



THE North Star MONTHLY

Every Small Town's Newspaper

DANVILLE, VERMONT

GOOD FOR THE WHOLE MONTH

\$1.50

JUNE 2009
Volume 22, Number 2

Dairy Dream: Farming tradition continues



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Time's are chang-
ing for Vermont's
small dairy
farmers, once the
backbone of the
state's economy.
Despite the difficul-
ties, the Carson
family just opened
their new operation
in North Danville.
Casey poses with
the first calf born
on The Carson
Family Farm.
Photo courtesy of
Janet Carson

Longest day

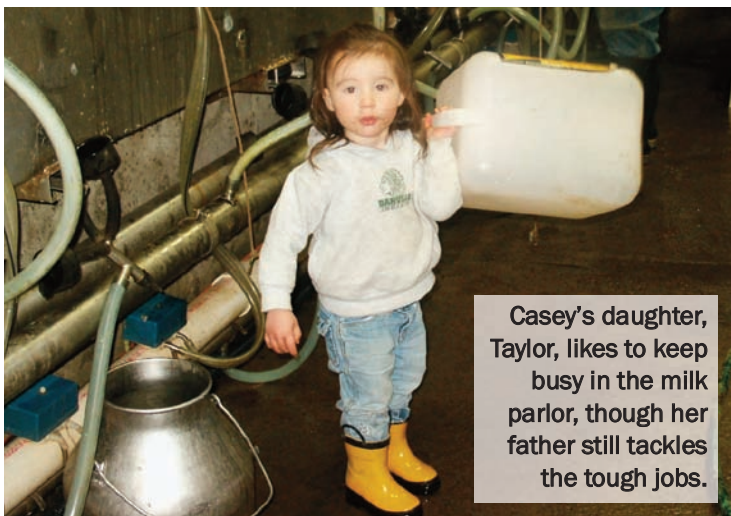
By NATHANIEL TRIPP

June! The word alone resonates like a bee on a blossom. Scientists tell us that the earth receives enough energy from the sun in one hour to meet all of mankind's energy needs for a year, and those of us who live midway between the equator and the North Pole get our heaviest dose on the 21st day of June.

Every leaf, every blade of grass is a solar panel turning sunshine into food. The anxious time of spring is finally over; the lambs are prancing about in lush pasture, the baby chicks are feathered out, and the tender tomatoes and peppers we set out in the garden are growing like weeds. So are the weeds.

It seems miraculous, and indeed it is! On this very day a few years ago I stood by the stone fire circle in a nearby pasture

Continued on Page 25



Casey's daughter, Taylor, likes to keep busy in the milk parlor, though her father still tackles the tough jobs.



Carson Family Farm up and running

photos & article by SHARON LAKEY

Twenty-five-year-old Casey Carson leaned forward in the chair, his eyes lit with determination. "I don't consider it a risk. I went into this with the attitude that it is going to work."

Striking out on his own as a dairy farmer in tough economic times is daring in anyone's book. It is also a hopeful sign that dreams still flourish in an industry that has been in decline in our state for a long time now. Presently, only nine Danville farms are shipping milk; the Carson Family Farm, the newest, began shipping to Horizon Organic in March.

Dreams take a lot of work and support from many corners to become a reality. For Casey, the idea generated from a love of place. Many Danville residents may remember him from his youth; he and his brothers, Brett and Asa, were those handsome boys driving a pair of young oxen in Danville Fair parades. The Carson land lies between the villages of Danville and North Danville. Beautiful rolling acres spread out on both sides of the road, and the stately Kittredge Hills stand guard in the distance.

Grandparents Leonard and Helena lived just down the road from Partridge Lane where the boys grew up under the watchful eye of Janet, their mother. Though they never milked, they raised beef, and the whole

Continued on Page 24

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From the Editor

Change in perception

Over the Memorial Day weekend, I thought back to a three-hour conversation I had with Everett Demeritt at this home in Craftsbury. He proudly traced his family's heritage back to the Revolutionary War and his Civil War roster hanging on his living room wall is a testament to his family's service. He told me, "Vermont has always paid the price when it comes to this country's wars."

