



THE North Star MONTHLY

Every Small Town's Newspaper

DANVILLE, VERMONT

GOOD FOR THE WHOLE MONTH

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SEPTEMBER 2008
Volume 20, Number 6



PAGE 6

Paris Family:
Farming and the
Freighthouse

Confessions of an extreme localvore

BY NATHANIEL TRIPP

Late summer brings such sweet harvest that it's hard not to be a localvore. Gardens, orchards, fields and forests all abound with food; food pushes up from the ground and falls from the trees. But most of my vegetable plot is not meant for immediate consumption, it's supposed to last a year.

I confess that my eating habits are not driven by the desire to lower my carbon footprint. I was eating this way long before I ever heard the term. I also confess that I am not driven by the fear of chemicals, social inequality or multinational corporations, although I don't particularly like them. I confess that I like to eat well. I also hate to travel much myself, not to mention ask my food to do it. My Belgian endive comes from the basement, one flight of stairs below the kitchen, in the middle of January. So do my French fingerling and Russian banana potatoes. I also have a cabbage down there named Gonzales, but this is no Yankee imperialist wage slave plantation.

On my way to visit the Belgian endive, which sprouts in the depth of winter in sheet rock buckets from roots I harvest in the fall, I pass the "kraut cutter" used by a German family who lived in this house in the

Continued on Page 8

No thanks big oil, we're going green... again!



Harry Day at his woodpile in Lunenburg in the early 1900s. The Day farm consisted of 85 acres and was located about a mile north of the village green. The above photo belongs to Day's great granddaughter Peggy Pearl of Ryegate. Pearl found the photograph in an old black and white family album. Pearl is the education director/history curator for the Fairbanks Museum & Planetarium in St. Johnsbury.

Energy costs force many to consider a return to basics

BY JUSTIN LAVELY

The landscape of Vermont, especially the Northeast Kingdom, has long lent itself to the harvesting of solid fuels. For centuries, countless acres of woodlands have been available for cutting, piling, drying and burning for heat. In the absence of modern technology, Vermont's first settlers likely spent all summer getting ready for the cold season.

Over the years, solid fuels were replaced by fossil fuels, a finite resource in a volatile market.

In Vermont, according to state officials, 59 percent of homes are heated with fuel oil, 14 percent are heated with propane, 12 percent with natural gas and 5 percent with electricity. This leaves roughly 10 percent that list an alternative energy resource as their primary heating source. But with the cost of heating oil nearly doubling at times from last year, many residents are considering a return to reliable, less convenient heating methods, such as wood or radical alternatives like geothermal, solar and wind technologies.

The installation of a new outdoor wood boiler and the construction of a new wood shed cost Danville resident Charlie Palmer \$15,000, but he's expecting a three to four year payback on his

investment. His new boiler will heat two houses, together almost 4,000 square feet. Last year, just one of the houses cost \$2,500 to heat with oil, which could have translated to over \$4,000 this year. Palmer's family has owned a dry cleaning business in St. Johnsbury for more than 100 years. In business, he says, even a seven-year payback was good justification for making an equipment purchase.

Fuel prices have started to stabilize and even decrease slightly, but many locals have thrown up their hands in frustration, anger and renewed vigor. Rather than pay thousands each year for foreign oil and aid a disturbing trend, many have decided it's time for a major life change. No more simply turning the thermostat up, while they wait in a toasty warm living room for the oil deliveryman to show up and pump hundreds of gallons of "convenience" into their tank. The movement back to wood burning may be by necessity, but it still resonates with many, young and old, with a sense of nostalgia.

"I've heated with wood all my life," says Palmer.

Many, like Palmer, are either buying firewood from local distributors or cutting and managing it themselves, from their own properties with their own two hands, like their ancestors did before

Continued on Page 10

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From the Editor

Community consultants

On a Tuesday morning not too long ago, eight people sat around a small meeting table in the back room of the Danville Town Hall. Two consultants, from Smart Growth Vermont, had called this focus group together; it seems, to get a better understanding of the needs and qualities of Danville's Village District. For starters, the Village District was determined to be much larger than the consultants had thought which may have been a microcosm of the entire meeting.

In five years of covering the affairs of small towns, I've seen no shortage of consultants. They can help you pave roads, build buildings and make your town beautiful. I've seen local volunteers spend hours going over the characteristics of their town; specifically what factors have made it what it is and what needs to be done to protect or improve it. In the end, a community's residents are the best visionaries and best defenders.

The answers to this question usually start out basic and fundamental: paint, sidewalks and trees. Items like this may be the driving force behind what the town looks like, but we need to go a little deeper to understand a town's character.

The whole is only as good as the sum of its parts.

Around here, the consultants need only to look as far as the residents to understand where Danville came from and where it is going. The same is true for any great small town and there are plenty of them in Vermont's Northeast Kingdom.

Not only do volunteers grow on trees in a successful small town, but they usually go looking for opportunities to help rather than waiting around to be asked. They sponsor sports teams. They attend school functions. They shop locally. They support local businesses anyway they can.

They organize community events for residents of all ages.

But most importantly, they care about how their town looks and how it moves into the future. Community policing, if constructive and open, can be far more effective than zoning,

[Consultants] can help you pave roads, build buildings and make your town beautiful... In the end, a community's residents are the best visionaries and best defenders.

which is often strict and cumbersome. Obviously some rules need to be in place for protection, but a united community with the right frame of mind will make any developer think twice about betraying the atmosphere of the townscape.

Of course, Danville has what could be a significant hurdle coming at them in a couple of years. The revamping of Route 2, and with it the Village District, has the potential to improve the traffic flow, walkability and aesthetics of the village, but it might not be all gravy. Residents and businesses should watch, with great interest, the Main Street reconstruction project starting soon in Littleton. The village district of Danville might not compare with downtown Littleton in terms of number of businesses, but many reports from the larger New Hampshire town predict the number of businesses that close because of the project to be in double digits. Littleton's successes and failures could be valuable learning tools.

But in the end, the responsibility will be left to Danville's residents to plan and monitor the project to ensure its success. No consultant can ever be as good at that as an able, willing and energetic volunteer.

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

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

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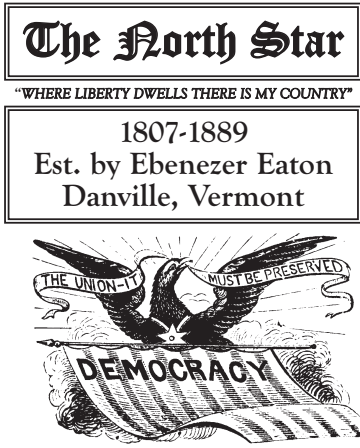
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Many wives mourn the loss of Mormon leader Brigham Young; U.S. Army officer dispells notion that Indians are vanishing



THE NORTH STAR

September 7, 1877

Death of Brigham Young - The celebrated Mormon leader, Brigham Young, died at his residence in Salt Lake City, Utah, last week Wednesday at 4 p.m. He was attacked with cholera morbus on Thursday night previous, super inducing inflammation of the bowels, followed by continual swelling until respiration was stopped. He was conscious, but only briefly answered questions during the final 48 hours. Brigham's trouble was occasioned by indigestion, consequent upon a meal eaten imprudently on a day of extreme heat. It was never easy to ascertain in Salt Lake City how many wives Brigham had. The Gentiles had different reports, and the Mormons when questioned usually replied that "they did not meddle in the president's family affairs." The most authentic accounts in late years placed the number at 23, and the

number of women "sealed" to him brought the total up to 52.

Sitting Bull's Tactics - In the British Canadian or Dominion territory there are 92,000 Indians. Of these, 32,000 are in British Columbia. When Sitting Bull crossed the line into Canada, he expected the Canadian Sioux, the Creel and the Canadian Blackfeet would join him in his war against the United States; but they refused to do so, and the Canadian Mounted Police have interfered with his attempts to get recruits. He expected, also, to get a full supply of ammunition in Canada; but the police have prevented this and shut off the traders who may have supplied him. He is out of ammunition and finds it very difficult to feed his people. Therefore, he wishes to negotiate with the United States and to get admittance to a reservation, and makes a visit to the Great Father at Washington for that purpose. The Indians in Canada are not confined to reservations and they are not fed by the government. The Canadian policy has been to allow each family eight acres of land and to give them occasional assistance. It is said that "some of the worst Indians on the continent" are in British Columbia. We think, however, that our Canadian neighbors have not had a very large experience of the "worst Indians." Their Indians support themselves and are made to depend upon themselves. They receive government supplies only when they are actually in need of

them.

Good Sale of Horses - Mr. Jerry Drew a week ago Saturday, bought a five-year-old bay mare in Orleans County, "threatened with speed," for \$525. He kept her for five days and sold her to a Massachusetts man for \$1,500. Notwithstanding, we do not advise everybody to start in the horse business, for the above is evidence of long experience and that can't be bought or sold. Mr. Drew sold his fine pair of matched bays to a Walpole man for \$700 and gave the man a good trade.

Collegiate - The freshman class at Middlebury College will probably number 25. It is rumored that Prof. M. Stewart Phelps of Andover, Mass., formerly senior professor of the college, will return, and with Prof. Means take charge of the studies of the senior class, giving President Hurlburt an opportunity to devote his entire attention to the finances of the college.

Hopping Turtle - A good-sized turtle recently hopped into Moses Porter's yard in town. The Letters "R.B." and the date '1867' had been cut on the turtle's back. Porter requests the owner to prove property, pay charges and take the animal away.

Serious Accidents - The North Troy Palladium says a young man of 16 years was seriously injured by the discharge of a gun while out hunting last Sabbath. He crossed a ravine on a log, and taking hold of the muzzle of the gun used it as a cane. But

once as he brought it down some brush in the way contacted the hammer and the gun went off.

The charge took effect in his hand virtually, tearing off the thumb, passing among the muscles, coming out just below the elbow and again entering the arm below the shoulder. It is a ragged wound. Dr. Rutherford of Newport, who, after no little hunting, found and removed the ball.

September 14, 1877

Brigham Young's Funeral - The funeral for Brigham Young, at Salt Lake City, a week ago last Sunday, was an impressive demonstration. Nearly 18 thousand persons saw the corpse while it lay in state. It is stated that Brigham Young's will divides his property equally among his wives and children, but a provision is inserted to the effect that no formal division of the property shall be made until his youngest son becomes of age. So the heirs will have to wait Seven or eight years - and probably, by that time, a number of them will be dead.

Our County Fair - Next week the annual County Fair occurs on the fair grounds, St. Johnsbury, commencing Tuesday and closing Thursday afternoon. Hon. George F. Edmunds delivers the annual address on Wednesday afternoon.

The purses offered for the horse fair on Thursday are liberal, and will no doubt interest all horse men. The managers of the

fair have made a wise arrangement in providing a depository for surplus clothing, overcoats, cloaks, shawls, whips, umbrellas, robes, lunch baskets; where for 10 cents you can deposit your articles, receive a check, and on presenting your check receive your goods. In these days of theft and pillage, it is a necessity, and many, who attend, especially those who go by cars, will find it a great convenience. The depository is located at the corner of Mechanics Hall, nearly fronting the main entrance.

September 21, 1887

Red Man Not Vanishing - Colonel Mahory read a paper on the Indians in front of the American Science Association last week, in order to correct the prevailing false impression in regard to this matter. He maintained that the Indian is not disappearing and in support of it presented an array of statistics, which, of course, if correct make the case.

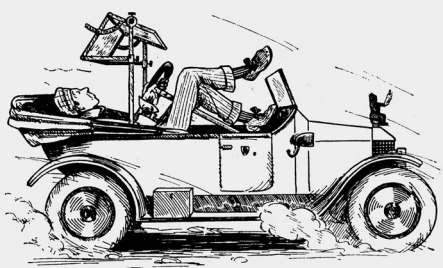
He thought the error, into which those who believe the Indian is gradually fading away have fallen, had its rise in "a natural exaggeration of the number of Indians inhabiting this continent at the time of its discovery and occupation by the white man, their habits and of life and methods of sustenance being such, that immense areas of territories have food for a comparatively small number of these inhabitants."

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red,
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Color impossible to hold, fading like a dream,
Its magic lost after the harvest.

- Isobel P. Swartz



is pleased to be hosting a
Vermont Humanities Council event:

“The Allen Brothers: Original Vermont Developers”

Vincent Feeney, adjunct professor of history at
the University of Vermont, will be talking
about how Ethan & Ira Allen acquired
thousands of acres in Vermont with little cash
and how American independence ruined their
real estate empire... and more!

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Books endure

BY ISABEL SWARTZ

I have always enjoyed reading. As a child, a
birthday or Christmas without the gift of
books would not have passed muster. Reading
is such an important part of my life that it is very
difficult to understand a dislike for reading and a
disregard for books.

There is an increasing concern among educa-
tors about declining reading proficiency scores
among children and young adults in the United
States today. Many causes are blamed for this
situation, television being the prime target, fol-
lowed by the Internet and other electronic media.
These media break the attention pattern, rather
than focusing it on a linear progression such as
character, plot and text such as reading a novel
can do. Information is presented on web sites
with irregularly sized and arranged blocks of
text, interrupted by frequent images that may
actually cause brain pathways to develop differ-
ently from those formed by reading text from a
book. Whether this is significant remains to be
seen.

Those who cannot, or don't care to read are
at the mercy of the media. Modern news pro-
grams barely skim the tip of the news iceberg,
especially on commercial television. Topics are
selected and manipulated for their ability to
alarm, entertain or excite the viewer, not for their
importance. Newspapers may do the same,
selecting news items for their eye-catching sen-
sationalism while burying important information
deep in the inside pages or not introducing it at
all. As reading becomes less popular, dwindling
revenues cause many small newspapers to be
bought by large conglomerates, or disappear
altogether. Local news coverage suffers. The
lack of knowledge about what is going on local-
ly, in our country and the world, can lead us to
lose all concern for how our government repre-
sents us, or how this country is viewed by the
rest of the world. When citizens abdicate these
responsibilities, they get the government they
deserve, but one they may not like.

Another consequence of the decline in read-
ing is less knowledge of history. Without history
to give us perspective, the incidents and actions
in the modern world can be overwhelming and
frightening. For example, knowing how people
coped with World War II austerity, or the gaso-
line shortages of the 1970's, might help us deal
with the recession of 2008.

Some people seem to think that they do not
need to learn to read to make it in life. Were this
true, someone would have had to discover a
wonderful form of osmosis that allows knowl-
edge to pass without effort into the brain from

the surrounding world. Of course we need to
learn to read! Otherwise, why would illiterate
adults strive so hard to learn to read and write in
adult education programs? Just about everything
we buy comes with written instructions or warn-
ings. Some reading ability is required for bank-
ing, using the Internet, playing electronic games,
using MySpace and Facebook, or participating in
the fantasy world of created personalities.
Reading is a survival skill for life in today's
world.

Reading skills are fundamental to higher edu-
cation, and the key to a decent job. In a 2006
national survey of employers, 90% rated reading
comprehension as “very important” for workers
with bachelor degrees. The Internet provides a
wealth of information on a multitude of topics,
but we need to know what questions to ask and
how to ask them to access this goldmine. Good
reading skills teach us how to select and process
useful information from this mass of material,
and how to recognize that which is trustworthy.
Web sites are ephemeral; they come and go,
causing Internet sources of information to be
useful but not dependable.

The physical pleasure of holding a book,
smelling it and touching the pages is compelling.
Not for me these new electronic reading devices
— e-books — book size, but entirely without the
sensuous appeal of a real book. The delight of
mentally wandering far away into the world of a
novel may become so real that reality becomes
elusive. The joy as lines of poetry, read and
learned long ago, pop into the mind sometimes
unbidden but triggered by events today. The
exhilaration of grasping a new discovery of sci-
ence or a concept of anthropology spelled out so
carefully in a journal or book; the challenge of
reading a long, well thought-out political dis-
course, all in my choice of location — bed or
bath tub, garden hammock or by a warm fire.

I do believe that as young non-readers mature
and experience more of life, they will turn even-
tually to reading books. Look at all the people
who have moved in that direction encouraged by
Oprah Winfrey. Her selection of titles is very
broad and many are challenging. These may not
be The Great Books Foundation's choices relat-
ing to the past, but for many they may be an
awakening to the joy of books and reading.
Television, the Internet and other media certainly
have a place in today's world. They have the
potential to bring vast amounts of information to
the world's people, to entertain and aid commu-
nication, but there is nothing quite like reading a
book when it comes to satisfying the soul.

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Old churches

BY JOHN DOWNS

In 1806 the farmers of North Waterboro, Maine, built a non-denominational church at the bottom of a long hill. In 1809, the church was hauled by oxen to the top so it would be nearer the residence of Elder Grey, their minister. It was left by the side of road when the rum ran out. This venerated and elderly church has graced the hilltop ever since, opposite a tree-shrouded cemetery built in 1832.

There came a time after the Civil War when many families went west or moved to the cities, and the old church was left without enough parishioners to support and maintain it. It languished and barely retained its structural integrity until the mid-1920s when the descendants of those first congregants assumed the expensive, long-term responsibility to restore and maintain the old building and cemetery in perpetuity. They have succeeded very well, and have accumulated a trust fund for that purpose.

On the first Sunday of August, 1926, the first of 83 consecutive, annual memorial services was held. My mother dragged me, aged six, to that first service. I am the only one who has attended every one of them, including the most recent service held on Sunday August 3rd of this year. It is always held on the first Sunday of the month.

These religious services attract prominent area ministers who look forward to participating in what is recognized as a significant religious celebration with a long tradition that many people respect. The governor of Maine gave the sermon once. We sing the time-tested hymns as did our ancestors, accompanied by a soloist and an aging organ pumped with the feet. A friend and I took the collection for many years. Now the younger generations have taken over.

There is a seat at the end of the first row that has been my privilege to occupy for many years. It isn't reserved for me, but somehow no one else tries to sit there before I arrive. After these many years of being able to hear the sermon, and follow all the parts of the service, I would be uncomfortable sitting in any other seat.

This end seat provides me with a view through the open door that invites me to appreciate the importance of the cemetery to my family.

I see the headstones of two of my brother Carl's three wives who are buried there. During the less interesting parts of the service, I think of other relatives there. My mother and our daughter Barbara, along with brothers Roger and Carl and their wives and in-laws, are there. Some of Virginia's and my ashes will rest under headstones already in place.

At age 88, sneaking up on 89, thoughts about my mortality are increasingly with me. I ask myself why I have made sometimes extraordinary efforts to attend every one of these services. I am not religious by nature. On a weekend

There is a seat at the end of the first row that has been my privilege to occupy for many years. It isn't reserved for me, but somehow no one else tries to sit there...

many years ago, I made a 1,000 mile round trip to and from Pennsylvania. I managed to attend during the war when I was in the Army. It is most important to me that I not miss a service. My son Peter, who is a regular attendant although living in New York City, says that when I am in my dotage he will gladly push me to the services in a wheel barrow, if necessary!

Sitting in my favorite seat is a good place to begin thinking about the answer to the question I asked myself about why is it so important for me to attend these services. I am in the old church with a view of the cemetery, and am fully aware of my deceased relatives and ancestors from long ago. They are constantly in my thoughts; being in their presence is comforting. They help me to understand who I am and where I came from. I am a composite of their best and worst qualities, and have passed them on to future generations through three of our children.

I am sure that this first attempt to answer this challenging question will be followed by more attempts to find a definitive answer.

Letters to the Editor

Thank You, Danville!

The Danville Chamber of Commerce would like to take this opportunity to extend our sincere appreciation and many thanks to the many volunteers who contributed their time and effort to make the recent 78th annual Danville Community Fair such a resounding success. A special thanks to all the ticket sellers, the people who set up and directed the horse and pony pulls and the floral and craft hall and the people who addressed all the logistical issues, without which the fair could not and would not continue to exist.

A special thanks to all of our sponsors and participating organizations, whose continued support is a special source of pride for us.

We would be remiss if we did not extend our deepest thanks to those who really bring the fair to life – the attendees. Your continued support is both warmly welcomed and greatly appreciated. Your support for the fair through your purchase of the fair tickets has allowed us to distribute grants in excess of \$62,000 to civic and cultural organizations in Danville over the past 10 years. Recipients have included the Pope Memorial Library, the Danville Volunteer Fire Department, the Danville Town Band, the Danville Historical Society, the Danville Rescue Squad, the Danville School, Joe's Pond Beach, the West Danville Community Club and the Town of Danville itself.

We hope that you will be able to join with us once again on August 7 and 8, 2009 at the 79th annual Danville Community Fair!

Ken Linsley
President, Danville Chamber of Commerce

We are in a crisis, and a crisis is a great opportunity to turn ourselves around and reset our compass, which has been off for several decades.

Even without the fuel crisis, there have been persons who live their lives in loneliness, in the homes they thought their children would come back to visit, having sent those children off to make something of themselves. Children are too busy trying to accomplish that task and/or too far away to come back. Now we can add the cost of travel to the list of impediments.

And it's not just the elderly. We have become a consumer society, and many of our young people are ashamed to admit that they are alone, lonely, and not always able to cover their expenses, either.

Our society has valued independence. We raise our children to be independent, look for signs of that independence as they are growing, and reward them for it.

I believe that, for the most part, people are happier and safer living in a community, whether it be a family (large or small), a roommate, a commune, whatever. We all need a little privacy, but certainly not total isolation.

I would like to offer NEKHOMESHARE as a free matchmaker for people in our area who want to explore the idea of home sharing in all of its manifestations:

* multiple households sharing the cost of one by shutting down all but the one home they have agreed would best serve their needs....

* households who would like to take in boarders to help cover the cost of food, fuel, and maintaining their homes over the winter...

* perhaps some are now ready to explore foster parenting, or working with an agency to take in and assist a disabled person, or an elderly person who might otherwise have to be alone or in an institution, or a young new mother and her child...

* individuals for whom boarding in a family's home may be less costly and less isolating than paying rent and utilities in an apartment...

Thank you very much for taking the time to read this letter.

Clara Schoppe
St Johnsbury

Hard choices

I'm sure we all know of elderly persons living in the homes in which they raised their now-adult kids. Homes they do not want to give up, but homes that are becoming a threat to their ability to survive this winter.

I don't think these folks should be forced to decide whether to give up their homes and move into some assisted living center or to keep their homes and freeze and/or go hungry while the buildings deteriorate around them.

I remember the TV spots that were prevalent when I was in college in the early 70s: "We will all freeze to death [alone] in the dark." Well, we didn't then, and we don't need to now.

