: Frank Lloyd Wright After 1932 with H. Nicholas Muller III, Goodrich Memorial Library, Newport, 7 p.m.



Photo Courtesy of Alex Scott

Alex Scott, Captain, U.S. Army, is MEDEVAC pilot serving in Iraq. Not long ago Scott contacted The North Star and asked if he could write a note of thanks to all of the good folks who have been in touch with him and his unit near Baghdad and salute them for their encouraging words and care packages. We said, of course, but we asked for more. See pages 18 and 19 of this issue for Alex Scott's description of a day in the life of a MEDEVAC team and another mission in this Army Blackhawk helicopter. You'll never take calling 911 or your local rescue squad for granted again. Alex Scott is from Danville.

(802) 334-7902.

8 Osher Lifelong Learning Lecture: Like Sleeping with an Elephant, St. Johnsbury House, 1:30 p.m. (802) 626-5135.

8 Future of Vermont Discussion, St. Johnsbury Middle School, 6 p.m. (802) 223-6091.

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

9 Spring Expo and Open House, Union Baptist Christian School, 7 p.m. (802) 748-4952.

9 Dartmouth Dance Ensemble with *Skylight*, Alexander Twilight Theater, Lyndon State College, 7:30 p.m. (802) 626-6426.

10 Hardwick Trails Birdwalk, Look for spring migrants, Meet at West Danville, Park & Ride, 6:20 a.m. (802) 748-8515.

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

10 Lyndon State College Community Chorus, Alexander Twilight Theater, LSC, 7 p.m. (802) 626-6426.

11 MOTHER'S DAY

11 Mother's Day Brunch, One Seating: 11 a.m., Peacham Congregational Church, Peacham. (802) 592-3185.

15 Osher Lifelong Learning Lecture: French Canadian Storytellers, St. Johnsbury House, 1:30 p.m. (802) 626-5135.

15 Charlie Browne with "Flowers of Spring," Brainerd Memorial Library, North Danville, 6:30 p.m. (802) 748-4423.

15 Vermont in the Victorian Age with Kevin Graffagnino, St. Johnsbury Athenaeum, 7 p.m. (802) 748-8291.

15 Vermont Yankee - Clean, Safe and Reliable? Nuke 101, 7 p.m. North Congregational Church, St. Johnsbury. (802) 748-3663.

16 Contradance, Danville Town Hall, 8 p.m.

18 Birdathon, Comb the Kingdom for Birds, Call (802) 748-8515 for information.

18 Music for a Sunday Afternoon: Constitution Brass Quintet, St. Mark's Episcopal Church,

Newport, 4 p.m. (802) 334-7365.

24 Bird Watch in Herrick's Cove on Connecticut River, Meet at I-91, Exit 18, Park & Ride at 7 a.m. (802) 748-8515.

24-25 Memphremagog Arts Collaborative Open Studio, Newport, 10 a.m. - 6 p.m.

24-25 Wooden Horse Arts Guild Open Studio, American Legion Hall, North Troy, 10 a.m. - 5 p.m. (802) 988-4300.

25 Memorial Day Lamplight Service and Hymn Sing, 7:30 p.m., Host Pastor, The Reverend Robert H. Sargent of the North Danville Baptist Church.

26 MEMORIAL DAY

28 Danville School-wide Book Discussion: David Stahler Jr.'s *Truesight*. 2:45 p.m. (802) 684-3651.

30- June 2 Becoming an Outdoor Family, Instructions and Classes at Groton State Park, (800) 278-5480.

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

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