After I left Everett and started home, I thought a lot about the changes our society has seen in its perception of service. There are still plenty of families in this country with multiple generations in uniform, but it seems, at least to me, increasingly rare.

Timing may be a factor.

My grandfather was born in 1930. In the 1950s, he was in the service and deployed to Korea. My father was born in 1957, which would have made him 18 in 1975, just as the War in Vietnam would have been coming to an end. From 1975 to 1990, there were no major conflicts. He would have been 33, married with two young children when the U.S. began its involvement in the Persian Gulf.

A sociological shift may also be to blame.

I was born in 1982, which was also a pretty quiet time for the American military, minus the Bay of Pigs Invasion and some small conflicts in Central America. Because of my age, the Persian Gulf War would have been out of the question. However, I turned 18 in January of 2000. In September

of 2001, the U.S. was bound for Afghanistan after the events of 9/11. Later in 2003, we were on our way to Iraq. Often, I try to remember what went into my decision.

Through conversations with family and others, it seems as though society's view of military service has changed. At one point, military service was an expectation for a young man. Recently, though, more parents and advisors seem to be pushing for a college education. I can remember plenty of school discussions and assignments dealing with the importance of national service, but I never strongly considered the military as a means of fulfilling those obligations. I often wonder if this was the result of a liberal curriculum. Not many of my classmates turned to the military either, even with the knowledge it could help pay for their college education.

The combination of my education and upbringing, as well as a couple youthful indiscretions, led me to more community service than military service. I find it fascinating to sit with those who did choose to wear the uniform. Aside from just being thankful for their decision, I enjoy listening to their stories and analyzing how their time in uniform affected their world view.

Thinking back to the months before I graduated high school, I can remember sitting in the office of a local Navy recruiter. There is no doubt my own world view would have been different had I made a different decision. I wonder what else would have...

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

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

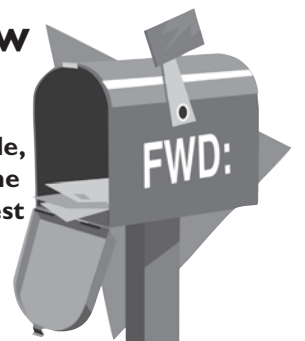
PHOTOS: We'd like to see your photos and welcome them with a story or without. They can be black-and-white or color, but they must be clear.

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

DEADLINE: 15th of the month prior to publication. All materials will be considered on a space available basis.

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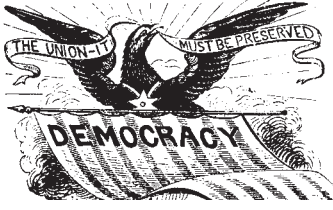


A successful Mr. Isham Babcock dies suddenly, Willoughby Lake visitors will have a steam yacht at their disposal

The North Star

"WHERE LIBERTY DWELLS THERE IS MY COUNTRY"

1807-1889
Est. by Ebenezer Eaton
Danville, Vermont



THE NORTH STAR

June 1, 1877

West Danville - The Temperance Reform Club of West Danville hold their meetings every Friday evening. The Rev. Mr. Forbes of Marshfield will be present this week. There will be a paper read by the young ladies. Let everyone turn out and help sustain such a meeting.

Cabot - We learn of the sudden death of Mr. Isham Babcock, of Cabot. He was traveling agent for the St. Johnsbury Scale Company. At Monkton, Vt., he was found in an unconscious state. He seemed to have had an apoplectic fit or a paralytic attack and his left side was completely paralyzed. He remained in this condition for several days, being aroused only by great effort to answer questions intelligibly. His family physician and some of his family from Cabot visited him; he lingered until last Saturday night or Sunday morning, when death closed the scene. The funeral

took place last Wednesday forenoon at Cabot. The deceased was between 50 and 60 years old and of very active temperament. During the past 26 years, he lived more or less in this village, at one time as assistant in the store of his brother, H.C. Babcock. He leaves his wife and three daughters.

Lyndon Centre - Last week, Calista, a daughter of Mr. Charles Cowdery, 18 years old, went to Whitcomb's Drug Store and procured two bottles of chloroform. Upon going to bed, she drank some or all of it. Dr. Copeland was called at 11 p.m. and she was unconscious, remaining in that condition until Friday morning when she died. We learn of no special reason for the act though some in town say she had threatened to take this action before.