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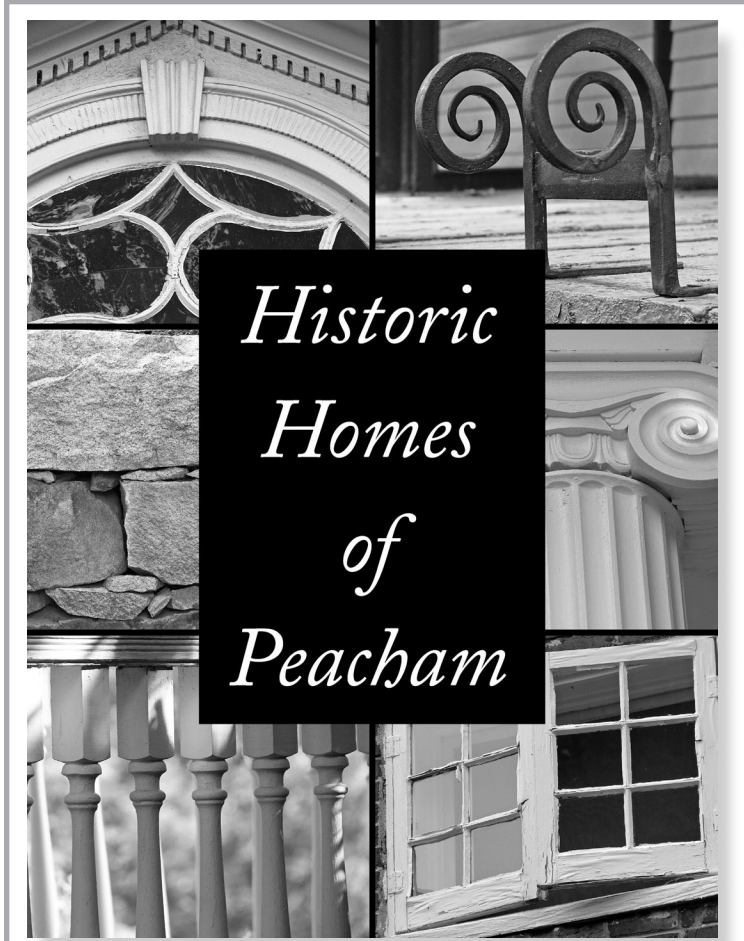


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Freighthouse Family

For the Paris family,
farming is here to stay

BY VIRGINIA DOWNS

Contrary to naysayers who claim that farming in Vermont is fading and the younger generation is looking elsewhere for employment, the Paris family in Lyndon proves otherwise. Eric and Cathy, along with their daughter Bonnie and son Ben, are happy partners in farming and running the popular Freighthouse restaurant in Lyndonville.

Sitting at the picnic table near the restaurant on a Sunday morning while Cathy helped exhibitors set up their booths at the Farmers' Market, Bonnie waited tables and Ben was at the farm doing barn chores, Eric said, "We're a pretty tight family and enjoy working together. We seem to find ourselves all of a sudden saying, 'Well, of course, this is what we've got to do.' If we have an idea, we run it by them. Some have been shot down, but most have not. We value the kids' ideas tremendously because we feel it is almost more their business than ours. They are the ones who are going to carry on the farm and restaurant."

The latest venture this summer was sponsoring a Farmers Market in Lyndonville, which is growing in participation each week as vegetable crops increase. Cathy speaks enthusiastically about her work organizing the Farmers Market. "The Danville and St Johnsbury markets were very helpful, sharing their information to help us get started. We are using them as models."

The Parises' Pudding Hill farm involves three generations. Eric's parents, Lloyd and Beverly, live across the road from the barn in the old farmhouse. The younger generation lives in a contemporary house about 100 feet up the road. Although the older Parises officially retired in 1988 after running the farm for 32 years, Lloyd enjoys haying and doing barn chores and Beverly likes to feed the calves.

Although Cathy had not grown up on a farm, she describes how easily she adjusted to farm life. "I have five siblings, and we always had a lot of animals — some beef animals, a pony, chickens and ducks." The family lived near the Grange Hall in Lyndon Corner on five acres of land. Eric was three years ahead of her at Lyndon Institute in the class of 1979. Bonnie graduated from L.I. four years ago and Ben last year.

An unforgettable year for the Parises was 1993, when their hay barn, which dates back to 1865, was saved through a successful grant application to the Vermont Historic Preservation Agency. Eric had written the application and says, "We were one of the lucky six chosen out of fifty applications. Five different families have owned the place." There



Photo By: North Star Monthly

The Paris family, Eric and Cathy, along with their son Ben, daughter Bonnie and her fiance Nicholas Ott, balance a lifestyle of farming and the demanding schedule of restaurant ownership.

were 45 dairy farms in Lyndon when Lloyd and Beverly Paris bought theirs in 1956. Today only five remain.

Cathy splits her time between the farm and the Freighthouse. Mornings she helps with the milking, feeds the calves and cleans the barn. Her newest farm task is trying to train their two-year-old border collie Buddy, a rescue dog that replaces their beloved Duke, who was a master at rounding up the cows and herding them into their stalls.

Duke died suddenly this spring at the age of 16. "Buddy has a long way to go," she says. "He has apparently had no training." They also acquired two collie puppies, Jigs and Duchess. She admits, "We treat our dogs like children."

Eric gives Cathy credit for the family's record for cleanliness in the milk parlor.

She gives the room and equipment a thorough cleaning daily. When inspected annually by the Vermont Department of Agriculture, the score has never been below 98.

Bonnie's routine is mainly helping her mother in the management of the Freighthouse business. An important part of that work is designing menus, advertisements and business cards to promote the restaurant. At Lyndon State College, her major in business and graphic design, with a minor in marketing, gave her a solid base for the work. She also does graphic design work for Moose River Publishing in St. Johnsbury. "I like the independence and freedom we have," she says. "I am pretty much my own boss within reason. Working with the family we can be creative."

Her brother Ben heartily agrees, pointing out the great success of the family's latest venture into composting, which they started two years ago on their 240 acres. His dad learned the system through the Highfields Institute of Hardwick. Ben points out how healthy their cows are, their hay enriched with a combination of the food scraps, wood chips and manure. "Even Polly who is 17 years old hasn't been sick one day in her life. In the fall, she stands under an apple tree in the pasture waiting for the fruit to drop." Eric

We value the kids' ideas tremendously because we feel it is almost more their business than ours. They are the ones who are going to carry on the farm and restaurant.

describes the family's first week, four years ago, after they opened their restaurant to the public. "We were shocked at the huge piles of food scraps that accumulated. It was the time when more people were getting interested in eating healthy organic foods. We decided the time is now to find out about composting our waste."

Northeast Kingdom Waste Management has been very helpful. Since we signed on to compost our waste so has White's Market on Main Street, Lyndon State College, Lyndon Town School and Lyndon Institute." Their large vegetable garden which feeds the family and restaurant customers is flourishing from the healthy compost.

Ben milks morning and afternoon, and cleans out the stalls. Five nights a week, from 10 p.m. until 3 a.m., he scrubs and mops floors at the St. Johnsbury White's Market for his Uncle Brian Bona,

whose wife is Cathy's sister. His haying work is a problem right now, he said. "With all this rain we've had, the equipment sinks into the ground."

Later in the year, he'll be cutting hardwood blow downs and thin some trees, providing wood for heating for his family and grandparents. "I like working outdoors," he confides. A helper will be his sister's fiancé, Nicholas Ott, an employee in Lydall's Shipping and Receiving Department who also spends a lot of time helping in their garden. One of Ben's regular jobs is checking for breaks in their fences. "Our cows like exploring other pastures," he says with a laugh.

When Eric told me their milk was used in Stonyfield organic yogurt, one of our favorite desserts, I asked if he ever sells their milk to the public. "We do retail some raw milk right straight from the farm," was his answer. "It's filtered but not pasteurized or homogenized. It's farm fresh milk which we sell by the half or whole gallon.

Customers can pick it up at the Freighthouse or at our barn. You just order it from us - it's a grass rootsie kind of thing." I promptly ordered a half gallon which my husband, John, and I decided had a pure, unadulterated taste that we had not enjoyed for several decades. We've signed on as regular customers."

The same year the Paris fami-

ly opened the Freighthouse Restaurant also saw the initiation of their popular train trips. The last weekend in September will see the fourth year for a fall foliage train trip from the Freighthouse to Wells River and Bradford and back via the Green Mountain Railroad.

Railroading has a special meaning for the Paris family. Eric's great grandfather, grandfather, and uncle, all born in Sherbrooke, Canada, eventually worked in the Lyndonville railroad shops.

"Of course, our most popular trip is the Christmas one, the first weekend in December," Eric says. "There are hot chocolate and gingerbread cookies and a narrator entertains with a Christmas story. After a train stop, Santa and Mrs. Claus and the elves board the train. Santa's pack has a present for everybody on the way back to the Freighthouse. We urge everyone to wear their pajamas—the train cars are all warm and everybody has a wonderful time."

It was hard to think snow after endless weeks of torrential rains, but a train trip from my home town at a nostalgic time of year is too good to miss.

Reflections & Sermons A tale of two people

BY VAN PARKER

This is a story of two people. One was 91 years old. The other is five. Doug Senior, as we sometimes called him, died this past May. Faith came to visit us for a week in late July.

My brother, Doug, was half a generation older than I. He was the oldest and I the youngest of my parents' five children. One of my early memories of Doug is his walking me to Kindergarten. At the time, he was a junior in high school. It wasn't so long afterwards that he went off to college.

Adulthood narrowed the gap in age. We became friends as well as brothers. When Lucy and I moved back east, Doug and his wife, Sue, welcomed our family of five into their home while our furniture took its own time to arrive.

Doug, over time, became the family elder. He knew a lot of family history on both sides, especially my mother's. During the last part of his life, we tried to see Doug as often as possible. In the winter, when we were in Connecticut, I'd go every two or three weeks. Doug insisted on paying for lunch at the facility in Springfield, Mass., where he lived. He always said: "Your Connecticut money is no good."

At Doug's memorial service in June, people spoke of what a supportive, often funny and always caring man he was. A friend, referring to the death of his own father, said, "He's not in the room, anymore, but he left the lights on." That could be said of Doug.

Our granddaughter, Faith, is a five-year-old example of youth and energy. She came leaping, jumping and somersaulting into our lives for a midsummer week. Faith is the youngest of our son, Doug, and daughter-in-law Kim's three children. Her older sister and brother were, respectively, at a church camp and with their other grandparents. So we had Faith to ourselves.

It was remarkably easy, mostly because my wife had lined up so many activities. This included swimming at two different lakes and a pond, a couple of outings with a cousin, a visit with two aunts and riding a bicycle that Lucy had resurrected. Faith was into cooking and cleaning as well. At the end of the day, she would write in her diary with assistance from her grandmother. She also seemed quite capable of entertaining herself.

She liked the gardens, both flowers and vegetables, and seemed especially fond of carrots. She also became quite a berry picker. At first she'd eat about one raspberry for every one she picked, which was kind of like bailing out a leaky boat. Another time, she proudly informed me that she wasn't going to eat any. She was just going to pick, which she pretty much did.

Shortly before my brother died, Faith and her family had their picture taken with him. The oldest and one of the youngest and some in between. It seemed fitting.

"He's not in the room, anymore, but he left the lights on." That could be said of Doug.

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Family values

John and his wife Jo are natives of the Northeast Kingdom. They have lived, worked and raised their family here. An active member of the community John has served on several public boards and generously supports community causes.

Putting public service ahead of politics

John Hall successfully chaired the House Education Committee as a second-term Vermont Legislator. In 25 years of public service at the town, state and national level, John Hall has worked effectively with Governors, Legislators and Town Officials from all over Vermont, without letting party or politics get in the way. He'll do the same as your State Senator. We need to end partisan bickering. Lets use our time and energy addressing the problems facing Vermonters.

It's a matter of public record

As Town Manager of St. Johnsbury, John effectively managed a \$6 million budget and 60 Town employees. From 2003 - 2008 he served in Governor Douglas's administration as Commissioner of Housing and Community Development, helping bring millions of dollars to the Northeast Kingdom and Orange county for housing, job and community improvements.

Private sector experience

John manages and owns a successful auto parts store in St. Johnsbury. He served on the board of directors of his local bank and is an active member of the economic development fund. He takes pride in contributing to the local economy and providing good jobs and knows first hand the challenges small businesses face.

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BACKGROUND: Sandy Grenier is a lifelong resident of St. Johnsbury who has served the greater St. Johnsbury area as a public servant and business owner since 1988.

EDUCATION: Bachelor of Science in Business Education (Lyndon State College 1988)

EXPERIENCE: Budget oversight, grant management, capital planning and election administration.

AFFILIATIONS: Member of the Vermont League of Cities and Towns, the St. Johnsbury Finance Committee, the St. Johnsbury Board of Civil Authority, Vermont Municipal Clerks and Treasurers Association, Vermont Secretary of State Advisory Committee, and the St. Johnsbury Academy Alumni Association.

GOALS: Better jobs and brighter economy for St. Johnsbury, control state spending and put a lid on tax increases, work to fund local roads and infrastructure projects for our area.

Paid for by: Grenier for House, John Goodrich, Treasurer

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Localvore

Continued from Page 1

1930s and '40s. They were localvores, too. Everyone was. They also grew potatoes and rutabagas and beans and carrots for winter use, storing them in the basement just as I do, with squash, onions and dried things like beans and grains in a cool corner of the pantry. I know they had cows, and they probably had pigs and chickens, too. That was what country folk did. When the first real supermarket opened up near here not so many years ago, lots of people just came to gawk at the produce counter. For them, it was like visiting the zoo, and I still find fruits and vegetables there that I don't know the name of. I do know, however, that in nearly every case my local produce tastes better.

My own habits are more like those who lived here generations ago, too, even many generations ago if we include the Native Americans, who never ate anything beyond walking distance. Although I start the garden at the end of January with onion and leek seedlings in the windows, my cycle of localvore eating continues year 'round, going outdoors again in the early spring, just when the potatoes and carrots downstairs are beginning to sprout. They know it is spring, just as the maple trees do, and maple syrup is a great way to start the season. The last runs of the season are being gathered when the wild leeks, called "ramps" down south, are poking up through the slush and mud. They don't grow everywhere, just where a vein of limestone runs, from a few miles north of here to Georgia so I feel a sort of geological connection when I eat them. They're great with scrambled eggs, which the hens are laying in joyous profusion once the days are longer. Next come the fiddle heads, the marsh marigolds, and at last the first sweet spears of asparagus.

In late May or early June, it is time for what I consider the greatest localvore dinner of all, although it is also the least local because I have to walk all the way down to the Water Andric, and along its banks for a total stroll of several miles. With luck, however, I will return with a handful of native brook trout, cold as ice and more beautiful than any jewelry. Depending upon whether I'm late or early in the season, I'll gather fiddle

heads or morel mushrooms along the way, and spinach or asparagus from the garden. It is a superb dinner, and it also marks the moment, more or less, when the garden is coming into full productivity, first with greens, and soon with all the rest.

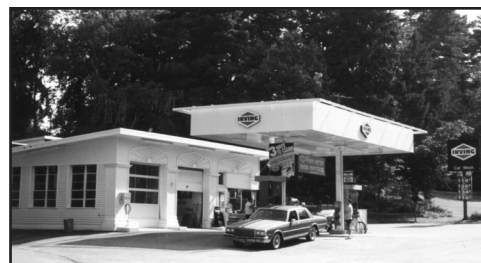
The next trick is to stretch the season out on the other end, finding fresh harvests past Thanksgiving with Brussels sprouts and kale bringing up the rear, right after broccoli and leeks. The rest of the garden is in the basement by then, along with storage apples. The freezer is filled with more vegetables and apple cider, and the barn is full of...well...sheep, who stare at me stupidly and wonder what might be coming next. What comes next is the cattle trailer, and the longest trek of all. It is seven miles to the P.T. Farms processing plant and back. By the time they get back they are silent, obedient and conveniently packaged.

I'm such a loco localvore that I seldom go farther than the basement, the garden or the barn for my food but I was at the fore mentioned supermarket just a few days ago when a true gourmet and I met. He showed me the lamb loin chops he had just bought for five dollars a pound. "I can't beat that price," I remarked; "but your lamb is better" he replied. I've been thinking about that since. "Better" certainly meant taste, but it meant more, too. I read recently that the average food item travels 1,500 miles before it reaches an American plate. Well, I think my lambs travel just about that far, too, but with the exception of seven of those miles, they traveled under their own power as they circled the pasture eating grass.

There is nothing better than a fresh chicken, too, and I love all sorts of wild game although that usually involves me traveling, all the way out to Montana to visit my oldest son who is an avid hunter, gardener and cook. And here's the thing; whether harvesting a Brussels sprout or an elk, it is the direct connection that counts, just as moral, as ethical and as spiritual as we can make it, no Monsanto or Cargill, no peregrinations in shipping containers, no wars over water or fuel. It's just you and your food and, hopefully, a few good friends.★

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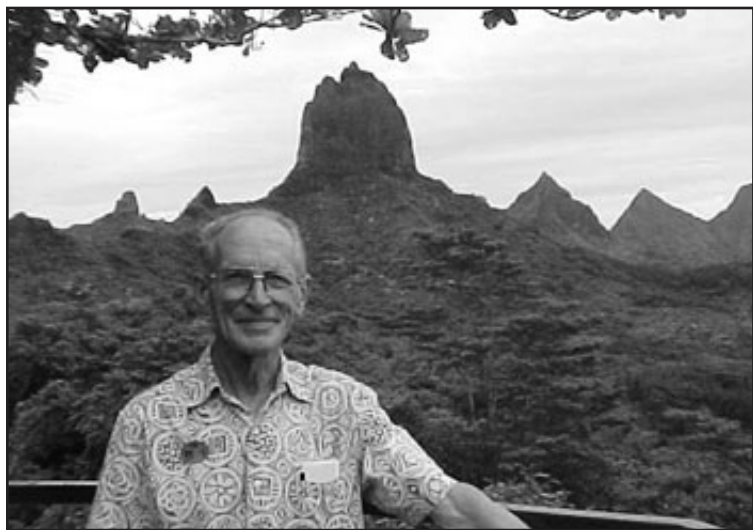
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Camels, penguins and tea with Albert Einstein



BY JUSTIN LAVELY

Dick Boera has used his privileges as a retired navy man to their fullest. Whether he was riding by the Great Pyramids of Giza on a camel, taking a cab to the Taj Mahal in New Delhi or simply knocking on the door of Albert Einstein's Princeton home, the Lyndonville native has learned a lot about the world and even a little about the Northeast Kingdom.

Born on Staten Island, Boera enlisted in the Navy during World War II, though he was far away from the fighting. When the war ended, he switched to the reserves, where he served for 20 years, earning him an interesting perk. Boera can fly, free of charge, on any military transport that has room to take him.

This privilege has allowed him to visit 80 countries over the last 20 years. He has set foot on Antarctica and watched the Emperor penguins, met former president Bill Clinton and the late President John F. Kennedy and escorted the wife of former president Theodore Roosevelt, with whom he shares a birthday.

A modest Boera says he doesn't like to talk about himself or name drop the people he

has met (it took some prompting), though he does enjoy talking about the places he has visited. In a downtown St. Johnsbury coffee shop, Boera explains his book, a blue trip log that is smaller than you'd think, but then again so is the writing inside. Inside, Boera's neat print serves as a record of his travels. He also has countless journal entries from his trips and even some memorabilia, including autographs from baseball great Lou Gehrig, boxing legend Joe Louis, General Douglas McCarther, former president Herbert Hoover and celebrity Bob Hope. Actually, Boera has seen seven presidents during his travels and when he was young, billionaire John D. Rockefeller felt obliged to give him a shiny new dime.

"People nowadays get excited when they see Paris Hilton, but that's not my idea of a celebrity," he says. "She's only famous because of her grandfather."

Speaking of grandfathers, Boera said the conversation he had years back with Albert Einstein over tea and crumpets reminded him of his.

"He was just a terrific person," he said of Einstein.

Boera was attending Princeton University in New Jersey while Einstein was liv-

ing near campus. He decided he had to meet the legend of physics before the opportunity was gone. He laughs as he described the con he used when Einstein's wife answered the door.

"I said, 'I'm trying to figure out which house Albert Einstein lives in,' even though I knew exactly what house it was," Boera remembers. "She said, 'This is it. Would you like to meet him?'"

Moments later, Boera found himself conversing with the gentil genius, who graciously signed Boera's liberty card and posed for a picture with him.

Academia was Boera's calling when he left the military, spending 20 years as Dean of Business Affairs at Lyndon State College.

With the exception of his wife, who is not a fan of international travel, Boera's family members seemed to have inherited the gene, including a few of his seven children. He has two daughters in the Air Force, both lieutenant colonels, and also a son, who is a general and an F-16 fighter pilot. Time will tell if any of his 18 grandchildren inherit the travel bug.

Others have joined him on his travels. Not long ago, friends John Downs and Bob Swartz joined him on a 12-day trip on the trans-Siberian railroad, which crossed 10 time zones.

Throughout his 20 years traveling the globe, Boera has managed to avoid incident, even with traveling to dangerous countries like Israel, Egypt and Korea.

"Things have happened before I arrived and afterwards, but never while I was there," he said, recounting the time he visited the demilitarized zone just outside of North Korea. "Talk about a tense situation.

Continued on Page 11

People & Places



Bora, Bora

BY DICK BOERA

I wish I could tell you about Bora Bora. The way it actually is. The infinite hues of the lagoon within the reef that encompasses it. Coconut palms nodding gracefully toward the ocean...

Does the style sound familiar? Yes, we could adapt the opening lines of "Tales of the South Pacific" to describe this awesome paradise that prompted James Michener to consider it "the most beautiful island in the world." While neither he nor I ever saw all of them, I've seen enough exotic isles worldwide to agree with him. Only Moorea can compete with its dramatic physical beauty and even that neighbor of Tahiti comes off second best.

Biographer Stephen May refers to Bora Bora as "the conceptual gem of my South Pacific books" and I would guess



that most of us conceptualize it as the Bali Hai of his tales. There are conflicting versions of which island is the actual inspiration for the mythical peak; some travel guides glibly claim that

Moorea's impressive Mt. Tohiva is the inspiration. However, I have to believe the version recounted by David Ellis, our sole Michener Society member from Australia, a fellow passenger of Jim and Mari Michener on a cruise ship to Vanuatu in 1992. During WWII Michener had been posted to the New Hebrides - Vanuatu's name prior to independence - as a naval officer. Santo was an American supply base and it was "off-shore Ambae Island's volcanic peak, Aoba, that fascinated Michener, who referred to it as "Vanicoro" in his book, but for the stage show and movie South Pacific it was more romantically renamed Bali Hai." Surprisingly, Bora Bora's Mt. Otemanu and Ambae's peak are nearly 2000 miles apart, but common characteristics of most of the islands in the South Pacific are their dramatic volcanic formations, their coral reefs and their unbelievably lush vegetation.

At any rate, I have patterned many of my travels after those of my favorite author. In March I had the good fortune to

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Getting back to green

Local dealers are thriving as locals get back to the way things were

Continued from Page 1

them. His tractor, chain saws, winches and 100-plus acres allow him to harvest a lot of his own wood, which significantly lowers the cost.

The decision was not a fast one, at least in the beginning, for Palmer, who wasn't sure he'd like having to look at an outdoor boiler every time he pulled into his driveway. "I spent three years thinking about it and after I got done paying last year's winter bills I decided the aesthetics were becoming less and less important to me."

The cost of oil was the primary reason Palmer sold part of his family's business this spring, after his costs doubled.

You don't have to be very old to remember when gasoline cost \$.99/gallon at the pump. You don't have to be much older to remember a time when "how am I going to afford to heat my house this winter," was not the prevailing thought on everyone's minds.

There's good reason to worry as heating fuel has increased from an average price of \$2.35 to \$4.65 over the last 18 months in the Northeast, the most fuel-thirsty region of the country due to long winters and cold temperatures. According to the Energy Information Administration, 78 percent of the nation's heating oil sales come from the Northeast.

Rising fuel costs and fed up consumers have been a boon for some local businesses.