Craftsbury - The house barn and outbuildings of W.A. Robbins of Craftsbury were burned Monday last week. All of the contents of the house, with five calves and two hogs in the barn, were consumed, and Mrs. Robbins claims a loss of \$75 belonging to her. The flames took from a brush fire a few rods from the house.

June 15, 1877

Oneida Community - The immediate future of the Oneida Community is somewhat problematical, for John Humphrey Noyes has retired from the presi-

dency after maintaining undisputed authority for over 30 years and yielded the scepter to his son, Dr. Theodore Richard Noyes, who it is said inherited his father's administrative and regulative qualities.

June 29, 1877

Willoughby Lake - The lake is to have a steam yacht this summer for the accommodation of excursionists.

Bennington Centennial - President Rutherford B. Hayes has postponed his visit to Vermont until August so he can attend the Bennington Centennial celebration.

Not Dead - The North Star reported last week that the Cowdery girl in Lyndonville, who attempted suicide, was dead and buried. This was not correct, as she is alive and as well as ever. The Lyndon Union concluded, "If Bro. Eaton had copied the whole of the item from the Lyndon Union instead of only some, he would have gotten it correct." We are glad to know the Cowdery girl did not affect her purpose of committing suicide and that she is as well as ever. We received our information of her death from the father of the girl himself, who has been away to find out. We concluded that if the father didn't know whether his daughter was alive or no, who could know?

Learn a Trade - These dull times are trying to men with no

trade, profession or vocation. A manufacturing firm in a neighboring city advertised the other day for a skilled workman in a specified line of labor. They received over 100 applications, two or three were competent men, the rest were from men "who thought they could do it." Probably these unsuccessful searchers for employment think they could turn their hands to just about anything if they only had a chance. A church recently advertised for an organist. In response, there came a man who was actually engaged and provided with a boarding place in the town. At the first rehearsal, he declined a written piece of music because he said it was too difficult to read. When he was presented with the printed page, he fled in despair. Turns out he could not play, but was encouraged by the offer of a fixed salary, he thought aht he might "manage it somehow." It was the desperate act of a man without a vocation. The newspapers are filled with advertisements for men who can make themselves "generally useful." This vague form includes more ignorance and impotency than any other in the English language.

North Danville - The family of Mr. James and Maria Sizing have been severely afflicted with illness. Their entire household of eight children has been sick with diphtheria, three having died. Last Tuesday, another one of the children was not expected to live, but the other four are expected to

recover. Mr. Sizing himself has been sick but not dangerously so.

Lively Business - In East Concord, the bark trade is the leading business these days. H.W. Cutting intends to peel and deliver on the bars 500 to 600 cords this summer. He has the woods full of his men and he is getting \$6.25 per cord loaded in cars.

Escaped - George Metcalf, who furnished with liquor the three men who drowned in St. Johnsbury last week, managed to elude the officers sent to arrest him last week. Policeman N. Ward had just made his arrest and was bringing him to State's Attorney Ide's office, which he found locked. While waiting for Ide to return, Metcalf watched his opportunity, and when Ward's attention was diverted, he made a lunge for the stairs which he cleared in two bounds, and ran like a deer down in back of the court house. Several officers followed but they could not determine which way Metcalf went until finally he reached an island on the river and got away, probably into New Hampshire. We do not learn of this arrest. Probably all of the people wish he would just stay away and never come back again.

THE North Star MONTHLY



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St J Mobil (St. Johnsbury)
Tim's Convenience Store (Plainfield)
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Get Rid of the TOOTHACHE in Your Temple...and the "Cramp" Inside Your Head...When You Discover...

5 LIES About HEADACHES

that keep you hurting, frustrated, and exhausted—FOREVER!

Hi, I'm Dr. Jeremy Ste. Marie, and if you've got ANY kind of headaches—even tension, migraine or cluster—your worries may be over in just a few minutes. Why? Because at **HealthSource Chiropractic™** clinics, we've discovered what just may be the best healing secrets for headaches—EVER!

I'd be crazy to make such a claim if I couldn't back it up, but I'm confident I can help you. And I hate empty promises...that's why I insist on our unheard-of TRIPLE SATISFACTION PLEDGE, which you can read about in the coupon at lower right. But first, here's why I believe your headaches will soon be a thing of the past—no matter how long you've had them.

You see, at **HealthSource Chiropractic™** we've helped SO many people with headaches, that when someone arrives in our office—no matter how discouraged they are, how long they've been in pain or how many places they've been to get help—our automatic reaction is, "We Are Here To Help!" Not only that...

It's sad because many of these folks have already tried pills, acupuncture, massage and exercises—yet they're still suffering. That's why it's important you know about the 5 LIES that keep people in pain. Here they are:

LIE #1: Your Neck is "OUT"! That's exactly how it feels, but your spine is not that simple. We've identified 7 different reasons for painful headache and the locked-up, stuck feeling in the neck that often goes with it:

- pinched nerve
- torque and tension in neck
- imbalance in muscles
- “pulling” from the shoulder
- stiff vertebra joint
- adhesions in neck muscles
- low-grade spasm

It's seldom just your spine, and it's NOT just your muscles. As a matter of fact, if one of the major muscles that stabilizes your spine is in spasm, a “2nd stringer” will have to carry the load. This is a serious problem because...

It's like having your plumber doing the dangerous electrical work!

Sure, he may get it done, and it may work at first—but how long until there's a fire? Or in this case, how long until your spine really locks up? Which leads me to our next LIE:

LIE #2: "It's Only a Muscle!" Boy, it's scary how many people think “a muscle” is no big deal. Unfortunately...tight, bound-up or spasmed muscles can wear out joints faster than you can say, “Charley Horse”! They can even contribute to ARTHRITIS.

“Whiplash Headaches”

“I was involved in a car accident and received severe whiplash with a neck sprain and constant headaches. I could not work and do regular housework. Now I am able to function without constant pain and headaches with the adjustments and therapy.”

—Sheila Boyd

That's why it's important to treat the spine and muscles AT THE SAME TIME. It's also why we've had such outrageous success at **HealthSource Chiropractic™**...even with some of the worst headaches. Because we have spine-freeing treatments from chiropractors and amazing muscle release from therapists, and together they deliver what we believe is the absolute best way to help headaches—EVER! This combination approach is called Progressive Rehab™. This ties in to LIES #3, 4, and 5:

LIE #3: MUSCLE RELAXANTS Help HEAL Your Muscles. NO WAY! Your muscles tighten up for a reason. But muscle relaxants are like turning back the clock on a time bomb...you know it's still going to blow up! Sure, you may feel better, but you'll pay later...“in spades”!

LIE #4: The Problem's Where the Pain Is! Sometimes it works out that way, but a good part of the time, pain is coming from somewhere else—a tricky little hiding place. And if you'll study the diagram in the next column, it may save you from a



life of suffering. You see, there are 22 muscles and 21 joints in the head, neck and shoulders that can cause REFERRED PAIN, the secret to ...most headaches. It's not really a secret, but it seems that way because of how often these referred pain patterns are overlooked. And it's tricky because your

headache can come from a muscle, a ligament, a joint or even a pinched nerve. That's why chiropractors and therapists, working together, make up the ultimate headache detective agency...even smarter than those amazing CSI sleuths on TV!

The BIGGEST LIE #5: There's No Hope! It's easy to feel that way when you've tried everything. But we've eliminated literally thousands of headaches—even for folks who had absolutely no hope. Often they're forced to come to our office by a caring friend. Yet, we know what you're going through and know how easy it is to give up hope. So we're making it super-easy to finally get to the bottom of your misery by offering you a FREE, “Killer Headache” Exam. So don't fall for these lies about your aching head. They'll keep you hurting, frustrated and exhausted, forever! Wouldn't you rather:

- Finally quite living with constant PAIN!
- Open your eyes WIDE again...less sensitive to light.
- FOCUS easily—not constantly distracted by pain.
- Feel alive, energetic and human...feel the depression lift.
- Flexibility in neck and shoulders...turn your head in the car.
- Think clearly...less confusion on the job.
- Get up in the morning...without FEAR of what's coming later.
- Physical exercise...but no more throbbing misery later!
- Listen to loud music—or the mower—without pain.
- Eliminate BRAIN FOG...and “cotton head”.