According to Mike DeKoeyer of Appalachian Supply in St. Johnsbury, his business, which sells outdoor and indoor wood furnaces, as well as wood pellet stoves, has tripled.

"Everyone is scared," he says. "No one wants to pay the big prices. I don't think people trust the oil companies after this year."

DeKoeyer has several businesses in the area and is planning to convert all of them over to wood pellet boilers before winter. At his home in Barnet, he heats 4,000 square feet with an outside wood furnace, the same item he has already sold 160 of since January and has another 70 on order. The Appalachian Supply parking lot has around 20 outside wood furnace units lined up, all of them with "sold" tags.

How much money can be saved?

A lot.

A gallon of fuel generates 138,200 British Thermal Units (BTUs). A cord of firewood generates 22 million BTUs and a ton of pellets generates 16.4 million. It takes 100 million BTUs to heat the average house every year. At current prices, it could cost up to \$3,320 for oil, \$900 for firewood and \$1,875 for pellets.

The mass movement to alternative energy, according to DeKoeyer, could cause oil companies to lower their prices. He even noted some residents are taking out home equity loans and short-term unsecured loans to invest in alternate heating systems. This could, potentially, lower heating oils sales in the region by tens of thousands of gallons.

No one wants to pay the big prices. I don't think people trust the oil companies after this year.

Mike DeKoeyer
Appalachian Supply

Beechwood fires are bright and clear
If the logs are kept a year.
Chestnut's only good, they say,
If for 'tis laid away.
But ash new or ash old,
Is fit for queen with crown of gold.

Birch and fir logs burn too fast,
Blaze up bright and do not last.
It is by the Irish said,
Hawthorn bakes the sweetest bread.
Elm wood burns like churchyard mold,
E'en the very flames were cold.
But ash green or ash brown,
Is fit for queen with golden crown.

Poplar gives a bitter smoke,
Fills your eyes and makes you choke.
Apple wood will scent your room,
With an incense like perfume.
Oaken logs, if dry and old,
Keep away the Winter's cold.
But Ash wet or Ash dry,
A King shall warm his slippers by.

- Anonymous

"That's got to be taking a chunk out of their business," DeKoeyer says.

The Farmyard Store in Derby has already sold over 300 alternative heating units this year, according to owner Nate Hamblett. He said pellet stoves are on backorder into next spring. He said if stove and pellet manufacturers could keep up with demand, his business would have sold twice as many units by now.

"We expected there would be a jump, but not to this extent," he said.

Despite the crunch fuel prices are placing on household budgets, Hamblett believes there is a silver lining.

"It's good that this situation is forcing people to think 'green' and that's good for the environment in the long run," he said. "This is a hardship we created. I think people are going to start seeing a lot of new heating technology come out of this."

Wood isn't the only renewable resource on people's minds. For those in a position, financially, to make a significant upfront investment on either a new home or retrofit, geothermal technology is also an option. Geothermal consultant Jim Ashley says it wasn't that long ago when the initial cost of switching to geothermal made the system cost-prohibitive for most home owners. That has changed. He has worked on five residential projects all over Vermont and into New Hampshire in the last year.

Ashley concedes the significant upfront cost of a new geothermal system, which can be more than \$7,000 on top of digging a well and installing the underground piping and interior heating system, they also are quick to point out that geothermal doesn't require a backup heating system. The technology is also being used on major commercial buildings.

The system is often used in connection with a radiant floor and relies heavily on electricity to power heat pumps.

The move to "greener" alternatives can also have a positive economic impact on the region.

After all, the thousands paid for heating oil is sent out of state at best and overseas at worst.

In other words, Palmer says, "Every dollar we can keep in this community gets expanded."

Renewable energy and energy efficiency tend to be labor-intensive and local. They can mean promising, quality job growth in manufacturing, construction, operation, and maintenance, according to the U.S. Department of Energy (DOE). In addition, DOE studies indicate that dollars saved through energy efficiency tend to be spent locally and then re-spent multiplying the benefit.

Since the 1970s, the United States has reduced its energy use per unit of gross domestic product by about one-third, according to the DOE, even though the economy grew by 160 percent. Energy efficiency initiatives such as building codes and appliance and equipment standards were important contributors to this remarkable increase in energy productivity.

The Good, The Bad

Firewood & Coal

Firewood should be well seasoned so you don't waste energy evaporating water by burning green wood. Hardwood contains more energy than softwood, and burns longer and more steadily. But it's also harder to light. Softwood can spit and spark in open fires. Coal has a high energy content. It can be burned in many slow-combustion heaters, but you'll probably need to use fire lighters or light a woodfire first to get it started.

Pros: Wood and coal are available almost everywhere. Wood heating can be very economical because a lot of people — particularly in rural areas — may have cheap or even free access to firewood. Outdoor wood boilers allow residents to keep the wood splitting, piling and associated mess outside the house and the units can burn longer and often can be fed scrap wood if need be.

Cons: You need a place to store wood or coal for an indoor wood boiler. You have to load the heater or grate, start and maintain the fire and dispose of the ash. Apart from modern slow-combustion heaters, solid-fuel heaters are less energy-efficient than electric and gas heating.

Pellet Stoves

Pros: Pellet stoves require less attention than wood furnaces. Pellets are purchased by the ton and are generally cheaper than oil, electricity or gas.

Cons: Outdoor wood furnaces and pellet stoves require daily attention, prompting some owners to retain costly oil or electric backup systems. The availability and price of pellets can fluctuate depending on market conditions.

Electricity

Pros: It's available almost everywhere. Electric heaters are very energy-efficient, and don't produce pollutants in your home. You don't need to store fuel. Geothermal systems use electricity to power heat pumps on demand and (usually) pipe it into a radiant floor. The system is reliable and requires no backup system.

Cons: Heating with portable electric heaters can be relatively expensive. While the heaters themselves are energy-efficient, there's considerable energy loss during the generation and transport of electricity — up to 70 percent of the original energy contained in the fuels used to produce the electricity. If you have a power outage — for example during a storm — you have no heating available.

Oil, gasoline, propane, kerosene

Pros: Very convenient and doesn't require much labor. Fuel distributors deliver product right to your front door and typically, offer pre-buy, budget and automatic delivery plans. Currently, around 85 percent of homes in the Northeast are heated with fossil fuels.

Cons: Volatile markets can lead to major price increases, sometimes as high as 200 percent.

Information from Choice Magazine, U.S. Department of Energy and the Energy Information Association.

Efficiency	Fuel Type	Unit Size	BTU/Unit	Cost/Unit	Approx. Cost/Year for 100 million BTUs
80%	Oil	Gallon	138,200	\$4.58	\$3,320
80%	Kerosene	Gallon	136,600	\$4.98	\$3,265
80%	LP Gas	Gallon	91,600	\$2.99	\$3,645
60%	Firewood	Cord	22 Million	\$200	\$900
60%	Coal	Ton	24 Million	\$325	\$1,381
80%	Pellets	Ton	16.4 Million	\$300	\$1,875

Information in the above chart was supplied by an outdoor wood boiler manual and a quick survey from local dealers in mid-August. The efficiency of each fuel type also depends on the age and condition of the furnace.

Vermont allows municipalities the option of offering exemptions from property taxes for certain renewable energy systems. Eligible systems include, but are not limited to, "windmills, facilities for the collection of solar energy or the conversion of organic matter to methane, net-metered systems ... and all component parts thereof including land upon which the facility is located, not to exceed one-half acre." Adoption of this exemption varies by municipality, but the exemption generally applies to the total value of the qualifying renewable energy system and can be applied to residential, commercial, and industrial real and personal property.

The economic benefits are important, but so are the environmental factors. Solar and wind technologies are emissions-free at

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Bora, Bora

Continued from Page 9

check out his evaluation of French Polynesia, on a cruise that originated in Tahiti, and covered tours of four other islands in that group as well as the New Zealand protectorate, Rarotonga, in the Cook Islands.

Yes, I could tell you about Bora Bora; the idyllic climate; the friendly bronzed natives and European expatriates; the breadfruit, papayas, mangos, grapefruit, avocados and bananas; the varieties of palms; the hibiscus, gardenia, oleander, frangipani, bougainvillea, poinsettia, bird of paradise, vanilla orchid and ginger; the thatched roofs, colorful fish and black pearls. I experienced English yachtsman John Anderson's first impression: "Visually Bora Bora is magnificent. It is probably the most photographed island in the South Pacific, and rightly so. Entering the lagoon is stunning, and as we did the cloud cleared...revealing the island in all its splendor."

I won't tell you more. My day-to-day trip log would either bore you or just make you envious. There is no substitute for experiencing it for yourself. (BTW, it's just about 10,450 km. from Danville...if you're a crow.)★

Boera

Continued from Page 1

That's been going on for years."

On the positive side, Boera says his travels have taught him just how much he enjoys living in the Northeast Kingdom, where you don't have to worry about earthquakes and tsunamis, just the occasional blizzard.

"I'm very happy being here," he explains. "I like this way of living."

The only place Boera has ever visited that he would consider living is New Zealand. Its friendly people and striking scenery can't be described in words, he says.

Although free military flights are available to all retired military with 20 years of service, Boera said it's difficult to take advantage of because the flight schedules aren't published very far in advance. In fact, since 9-11, the flight schedules are only available three days prior to take off. Aside from that, he said the flights are comfortable and he has traveled on more than six different models of aircraft, including C-130s and C-21s. Sometimes, he even travels with military VIPs when they allow extra passengers on their flights, though he said he often doesn't know whose Learjet he is flying on.

So where too next for Boera, you ask?

"Greenland," he says. "Probably this spring. I've always wanted to go there."★

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Follow the Money

by Rachel Siegel

'The Sun Never Sets'

For the last century New York, and by extension the U.S., has been the unquestioned capital of the world's financial markets and thus of world economic activity. After all, the U.S. had the world's largest economy and largest financial markets. We devised great financial innovations - futures and options on commodities, and then derivatives on everything from interest rates to currencies to climates - and developed cutting-edge academic institutions to breed new financiers with new theories for new markets.

The value of financial market dominance was a lesson we learned from the British, our political and economic, if not our literal, forebears. Britain could dominate world trade for as long as it did because it could create

and maintain an empire as economically diverse as it did. While its midwife was its military, the empire lasted largely because the British developed the capital markets to finance investment in the colonies' commodities, and in Britain's own industrialization that turned those commodities into tradable goods. Those same markets then financed the trade that made those goods so valuable, and the wealth created from trade then financed the cultural and military rule that sustained the empire.

We often credit the British navy, especially after the defeat of the Spanish armada or again after the Napoleonic wars or after defending the Suez Canal, as the deciding factor in the empire's dominance, but arguably, it was British innovation in financial markets.

The British developed the

corporation as a form of ownership with limited liability, which made the private financing of larger and riskier ventures possible, and created a way to transfer capital investment from land into factories and ships. They created public markets for government bonds, which enabled government financing of colonial investment and of those armies and navies.

The Bank of England was the first modern central bank to operate on behalf of a sovereign nation, as opposed to merely being its sovereign's servant. It made possible the national standardization of currency and control of currency supply. It brokered those government bonds. Perhaps most importantly, the Bank standardized and regulated the clearing of transactions, which allowed for the trade of the commodities and manufactured goods that created the real wealth of the empire.

As trade expanded and wealth grew, that wealth funded institutions that encouraged more social innovations. Great universities were primarily accessible to the wealthy, but a more worldly economy demanded a more universal literacy - for the lawyers, clerks, and bureaucrats who managed the empire, accounted for its trade,

and filed its paperwork - and so educational systems grew. Industrialization brought urbanization, and larger populations living in closer quarters necessitated better management of construction and sanitation. More trade meant the development of infrastructure - better roads, navigation, and communication... and so on, and so on.

As a financial capital, London has its advantages. It has better access to trading hours in disparate markets across time zones (which they also invented, so that longitude could be standardized for more reliable navigation). Since Britain left many of its colonies somewhat peacefully, although reluctantly, it still has a viable political and economic network, the Commonwealth, which reinforces common interests. There are institutional legacies - legal, postal, and educational systems, for example - and there are cultural legacies - afternoon tea, the BBC, cricket, gin - in many of those same former colonies. All of those commonalities, large and small, make it easier to establish and maintain business relationships.

The British have clearly bet big on developing their economy as a financial power. The Dockside of London - the chron-

ically foggy, underworld slums of Dickens, Conrad, Jack the Ripper, and of course Sherlock Holmes - have been gentrified into Canary Wharf, home to the world's biggest investment and consumer banks and brokers. The amount of foreign currency that flows through Britain in a year is now equal to the value of its domestic economic production. 20% of its jobs are in the financial sector, which now accounts for 25% of its economic growth.

We still have the world's reserve currency and, still, its largest economy, but the British may not need a Nelson or a Wellington or a Churchill to re-establish their dominance in the 21st century economy. They may be innovators in establishing a different kind of empire, one without military or political rule, but created by a mastery of markets, and perhaps poised to teach us another valuable lesson.

Rachel S. Siegel, CFA, consults on investment portfolio performance and strategy, and on accounting and tax dilemmas. She has an MBA from Yale; she is a professor in the business administration department at Lyndon State College. "Follow the Money" has been a regular feature in the Northstar since July 2001.

Commentary Healing the invisible wounds

BY MARVIN MINKLER

In the photograph that was taken in March 2003, and viewed in newspapers and on televisions all over the world, PFC Joseph Patrick Dwyer, in full battle gear, clutches a wide-eyed, injured Iraqi boy in his arms, while carrying him safely away from a fire fight, during the first week of the war in Iraq. PFC Dwyer, as fate would have it, became a reluctant symbol of all that is great about American

fighting men and women.

As an Army medic with the 7th Cavalry attached to the Army's 3rd Infantry Regiment, near the Euphrates River, PFC Dwyer had taken the boy from his father's arms and ran toward a mini-hospital other soldiers had set up. As Dwyer ran past photographer Warren Zinn, he clicked the shutter and the image made the nation's front pages. Reporters descended on his family home, hailing him as a hero, and he was awarded the Combat


Medical Badge for service under enemy fire. Dwyer later said he wished he'd been able to remain an "unknown soldier," that the photo represented not him, but all American soldiers.

On June 28 this year, Joseph Patrick Dwyer, once more made the papers. Lying on the floor of his home, his body surrounded by empty cans of aerosol-gas dusters, and prescription pills, dying of an apparent overdose at the age of 31. He had come back

Continued on Page 14

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Rain, rain, rain

BY SUSAN BOWEN

A cool gentle rain, on a hot summer afternoon, is to be enjoyed while sitting on the porch, perhaps. Or by simply walking off the porch to enjoy the natural and pleasurable sensation of each cool wet drop as it refreshes your up-raised face and arms. As you walk about, perhaps you become aware of the garden where plants, flowers or vegetables, also seem to be reaching out to the blessing of the rain. I have heard some Indian tribes refer to such a gentle nourishing rain as a "female" rain (as opposed to a strong pounding masculine downpour which is capable of causing damage). It is also a pleasure to wake at night after a dry spell and hear the cool whispery sound of a welcome shower, perhaps striking the roof or causing the leaves of a nearby tree to rustle as the welcome drops make their way to the ground below.

Certainly rain is a welcome part of earth's environment. I remember how pleased I was when, as a child, I first learned of the circular pattern made by a drop of water as it fell to earth, drained into a stream and then a river, which flowed into the ocean. Then the sun raised the mists from the sea, forming them into clouds which condensed and fell as rain, completing the cycle.

But what is this phenomenon that has been annoying us lately - not merely annoying us, but assaulting us with its supposedly masculine lack of moderation. Surely we need to rid our language of these gender-based idioms, long outdated and outworn, and speak of the weather assaulting us with immoderate amounts and frequency of rainfall. I can't help but note, as we measure the extraordinary number of inches of rain we have been experiencing, that somewhere there must be a terrible drought. I suppose that we will hear of its location sooner or later.

Of course, we have had extreme weather conditions before. I grew up with stories such as "Hans Brinker and his Silver Skates," and the tale of the Dutch boy who saved his town from flooding by putting his finger in the hole in the dike. Dutch painting has many examples of wintry scenes, and people skating on frozen rivers, so that I thought of Holland as a very cold country until I learned that these stories and paintings had been reflecting an unusually cold period. An old person can remember unusual weather or perhaps has heard old family stories about such events. I myself can remember hearing about the Dust Bowl in the southern plains states in the twenties. The phrase "Eighteen-hundred and froze to death" is so familiar that I can't remember where or when I first heard it. And the newspapers have always been glad to tell us about storms and

disasters of all sorts. Biblical stories and other ancient writings refer to extreme weather conditions, and I'm sure the ancient bards included them in their stories, in the days before printing.

So here we are, experiencing this weather, scanning the skies for dues, and suddenly, as you look away. POW! There's no other word for these heavy drops, and sometimes hail too, which come pelting to the earth. POW! For a time, the plants stood up well to the pounding but recently their stems, taller than usual, thanks to this plentiful supply of moisture, have begun to weaken, and give way. This is especially true in the fields - how can anyone get in a crop of hay in such weather? POW! And as it continues, we can no longer call it a phenomenon, a word which means a highly unusual, solitary, occurrence.

POW! POW!

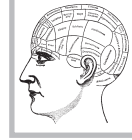
Shades of Al Gore; does he have a clue? Indeed, yes. Something real is going on.

There is a real warming occurring on this earth of ours. The polar icecaps are melting, polar

bears are in for trouble; glaciers are melting, ocean levels are rising. The warming can be measured by the remarkable trustworthy instruments we so admire. Knowledgeable scientists can spot the cause - a hole in the ozone layer high above us, which used to protect us from the heat of the sun. The cause of the hole is also known to be excessive carbon dioxide emissions from cars, trucks, and factories.

So what is to be done next? The Danville school found a good way to improve its heating, giving wood a new name - biomass. A number of local people now heat their houses in various efficient ways. I just read an interesting article about an island in Denmark whose residents decided to heat using available wind power and ended up selling the extra power to the mainland. I'd like to know more about geothermal power (getting sun power at second hand, apparently). It seems like a good chance to pioneer and stay at home at the same time! Is this just a wild suggestion from an old lady?

POW!



Ask the Shrinks

Alice S. Kitchel and Burton Zahler

Dear Shrinks,

I disagree with a lot of your columns. What gets me most of all is the stuff you write about addictions. When spring comes my wife spends countless hours in the garden. She shops, fertilizes, hoes, plants, thins, harvests and plows under. She does all this with intense focus. She misses gardening when the snow flies. Does this make her an addict? I say "NO!" She is just a woman who has found a hobby she can be passionate about.

I am the same way about reading. I read during every spare minute of every day. This doesn't make me an addict, just a man with a passion for reading. - Phooey on Shrinks

Dear Phooey,

Thanks for the letter. We welcome the chance for an argument, at least one that opens up the potential for new understanding for everyone.

If either your wife or you have ever skipped work or avoided important social events with family or friends to indulge your hobby; if you have ever lied to your spouse (or anyone else) about what you were going to do when you want time for your hobby; if either of you have ever stolen (books or seeds for example) then there is a chance you may be addicted.

Most addictions cause disruptions in the course of ordinary life whether work, social or family responsibilities. Most active addicts do some lying to others (and themselves) to hide the extent of their addiction. In the case of substance addictions, there can be physical and emotional changes as well. Some examples of these are, a change in personal hygiene, wearing clothing to hide arms and legs, or becoming extremely irritable or giddy. For process addictions, and if the hobbies that you describe were actually addictions, they would fall into this category along with an addiction like gambling, there would not be physical signs, nor as obvious emotional signs. However, the brain is affected in the same way whether the addiction is caused by a substance, like alcohol, or by an activity, like gambling. We believe having a hobby you are passionate about is a healthy way of enriching your life. We hope your hobbies fall in this category. Hope you enjoyed our side of the argument!

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Invisible wounds

Continued from Page 12

from Iraq, an American icon, but all the God-awful things he saw there came with him too. Nightmares, embedded in his mind, filtered through blood and sand, tearing him apart each day and night. In just five short years since the famous photograph was taken, the war at home had claimed another.

His wife Martina said, "We know that Joseph is at peace now, he doesn't have to deal with the awful pictures he would see in his head."

She also said she hoped that his death would bring more attention to post-traumatic stress disorder. More avenues and

resources are needed to help returning soldiers. "There are so many others suffering from the same thing," she said. "I wish there were a better way to deal with this."

According to a recent study, roughly one in five soldiers returning from Iraq and Afghanistan display symptoms of PTSD, putting them at higher risk of suicide. The study estimates 300,000 current or former combat troops have PTSD or depression, and up to 320,000 may have suffered a brain injury. The Veterans Administration estimates that every year 6,500 veterans take their own lives.

In July 2007, the Veterans Administration launched a Suicide Hot Line that now receives up to 250 calls a day. In its first year of service more than 22,000 veterans have sought help, and 1,221 suicides have been averted, the government says.

This summer, the Pentagon is spending an unprecedented \$300 million on research for post-traumatic stress disorder and traumatic brain injury. It will be the most enormous thing that has ever happened in traumatic brain injury research. The research will give hope, not only for the troops, but hundreds of thousands of civilians.

In the Green Mountain state, since September 11, 2001, more than 2,800 Vermont

Guardsman and reservists have served in Iraq. Vermont has suffered the highest proportion of casualties from the Iraq War of any state. But it leads the nation in helping soldiers and their families when they come home.

This year, Senator Bernie Sanders secured \$3 million for the Vermont Veterans Outreach Program. John C. Boyd, deputy chief of staff for personnel for the Vermont Army National Guard, leads the veterans outreach program, in responding to the "invisible wounds" suffered by our soldiers, which also impact their families and communities. As of July 2008, a total of 977 Vermont Veterans, out of approximately 3700, had been contacted, by mostly veteran Outreach Specialists, who per-

sonally meet each soldier on their "own turf."

This innovative program will help mend some of the damage done by the wars in Afghanistan and Iraq, and help veterans and their families be better informed, and get the care, both physical and mental that they need.

Thanks to the Vermont Veterans Outreach Program, maybe our state will not have to suffer the tragic loss of a Joseph Patrick Dwyer here.

Perhaps he will not have died in vain. ★

Marvin Minkler, who works for a mental health agency, is a member of Senator Bernie Sanders Veterans Advisory Committee.