So don't put your life on hold. Don't pop pills and hope you'll be better tomorrow. Here's just a sample of what some of our patients have said about our amazing combination approach to headaches:

“Saved me from CLUSTER HEADACHES!”

“I had cluster headaches every night for at least four to five years. I tried ice packs, painkillers, hot packs, sleeping, cold water and migraine medications. I couldn't even go to evening events, drive a car (at night), watch TV, read or eat. Now I enjoy my evenings and don't worry about a headache coming on.”

—Dan Henline

“I fell down the stairs which gave me migraines. I was put on all types of meds and at one point took 9 pills a day and was still waking up almost daily with headaches. I missed a lot of social and work activities. It really started affecting my mood and outlook of life for me. My migraines would at times put me in the ER with an IV and morphine for the pain. I believe the weekly chiropractic care along with the strength training and the electrotherapy has been life altering for me.”

—Rhonda Mitchell



Do YOU Have “Killer” Headaches?

Whether it's only a dull headache or a real “killer”, check off and bring this coupon with you when you come in for your FREE, detailed, 19-point “Killer Headache Exam”. It's a \$189~~00~~ Value but yours FREE if you come in by June 30, 2009.

- Tension...with aching in shoulders
- Trigger Point...shooting pain
- Dull...all across forehead above eyes
- Migraine...unbearably light sensitive
- Vice-like...constantly clamping down
- Cluster...vicious but short-lived
- Cervicogenic...moves up from the neck
- “I use more than one pain killer, just to survive and to cover up the pain.”
- One-sided...behind ear and above eye
- Pounding...off & on like a heartbeat
- Headaches from 1-5 years
- Headaches for over 5 years

—FREE 19-Point QUALIFYING EXAM—
(A \$189 value...but for a limited time only)

This detailed exam finds referred pain in:
- spine - pinched nerves - head posture
- neck - trigger points - muscle tightness
- joints - tendons - range of motion
- stuck nerves - ligaments - muscle balance
(X-RAYS also included FREE, if necessary)

After your comprehensive exam, which includes orthopedic and neurological tests, we'll sit down with you, go over everything—and answer all your questions. Then we'll write out an action plan to get you out of pain ASAP—and you're still not obligated to DO or buy anything. You'll just know more about why you've got headaches and what to do about them than ever before. There's NO risk and NOTHING to lose except your miserable headaches!! And although we're not promising a cure, or claiming to be superior, we just want to earn your trust, and get rid of your pain.

—Triple Satisfaction Pledge—

If you do decide to work with us, we also back up any treatments with our unheard of Triple Satisfaction Pledge. Here's what it's all about:

- You must get in the same day you call, or your first treatment's FREE.
- If you do in fact qualify for treatment and are not cheerfully greeted by our warm and friendly team, then your treatment is FREE!
- If you find a better PLEDGE than ours, you'll get a week of free treatment!

EARLY-BIRD BONUS: One more thing. To encourage you to take action NOW, you'll receive a soothing, 1/4-hour RELAXATION MASSAGE (Value \$15) with your exam!

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32 Hill Street, Next to the Creamy Restaurant

A different perspective

by ISOBEL P. SWARTZ

I am a creature of the North and, as such, I have certain assumptions about my natural environment: ancient rocks and fossils, seaweed and seagulls, cool water and sandy beaches, summer and winter, and slow growing vegetation. These assumptions, and others about our ability to tolerate diversity, were challenged on a recent trip to a small (39 miles long by 28 miles wide), tropical, volcanic island. Reunion Island, a département of France, has been inhabited only since 1642. It is a place where you can see many geological and biological changes occurring rapidly. A place where people of many ethnicities, cultures and religions co-exist comfortably.

The island lies in the Indian Ocean 500 miles east of Madagascar and 130 miles south west of Mauritius; it is a tiny speck of land in a vast ocean. It is a very young land-mass formed only 2 to 3 million years ago through volcanic activity; its roots originate 12,000 feet below sea level, on the ocean floor. The original volcano, now 10,000 feet above sea level, ceased erupting 12,000 years ago when a new volcano to its southeast vented. This second volcano, now 8,600 ft above sea level, continues to erupt regularly, the last time in 2007, increasing the surface area of the island. The entire island is spectacular, its volcanic rock pinnacles clothed with lush vegetation. There are no fossils, though I caught myself looking for them in a land cut for a new highway. Time to re-think!