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2008 Schedule

Athletic Director: Merlyn Courser CAA

Boys High School Soccer

September

3	Wednesday	Rivendell @ Danville	4:30
5	Friday	Danville @ Twinfield	4:30
9	Tuesday	Winooski @ Danville	4:30
11	Thursday	Danville @ Lake Region	4:30
17	Wednesday	Richford @ Danville	4:30
19	Friday	Danville @ Hazen	4:30
23	Tuesday	Danville @ Winooski	4:30
25	Thursday	Twinfield @ Danville	4:30

October

1	Wednesday	Williamstown @ Danville	4:00
3	Friday	Danville @ Richford	4:00
7	Tuesday	Hazen @ Danville	B/G 4:00
10	Friday	Danville @ Rivendell	4:00
15	Wednesday	Lake Region @ Danville	4:00
17	Friday	Danville @ Williamstown	4:00

Girls High School Soccer

September

3	Wednesday	Rivendell @ Danville	4:30
5	Friday	Danville @ Twinfield	4:30
10	Wednesday	Richford @ Danville	4:30
12	Friday	Danville @ Oxbow	4:30
16	Tuesday	Hazen @ Danville	4:30
18	Thursday	Danville @ Williamstown	4:30
20	Saturday	Oxbow @ Danville	11:00
24	Wednesday	Danville @ Hazen	4:30
26	Friday	Danville @ Richford	4:30

October

2	Thursday	Williamstown @ Danville	4:00
8	Wednesday	Danville @ Lake Region	4:00
10	Friday	Danville @ Rivendell	4:00
14	Tuesday	Danville @ Winooski	4:00
16	Thursday	BFA Fairfax @ Danville	4:00

Boys & Girls Middle School Soccer

September

12	Friday	Barnet @ Danville	4:30 Coed
15	Tuesday	Oxbow @ Danville	4:00 G/B
17	Wednesday	Danville @ Craftsbury	4:30 G/B
22	Monday	Danville @ Hazen	4:30 G/B
26	Monday	Twinfield @ Danville	4:30 G/B
29	Monday	Danville @ Concord	4:30 Coed

October

2	Thursday	Danville @ Twinfield	4:30 G/B
6	Monday	Craftsbury @ Danville	4:30 Coed
9	Thursday	Concord @ Danville	4:30 Coed
15	Wednesday	Danville @ Barnet	4:30 Coed
20	Monday	Hazen @ Danville	4:00 G/B

High & Middle School Field Hockey

September

9	Tuesday	Danville @ Stowe	4:00 (M.S.)
24	Wednesday	Danville @ STJA	4:00 (JV)

October

6	Monday	Danville @ Stowe	4:00 (M.S.)
13	Monday	Danville @ LI	4:00 (Varsity)

the ARTS around

September

- 3 Journey with special guests Heart and Cheap Trick. Three legendary rock bands are teaming up for what is sure to be the tour of the summer. 7 p.m. at the Verizon Wireless Arena in Manchester, N.H. Call (603) 868-7300 for tickets.
- 4 Jimmy Buffet, Tweeter Center, Mansfield, MA.
- 9 Sonny Landreth at Higher Ground in South Burlington.
- 12 Hamlet. Tina Packer, the much-heralded Artistic Director of Shakespeare and Company will be playing Gertrude and her son in life, Jason Asprey, plays her son in the production, the brooding and troubled Dane, HAMLET.
- 14 Hanover Chamber Orchestra, 7 p.m., at the Lebanon Opera House, Lebanon, N.H.
- 16 Jackson Browne at the Orpheum Theatre in Boston, Mass.
- 20 The Very Best of Barbershop, Opera House,

- Lebanon, N.H.
- 23 Rusted Root at Higher Ground, South Burlington, at 7:30 p.m.
- 24 The Who, TD Banknorth Gardern, Boston, Mass.
- 25 Brad Paisley with special guests Jewel, Chuck Wicks and Julianne Hough. 7:30 p.m. at the Verizon Wireless Arena in Manchester, N.H. Call (603) 868-7300 for tickets.
- 26 Tyminski and the Dan Tyminski Band, Grammy Award-winning Rutland natives, at the Barre Opera House at 9 p.m. Tickets available at www.barreoperahouse.org pr 476-0292.
- 27 The Takács Quartet, 8 p.m., at the Spaulding Auditorium at Dartmouth College. Details available at (603) 646-2422.
- 27 Northeast Regional Old Time Fiddlers Contest at the Barre Opera House at noon. Tickets available at www.barreoperahouse.org or 476-0292.

October

- 2 Ringling Bros. and Barnum & Bailey presents Bellobration at the Verizon Wireless Arena in Manchester, N.H. Call (603) 868-7300 for tickets.
- 3 David Grisman and John Sebastian (The Lovin' Spoonful) at the Paramount Theater.
- 14 Narek Hakhnazaryan, a 19-year-old Russian Cellist at the Paramount Theatre.
- 11 Judevine, a play by Vermont Poet and Playwright David Buddbill. Paramount Theater.
- 17 Haunted Illusions brings creepy Halloween fun for young audiences. Paramount Theater.
- 20 Black Crows, Higher Ground, Burlington.
- 26 Celtic Thunder at the Verizon Wireless Arena in Manchester, N.H. Call (603) 868-7300 for tickets.



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DAY 1



DAY 2

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DAY 5

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DAY 3



DAY 4



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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.

Bucking the Trend

New superintendent was looking for a community

BY JUSTIN LAVELY

The typical career path for a school administrator in Montpelier, according to Martha Tucker, is to head west toward Chittenden County instead of east toward the Northeast Kingdom. Caledonia Central Supervisory Union's new superintendent said the salaries may be higher in the Burlington area, but the quality of life in the Kingdom was more important to her.

Tucker, who was anxious to escape the politically-charged, fast-paced environment of the Montpelier School District, said she applied to very few schools before accepting a job with Caledonia Central, which oversees districts in Danville, Peacham, Walden and Barre.

She was looking for something specific and she found it.

"I wanted to work in rural Vermont," said Tucker, whose family tree is checkered with educators and farmers. "I wanted a small school district that demonstrated excellence and a commitment to its students."

Though Tucker still lives in East Montpelier, at least until her youngest daughter finishes school, she has been surprised by her new district's sense of

community.

"I'm very struck by the honest commitment people here have to their schools and to one another," she said sitting in her office above Passumpsic Bank in Danville. She admitted managing small schools in small communities is not without challenges.

"The challenge is providing a high quality education at a reasonable price," she said. Kingdom residents seem to take their time and carefully consider their decisions, she said, but they know what the want in their schools.

Tucker replaces John Bacon, who left Caledonia Central for a job in Barre.

The new superintendent isn't planning any major curriculum changes at the moment, just a continued focus on writing on a broad scale. In general, Caledonia Central students are above the state average in writing proficiency, but the state average has suffered in recent years.

Tucker believes technology, such as computers and the Internet, has changed the way schools should teach writing. She plans on working with teachers of all subjects to

improve their students writing.

"Writing is a different form of communication than it used to be," she said. "Addressing writing across the curriculum is a huge task."

When it comes to teaching writing, she said the debate is essentially "structure" versus "content." Some educators feel that technology in the form of "spell and grammar check" on a personal computers means teachers should be focusing more on content, while others feel the basics are still important.

"All students need a basic set of communication skills, both verbal and in writing," said Tucker, adding that curriculum is difficult to predict in a rapidly changing society. "We can't even predict what kindergartners are going to need to know by the time they graduate from high school."

A native of Randolph, Tucker worked her way up from the ground floor, starting her career in education as a teacher's assistant in 1976. She was a classroom teacher for 18 years and, at times, she misses the direct connection with students.

"My grandfather once told



Martha Tucker, above, said many of her school administrator colleagues have headed to Chittenden County for better paying jobs, but she was looking for something different.

me that the two noblest professions were teaching and farming and I have never forgotten that," she said. "I feel very at

home here."

She decided to become an administrator when teaching began to take more out of her than she was getting in return. "I wanted to be able to affect the lives of children in the classroom in a different way."

"I ended up just where I wanted to be."

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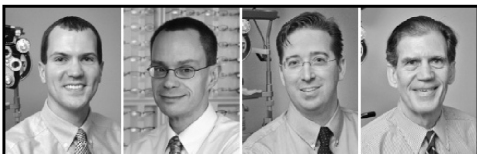
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Up on the Farm Early

Lorna Quimby



The last Saturday in July, Dick and I went to the reunion of the Peacham Academy alumni. Dick graduated in 1944 as did Geneva Hutton Faris, and they responded for their class. Sixty-four years have passed since they went to the dear old Caledonia County Grammar School, as the Academy was once called.

That seems like a lot of time, but when you talk of Academy graduates, it is nothing. Harry Rowe responded for the class of 1930! And there were others older than the members of Dick's class. What fun to be among the younger ones once in a while!

The one who was the oldest there was a former teacher, Doris Gibson Berry. She celebrated her 100th birthday this spring, but she didn't look it. Doris, petite, her white hair beautifully done and wearing a deep pink outfit, responded when we recognized those hardy souls who taught us. Her eyes sparkling, she told us she was thankful for every day when it came. That good Vermont air!

Or was it the Academy? I remember my first Peacham Academy Alumni banquet at the end of my freshman year, 1943. The banquet was held on Wednesday, June 9, at 8 p.m.. We underclassmen waited on the senior table and on the rest of the alumni who gathered. We girls wore "good" dresses and high heeled shoes, and the boys wore slacks, white shirts and tie. I assume it was hot—it usually was.

That was in the days before the Women's Fellowship redid the dining room and kitchen. Del Petrie transformed the rooms. He built the handy storage areas on the western wall, the pass throughs, the cabinets for dishes and completely did over the kitchen. Back in 1943, a huge mahogany sideboard stood in the dining room by the kitchen wall. Its drawers held the worn silver knives, forks and spoons. Linen tablecloths and napkins were piled behind one door, and I think trays were stored behind the other.

The tables were heavy wooden ones, with hinged supports. Seating was on long benches. You could flip the backs to face the opposite direction. The benches weren't light weight, either.

Brown and gold banners were strung across the dining room. Each table had its large glass sugar and creamer and a flower arrangement. There were placards that indicated "Class of 1913," "Class of 1923," or "Class of 1933." And there was the head table, with the banquet tablecloth, for the 1943 graduates, the toastmaster, the trustees and the speaker.

Before we got there, someone had set the tables with the blue-bordered white porcelain plates, matching cups and saucers, and silverware.

The kitchen was a busy place. It was none too big and counter space was minimal. A cast iron sink stood by itself. There was no

"parking place" beside it for dirty dishes. The black stove was crowded with pots and pans. A copper wash boiler held the strong black coffee Peacham cooks were known for.

From the actions of all the teenaged waiters and waitresses I've observed over the years, I know us girls stood in a group, whispering and giggling, while we watched the alumni gather. The boys stood by themselves, looking stiff and uncomfortable. The head waiter, who was usually Gilmore Somers for he could see over the crowd with ease, directed us and kept the food flowing, making sure the platters and bowls were full and that everyone had coffee.

In the collection of the Peacham Historical Association, we have the programs for the banquets. I found the one for 1943, menu and all. The meal began with "Victory Cocktail." (World War II held us in its grip, and how we hoped for victory!) I'm sure

we had V-8 juice. With Moses Martin on the Board of Trustees, I can guarantee the cocktail would contain no alcohol! We had poured the "Cocktails" before people sat down. When all was ready, we took bowls and platters to the tables. The main course was mashed potato, meat loaf, carrots and peas, a cabbage and pineapple salad, with pickles and rolls (homemade). For dessert the alumni had ice cream and wafers.

There were toasts and responses from the classes. Clara Dopp Farrow responded for the Class of '13, Francis Moore for '23, William Neal for '33, Alan Roy for '38, James Kenerson for '42 and Sylvia Field for the Class of '43. At the closing all sang "America." The alumni, the speaker and the toastmaster then went on their way. The waiters helped take down the tables and put the benches where they belonged. The kitchen committee was left with the dishes!

I don't remember what my

feet must have felt like. Some things are probably best forgotten. What I do recall is looking at the table where the members of the Class of '13 had sat with others of their years and thinking how old they were! Goodness, they were practically in the grave and didn't know it—obviously. The women were talking and giggling, some even appeared to be flirting with the men—and at their ages, too!

This year we had barbequed chicken with all the fixings, prepared by the Groton Fire Department. We used paper plates and napkins, plastic forks, knives and spoons. We began eating before 5:30 p.m. and I'm sure no one stayed after 9 p.m. to clean up. Conversation in the dining hall was lively and loud, everyone seemed to have a good time. And, yes, some of the alumnae were giggling and acting girlish.

But I still miss that coffee!

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Walden Hill Journal

Cows on Coles Pond

BY JEFF & ELLEN GOLD

Sept. 4, 2007

Clear cool nights and bright, breezy, sunny days are a certain indication that we've left summer and moved on into fall. A good bit of color in the changing leaves confirms the same. September was ushered in by perfect weather for the entire Labor Day weekend and the 9th annual Symposium des Arts de la Rue in our twin city of Danville, Quebec. The usual bon ami prevailed amongst the artists and we enjoyed rekindling previous friendships. Today's weather was more of the same, with a brisk wind to bring down a few colorful leaves. Tonight we're facing a possible frost so we've picked the larger zucchini and have covered the basil. Hopefully that'll be good insurance that the frost will pass us by. All that remains is to bring in the few potted plants from the porch.

Sept. 6, 2007

No problem with frost so far and the early picked zucchini

made for a delicious supper. I even dug a few withered potato plants and did a large serving of very tasty red potatoes to go with the stuffed zucchini. The forecast is for the weather to get considerably warmer and wetter for the next few days so I took advantage of cooler temps today to do a quick mowing. It's been very dry so several areas didn't need to be cut. Our summer of plentiful rain is ending with a bit of a drought.

Sept. 8, 2007

We've gone from frost warnings to record-breaking highs. September can't seem to make up her mind which way to go. She's looking like fall but acting like summer. Fortunately, we're seeing some much needed rain this morning. So far, it's a nice gentle soaking.

Sept. 14, 2007

The past few days have seen a low of 43° and a high of 73° with everything from bright sunshine to torrential thunderstorms. Right now a cold front is roaring in

from the north. Cloud cover tonight will keep the frost at bay, but it looks like we'll see a light frost sometime this weekend. We've finished our second and final harvest of basil and have been picking lots of zucchini as well. We'll keep our ears tuned to "An Eye on the Sky" and pick what remains of any frost sensitive plants if necessary. I've dug all of the red potatoes and was pleased with the yield considering that the deer ate off all the plants' leaves. The early whites are dug as well with only one row of Katahdins remaining. Our trips down I-93 to Littleton continue to bring about wildlife sightings. We had a smallish black bear waddle across the road, a brave large turtle inching its way across and several flocks of turkeys feeding in the high grass. Color is slowly progressing with the occasional burst of bright orange or dark red to startle the senses.

Sept. 17, 2007

A thick sea of fog blankets the valley with mountaintops gently floating above. Bright sunshine is slowly burning off our first frost of the season. September 17th is a bit early for frost up on the hill. We usually benefit from the movement of warmer air rising from the hollows to keep the light frosts at bay but last night was too calm and cloudless to offer any protection from the dropping temperature. Whatever damage occurred was minimal as the majority of the garden seems to have survived. On the plus side was the immense clarity of the star-stud-

Sept. 20, 2007

ded sky last night with the only clouds coming from the thickness of stars in the Milky Way. Deer are herding and on the move. There were at least 4 grazing in the field across from Matte's last evening. The sun had set but it was still light and unusual for them to stay so close to the road. It was dark when I drove back home but my headlights caught two more deer in Hutchinson's side yard. Mating season makes the deer restless and dropping temps prompt them to stock up on the nutritious grass before it browns up or disappears under the snow.

glow of sunset and to be surrounded by the warmth of the bright reds, oranges and yellows of autumn. Without the dazzling effect of the sun, the trees seem to glow from within. A few deer, peacefully grazing at the edge of the field added to the serenity of our walk. It was near dark when we arrived back home. No more lingering twilight to extend the evening calm.

Sept. 23, 2007

Today marks the Autumnal Equinox with fall officially arriving at 9:51 UTC. I'm not sure how that translates for EDT but what I know for certain is that for once, Vermont is in sync with the calendar. It's a gorgeous mild, clear, windy fall day with that bright blue, haze-free sky. Color in the Kitredge Hills is on the plus side of 50% and changing as we look. We're getting plenty of exercise working on a variety of outdoor, end of summer chores. We still need a "real" frost before moving the wood into the garage. It's always a tricky balancing act to bring in the wood once it turns cold but before the unrelenting October rains set in. At the moment the wood is beautifully seasoned and nice and dry but still hosting too many bugs and insects. There's no need to put



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St. Johnsburry Academy

Fall 2008 Sports Schedule

Athletic Director: Tom Conte - CAA
Headmaster: Tom Lovett

Boys Soccer Varsity and Junior Varsity		Girls Soccer Varsity and Junior Varsity	
8/28	Bellows Falls 4:00	9/4	Harwood 4:30
9/4	North Country 4:00	9/6	North Country 11:00
9/6	Lyndon 10:00	9/10	U-32 4:30
9/9	Bellows Falls 4:00	9/13	Montpelier (JV12:00) 4:00
9/12	U-32 4:00	9/16	Spaulding 4:30
9/18	Lyndon 4:00	9/20	Harwood 11:00
9/20	North Country 10:00	9/24	Peoples 4:30
9/23	Missisquoi 4:00	9/30	Northfield 4:30
9/26	Montpelier 4:00	10/4	North Country 3:00
9/29	Harwood 4:00	10/8	Stowe 4:00
10/2	Rice 3:45	10/11	Spaulding 1:00
10/4	Stowe 3:00	10/14	Randolph 4:00
10/8	Spaulding 3:45	10/16	Lyndon 4:00
10/11	Milton 11:00	10/18	Burlington 11:00

Coaches: Richard McCarthy
JV - Adam Kennedy

Coaches: Tracy Verge,
JV - TBA

Cross Country		Football Varsity	
9/3	Lamoille 4:00	8/29	Brattleboro 7:00
9/6	Castleton Inv. 11:00	9/6	South Burlington 1:00
9/10	NVAC @ Peoples 3:30	9/13	Essex 1:00
9/16	NVAC @ NCountry 4:00	9/20	Middlebury 1:00
9/20	Burlington Inv. 9:30	9/27	Rutland 1:00
9/23	NVAC @ U-32 3:30	10/3	Burlington 7:30
9/27	Manchester Inv. 12:00	10/10	BFA 7:00
10/1	NVAC 3:30	10/18	Hartford 1:00
10/4	Theftord Inv 10:00	10/25	Lyndon 1:00
10/7	NVAC @ Lyndon 3:30		
10/11	Peoples Inv. 10:00		
10/15	NVAC 3:30		
10/17	NVAC Mt. Champs 3:00		
10/25	State Championships 10:30		

Coaches: Shawn Murphy, Craig Racenet
& Hank Van Orman

JV

9/2	Lyndon 4:00
9/8	BFA 4:00
9/15	U-32 4:00
9/22	Spaulding 4:00
9/29	Hartford 4:00
10/6	North Country 6:00
10/13	Lyndon 4:00
10/20	Spaulding 4:00

Coaches: Mike Bugbee, Frank Trebilcock

Freshman

9/3	Hartford 4:00
9/10	BFA 4:00
9/24	Lyndon 4:00
10/1	Essex 4:00
10/8	Lyndon 4:00
10/15	BFA 4:00
10/22	North Country 6:00

Coaches: James Bentley & Joe Tomaselli

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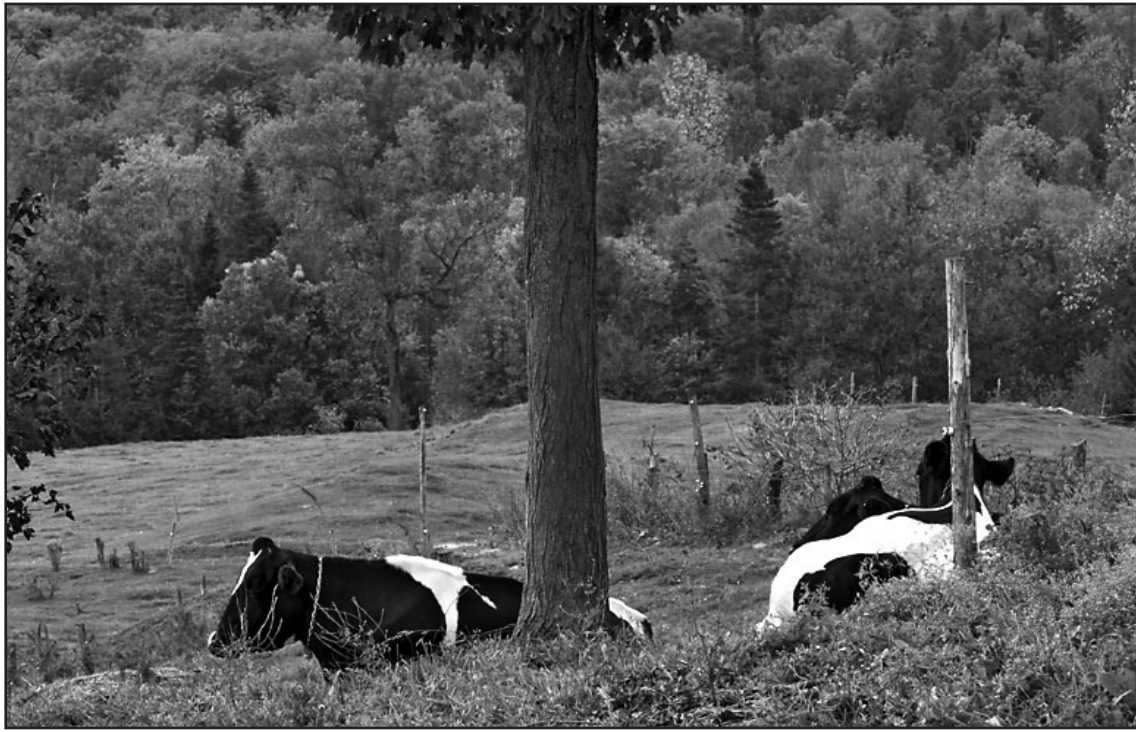
out the bird feeder yet with plenty of seeds available on the flower heads. A blue jay is perched on our solitary, large sunflower, making a feast of the multitude of seeds, snugly tucked inside.

Sept. 26, 2007

Summer has returned to remind us that our calendar designation of the seasons is purely a man-made phenomenon. We reached a high of 79° yesterday with a low of 46°. 80 degree temps were common throughout the state. Fortunately, the humidity didn't rise with the climbing temperature. It was a beautiful day to view foliage in our neighborhood. Color seems near peak at the top of the hill in Walden with the only green remaining in the poplars. Our view has a bit further to go but is still quite impressive. Official NEK foliage festivities begin next week and visitors should have plenty of color to view. A near full, harvest moonrise last night put the finishing touch on a beautiful day.

Sept. 28, 2007

The sentinel swamp maple that frames our front view, has been stripped bare by yesterday's storm. A more sheltered flaming red maple has turned out back to take its place, brightly punctuating the surrounding orange, yellow and greens. The shrubby trees by the asparagus bed have turned their own shade of orange, unlike anything else in the field. Cool air has blown in



with the storm, replacing our record breaking fall heat wave. The mega-charged electrical storm put on quite a sound and light show last night. Waves of lighting flashed through the valley, occasionally spotlighting the orange foliage far and near. It was as though someone flicked on the switch to our non-existing field lights. Stereophonic, surround-sound thunder rolled through the hills. More clouds remain this morning, offering a steel gray background to our multicolored foliage quilt.

Sept. 30, 2007

It looks like we made it past another frost warning. Last night's low was a very safe 41°. Except for that very light frost

with little plant damage on the 17th, we've made it through another September with our growing season intact. Zucchini is still producing the occasional fruit. I picked what I could in anticipation of the frost and have a zucchini chocolate cake ready for tonight's potluck gathering.

We took advantage of an overcast but beautiful fall day for a foliage drive. We drove west on Rte. 2 to the East Calais Road after a slight detour to Peacham Pond. Then we continued on to North Calais and Woodbury via the Cranberry Bog Road. After a lunch stop in Hardwick we con-

tinued back on Rte. 15 to Coles Pond road via the old Bailey-Hazen Road. Waterfowl kept me entertained while Jeff snapped off some gorgeous digital photos. Loons were out on Joe's Pond and lazily preening on a very peaceful Peacham Pond. Heron "statues" were planted strategically throughout the marshes and a Marsh Hawk (Harrier) put on a lengthy aerial display. My bird book states that "the white rump-patch is the badge of the species" and that certainly was the first feature that caught my eye. His beautifully banded tail fan was also quite distinct. Geese were honking overhead but not visible and another small flock was well camouflaged among the reeds on an abandoned beaver pond. At first, I thought they were decoys but slight movements showed them to be alive and resting.

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

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Lyndon Institute
Athletic Events ~ Fall 2008

<p>Varsity Football</p> <p>September 6 LI @ MMU at BHS, 5:00 p.m. 12 LI @ Colchester, 4:00 p.m. 20 Rice @ LI, 1:00 p.m. 27 North Country @ LI, 1:00 p.m.</p> <p>October 3 LI @ U32, 7:00 p.m. 11 Milton @ LI, 7:00 p.m. 18 Mill River @ LI, 1:00 p.m. 25 LI @ STJA, 1:00 p.m.</p> <p>Froshman Football</p> <p>September 3 LI @ Brattleboro, 4:00 p.m. 10 Oxbow @ LI, 4:00 p.m. 17 Essex @ LI, 4:00 p.m. 24 LI @ STJA, 4:00 p.m.</p> <p>October 1 BFA @ LI 4:00 p.m. 8 STJA @ LI, 4:00 p.m. 15 LI @ North Country, 6:00 p.m. 22 LI @ Hartford, 4:00 p.m.</p> <p>Junior Varsity Football</p> <p>September 2 STJA @ LI, 4:00 p.m. 8 LI @ Spaulding, 4:00 p.m. 15 North Country @ LI, 4:00 p.m. 22 LI @ U32, 4:00 p.m. 29 BFA @ LI, 4:00 p.m.</p> <p>October 6 LI @ Oxbow, 4:00 p.m. 13 LI @ STJA, 4:00 p.m. 20 Hartford @ LI, 4:00 p.m.</p> <p>Cross Country</p> <p>September 4 @ Lake Region, 4:00 p.m. 10 @ People, 3:30 p.m. 16 @ North Country, 4:00 p.m. 23 @ U-32, 3:30 a.m. 27 @ U-32 Invitational, 11:00 p.m.</p> <p>October 1 @ STJA, 3:30 p.m. 4 @ Thetford Invitational, 10:00 a.m. 7 @ Kingdom Trails, 3:30 p.m. 11 @ Peoples Invitational, 11:00 a.m. 14 @ Lake Region Relays, 4:00 p.m. 17 @ LI (League Champ), 2:00/3:00 25 @ Thetford (States), 10:00 a.m.</p>	<p>Field Hockey JV Games to Follow V</p> <p>September 4 LI @ Fairhaven, 11:00 a.m. 6 Montpelier @ LI, 4:00 p.m. 10 LI @ SJA, 10:00 a.m. 12 LI @ Milton, 4:00 p.m. 14 LI @ Missisquoi, 4:00 p.m. 16 LI @ North Country, 6/7:30 p.m. 18 LI @ STJA 4:00 p.m. 24 North Country @ LI, 4:00 26 Milton @ LI, 4:00 p.m. 29 Stowe @ LI, 4:00 p.m.</p> <p>October 2 LI @ Harwood, 3:45 p.m. 4 Montpelier @ LI, 3:00 p.m. 8 Rice @ LI, 3:45 p.m. 10 Spaulding @ LI, 3:45 p.m.</p> <p>Girls Soccer V & JV</p> <p>September 2 Lake Region @ LI, 4:30 p.m. 4 LI @ Milton, 4:30 p.m. 10 LI @ North Country, 4:30 p.m. 12 HARwood @ LI, 4:30 p.m. 16 LI @ Northfield, 4:30 p.m. 18 Oxbow @ LI, 4:30 p.m. 20 LI @ Stowe, 11 a.m. 26 LI @ U-32, 4:30 p.m. 30 North Country @ LI, 4:30 p.m.</p> <p>October 4 Randolph @ LI, 4:00 p.m. 6 Peoples @ LI, 4:00 p.m. 14 LI @ Spaulding, 4:00 p.m. 16 STJA @ LI, 4:00 p.m. 16 LI @ Montpelier, 1:00 p.m.</p>
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Boys Soccer V & JV

September
3 Peoples @ LI, 4:30 p.m.
5 Lamoille @ LI, 4:30 p.m.
9 LI @ North Country, 7:00 p.m.
11 LI @ STJA, 4:30 p.m.
17 Oxbow @ LI, 4:30 p.m.
19 LI @ Northfield, 4:30 p.m.
23 Montpelier @ LI, 4:30 p.m.
25 LI @ Lake Region, 4:30 p.m.

October
1 North Country @ LI, 4:00 p.m.
3 LI @ Randolph, 4:00 p.m.
7 U32 @ LI, 4:00 p.m.
10 LI @ Harwood, 4:00 p.m.
15 Spaulding @ LI, 4:00 p.m.
17 LI @ Stowe, 4:00 p.m.

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JUNE

- 17 - Oneonta Tigers
- 18 - Oneonta Tigers
- 19 - Oneonta Tigers
- 23 - Tri-City Valleycats
- 24 - Tri-City Valleycats
- 25 - Tri-City Valleycats
- 26 - Lowell Spinners
- 27 - Lowell Spinners
- 28 - Lowell Spinners

JULY

- 5 - Batavia Muckdogs
- 6 - Batavia Muckdogs
- 7 - Batavia Muckdogs
- 16 - Williamsport Crosscutters
- 17 - Williamsport Crosscutters
- 18 - Williamsport Crosscutters
- 25 - Lowell Spinners
- 26 - Lowell Spinners
- 27 - Lowell Spinners
- 28 - Lowell Spinners
- 29 - Brooklyn Cyclones
- 30 - Brooklyn Cyclones
- 31 - Brooklyn Cyclones

AUGUST

- 9 - Auburn Doubledays
- 10 - Auburn Doubledays
- 11 - Auburn Doubledays
- 12 - Aberdeen Ironbirds
- 13 - Aberdeen Ironbirds
- 14 - Aberdeen Ironbirds
- 21 - Staten Island Yankees
- 22 - Staten Island Yankees
- 23 - Staten Island Yankees
- 24 - Hudson Valley Renegades
- 25 - Hudson Valley Renegades
- 26 - Hudson Valley Renegades

SEPTEMBER

- 3 - Tri-City Valleycats
- 4 - Tri-City Valleycats
- 5 - Oneonta Tigers
- 6 - Oneonta Tigers

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Canvas and Stone: The art of a friendship

The St. Johnsbury Athenaeum is hosting a show of sculptures and paintings by two longtime friends, Nancy Diefenbach and Salee Lawrence. Canvas and Stone: Art of a Friendship features marble sculptures by Diefenbach and oils, pastels and watercolors by Lawrence. The show opened in the Upstairs Gallery on Aug. 15 and continues until Oct. 11. A reception for the artists will be held on Friday, Sept. 12, from 5 to 7 p.m. at the Athenaeum. Friends, family and the general public are cordially invited to attend.

Canvas and Stone celebrates the friendship and mutual support of Diefenbach and Lawrence since the mid-60s. Their first collaboration occurred in the 70s when they co-taught juried summer art classes for junior high students at the Fairbanks Museum. Lawrence had been teaching art in the Waterford and St. Johnsbury schools. For Diefenbach these classes led to an art education career later at the St. Johnsbury Middle School. The two have enjoyed attending art and drawing classes together and participating in local shows over the years.

Diefenbach has been sculpting in marble at her Danville studio since 1989 when she first studied stone-carving at the Carving Studio & Sculpture Center in West Rutland. However, her career in art began at Moore College of Art and Design in Philadelphia. Diefenbach's sculptures have received commendations at numerous art exhibits in Vermont and nationally. Her work is represented by galleries in Vermont, New Hampshire and Ohio. Public-commissioned marble relief-carvings by Diefenbach are installed at the Vermont State Office Building in Springfield, VT. She is a juried professional sculptor member of the New England Sculptors Association.

"I bring a lifetime engagement with art to my work in marble," Diefenbach says. "By combining abstraction with figurative carving I often express in gesture a human experience, a personal relationship, or a reaction to the natural world. It is fascinating to me the way the stone responds to the chisels, the way the tools can create texture and contrasts, and the way marble can be finished to take on a life of its own."

In the exhibit, Canvas and Stone, Diefenbach is showing work representing abstractions from nature as well as figurative pieces expressing family relationships. In addition, she has prepared a display of tools and photos of the stone-carving process.

Salee Lawrence studied Fine Art under Alton Pickens and Lewis Rubenstein during undergraduate work at Vassar College. In the mid-sixties she moved to Vermont and continued painting classes at



Franconia College and drawing classes with Adrian Duckworth. She has studied under Frank Mason in Stowe and at the Art Students League in New York City, while continuing instruction in oils and watercolor with R.W. and Kim Darling of Passumpsic.

Lawrence says that "Being in nature, capturing the light and atmosphere of a dawn or sunset, shadows on a Tuscan dooryard, reflections in a pond, the play of light and shade on a bowl of grapefruit are the essence of my art. I am also exploring the relationship between composition, or design, and the enduring qualities of nature."

For the last two years, Lawrence has been painting in her studio in Waterford, Italy and the Florida Keys. Included in the show are two views of Monte Soratte, believed to be the home of Apollo. Corot and his contemporaries painted many views of this area in Civita Castellana. Landscapes also include views of Campriano, in Tuscany, and exploration of the sun and water in the Florida Keys. "Traveling to new places has been very freeing. The Italian landscape, especially, has been an inspiration. I realize how new our own Vermont landscape is in comparison, but the beauty of light is universal."

More information about the St. Johnsbury Athenaeum and the Upstairs Gallery can be found at www.stjathenaeum.org.

HISTORY CORNER

Fast Times: Remembering local bootleggers

BY RONALD I. COOLBETH

Bootlegging was common during prohibition in the 1920s and 30s in the town of Lyndonville, Vermont. A six-year-old "Tibby" could set for hours on end listening to his older brothers tell of their daring escapades while running booze down from Canada.

"Tib" still tells stories about those exploits as though they just happened yesterday; instead of 75 years ago. The Lyndonville gang was made up of Butch, Ray, Gordon, "Tat", and Lee. They brought the "stuff" across the Canadian border in Norton down from Coaticook, Canada through Stanhope, Canada, than along Lake Willoughby and around West Burke. The final jumping off point was a hunting camp above Lyndonville. The next leg of the trip was usually Boston or New York City. The idea was to get the booze off their hands and get paid.

After that, the "stuff" went to cities and towns across the country and made its way into every gin mill, road house, and speakeasy in the United States. Sometime the gang would bring the booze across the border in Derby Line, down from Sherbrooke, Canada. The border patrol would be at the ready, waiting for them to try to cross the border with the booze. But the patrol was just no match for the guys driving the 12-cylinder Cadillac's barreling across the border. After all, the patrol men drove Fords not to mention the Caddis were equipped with smoke screens that blinded the patrol officers, who often fired their guns at the speeding bootleggers.

There were times when the patrol cars would lose control and drive into a ditch, or even worse, into a lake. Uncle Lee was quite skilled at installing the smoke



Lyndonville was not always the tranquil college town it is today. In 1931 the Boston Evening Transcript labeled Lyndonville the toughest town with the greatest number of people per capita in federal prison of any community in the nation. This is a picture of the Darling Inn on Main Street in the Caledonia County town during the Prohibition era. Postcard courtesy of Harriet Fisher

This article appeared in the July 29, 1931 issue of the Boston Evening Transcript.

Vermont's "Toughest Town" Moves to Rid Itself of Gangsters

Lyndonville, Beautiful Village Near the Border, Tires of Being the Rum Runners' Hangout—Vigilance Committee Formed

by Karl Schriffoesser

This little town, which lies among the Green Mountains only thirty-five miles from the Canadian border, is headquarters for one of New England's biggest bootleg gangs. It is the gathering place for criminals from all parts of the United States. The authorities of Caledonia County, in which Lyndonville is located, thus far have done little, if anything, to rid the community of the dozens of young toughs who have flocked here from western

Massachusetts, Rhode Island, and New York, to pick up a few dollars in the border rum racket. It was only when the chief of police's potato cellar, hiding place for confiscated booze, was hijacked in broad daylight that any official cognizance was taken of the situation. Lyndonville, aroused, suddenly became tired of being a bootlegging center instead of the quiet and pretty little New England village it had always been before the Eighteenth Amendment became law.

Thousands of tourists from Canada pass through this town each year on their way back to the states. Not one out of fifty of them realize, as they swing down the main street or stop at the Darling Inn,

screen devices, which were unique yet very simple. They consisted of a bottle of kerosene installed under the dash board, which was than attached to a copper line running out of the tail pipe. When it was needed, the line was opened and kerosene on the hot exhaust pipe created a tremendous amount of heavy smoke. This worked quite well.

When called upon Lee would ride "shot gun" on some of the trips to Boston and New York City. In those days, the guys had money to burn. It was the roaring 20s and they lived it up while it lasted. After a big payday, the gang would throw a party at the hunting camp hideout.

The Volstead Act prohibited the buying or selling of liquor in the United States. It was also

known as the 18th Amendment, which was passed in 1919 and made a lot of people dealing in the booze business a ton of money. It was the jazz age and people were living for the moment. They just wanted to spend money and have fun.

The gang's connection was with a New York gangster called Lift le Angie. Some of our relatives that lived in St Johnsbury Center operated an illegal still in the back of their barn covered with hay; but the "feds" found it anyway and took them into custody.

It was front page news in 1936. The fast buck and the high living came to an abrupt halt when the Volstead Act was repealed in 1933.

Oh well, nothing lasts for ever.

Then & Now Memories of war, work and the jitterbug

This past winter, local author Reeve Lindbergh held a 10-week writing workshop at the Good Living Senior Center in the St. Johnsbury House. Susan Shaw, director of the senior center programs, and Lisa von Kann, library director at the St. Johnsbury Athenaeum, were interested in various writing workshop ideas, some of them generated by the Ken Burns series on the Second World War and the WW II recollections of senior citizens. The workshop met every week for an hour and a half at the senior center.

"A terrific group of writers showed up for these, and we talked, shared stories, and wrote," said Lindbergh. "We started with memories of World War II — and some of these are wonderful - -but we went on to write more personal memories and to tell stories from all times in our lives, including the present. That's why I began to think of this writing program as 'Then and Now.'"

BY BETTY BLAKE

It was hard to think our country had been attacked by the Japanese and that we were at war. I was a freshman at Lyndon Institute. All the young men were rushing to enlist; they were so afraid that the war would end before they could get in. If they had only known there was plenty of time. Yes, plenty.

One day that stands out in my mind is the day our National Guard was called up. A few of us girls thought it was important enough to skip school and go over street to see them leave. I don't remember that I got into any trouble for this. It was a very cold day; the top of the train was covered with ice.

Many of the townspeople were there. The guardsmen marched from the armory to the train station. To me, this was a very impressive sight. Goodbyes were said, many people were crying, but trying hard to be brave for the boys. They were sent to Ft. Blanding, Fla. for intensive training. These boys would not be home until the war ended, four years later.

Life went on pretty much as usual. We were barely getting over the effects of the Great Depression, so rationing had little effect on us. We had already learned to go without. My family did not have a car, so gas rationing was not a big deal. We all walked. We walked a mile to school, walked home for lunch and then back to school, and walked home again at night, thinking very little of it. I don't remember seeing many overweight teenagers then.

The government set the speed limit at 35 miles per hour. It took forever to drive from Lyndonville to St. Johnsbury. The busses made two trips a day back and forth, and there were trains, too. We used both. It cost a quarter to take the train down at 1:10 and a quarter to ride back at around 3:00, just

Continued on Page 27



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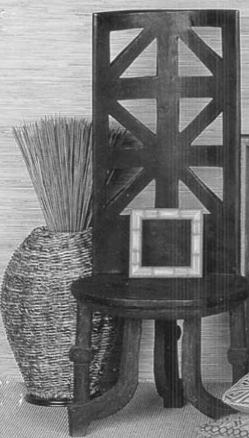
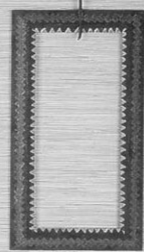
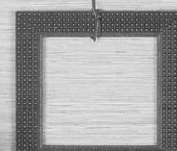
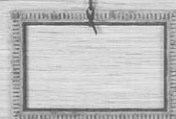
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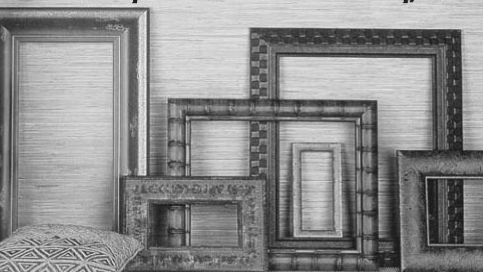
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Letters from the Past

When writing was a necessity and an art

Lynn A Bonfield



During the Civil War, many mothers faced the likelihood that their sons would leave home and go off to battle. Mary Hull Preston (1795-1870) of Danville addressed this in the following letter as her boys, Addison (born 1830) and Henry (born 1836), contemplated their future. The oldest, sure to be commissioned in the army, made arrangements for his wife and daughter before enlisting. The youngest, a Dartmouth student and part-time teacher, took seriously his mother's plea and did not volunteer. Her arguments swayed him with quite specific reasons for holding on tight to Henry: his education and teaching, his caring for his parents, and her desire to have him close. She felt that at least one of her sons should be near home.

Addison Preston enlisted a month after his mother wrote this letter. He was commissioned as a captain and rose to colonel before being killed in June 1864 at the battle at Hawes Shop, Virginia. He was

buried in the Danville cemetery with a hero's funeral. Henry stayed at Dartmouth, taking the room left by William C. Cummings of Barnet, as his mother suggested. Following his graduation in 1863, Henry returned to his parents' Danville farm, taught school, studied law, and served as principal of the Danville Academy, 1863-1870. The 1903 Dartmouth Class Report noted that for several years he became a detective specializing in the capture of smugglers along the Canadian line. In later life when he moved to St. Johnsbury, he entered the real estate business and then began conducting auctions sales and was ranked as the best auctioneer in Caledonia County.

Their friend, William Cummings, served as an army recruiter before volunteering. He was engaged in fifty-four battles during the war, was briefly held in Libby Prison in Richmond, and had a bullet shot through his face. When he was discharged, he moved to

Iowa and lived a long life. Mary Preston, Addison and Henry's mother, died in 1870 at the family farm in Danville, surrounded by her remaining son, Henry, and several grandchildren.

September 29, 1861

Dear Child [Henry]

I thought I would write you a few lines for out of the abundance of the heart the hand is directed to write I see by your writing that you would like to go to war but I think you wrote before you took the second thought I cannot think that you would be willing to give up your Books and your schools as teacher and pupil and the prospect of becoming qualified for a usefull way of life for to drag out three years of camp and soldier life neither can I think that you would be willing to part with a kind Father and a tender hearted Mother and leave no one to drop a tear for us or give us comfort in a dying hour

Mr [William] Cummings was here yesterday he says it will be the better for you as he shall leave the room at Hanover for you he expects to go as lieutenant I think that is what tempts him to go think he



Photo By: U. S. Army Military Institute

Colonel Addison Preston of Danville.

would not go were it not for that Addison will not go as private think he has got about 36 names [of volunteers] or more at present.

Mary Preston

The original of this letter is preserved in the Kitchel Center at the Fairbanks Museum and Planetarium, St. Johnsbury.

The editor is grateful to

Selena Colburn for pointing out the Preston letters and to the archivists at the Dartmouth College Archives for sending information on their students.

Letters in this series are transcribed with no changes to spelling, punctuation, or capitalization. Brackets indicate information added by the editor.

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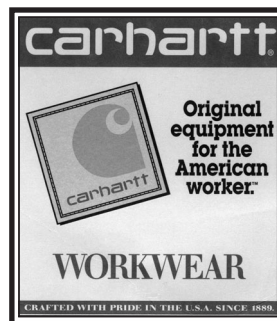
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Beekeeping and forestry stories from a Vermont craftsman

BY BENNET H. LEON

Every fall the Fairbanks Museum in St. Johnsbury presents the Festival of Traditional Crafts, where Vermont craftspeople demonstrate important aspects of life from many years ago as well as age-old crafts that are still practiced today. One of these skilled craftsmen, Steve Slayton of St. Johnsbury, is a forester and jack-of-all-trades who mastered beekeeping and split rail fencing. He has demonstrated beekeeping at the museum during the festival for more than 30 years. Recently he shared stories about his beekeeping hobby and his forestry career.

"I started [keeping bees] when I was twelve, with no assistance from adults; I just got it all out of books," Slayton says. He first became interested in bees at ten years old when his family discovered a hive in a tree at his parents' sawmill. The social structure of the bees in the hive was particularly intriguing to him. Although he did not know any other bee keepers when he was young, that did not

Hopefully that encourages kids to take an interest and delve into whatever they might be keen on.

stop him from pursuing his interest. "Hopefully that encourages kids to take an interest and delve into whatever they might be keen on," he says.

Although he didn't know it early on, Slayton had some beekeeping blood in his family. His great grandfather, a horse farmer from Calais who sold horses to the Union Army in the Civil War, had built boxes for bees. "It's an old craft; it really hasn't changed much. For a couple thousand years everybody just kept them essentially in a box or a hollow log or a straw skep. About 140 years ago, they started putting them into frame boxes.

That made it a little more flexible in terms of managing bees; you didn't have to destroy a colony to get the honey out."

Beekeeping today has become more complicated, he said, due to numerous parasites that attack the bees, which were not as common when he was young. In addition to dealing with parasites, there is a lot of labor involved in beekeeping. "It's a lot of work, physically that is. I don't think people realize how much work it can be. Those boxes will weigh 70 to 90 pounds. You put on a bee suit when it's 85 degrees and 90 percent humidity, with a veil on...it's terribly hot work."

Internationally, managed populations of European honey bees have experienced substantial declines, prompting investigations into the phenomenon. Pesticides used to treat seeds, are believed to be one of the factors negatively impacting honey bee populations.

Managing 25 hives is a major hobby and he was able to produce about 1,200 pounds of honey in a year, leaving 100 to 125 pounds of honey in each hive for the bees to

eat to survive the winter. According to Slayton, the bees will maintain a temperature of 92 degrees in the hive through the winter and only a third of

them survive. It takes a lot of energy, a lot of fuel in the form of honey, to maintain that warmth.

Beekeeping was just one aspect of Slayton's life in the outdoors. He grew up spending much of his time in the woods because his parents owned sawmills in the 40s and 50s. "I grew up in the woods...I was in the woods at a very young age. You know, by the time I was 4 or 5 I knew how to deal with mosquitoes and black flies. It just seemed like my environment; everything else when I was old enough to think about what I wanted to do seemed so foreign. It just felt comfortable to me being a forester."



Slayton was in the University of Vermont's first graduating forestry class, before which forestry students would finish their studies at the University of Maine.

As a forester, he would work with individuals to decide how to manage their forests and be good stewards of the land. Like the old county agent who would visit the farms, Slayton described, he would go and visit the forests. He would introduce the landowners to management concepts ranging from growing more timber or Christmas trees to improving wildlife habitat.