The eastern coast is exposed to the winds, rains and great swells of the Indian Ocean. These pound and roll the rough lava rocks, eventually smoothing them into black boulders and pebble "beaches". In a few sheltered spots, small true beaches of almost black sand develop, but the force of the waves and the currents is so strong that this coast is not a tourist hangout, or a safe anchorage for coral reefs, seaweed or boats. The western coast is the dryer, leeward side of the island. There, a few coral reefs enclose lagoons, and some white, coral sand beaches. The rest of the shoreline is lava —rough and brutal — island building in progress.

During the most recent eruption, lava pouring down the slope of the volcano from a new vent, decimated forests and covered about a mile of the major road around the island under 12 feet of volcanic rock. Lava flowed on until it spilled into the ocean. The ocean water boiled, fish were killed and, as the lava descended into the depths, deep-water fish species were suffocated and floated to the surface. Of the 40 species of such deep-water fish that were collected, 15 were previously unknown to science! After 6 months the lava deposit was cool enough for rebuilding the road, and life continues. And so it does! Ferns begin to flourish in small shaded crevices in the lava. On the smoother surfaces vines begin to trail and rapidly bloom. Vegetation takes hold where one would think life would be impossible, where it is still hot enough to see heat shimmer over the lava surface.

Something that interested me was the relationship of the people to the volcano. Until the 2007 eruption, few local people had ever visited the volcano. They were in awe of it and knew little about it.

The last eruption was spectacular, well covered by the media, and studied by scientists. Maybe because of this, and the lack of superstition among the young people, crowds came from all over the island to watch what was happening as the lava flow came close to burying a small village. Perhaps the volcano is now regarded as an unpredictable elderly relative. I have to admit that as I stood on the new road, looking up toward the crater, I had an uncanny feeling that the volcano was watching me!

The first colonists of La Réunion were French, the island was previously uninhabited. It was already a place for resupplying the ships of the East India Trading Companies with fresh water, fruit, greens and whatever edible birds that could be caught. The French claimed the island, first naming it for their monarchy, Ile de Bourbon. They began to grow sugar cane for rum, the staple diet of sailors! They needed manpower so they imported slaves from East Africa and Madagascar. When France emancipated its slaves in 1848, indentured laborers from southern India and Malaysia were brought to the island. Many of these indentured workers settled permanently on the island and, together with Indians from northern India, they added to the ethnic mixture that makes the island so vibrant today.

The original settlers brought familiar crops, tea, coffee, maize, pimentos, sweet and white potatoes and other vegetables and salad foods. Some things flourished, others did not survive the cyclones (hurricanes), so, today, there is a wonderful mix of mundane and exotic produce in the markets: potatoes and papayas, lettuce and litchis (guavas) and grapes, combava (Kaffir lime) and cabbage, passion fruit and peanuts, all embraced by the scent of spices and vanilla for which the island is renowned. Some of the species that were brought earlier were invasive and are choking out the indigenous vegetation. Because of this it is now a serious crime to bring any seeds or plants into the island without a permit.

The human population shows the same diversity, but also an interesting blending of the gene pool. Every skin tone is manifested, every hair color and texture, and every eye shape, all in magical mixtures enhanced by a variety of clothing from modern 21st Century dress to bright African tribal clothing and the long robes and chadors of some Muslims. The architecture also shows great diversity, from the restored mansions of the Bourbon French period to the simple creole bungalows with verandas and ornate iron decorations around the eaves; mosques with tall minarets, brightly painted Tamil temples adorned with hundreds of small statues of Hindu deities, and always the churches and shrines of this devoutly Catholic island.

Despite so much diversity, a small ever-changing landmass, and geographic isolation until the 20th century, life on this island seems mostly harmonious. Ethnic and religious differences are tolerated in a way that doesn't happen in Europe, Africa, India or the U.S. So what enables this? Consistent political stability for four centuries; a relaxed attitude toward interracial marriage and something much more obvious: sunshine, warm ocean, trade-winds and incredible natural beauty, bound together by life with an unpredictable force of Nature, may be the key.