The people were his favorite part of being a forester. "You met a lot of interesting people; not only the loggers and the truckers and the people who provide services to landowners, but the landowners themselves; they were quite a varied group. Looking back at my 34 year career, I knew Nobel Laureates and people of that caliber; fascinating people to talk to who had different, interesting backgrounds of their own. They're picking your mind, and you can do



the same to theirs."

Over the course of his career, Slayton saw a number of changes in the way landowners wanted to manage their land. The reasons why people owned land changed, he said, "it used to be for income and growth, for timber. I was going from a period when land was worth

anywhere from a dollar an acre to twenty dollars an acre and they could actually grow timber on it and pay the taxes and make a little money. Then land got more expensive in the late sixties and from there up to today, the landowners' main objective is for protection,

Continued on Page 26

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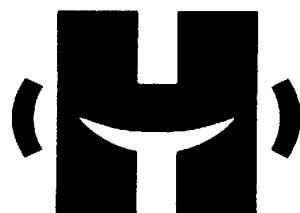
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The Cork & Bottle

Gerd Hirschmann

The history of Brazilian grape growing and wine making industry started around the late 1800s, when Italian immigrants settled in the state of Rio Grande do Sul in the south of Brazil. A tradition in wine making was started and grew to sizeable economic importance; a little less than 3 million gallons of wine had been produced in the region by the start of the 1900's.

From the 1960's on, there was a significant quality increase with multinational companies moving in and taking advantage of the climate in Brazil. In the seventies, the region near the border with Uruguay in the South and the semi-arid places of the Northeast were booming wine country, though little of it made its way to the US.

By the mid-80s small grape growers started to work on improving the quality of their wines and send their children to enology courses abroad from where they returned to take control of a new era in wine making.

With the late nineties came an explosion in quality and the Brazilian Wine Institute (Ibravin)

was created. The whole world started to discover Brazilian wine, as it had developed into exceptional quality. It is only now that the US wine drinkers start discovering Brazil as one of the better wine producing regions in the world.

A great example locally available is the Miolo Pinot Noir. It comes from Vale dos Vinhedos, Rio Grande do Sul in the south of Brazil and displays intense medium color with hues of ruby red and touches of amber. Very delicate with good intensity it shows coffee, chocolate, dried prunes, caramel, coconut, and strawberry flavors. A medium body wine that is initially presenting a pleasant and velvety sensation in the mouth is followed by nice balanced tannins, leaving a great sensation of finesse. This Pinot Noir is great served with grilled red meats, hamburgers, poultry meat and fried chicken; as well as pasta with tomato sauce and light chesses, chicken broths, pizzas, fried mushrooms, potpies, cold cuts, fondues and just by itself or as an appetizer.

Currently Brazil has approxi-

mately 50,000 acres under vines, resulting in approximately 15 million gallons of wine, a sizable contribution that pales however in comparison with other wine regions. There have been made impressive investments in research and technology to develop advanced crop and production techniques, including labor techniques, state-of-the-art equipment, renewal and expansions of vineyards, change to grapevines grown in trellises, and control of production by reducing quantity and improving grape quality. The result is remarkable. Brazilian wine has come a long way!

Teroldego

Teroldego is an Italian grape varietal grown primarily in the northeastern region of Trentino-South Tyrol. The wine has been produced in the flat region known as "Campo Rotaliano" in the province of Trent since ancient times. The name is thought to be derived from the German term "Tiroler Gold" or "gold of the Tirol."

Italy's northernmost region with alpine borders to Austria and Switzerland is split into two distinct provinces. Trentino, around the city of Trento to the south, is historically Italian in language and culture. Alto Adige, around the city of Bolzano or Bozen to the north, is better known as

"Südtirol" to the prominent German-speaking population. Historically part of Austria it is officially bilingual.

Trentino-Alto Adige is surrounded by the Rhaetian Alps and the Dolomites and only about 15 percent of the land is suitable for agriculture with fruit and wine grapes the main crop. The difficulty of training vines over wooden pergolas on hillside terraces compels growers to emphasize quality over quantity.

Already in the middle of the 17th century Teroldego is mentioned as a highly favorable wine and warmly praised for its excellent quality. Because of its fine sensory qualities and outstanding techniques applied in cultivating the grapes and making the wine, its reputation has grown throughout the centuries and had earned the prestigious assignment of official Denominazione di Origine Controllata in 1971. More than 60% of production is DOC and some 35% of the wine is exported (both Italy's highest rates).

Though the alpine climate seems to favor grapes for perfumed white wines, red wine is more popular with the wine makers and accounts for more than two-thirds of the region's production. There are just under 600 different producers in the relatively small area, where most estates are tiny family operated wineries and

only make about 3000 or 4000 cases of wine.

The dominant variety is Vernatsch, source of lightweight reds that is popular in Germany, much of it grown on the picturesque slopes overlooking Bolzano. But Alto Adige's native Lagrein and Trentino's Teroldego are considered northern Italy's most distinguished vines, making wines of particular personality. Marzemino is another popular grape of the region, which makes a fresh, lively red for casual sipping. Also grown are Pinot Noir, Cabernet and Merlot, which occasionally reach impressive heights both alone and in blends.

Teroldego, sometimes compared to Zinfandel, is an unusually attractive red when young, with capacity to age wonderfully from good vintages.

It is a prime example of Italy's many different native grape varieties, grown only in specific areas, which in turn are known only for those varieties. The native grapes used to dominate these areas are unfortunately becoming lesser known, as a wonderful tradition is being lost in favor of mediocrity to satisfy demand for standardized consistency, much as the corner burger shop has been replaced by large chain operations providing predictable, but bland quality devoid any personality.

Bees

Continued from Page 25

that is they want some space around them between them and their neighbors; wildlife is important, growing timber for profit is probably third on their list."

Energy shortages are not entirely new to Slayton's family. "During the war [World War II] gas was short. My father was cutting some cedar upstream on the Lamoille; he was going to run the logs down to the mill and he thought, 'Well I'll put them in the river.' His timing was bad, they had a thunderstorm or something came up and the water level just went right up in a hurry; all the logs went over the flood boards on the dam. They had to go down to the next impoundment to pull them out, and sent crews down to truck them up. So they didn't save anything on gas!"

Although Slayton has seen a lot of change, Vermont is still facing issues that his family experienced many years ago. Back in the 30s there was a problem with youth leaving Vermont and Slayton's father would advertise to buy local because "they were local employers keeping jobs and youth in Vermont," said Slayton. "Vermont was exporting youth like gangbusters.... I guess some things haven't changed."

Crafts throughout Vermont have come and gone, and many of these are demonstrated for the public at the Fairbanks Museum in St. Johnsbury each year. This coming Sept. 20, there will be over 60 craftspeople, including Slayton, demonstrating crafts such as bee-keeping, ice cutting, boat building, spinning, quilting, blacksmithing, and many more.★



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Then & Now

Continued from Page 23

enough time to do some shopping or go to the doctor or dentist.

For recreation we danced. The Jitterbug was a product of the 40s and we loved it. Every Saturday night there was a dance at the Sunset Ballroom in Lyndonville, and we all went, there were several dances during the week, also. One of the boys in my group of friends had a car. He would supply the car if we girls would supply the gas coupon. We begged our parents and friends, and usually were victorious. We girls danced together some, but the young man who taught me to jitterbug was in our group, so I usually had a partner. We didn't date, just danced together. We were really good!

When one of the boys came home on leave, he had no problem getting a girl to dance with or to date. I laugh when I think of it now, but we girls decided that we were not dating any sailors — they were too fresh. We felt that the ones in the army or the air force were safer. Of course, the servicemen had quite a line themselves.

It went like this: "I will be going over seas when I go back. You wouldn't want me to die without a beautiful memory...?" At seventeen, I remembered my mother's teachings, and declined. The first boy I ever dated was killed on Anzio beach in Italy. He was just a kid, 18 years old. What did his life amount to?

We did not wear slacks back in the 40s. We wore dresses or skiffs, so stockings were important to us. We could not get them, but someone invented leg makeup. It worked and we loved it. One had to be careful not to streak it putting it on, but we got very good at it. It was like the instant tan of today.

We formed a Victory Corps at school. One afternoon a week we girls would put on smocks and tie a handkerchief over our hair, and go down to the Baptist Church to fold four feet by four feet bandages for the Red Cross. We felt very important and we all wanted to be army nurses. Of course, it never happened.

Graduation was drawing close, but many of the boys in our class would not be with us. When they turned 18, they were handed their diploma and deployed. The war was bogged down in Europe, the Battle of the Bulge dragged on and on. These young boys were sent as replacements, with hardly any training.

I graduated on Friday and went to work in the telephone office in St. Johnsbury on Monday morning. I had a job. I had a paycheck. I was thrilled.

I was working on the day the war ended. All operators were called in that evening. The switchboards were a blaze of lights. We danced in the streets that night after work—no one slept.

We could hardly believe that the boys would be coming home. It would be several months before they got back, but they began to call home. We would receive a call at the office from the overseas operator in San Francisco, telling us that a call would be coming from Europe. We would then notify the person getting the call to stay by the phone. Sometimes it would take a week or more. Then the overseas operator would call again, telling us she had the person on the line, and to call our party. It was a little different from today!

Of course we were not allowed to listen in, but sometimes if the chief operator was busy and if you pulled your plug half out, it could be done. I don't mean to imply that I would listen to the whole conversation, or listen often, just once in a while.

The thing that struck me the most was that they did not know what to say to each other. The men had been gone so long; it was like talking to a stranger. It was very sad and I felt that these relationships would need plenty of patience.

The best thing I took from this era was the music. The Big Bands were fantastic. I still play the songs today. ★



Danville Senior Action Center Celebrates 30 Years of Service

The Danville Senior Action Center, which operates the Danville Meal Site, will celebrate 30 years of service on Tuesday, Sept. 9, with an anniversary homecoming party at the noontime meal at the Danville United Methodist Church. The Meal Site program provides approximately 450 nutritious and well-balanced meals per month. About 300 of those meals are served at the Center itself, and about 120-150 of those meals are delivered to homebound senior members of the community. Prepared every Tuesday and Thursday by our Director, Karen Moran (pictured above right), and her faithful group of volunteers, the meals are served with a beverage and homemade breads and desserts. Many thanks to those who supported the Danville Senior Action Center's pie auction at the Aug. 17 Concert on the Green. Over \$300 was raised. The Senior Meals program provides a wonderful opportunity for fellowship and visiting with your neighbors. Please make a reservation by calling the meal site at (802) 684-3903, by Sept. 4.

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No Small Potatoes

Vanna Guldenschuh

The air in September is as crisp and snappy as the apples ripening all over the Northeast Kingdom this time of year. We not only see them growing in orchards, but along roadsides and old homesteads in the woods. The apple is a staple fruit that dates back to colonial times where the sauces, butters and jellies that were preserved added depth and sweetness to a sometimes bland winter menu. Apples, stored in a well cared for root cellar, kept until the middle of winter and provided a fresh fruit treat for many desserts. Apple Brown Betty is one of the oldest desserts in America and Apple Pie – well you don't get any more American than that. From Apple Dapple Cake to Apple Pan Dowdy and Apple Schmarren, apple desserts have great names and they all scent your kitchen with the unmistakable fragrance of fall. You won't find yourself alone in the kitchen when making any of the following recipes.

The most important piece of advice I can give on cooking with apples is to know your apple and make sure it is flavorful. A nice local apple either picked or purchased will outshine many of the supermarket apples that are good to eat raw, but don't have the flavor to withstand the cooking stage.

Apple Brown Betty

This old fashioned apple dish has withstood the test of time and continues to be an easy and delicious dessert. You will feel like Priscilla Aldridge when you make an Apple Brown Betty.

- 4 cups fresh bread crumbs*
- ½ cup melted butter
- 6-8 local apples – pared, peeled and sliced
- ½ cup granulated sugar
- ¾ cup brown sugar
- 1 lemon – juiced and seeded
- 2 teaspoons cinnamon
- ½ cup apple jack or cider
- 1 cup heavy cream

Preheat the oven to 375 degrees and butter a 2 quart baking dish.

Toss the breadcrumbs, melted butter and granulated sugar in a bowl and set aside.

In a medium size mixing bowl combine the apples, lemon juice, brown sugar and cinnamon.

To assemble - put a layer of breadcrumbs on the bottom of the baking dish and place a layer of the apple mix on top (about one third). Drizzle a little of the cream and apple jack or cider on top of the apples. Repeat the bread crumb and apple layers until you have used all your mix, saving some

apple slices for the very top. Drizzle a little cream and apple jack on the top layer of apples and sprinkle some granulated sugar on the top.

Bake about 45 minutes until golden brown and bubbly. Serve with vanilla or maple ice cream.

*Make breadcrumbs in either a food processor or blender. I like to use English muffins or a toothsome white bread. You can use store bought crumbs but the home-made ones are superior.

Apple Pan Dowdy

Pandowdy gets its name from either its plain and simple appearance or from the technique of poking the top dough into the apples near the end of cooking known as 'dowding'. There are many different versions of this dessert, but they all season the apples with molasses, cinnamon and nutmeg and have a biscuit type dough on top. I give you a classic and simple one below.

- Filling:
- 4 cups local apples – pared, peeled and sliced
 - ½ cup molasses
 - ¼ cup sugar
 - ¼ teaspoon nutmeg
 - ½ teaspoon cinnamon
 - Pinch salt

- Topping:
- ½ cup melted butter
 - 1 egg
 - ½ cup half and half
 - ½ cup sugar
 - 1½ cups flour
 - 2 teaspoons baking powder
 - Pinch salt

Make the filling: Add the sugar, molasses, nutmeg, cinnamon and salt to the apples in a mixing bowl. Toss together and set aside. Butter a deep baking dish and add the apple mix. Bake at 350 degrees for about 25 minutes.

Meanwhile make the topping: Stir together the egg, milk and sugar and melted butter. Whisk together the flour, salt and baking



powder and add to the egg mix. Mix it well with a spoon.

Take the apple mix out of the oven and spread the topping over it. Put it back in the oven and bake for 30 minutes more, until it is browned on top. Note that I don't 'dowdie' this recipe but you can try it.

Serve with ice cream or whipped cream.

Apple Crisp

This is a great apple crisp. My friend Anne used to arrive for dinner with a stick of butter and a basket of her favorite old fashioned apples picked from gone to wild trees. She would whip together this simple crisp in a few minutes and let it cook through dinner. The scent of apples and cinnamon filled the house while we were eating and always had us eagerly anticipating dessert. It is a great

food memory that will always stay with me.

- 4 cups peeled and pared local apples
- 1 stick salted butter – room temperature but not too soft
- 1 cup sugar
- 1 cup flour
- 2 cups apple cider
- 3 tablespoons cinnamon

Combine the sugar and flour in a mixing bowl. Work the butter into the flour and sugar mix until it forms a mealy topping. I use the food processor for this task, but a mixer fitted with a paddle does a good job. My friend Anne used her hands. Do not overwork. Set aside.

Cover the bottom of a shallow 9x13 baking dish with the apples. Do not pile them up – you will want just one layer of apples. Pour the cider over the apples. Use only enough cider to cover the apples about half of the way up. Sprinkle the cinnamon over the apples. Evenly cover the apples with the sugar, flour and butter mix.

Put in a 375 degree oven for about 40 minutes or until it is browned and bubbly. Let cool and serve with ice cream.


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Farmers' Markets




Danielle Ekasala, of Sheffield, offers tart lemon bars and sweet cinnamon rolls among other fine baked goods at Wednesday's Farmers' Market in Danville. It may be "back to school" time, but both the Danville Farmers' Market and the St. Johnsbury Farmers' Market are packed with vendors offering the best in locally grown vegetables, fruits, cut flowers and plants. Shoppers will also find sheeps' milk cheeses, trout, wood products, lunch items, crafts and other treats. Danville's market is held Wednesday from 9 a.m. to 1 p.m. on the Green off Route 2. St. Johnsbury's market is held Saturday, 9 a.m. to 1 p.m. on Pearl Street behind TD Bank North.

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An hour well spent: a visit to the State House

BY BRUCE HOYT

It is refreshing to return to a place and find it better than you remember it. Unless you have recently visited the Vermont State House, you will remember it as a place with drab carpet and lots of institutional cream-colored paint. In the 70s, the frayed and dusty halls were even considered for "improvements" of dropped ceilings and fluorescent lights. Today, thanks to work instituted under Governor Snelling in 1984 and continued by a professional curator, its renovated interior resembles a palace worthy of the people it represents.

In the House of Representatives, most strikingly, a carpet of bright colors and bold design replicates the original flooring as found in an old black and white photo. Behind the Speaker's rostrum, the Vermont seal and George Washington portrait have been refreshed. The lotus blossom ceiling, as decorative as a Faberge egg, has been brought to life with clean white surface. Beside the Speaker's platform, thirty reupholstered red, plush velvet seats stand ready for the Senators in joint sessions. The lamps and chandeliers, bright with gilt trimming and detailed with miniature statues, have been restored – some, after long storage.

The biggest change, however, is more subtle: 150 desks stand where 246 desks (and spittoons) once stood. This change came in 1965 when the delegation reapportioned itself. Before that time, each of Vermont's towns had one representative. Peacham had one. Burlington had one. Imagine Peacham, a town of 665 people having the same representation as Burlington, a city of almost 39,000. Bowing to a U.S. Supreme Court mandate, the Legislature adjusted by making equal representation for districts of equal population. At the same time, the Legislature streamlined



the State government by making 96 fewer seats available.

The arithmetic of apportionment takes the entire population (Vermont's is 608,827) and divides it by the number of seats (150), yielding 4058 people to be represented by each seat. The inverse of this number (.00024 seats per person)

is useful as a multiplier to find the number of seats available to each town. For example, .00024 times 665 persons for Peacham equals 0.16 or about 1/6th of a representative, whereas .00024 times 7,571 persons in St. Johnsbury equals 1.82, or about 1 and 3/4 representatives.

Obviously, some combining of voting districts becomes necessary. Peacham at 665, plus Danville at 2211, plus Cabot at 1213, sums to 4089, close enough to the State

goal of one representative per 4100 people, more or less. Burlington has 9 representatives in its four, 2-member districts and one single member district.

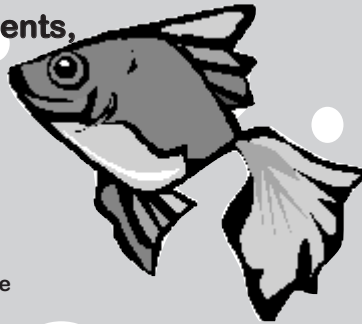
The Senate chamber has similar changes. The 28 seats which represented Vermont's 14 counties have been reapportioned to 30 seats. Chittenden County holds six of them.

Free tours of the State House start regularly throughout the day, 8 a.m. to 4 p.m., Monday through Friday. Well-informed docents will show you the House, Senate and Governor's ceremonial office.

In the Cedar Creek room they may point out the recently revealed Victorian wall treatment and the stained glass skylight discovered in pieces up attic. They will help you remember Vermont history by taking you past portraits of Governors, ranging in policy from Deane Davis to Madeleine Kunin. This tour is an hour well spent.

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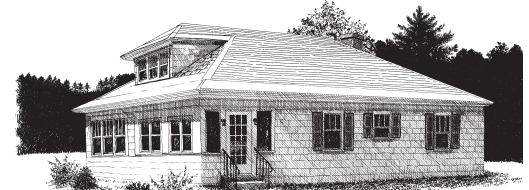
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Gardening & Growing

Marsha Garrison

Part II

My next garden was actually two different pieces of ground located near a cabin that my husband and I rented for several years. Harriet, the owner of the cabin, had a vegetable garden that she was willing to share; she also said I could plant anything I liked near the spot where we parked. Wow! The time to turn fantasy into reality had surely arrived — or so I thought until I realized deer would consume anything that wasn't surrounded by a ten-foot fence, that discovery marked the end of my ornamental efforts, but the vegetable garden was fenced, and it produced real produce. The raccoons may have routinely gotten the corn

and the melons, but I could still grow salad greens and tomatoes. It was a definite step up from English ivy.

My garden at Harriet's cabin is long gone, and so is the garden that succeeded it. Gardens are ephemeral achievements that grow, change, and die. But each of these long gone gardens provided endless opportunities for personal as well as plant growth; in every garden I have cultivated, I have gained both exercise and experience. There have been countless amusements and never-ending lessons in hope, humility, and resignation. I have learned from my plants, and also from their friend and enemies. Wind and weather have provided many valuable tutorials. So have

weeds and rocks and rose petals. There is nothing from which a gardener cannot learn and grow!

Gardening provides so much that gardeners almost invariably want to share with others. I have gained enormously over my now many years of gardening from the vast quantities of advice and ideas I have received from gardening friends. Some of these friends are personal; some are writers and photographers I have never met. That gardening magazine I eagerly read in my New York apartment provided the first of these anonymous gardening friendships. Since then, I have spent many a happy and fruitful hour poring over gardening books and magazines.

During the years I've been gardening here in Vermont's Northeast Kingdom, I have continued to read, but I have often regretted that much of my reading just isn't relevant to my gardening life here. It can get frustrating reading about spectacu-

lar plants that will surely die if we try them. It is annoying to find so little tried and true information on what plants will thrive, or even survive. I have experimented with plants that one or another "expert" has recommended for my USDA zone 4a garden and failed; I have experimented with plants that experts have described as hopeless in this climate and succeeded. In a place like the Northeast Kingdom, we need to rely on each other for advice far more than gardeners in more mainstream climates!

With this column, I hope to provide a forum for doing just that. I plan to share my own gardening successes along with those of my friends and neighbors. I plan to solicit your own successes and failures to share, too.

As a first step in Northeast

I plan to share my own gardening successes along with those of my friends and neighbors. I plan to solicit your own successes and failures to share, too.

Kingdom garden sharing, I hereby announce the 2008 NEK Tomato Competition. Between now and October 15, evaluate the tomatoes you grow and determine which ones are the very best. (What it means to be best — size, yield, flavor, some combination — I leave to you.)

There are three categories in which you may enter a contender: cherry, paste, and slicing. Enter a favorite in each category or only in one. For each favorite, describe what makes this plant a winner. Do so by October for your entry to count. The results will be published in November. Send your entries to: Marsha Garrison, PO Box 43 Peacham, VT 05862.

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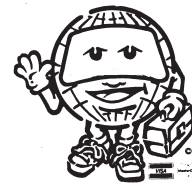
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Local helper honored

Winona Gadapee, a volunteer at St. Johnsbury Health and Rehabilitation Center has been selected as Volunteer of the Year by the American Health Care Association. She will fly to the association's national convention in Nashville this October, as a guest of the association, to join other national honorees and receive her award.

"We are so proud of Winona for achieving national recognition," said Cindy Davidson, activity director. Davidson, who nominated Winona for the honor, praised the long-time volunteer for her exceptional dedication to the residents at the nursing home.

"For nine years, Winona has been coming to our facility to entertain our residents by playing piano, singing, telling stories, and most of all sharing herself with our residents. She started in 1999, playing a few songs for a family member who was a resident here. But each week her playing drew a few more residents, so that now it's standing room only for 'Music with Winona' every Wednesday."

In her nomination, Davidson said "Winona comes every week, rain or shine; she knows the residents look for her, and she never lets them down."