Short life of a leaf

When I was a leaf, I swung from the branch of a tree
nourished by the sun and rain.
Drinking in the fresh air, pleasure of the scene around me.
The gentle waving of the grass,
Looking up at the blue sky.

One day the gentle wind grew faster, I could not hold on any longer
And drifted, fluttered to the ground.
My red, orange and green leaves became dry, turned brown.
I sadly bade summer farewell.

Doris Stebbins, St Johnsbury, 10/07/04

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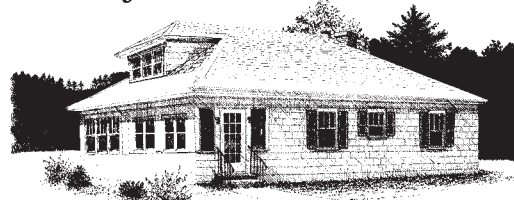
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Chad, my plucky nephew

by JOHN DOWNS

My 60-year old nephew Chad Downs is a paraplegic living in North Carolina. One day when he was 27, living in Montreal where he was born, he was helping a neighbor cut down a tree. He was 30 feet above the ground when he slipped, fell and broke his back. He spent the better part of a year in and out of hospitals, all at the expense of the admirable Canadian health plan.

His life was shattered. Amazingly, he was in the same hospital with his son, and only child, who was born a week after Chad's accident. Eventually his condition stabilized; he was permanently paralyzed from the waist down, and restricted to a wheelchair for the rest of his life; but that didn't keep him from driving his car that was equipped with special electronics so that he could control the car with his hands. He endures pain much of the time.

A few weeks ago, I went to Burlington, N.C., to be helpful during the final days of selling the house he had inherited from his father two years ago. He had lived with his father and mother for the past seven or eight years when his consulting business became less successful because of competition from computer giants like Microsoft. After he sold the house sold, he moved to western North Carolina to live with his son and wife and their two small children. He is excited about living in a multi-generation environment.

Chad is an extraordinary man. He had graduated from the University of North Carolina. Before his accident he had held several sales jobs in the computer industry, but he was far from being an expert. During his recovery, he realized life would never be the same again, and it was necessary for him and his family that he make a new, productive life. He went

to work in a textile mill making stockings that was managed by his father, worked with computers, and went to night school and earned an MBA degree.

In time, he became an expert in developing software programs for the company's computers. He became so accomplished that he developed a unique software program designed to operate a textile mill. Nothing seemed to daunt him.

After his divorce, he moved to North Carolina where much of the textile industry was located, the better to develop his business and market his software programs. He made frequent trips driving to Montreal to visit his son.

Whenever I visit Chad, I come away with motivation and inspiration to try to accomplish more in my few remaining years. I try to make time to think and act "outside the box", so to speak - in particular, make the two monthly columns I write more stimulating and meaningful. I recently opened an office in St. Johnsbury, thanks to my former law partners who made room for me and equipped it.

I should have more quiet time to think and write about the many problems in the world. I can personally do little about them, except to encourage readers to be more aware and concerned about them and their ramifications. Perhaps they will become activists as I have become. Our politicians need the prodding that only concerned citizens can give them.

There are too many wars, too many dollars spent on war-making equipment and too little of our dwindling resources devoted to climate control, conserving energy, health care and education. When I worry more about these things, I sometimes wish I had not gone to visit my nephew Chad! But his inspiration may have stimulated me enough to write my memoirs to satisfy my children, and work on a short book.

Thank you, Chad.



Up on the Farm Early

Lorna Quimby



Soon we'll read in the local paper about the prom for this year's seniors. There'll be photos of the girls' strapless or spaghetti-strapped gowns, their corsages. Each couple tries to out-do all the others with their mode of transportation: the stretch limos, which cost a pretty penny, a horse-drawn carriage or, in the case of a really inventive couple, the boy's family tractor. There are pre- and post-prom parties. A senior prom in the 21st century means a lavish expenditure for both the boy and the girl.