The AHCA Volunteer of the Year is not the first honor Winona has received. She and her husband, Arnold, were named the town of Danville's Citizens of the Year in 2001. In 2007, she was honored by the Vermont Health Care Association as the state's Volunteer of the Year, also for her work at St. Johnsbury.

St. Johnsbury Health and Rehabilitation Center is a 110-bed skilled nursing center providing a range of rehabilitation and long-term care services.



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Book Review

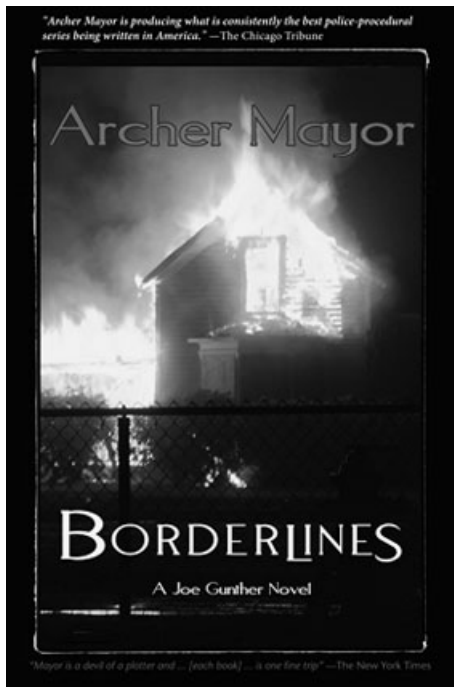
Catch Archer Mayor's new novel 'Borderlines'

BY MARVIN MINKLER

My long, literary companionship with Archer Mayor began when I picked up a dog-eared paperback copy of "Borderlines," left behind in a cabin on Lake Salem, in Derby Line, back in 1990. A few pages in and I was hooked.

Since then, I have looked forward each fall for the latest addition, in the highly acclaimed Vermont based series, featuring Brattleboro detective Joe Gunther. Nineteen in all, from "Open Season" through the upcoming, "The Catch," Archer Mayor has continued to write one of the most enduring, and dazzling cop stories you will find in the mystery section of your bookstore or library. These are novels with fast pacing, believable plots, plausible solutions, and sharp social observations throughout. All this plus vivid Vermont backgrounds that detail all its seasons, in all their glory.

"The Catch," scheduled to be published this fall by St. Martin's Press, is Mayor's first novel to be set in Maine, though it begins in Vermont when a deputy sheriff is shot to death during a routine traffic stop on a lonely, dark country road. Joe Gunther gets on the trail of the shooters and the investigation brings the detective to Maine, where he meets Alan Budney, the disaffected son of an old-time lobsterman who has plans



to usurp and replace the biggest drug lord in the state. Twists, turns, and a deepening relationship for Joe and his girl friend, Lyn, it's all here in this latest

Mayor page-turner that will keep the reader flipping the pages late into the night.

In 2007, Archer Mayor and his longtime publisher the Mysterious Press parted ways. Rather than let the early Joe Gunther novels disappear off bookshelves forever, Archer secured the rights and republished the first twelve books in the series himself. These terrific novels are now finding new readers in northern New England.

The great news for fans and new readers is, they all can now be

found in your local independent bookstore, where a whole new generation can discover the sleuthing sage of Brattleboro, Joe Gunther.

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FORGOTTEN ENGLISH

flammivomous

Vomiting flames, as a volcano; from Latin *flamma* and *vomo*, to vomit.
 —Rev. John Boag's *Imperial Lexicon*, c. 1850

Summer Snows
 On June 6 and 7, 1816, snow fell across much of New England—with twenty-inch drifts reported around Danville, Vermont—amid record low temperatures and chilling winds. Throughout that summer, farmers tried with varying success to salvage their crops, as preachers took the opportunity to spread the notion that this bizarre "global cooling" was simply God punishing the wicked. The intermittent snows continued, and on August 21, snow fell that would remain until the following spring. Some discouraged families packed up and moved south or went to find factory jobs in nearby towns and cities or to help construct the Erie Canal. This powerful cold snap had resulted from the eruption of Mt. Tambora on the Indonesian island of Sumbawa the year before, which caused temporary climate change in America, Europe, and elsewhere by sending ashes billowing into the upper atmosphere.
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Upcoming Art Show

In many ways, the theme of the Northeast Artisans Guild's upcoming show "Thresholds" reflects the enduring respect held by most Vermonters for their Green Mountain State. "Thresholds" a collaborative show of watercolors by Chuck Bohn and hand-blown glass by Chet Cole opened Aug. 28 and runs through Oct. 3. Saturday, Sept. 6 from 3 p.m. to 5 p.m., a wine and cheese artists' reception is open to the general public in the Guild's Backroom Gallery on 430 Railroad Street in St. Johnsbury. A perfect compliment to Bohn's paintings is Marshfield glass artisan Chet Cole's hand-blown glass pieces. He combines the old and the new as well.

Summer Squash: a history and a recipe

BY DIANNE LAMB

What would summer dining be like if we didn't have summer squash to eat raw, cooked by itself or mixed with other fresh vegetables to create the popular vegetable dishes of the season. Summer squash is about 95% water so it is low in calories, sodium and fat. Squash belong to the cucurbitaceous family which also includes melons and cucumbers. Summer squash have a soft shell and tender, light colored flesh. They are actually picked when they are immature. Because these squash are picked in the summer months and do not store well, they are called "summer squash."

Winter squash have hard shells, dark colored flesh, larger, tougher seeds and are not picked until they are mature. These

squash are harvested later and can be stored for use throughout the winter months so the moniker "winter squash" was born.

Squash (both summer and winter varieties) were a staple in Native American diets for thousands of years. When Europeans settled in North America, squash became a mainstay of their diet and the seeds were taken back to Europe where squash became a part of their culture also. Summer squash includes a number of familiar varieties — zucchini, usually green but there are yellow gold varieties — yellow straightneck, and yellow crookneck.

Yellow summer squash and zucchini taste best when harvested small to medium sized (7 inches max). If you have grown summer squash or zucchini in your garden, you know it doesn't take long for a "just right" sized squash to become as big as a baseball bat! As summer squash get larger, their skin gets tough and the flesh becomes coarse and stringy and the seeds get large. These large squash can be ground or shredded to make relish or used in baking to make bread, muffins, or cake.

Perhaps you have seen some of the less familiar varieties like chayote (chy-o-tay) which can be a pale or dark green pear-shaped squash with large seeds and thick ridged skin. Chayote is popular in the South and Southwest. Pattipan squash is a disk shaped squash with a scalloped edge. The flesh is white and succulent.

Summer squash and zucchini have a high water content and are therefore low in calories. Raw squash is a good source of vitamin C, dietary fiber, potassium, and magnesium.

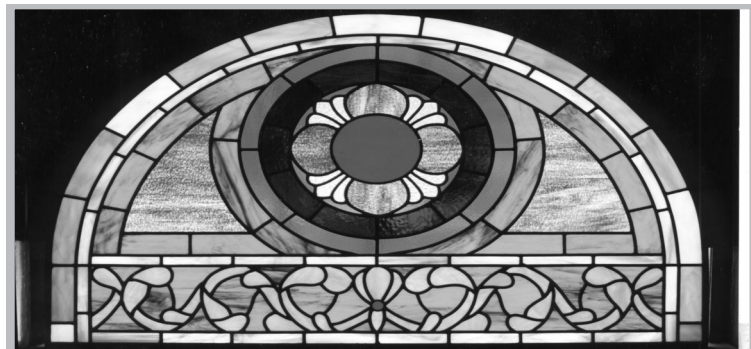
Carotenoids which are phytochemicals are present in the skin so eat the skin to get the benefits! The green skin on zucchini is a source of lutein and zeaxanthin which are carotenoids that are beneficial to our eyes.

At market, choose summer squash and zucchini that are firm and fairly heavy for their size. The skin is fragile so avoid squash that have nicks, punctures, bruises or soft spots. The ends of the squash should look fresh and not shriveled. Store summer squash in the refrigerator in a plastic bag.

Before serving or cooking squash, wash well and trim the ends. Summer squash does not need to be peeled. Use yellow squash and zucchini interchangeably. Depending on what you are preparing, use some of both for great color.


Summer squash will release a lot of water as it cooks. If you don't want your finished recipe to be waterlogged, salt the squash before cooking it. To salt summer squash or zucchini, cut into desired slices or dice and sprinkle the cut surfaces with half teaspoon of salt. Place the salted squash in a colander and let stand

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for 30 minutes. Rinse thoroughly to remove salt, squeeze or pat dry to remove as much moisture as possible. Summer squash can be baked, boiled, steamed, microwaved or stirfried. Summer squash or zucchini can also be frozen. The National Center for Home Food Preservation www.uga.edu/nchfp recommends blanching 1/2 inch slices for 3 minutes in boiling water. Cool. Drain well.

Package, leaving 1/2-inch head space. Seal and freeze. To freeze grated summer squash for baking, NCHFP recommends steam blanching small quantities 1 to 2 minutes until translucent. Pack in amounts called for in your recipe into containers. Cool the squash containers in cold water. Seal. Label. Freeze. When grated zucchini is thawed, discard the liquid before using in your recipe.

Here are some serving suggestions and hints:

- Cut summer squash into 1/2-inch lengthwise slices. Brush with olive oil and grill. Use bottled dressing as a marinade or brush the squash lightly with dressing before grilling.

- Add cubes of summer squash to soup at the last minutes. Cook until just heated through.

- Cook shredded summer squash with a little salt and vinegar. Drain and use as a sandwich relish.

Make summer squash slaw: Shred unpeeled zucchini/yellow squash (use both for a colorful dish). Toss with lemon juice or vinegar. Set aside. Make a dressing with plain yogurt, black pepper and minced dill. Drain squash and toss with dressing. Serve at room temperature.

Mexican Squash Casserole (Preparation time: 30 minutes)

This recipe from the Fruit and Veggies More Matters, www.fruitsandveggiesmorematters.gov uses both colors of summer squash yellow and green!

Ingredients:

- 4 small yellow squash, sliced
- 3 medium zucchini, sliced
- 1 medium yellow onion, sliced
- 2 clove garlic, minced
- 2 tsp olive oil
- 1 jalapeno, chopped
- 1 can low-sodium corn kernels or fresh corn kernels
- 1/2 cup grated 2% milk cheddar cheese
- 1-1/2 tsp cumin

Directions: Heat oil in large skillet. Lightly sauté the squash, zucchini, onion and garlic until just soft. Toss with the remaining ingredients. Place in a lightly oiled 2-quart casserole dish. Bake at 400°F for 20 minutes. Serve warm with grilled chicken or pork. Serves 6.

Nutrition information per serving: calories, 120; total carbohydrate, 21 g; dietary fiber, 3 g; total fat, 3 g; saturated fat, 1 g; protein, 7 g; sodium, 170 g Summer squash is an inexpensive healthy addition to any meal. If you can't decide whether to go with green or yellow...us both!

Dianne Lamb is a Nutrition & Food Specialist with the University of Vermont Extension. The University of Vermont Extension and USDA, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status.



Pope Notes

Dee Palmer,
Library Director

Many thanks to all who helped make our Danville Fair fundraisers a great success. We had dozens of volunteers working on the book sale and ice cream booth. Our trustees Shirley Richardson and Laurel Stanley organized and oversaw the ice cream booth from start to finish - not an easy job! We are also grateful to all our scoopers throughout the fair. Cam and Peter O'Brien did a wonderful job as always, setting up and selling books at our sale. Big thanks to Shaylyn Clancy and Dani Cochran who helped me haul three truckloads of books from storage to the library. Those girls can work! The winner of the "Vermont Snowflakes" quilt, made by our trustee Diane Webster, is Connie Graham from Stratford, CT. I know how delighted Connie is with her new quilt - she's my mother!

On Wednesday, September 10 Geoff Hewitt will present his program "Who Was Robert Frost and Who are We?" as part of the 2008 Vermont Reads program sponsored by the Vermont Humanities Council. This year's book is "Restless Spirit: The Story of Robert Frost" by Natalie Bober. Books and event schedules are available at the Pope.

Our newest book acquisitions are: I'm Looking Through You by Boylan, The Monster of Florence: A True Story by Preston, Audition: A Memoir by Walters, Unaccustomed Earth by Lahiri, Forward From Here: Leaving Middle Age and Other Unexpected Adventures by Lindbergh, The Art of Racing in the Rain by Stein, Chasing Harry Winston by Weisberger and The Story of Edgar Sawtelle by Wroblewski. Come in and check them out!

From the Children's Room and YA Center

Story hour begins on Monday, September 22 at 10 am. Please join us for books, stories, activities and snacks. Call the library for details or to sign up. We always have fun!

Newest children's books are: Here a Face, There a Face by Alda, Don't Worry Bear by Foley, Amanda Pig and the Wiggly Tooth and several new easy reader books.

The status of the YA program is unknown right now. We have advertised for a new YA coordinator and have not had any luck. We hope this important program will continue. We will keep our YA participants and parents posted on the situation.

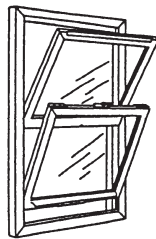
New books added to the YA collection are the very popular Stephenie Meyer series: Twilight, New Moon, Eclipse and Breaking Dawn.

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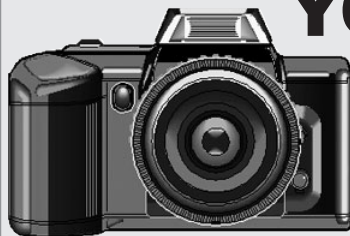
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- Danville Fair
- North Danville Fourth of July

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What's happening at town hall

Barnet

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

August 11, 2008

Landowners - Paul Toney and his son appeared to talk about the status of the Chamberlain Road which borders his property along the Peacham line. They had appeared at a recent meeting and had discussed the possibility of having this section of the road discontinued. After they talked with the adjoining landowners, they have decided not to pursue this action. They appeared to tell this to the board and to ask the Town to do some work on the road to fix the ruts and to see work done on the culverts. They said if the Town does wish to discontinue the road, they would repair it. Selectman Robinson stated the culverts will receive some attention before winter. They asked if there are plans to do some work on the Rake Factory Road. Bridge will be fixed and some work on the road will be done at some point.

Road Foreman - The board announced the hiring of Tim Gibbs of the West Barnet Road as the Town's new road foreman. He will start work Aug. 18.

Other Business - The Board briefly discussed flooding and expects Federal Emergency Management Administration representatives will be visiting at some point to inspect damages. Members also discussed the anticipated re-opening of the damaged bridge on Keyser Hill by early to mid October.

Danville

Town Clerk: Virginia Morse
Town Administrator - Merton Leonard

Selectboard: Marion Sevigny, Denise Briggs, Doug Pastula, Marvin Withers and Michael Walsh

Aug 7th, 2008

Calkins Camp Road - Kevin reported that he received three quotes on the replacement box culvert for Calkins Camp Road. Calco's price was \$17,065, Camp Concrete Products \$16,675, and Concrete Systems Inc (CSI) was \$10,565 and all included delivery. The Board authorized authorize Gadapee to purchase the box culvert from CSI as quoted to meet the Oct 1 date. Rainfall totals have exceeded the all time rainfall for July and August.

Energy Commission - Jeff

Frampton was present to discuss the establishment of an energy commission that would act as a subcommittee of the Planning Commission. The new energy commission would be a volunteer group with no regulatory power. Marvin Withers explained he would like to see the committee get established as soon as possible, as winter will be here before we know it. After some further discussion, the board approved establishing an Energy Commission for a trial period of one year per the guide lines provided by the Planning Commission.

Danville Fair - Ken Linsley thanked the Board for use of the green for the Danville Fair as it was a very successful event. The fair and Autumn on the Green are the major fundraisers for the Chamber of Commerce, who return the profits to various town organizations amounting to \$62,000 in the past 10 years. He also noted that the Chamber of Commerce paid \$1,000 towards the vendor wiring, and CG Electric donating their time for installing the wiring. Merton confirmed that the bandstand and green wiring was completed in time for the fair and to the approval of the State Fire Marshall inspectors.

Fire Station - The fire station metal roofing has been received and they are hoping to install it on Aug 16, weather permitting. Merton was advised the Town insurance would not cover any volunteers working on the roof, they would be working at their own risk. It was suggested to have the workers sign a sheet acknowledging they would be working at their own risk.

Lyndon

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

August 4, 2008

VCDP Grant Resolution - George Mathias, of Gilman Housing, was present to explain the need for a resolution to an existing loan fund grant so that it could continue in 2009. He also advised the board that they were applying for an additional \$200,000 to be used for energy efficiency loans to low income people. Kevin Calkins moved to approve the resolution. Seconded by Kermit Fisher. It was approved 3-0.

Area Agency on Aging - Sarah Simpson, a board member of the Area Agency on Aging, was present to say thank you to the community for their support of the agency's work. She explained some of the services they provide to the area.

Joint Discussion - The Select Board has asked members of the two boards to attend to discuss what can be done about preserving the pedestrian bridge behind the municipal building. Pauline Harris said the by-laws could be looked at to see if they could be changed to agree with Federal Emergency Management Administration regulations, which would give a little more flexibility. Tim Sturm reminded everyone that the by-laws couldn't be changed until the Town Plan was in place. After discussion, it was decided to look specifically at the floodway portion of the by-laws after adoption of the Town Plan.

Tax Rate - The Board discussed the proposed tax rates for the calendar year 2008. The board approved a homestead educational tax rate of \$1.3614. The board approved a general fund budget tax rate of \$0.3252. A highway budget tax rate of \$0.3904 was also approved along with a non residential education tax rate of \$1.5869.

Loader Purchase Discussion - The road crew has tried out four of the machines being considered for purchase and unanimously wants to buy the John Deere. The board approved the purchase the John Deere loader for \$99,200 including trade-in of the old loader plus buy an extended 5 year-2,500 hour warranty plus buy two blanks for use with attachments.

Packing House - The board was reminded the Packing House was due for a 3 month review of its liquor license. Jack Harris reported that they had done well in complying with the Town's requests and that he had no concerns at this time. Dan was instructed to write a letter to the owner of the lounge advising him of the review and express appreciation for the improvements.

Winter Salt - The efforts of the Vermont League of Cities and Towns to form a coalition of Towns to get a better price did not work for the Lyndonville area and no bids were received. The Town did receive a price guarantee from Cargill for the entire winter. The board will contact other dealers for more prices.

Peacham

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

July 16, 2008

Town Hall - A tour of the Town's

administrative space was conducted. Discussion involved various floor plan proposals, project costs, long and short term Town Hall planning, and contractor estimates.

Administrative Report - Ditching and brush removal is planned for Governor Maddox's Road. New culvert, bank sloping, and gravel has been added to portions of Blanchard Hill Road. Road washout and culvert blockage on Mack's Mountain Road caused by beaver dam has been repaired. Hookerville cutoff: brush cutting and widening are scheduled to increase accessibility. Repairs to Green Bay Loop will be incorporated into the box culvert installation work planned at Martin's Pond. Town roads have held up very well during recent thunderstorms. Painting of truck bodies of the Town's two newest full size dump trucks as well as numerous other tasks have been completed by the Town road crew's summer employees. Town Garage vehicle shed repairs are complete. Insurance claim has been submitted to the Town's insurance carrier. One ton dump truck has been sold and payment in full received.

Letter - A letter was received commending the Town crew on their excellent work in repairing the culvert and surrounding area on Penny Street. In particular, the maintenance of the historic character of the area repairs was mentioned. The Select Board instructed the clerk to the board to include this letter in the administrative assistant's personnel file.

Town Trails Committee - Volunteer day involving brush cutting and debris removal took place July 5 and 19. Patty Strader, Peacham Service Officer, will be contacted as to the distribution of firewood to Peacham residents that need it. The Trails Committee met on July 14, 2008 and approved multiple trail markings which will be paid for by the Trails Grant received from the State Department of Forest, Parks, and Recreation. The Select Board postponed a decision on the trails marking proposal.

Tree Grant - The board approved the 2008 Trees for Local Cemeteries (TLC) Tree Maintenance grant for \$4,000.

Transfer Station - Fence repair and replacement was reviewed. Unauthorized entrance to the Transfer Station area after scheduled hours was discussed. The Select Board expressed their concern about theft from the metals dumpster. The board will contact the Sheriff's Department about this problem.

Designation - The Town clerk informed the board that the Town's "Village Designation" is

valid until 2012 according to the Department of Housing and Community Affairs and the NVDA.

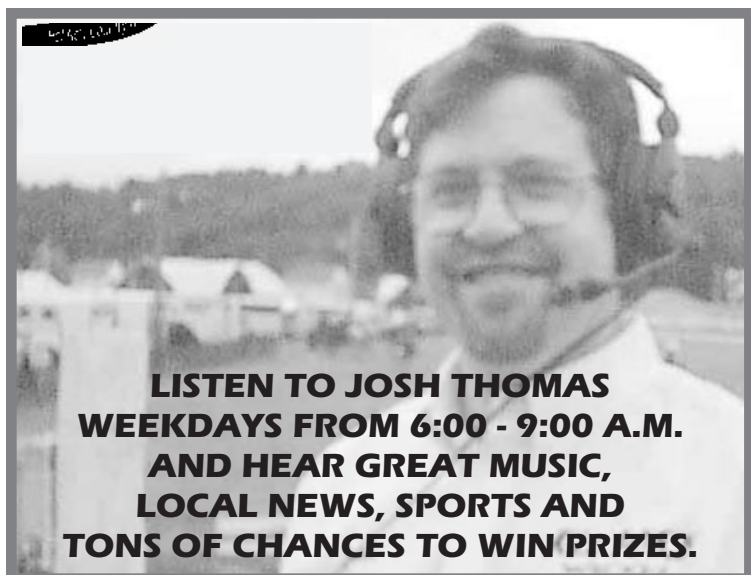
St. Johnsbury

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

July 14, 2008

Weight Limits - Chairman Brian Quatrini opened the discussion by saying that because trucks are forced to travel through the Town rather than traveling on the Interstate Highway System, it causes congestion in the downtown and a real danger to pedestrians and particularly students at the St. Johnsbury Academy. The Town is ready to petition the legislature to assist in getting the weights raised on the Interstate system so trucks can avoid downtowns. He then opened up the discussion to the floor. Several people spoke from the floor, including truck drivers Mike Lemieux of St. Johnsbury, Rocky Bunnell, Monroe, N.H. Also Carmen and Leland Anderson from Westmore, Dennis Neil, K. Jean Beaulieu and Leo Beaulieu of St. Johnsbury. The general consensus was that all supported the Town of St. Johnsbury in their efforts to get the big trucks out of town. All indicated problems with navigating not only St. Johnsbury, but other towns in Vermont with narrow streets, winding routes through towns, children playing on roadsides and poor visibility and tight corners. St. Johnsbury has a particular problem with driving up Main Street to the St. Johnsbury Academy crosswalk, and having to stop on the hill, even though the Academy has tried to accommodate traffic and especially trucks entering Town on the uphill grade with a crossing guard. It was pointed out that, with the increase in fuel cost and the fact that virtually all of our materials are brought to this area by truck, it would make much more sense to allow the trucks to travel the Interstate Highway System for more direct routes and conserve on fuel. The extra cost will be passed on to the local citizens in the increased prices of items caused by increase cost in trucking.

A Derby trucker who hauls wood to the wood burning plant in Ryegate, indicated they can travel the interstate system in all surrounding states but not in Vermont. The State of Vermont will issue a permit for \$20 for one trip down and back on the interstate. With 20 trucks requiring a \$20 permit per day, that would add well over \$100,000 per year in operating expenses. He also said he has determined that traveling on US Route 5 instead of Interstate 91 costs an extra \$46 per day at the current cost of fuel. He felt it was not right that the trucking industry should have to pay from \$20,000 to \$35,000 in taxes per truck to the State of Vermont, and not be able to travel on the Interstate Highway System that the taxes pay for. General consen-



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was that the Interstate Highway System was built as an Army Transport highway and can accommodate 62-ton loads, so the truckers should be allowed to haul up to 100,000 lbs. easily.

Safety issues were discussed on Route 5A along Willoughby Lake, where the road is narrow and prone to rock slides. It was agreed that if a propane truck was struck or forced off the road it could cause a major incident. The speakers referred to other areas in the state with major difficulties in circumnavigating – Stowe, Rutland County, Derby Line, and other small Towns where the streets are either too narrow, or bridges are not safe to use, so the trucks must go miles out of their way to make deliveries.

Town Clerk Sandy Grenier indicated that the Vermont League of Towns and Cities is already looking at this matter. Ken Davis indicated he had spent 10 to 20 years trying to get truck traffic out of Towns. His company passes up to 500 loads of timber through St. Johnsbury per month, 163 loads in one week, all past the St. J. Academy.

There was general agreement that a concerted effort should be made by all who are affected by the truck traffic going through Towns, and a committee was formed to consider future efforts to allow truck traffic on the interstate highway system. The date was set for August 4 at 6:30 in the St. Johnsbury municipal boardroom. Those volunteering to serve on the initial committee include: Bryon Quatrini, Dennis Neal, Howard Crawford, Ken Davis, Rocky Bunnell, Carmen Anderson, Rod Barrup, Grover Boutin, Doug Morton, and Leo Beaulieu.

Agency on Aging - Lillian Schoenemann from the St. Johnsbury House, and Ken Gordon, representing the Area Agency on Aging, encouraged people to contact the Area Agency on Aging for anyone who needed assistance, particularly the elderly, in living expenses due to the sudden and extreme increase of fuel rates.

NEK Wireless – Alison Meaders of Northeastern Vermont Development Association (NVDA) explained the history of the Wireless Planning Grant implemented by NVDA for the Northeast Kingdom. The original intent was to have 100 percent cell phone coverage for the State of Vermont, especially on all main highways. Since the inception of the plan, there have been greater changes than anticipated to technology and telephone companies have initiated their own increases in coverage. Alison indicated all information gathered through the study is available and could be valuable to other studies, particularly for

broadband coverage, but this particular grant is to be closed out.

Housing Grant – Joel Schwartz and Ed Stretch (formerly with Gilman Housing) presented some statistics that were gathered for needed housing, starting in 2006. Joel reported that the current vacancy rate is about 6 percent. Surveys indicated approximately 10 percent in 2006 from perusing the newspaper rental ads. Most of the rental housing available is pre-1930, with continued need for upgrading rental properties and providing new, low income housing. Even though rents are comparatively low in this area, they still take up 30 percent of many local peoples' income. Joel also reported that because of the high demand for Section 8 vouchers, the agency has closed its waiting list causing more difficulties for low income families.

Joel reported that homes for sale in the St. Johnsbury area has increased dramatically over the past two years, but of the 72 homes currently for sale, only eight are affordable to low income buyers (considered at \$106,000 or less), and many of them are in bad repair. There is also a need for assisted living combined with apartments. The study showed a need for upwards of 100 units combined housing in the region. Other special needs would be to assist homeless to transition into rental units, such as Brattleboro has in place. With higher fuel expenses, suggest encouraging people who live outside the area and work in St. Johnsbury to move into Town.

The data needs to be updated every few years, not just during a census year, as changes happen more quickly than every ten years. Ed Stretch said he would be able to keep the figures more up to date than census years. Further discussion centered on the possibility of a "senior" mobile home park. Joel said the new mapping of water and sewer service available will assist in pinpointing areas more easily developed. Joel showed a map that identified areas of Town that are not currently developed as a starting point.

Amendment – Rene Roy voiced his objections to the 35' height rule for communications towers, and was told by Priscilla Messier that provisions are written into the by-laws for exceptions and he should bring any questions to the Development Review Board (DRB). The 35' applies to all structures and there is flexibility built in according to structure and location. The same rules apply to a triangle base as opposed to a single pole structure. Priscilla also said the DRB will be reviewing the tower section of the by-laws soon.

Appointments – Michael Welch presented the name of people who had expressed interest in serving on the Planning Commission – Kevin Oddy and Laurie Zilbauer. Gary Reis suggested the discussion wait until Executive Session.

Tobacco Coalition – Pam Smart and Kyle Proctor, manager of respiratory services at NVRH, presented a request for "No Smoking" signs in parks and other public places. They reported that the hospital will be totally smoke free as of January 1, 2009, as is St. Johnsbury Academy. The Coalition sees this as a reduction in second hand smoke and showing role models for young people. Although they realize an absolutely "no smoking" policy on public grounds would be extremely difficult to enforce, the coalition suggested signage that would encourage people not to smoke. It was noted that smoking in the parks and on the sidewalks also causes litter in the form of cigarette butts and unsmoked portions of cigarettes. Joe Fox indicated he would like a no-smoking policy for the playground park at the corner of Winter and Main Streets because of the deep layer of wood chips on the playground, which would present a fire hazard. On a motion by Gary Reis, the Board considered putting signs in the parks to discourage smoking, and a sign in the playground to ban smoking. The motion was amended by Jean Hall Wheeler to ask the Tobacco Coalition to pay for the signs in the other parks, but the Town will pay for the No Smoking sign at the playground. The vote was seconded by Daniel Kimbell and passed (5-0).

Australian Ballot – Claude Donna addressed the board concerning the issue of Australian ballot for essential services and school budgets. Donna felt that, since the Town meeting is held in the evening, the Town is discriminating against a segment of the community that is unable to attend the night time meetings. When Town Manager Mike Welch explained that the Australian ballot for budget issues had been defeated in 2003 by voters, Mr. Donna claimed the vote was improperly counted. Sandy Grenier said this matter was looked at by other Towns and she would communicate with other Towns in the state for their opinions on how it has worked. Quatrini agreed that feed back from other Towns would be useful and suggested the subject be discussed at the next meeting with more information to consider. Bruce Corrette reminded the Board that to change the School Budget vote they would have to go before the State Department of Education; a change in the voting

for essential services, according to Mr. Corrette, would be a change in the charter and would have to go before the Legislature.

Lamoille Valley Trail – It was pointed out that, at some point the Town will have to decide if snowmobiles will be allowed on the trail from Mt. Vernon to the other end of town and Bay Street.

Water System – Mike Welch presented two applications to USDA for the first two parts of the projects for the water system – the replacement of the water tank on Underclyffe and the lining of water lines. Welch continued to explain that the USDA may have more funds from the national pool which could mean more money available to take more of the burden off the Town, perhaps as much as 75 percent. He reported he would know more within a few days. This would mean that the Phase II work could be completed sooner. He reported that the filter unit at the water filter plant will cost as much to clean as it would to replace; the Higgins Hill tank also needs to be cleaned or replaced. Mike Welch told the Board that Ed Zuccaro issued his opinion that the Board had the authority from the voters to go forward with the water/sewer renovations up to a certain amount of money, but the Board might want to review all of the work that could be done at this point with the same amount of money and take it back to the voters in a special Town meeting. Quatrini and Jean Hall-Wheeler indicated they would prefer getting a second vote from the Town. Furthermore, Mike Welch reported that the project so far has gone as planned, and much of the water loss previously reported was actually through a meter problem at the plant, and not as much loss of water as thought.

Community Center – Joe Fox had met with representatives of the school system to try to work something out for the Recreation Department for the winter of 2008-2009. The school said they were very willing to let the Recreation Department use the school facilities for planned activities as long as they did not interfere with school projects and activities. Joe said that they indicated there may be space for his office at the school also. It appears heating costs will make it prohibitive to use the Community Center this winter for any activities. Joe Fox indicated he would like to at least maintain the status quo on

programs, if not increase the offering. He also indicated they could reach out to other surrounding towns to help defray some of the costs incurred by St. Johnsbury for children in surrounding towns.

Walden

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

August 11, 2008

Better Back Roads - Dave Brown reported that he will be meeting with Better Back Roads Aug. 26 at 10 a.m. in the Town Office to finalize the paperwork for the grant on Bayley Hazen Road. Perley Greaves expressed concern about some of the work done near a private driveway. After discussion, it was decided that the board would each look at the issue and decide what should be done.

Grant - The Board opened the bids for the Coles Pond Structures grant. Five bids were received and Dave Brown said the Board would review the bids with the Agency of Transportation before making a decision.

Route 215 - The remaining work necessary on the paving of Route 215 and Cabot Road was discussed. New signs will be ordered and Brown will call Pike Industries to ask when the road edge will be put down.

Ancient Roads - The Board asked Dia Michaud and Lina Smith, with the help of Betty Hatch, to do a preliminary study of the town records regarding ancient roads and report back to the board with an estimate on the time needed to complete this research. Dave B. noted that there are no further grants available to do this research.

Budget - The Board discussed doing a test with crushed ledge on some bad spots in Walden. The board decided to spend \$1,000 to do this. The recent storm damage used up much of the gravel budget and it is not known yet if FEMA funds will be available.

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Attorneys

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General Practice of Law. 69 Winter St., PO Box 127, St. Johnsbury, VT 05819-0127. (802) 748-3919.

Law Offices of Jay C. Abramson

Estate Planning, Long-Term Care Planning, Wills, Trusts, Real Estate. Certified Elder Law Attorney. 1107 Main Street, Suite 101, St. Johnsbury, VT 05819. (802) 748-6200.

Law Office of Deborah T. Bucknam, PC
Full service litigation firm. 1097 Main St., PO Box 310, St. Johnsbury, VT 05819. (802) 748-5525.

Clarke D. Atwell, Esq.
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Wood


Continued from Page 10

the point of use; emissions from biomass are lower than comparable conventional fuels; and energy efficiency, by definition, reduces energy consumption, which results in fewer emissions.

Though it sounds like the movement back to renewable energy is the obvious answer to our energy needs and environmental problems, it's just not that easy for elderly and disabled homeowners, or even those who live in densely populated downtown areas. Most towns require outdoor wood furnaces to be placed 500 feet from neighboring property, which is difficult to do when you live in town. Space can also become a factor for storing pallets of pellets or cords of wood.

"Wood isn't for everyone," says Palmer.

For the elderly and the disabled, they simply don't have to ability to log their property and stockpile firewood. For these situations, the state of Vermont is trying to help with its "Weatherization Program," designed to help low income residents - particularly older



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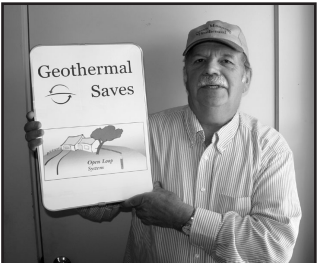
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Please tell them you saw it in **The North Star Monthly**

Danville Senior Action Center

September Meal Schedule
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.

Sept 2 – Pot Roast, Potatoes, Carrots, Rolls, Apple Crisp and Orange Juice

Sept. 4 – Nollies Donuts, French Toast Casserole, Sausage.

Sept. 9 – 30th Anniversary Celebration. Meals will be served on the green at noon, weather permitting. Marinated Boneless Chicken, Tossed Salad, Mediterranean Pasta Salad and Cake. The Best of Friends Band will be playing at 11:30.

Sept. 16 – Cream of Broccoli Soup with saltines, Chicken Salad on a roll with Lettuce and Tomato, Carrots.

Sept. 18 – Lasagna, Garlis Bread, Tossed Salad, Peas and Carrots and Bread Pudding.


Sept 23 – Margaret Ide's American Chop Suey with Rolls, Sweet Potato Fries and California Vegetables.

Sept. 25 – Liver Bacon and Onions, Hamburgers, Mashed Potatos, Rolls, Carrots and Fruit Salad with Animal Crackers.

Sept. 30 – Roast Pork with Apple Chutney, Scalloped Potatos, Broccoli, Rolls, Peas and Apple Crisp.

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Country Living 2 Miles From Town!

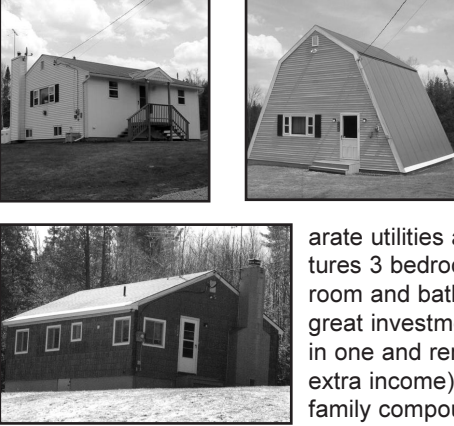
Release your inner-farmer on this special country property. Gambrel, 7-stall barn, private pond with Koi fish, fenced fields with lovely views and magnificent gardens! The 3 bedroom, 2 bath ranch house has a full basement, radiant heat, standing seam roof and 2 decks. The interior is tastefully decorated and features Pergo floors, an inviting kitchen with island, sunny dining area, and light and airy living room w/ brick hearth. All this on 15.02 surveyed acres. MLS#2737270



\$284,900

PEACHAM COMPOUND


These 3 well-maintained houses are well insulated and efficient to heat. Each house is fully furnished, has separate utilities and each home features 3 bedrooms, kitchen, living room and bath. Would make a great investment property (or live in one and rent out the others for extra income) - or an affordable family compound. Keep your snomobiles or boat in the large garage. Walk to Martin's Pond and ride your sled to the nearby entrance of the VAST Trail. Situated on 4.66 acres with nice local views.



\$299,000

MOTIVATED SELLERS

Spacious home on 49+ acres in Danville has 6 bedrooms and 3 1/2 baths and superior craftsmanship throughout. Hardwood floors, custom ash cabinets, Corian counters in kitchen and baths, possible in-law apartment, sunroom, finished basement and attached heated garage. Tastefully decorated and meticulously maintained. MLS# 2734206



\$449,000



QUATRINI Real Estate

1111 Main St. • St. Johnsbury, VT 05819
email: c21qre@sover.net
website: quatrini.com • realtor.com or AOL Keyword "Century 21"

(802) 748-9543

"Real Estate for The Real World"

Vermonters, people with disabilities, and families with children - to save fuel and money by improving the energy efficiency of their homes. Eligible households include any whose incomes are at or below 60 percent of Vermont's median income, based on household income and size.

However, if a household includes a member who receives Supplemental Security Income (SSI), Reach Up, Food Stamps, or Home Energy Assistance, the household is considered automatically eligible for weatherization services.

The services may include a comprehensive "whole house" assessment of energy-related problems, a state-of-the-art building diagnostic including: blower door, carbon monoxide, and heating system testing and infrared scans and full-service energy-efficient retrofits including dense-pack sidewall insulation, air sealing, attic insulation, heating system upgrades and replacements.

Financial assistance for purchasing heating fuel is also available through the government and, like the weatherization program, can be applied for at any time.

More information is available by using the senior hotline at 1-800-642-5119. A Winter Resource Fair is scheduled for Oct. 14, from 2 to 5 p.m. at the Good Living Senior Center in St. Johnsbury. ★



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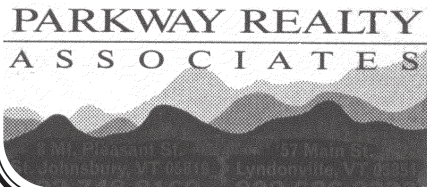
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802-563-3185



ML#2736787 You'll have plenty of room for your animals on the 78 acres of land that come with this well cared for 3+ bedroom, 1 1/2 bath farmhouse on a dead-end road. It has an up to date kitchen and bathroom, plenty of living space, a glassed in porch, and a full basement. There are a garage with overhead storage and a couple sheds. The land is in the current use tax program so the taxes are reasonable. Nearly half the land is open, and the rest is wooded.

The price is right at \$362,500.



75 MT. PLEASANT ST.
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971 BROAD STREET
LYNDONVILLE, VT 05851
802-626-8333 • 802-626-9342
www.parkwayrealtyassociates.com

#6929 Waterfall Views!
This totally & beautifully Renovated immaculate Post & Beam Cape with All of it's character & charm is ready for you to turn the key & move right in. Family room walks right out on to the large deck that overlooks the waterfall/river & covered bridge. Wide-board floors throughout, wood fireplace, exposed beams & wonderfully landscaped. So much more to see!



Being offered at \$199,900

#6917 Large lot!
3+ bdrm, 2+ bath Lyndonville home with large yard & 2 car detached garage. 1.28+- acres right in town, within walking distance of many amenities including grocery store, banking, library and Schools. Close to Burke Mtn. and Kingdom Trails.



Offered at \$159,000



470 Broad Street
Lyndonville, VT

(802) 626-4343

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www.allseasonre.com

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North Star Monthly

**West Barnet
Senior Action
Center**

**September 2008
Menu**

Meals served at West Barnet Church. All meals served with a beverage. Reservations not required. Suggested donation of \$2.50 per meal is appreciated. Phone (802) 633-4068.

Sept 3 – Baked Macaroni and Cheese, Hot Dog, Stewed Tomatoes, Buttered Beets, Biscuits and Brownies

Sept. 5 – Buffet

Sept. 10 – Lasagna, Tossed Salad, Italian Bread and Pears.

Sept. 12 – Hot Turkey Sandwich, Gravy, Potato, Cranberry Sauce, Mixed Veggies and Tropical Fruit.

Sept. 17 – Hamburg Loaf, Mashed Potato, Buttered Carrots, Three-Bean Salad, Wheat Bread and Chocolate Pudding.

Sept. 19 – Baked Fish, Oven Potatoes, Broccoli and Cheese, Cole Slaw, Dark Bread and Jello/Fruit.

Sept. 24 - Liver, Bacon/Onions, Mashed Potatoes, Green Beans, Muffins, Peaches.

Sept. 26 – Baked Beans, Hot Dog, Cole Slaw, Brown Bread and Ice Cream.

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ML2725117 Good sized camp with 10 acres. Priced at \$75,000 and located in Walden: This is a good-sized camp with plenty of room for family and friends to enjoy. It has 3 bedrooms with built-in bunks, a 3/4 bath, and a woodstove in the kitchen/dining area that easily heats this well-insulated camp. The 10-acre parcel of land is open and wooded and abuts 10,000 acres of state conservation land for hunting, hiking, etc. If a private get-away is what you're looking for, this could be it.

\$75,000

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ML2704896 That perfect place for well-deserved R and R. A waterfront camp with 128+/- feet of frontage on Joe's Pond. Large screened-in porch overlooking Joe's Pond, 2 bedrooms, 1 bath, kitchen, dining area and living room all remodeled including wiring, plumbing, flooring. Most furnishings included; including appliances

\$239,000

Main Street
Danville, VT 05828
(802) 684-1127

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search here.



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ML2706733 Beautiful, brand new home. Sited on 5.5 acres in Marshfield and just minutes to Barre. Master bedroom is upstairs with a balcony that overlooks the living room/kitchen area. 2BRs and a full bath on the first floor. Huge basement can be finished for additional rooms or a large family room. Unfinished room above the 2-car garage can be used for a mother-in-law apartment or a weight room. Great location, great price.

\$295,000



ML2736845 Camp with many views! Very charming camp with two outbuildings in a pretty setting with views, a pond, paths, borders Groton State Forest. Close to Martins Pond. The camp features 2 bedrooms, loft, 3/4 bath, drilled well, gravity fed spring, wired for generator. Gas appliances and lights. Sited on 10 acres.

\$145,000

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AROUND THE TOWNS



COMMUNITY CALENDAR

Daily: (June 8 - November 1)
Bread & Puppet Museum,
10 a.m. - 6 p.m. Glover.

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

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

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

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

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

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

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

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

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

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

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

2nd & 4th Tuesday - Drop-in
quilting at 1 p.m. at the
Cobleigh Public Library,

(802) 626-5475.

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

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

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

Thursdays - Introduction to
Computers, Cobleigh
Library, Lyndonville. 10
a.m. (802) 626-5475.

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

2nd Thursday - Film discus-
sion following 7 p.m. film
at Catamount Arts, St.
Johnsbury. (802) 748-8813.

3rd Thursday - Caregivers
Support Group, Riverside
Life Enrichment Center, 10
a.m. (802) 626-3900.

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

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

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

1st Saturday - Men's
Ecumenical Breakfast,
Methodist Church,
Danville, 7 a.m. (802) 684-
3666.

1st Saturday - Scrabble Club,
St. Johnsbury Athenaeum,
Noon - 4 p.m. (802) 748-
8291.

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

September

- 1 Labor Day
- 6 The Employees of the Area Agency on Aging will be holding a yard sale from 9



While December winds packed record breaking snowfalls into the Northeast Kingdom, Barbara Destino was enjoying the largest "Christmas Boat Parade" in the world. In its 99th year, the Newport Beach (CA) Boat Parade attracts multimillion dollar yachts, as well as smaller boats, kayaks and canoes with dazzling lights for the holidays. The parade winds some 14 miles around the harbor to the delight of shoppers, residents and tourists from all over the world. Destino says, "Growing up in St. Johnsbury, I never imagined boating in December," but someone has got to do it.

a.m. to 2 p.m. at the
Summer Street school park-
ing lot. Refreshments will
be available. Proceeds from
this event remain at the
Area Agency for the Fuel
Fund and Meals on Wheels.

6 Green Mountain Antique
Gun & Knife Show in
Lyndonville. Selling-buy-
ing-trading old guns
& knives at the Fenton
Chester Ice Arena. Call
(802) 380-8351 for more
information.

6 Household Hazardous
Waste Collection in
Hardwick from 9 a.m. to 1
p.m. Call the Central
Vermont Solid Waste
Management District at
(802) 229-9383 for more
information.

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

10 Food Preservation
Workshop by Dale Steen,

UVM Extension at 5:30
p.m. \$15 per person. Pre-
registration required call
802-748-9498.

10 Harvest Supper, Cabot
United Church. Sale of
vegetables, jams and food
at 5:30 p.m. Call (802)
563-2278 for more infor-
mation.

13 NEK Local Food Day, 10
a.m., how to eat local when
it isn't easy, at the commu-
nity garden located on
Lincoln Street in St.
Johnsbury.

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

14 NEK Audubon bird trip,
Victory Bog Wildlife
Management Area, Meet at
Damon's Crossing, 8 a.m.
(802) 748-8515.

20 Green Mountain Pug
Rescue "Pug Social," 10
a.m. to 4 p.m. at the Top
Notch Field in Stowe.
Directions available at

www.GMPR.org or (802)
626-8280.

22 First Day of Autumn

27 Annual Chicken Pie Supper
at the Newark Street
School. Serving from 5
p.m. to 7 p.m. to benefit
the Newark Volunteer Fire
Department. Call (802)
467-3788 for details.

28 Lamplight Service and
Hymn Sing, 7:30 p.m.,
Host Pastor: The Reverend
William Cobb of the Cabot
United Church.

30 Rosh Hashanah

October

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

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

The Creamery Restaurant

Now accepting
reservations/prepayments
for the annual Chicken
Pie Dinner to benefit the
Pope Library during
Autumn on the Green

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