One girl wrote to Dear Abby about her prospects for her senior prom (dim), her date (non-existent) and her gown (chosen by her mother and hopelessly unsophisticated). As I recall, Abby encouraged the girl to go and to have a good time. It was, after all, the girl's senior prom and she'd remember it all her life.

I could relate to that girl, because I remember my own senior prom. I graduated from Lyndon Institute in 1946. I'd joined my class my junior year. If you remember your salad days, you know that by then most of the serious couples had formed. Any unencumbered boys were unencumbered for a reason, shyness, and indifference - even, as I now realize, lack of ready cash. At the time, I only knew I was not popular with the opposite sex.

During my first year at LI, I'd learned the hard way which couples you did not sit between. Then there were boys and girls who bickered and sniped at each other. When I returned my senior year they were an item. They joined the other couples who went to the prom together and

danced with each other exclusively all evening.

Not only did I have no date for the prom, I also had no dress. Money was tight at home - even more than usual. I don't remember when it was my older sisters sat me down and pointed out that Dad wouldn't be able to help me with any college expenses. I would be selfish to ask him. Although, as salutatorian in the class, I had a scholarship from the University of Vermont (UVM), it didn't begin to cover the total cost of tuition, room and board. I didn't want to teach - I realized somewhere along the way that I wouldn't handle discipline problems well, nor did I want to be a nurse. Hence, there was no reason for me to go to a regular four-year college. I'd dreamed of Middlebury College, where Miss Fuller, one of my favorite teachers, had gone. I'd tried for a Pepsi-cola scholarship but had not won one. UVM was out, so I planned to spend a year at Burlington Business College so I'd have some job skills.

Not only could we not afford college tuition, I realized, but a prom gown was also out of reach. I'd chosen a Vogue pattern and thought I'd make a plaid taffeta gown that would be more sophisticated than any of the other girls' dresses. There was no money and there was no time to make my dream dress. June loaned me a gown she had. It had a fitted black top with a sweetheart neckline, sleeves, and a white bouffant skirt. The dress would have to be dry cleaned if I got it dirty. Deodorants back then were not too effective. To avoid sweat stains under the arms of our dresses, we wore what were called "dress shields" made from stiffened muslin. Clammy sweat ran down our sides, but the shields saved the dress.

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I had a narrow chest, a long waist and arms and, by my senior year, I was five feet seven inches tall. I didn't have much for a bosom, either. June was shorter and had a full figure. I had to keep my shoulders well back. If I leaned forward, you could see right down my front, bra and all. But I had a dress for the prom.

I wore my "best shoes," black with Cuban heels. I'd wear them the next fall, although my feet hadn't stopped growing and they became uncomfortable. Cuban heels were good for dancing. Spike heels, as we called them, were not practical, although there were probably a few pinching some poor girl's toes. We didn't have the stiletto heels the girls wear now and we wouldn't have been caught dead in flip-flops. I probably walked over to the gym.

There were no stretch limos in sight. Some of the guys borrowed the "old man's" car. Very few young men had their own car. Jack Davis was the only one I remember and he had a jalopy that was antique even then.

I was determined to have a good time in spite of my borrowed dress and lack of escort. I plastered a smile on my face and entered the gym. Most of the girls wore new dresses that fit them.

There was a stag line on one side of the gym. I joined the gaggle of girls on the other.

Mrs. Chase came over to me. Her son, Charlie, had been in my advanced math class. He was what would now be called a nerd, precocious in all subjects, an accomplished pianist. His mother wanted him to enjoy himself and

knew he was too shy to ask a girl to dance. So she asked me to ask him! As a reward I would get to dance with her second husband. He was a handsome, if older man, a little stout. We did a sedate fox-trot around the room. I kept my shoulders back and wondered what to say to such an old man.

I was used to asking boys to dance - at Peacham Academy I'd asked one of the Brock boys to lead me around in a promenade. So I danced with Charlie. Then I asked Jack Davis, another member of our math group, to dance. Both boys knew the fox-trot and could waltz. I had to jitterbug with another girl. When you're a

well-fed farm girl and tall to boot, there aren't many guys who can swing you over their heads

I don't remember how late I stayed or how I got home. But I went to my senior prom, I danced, and I had a good time. And June's dress didn't have to be dry cleaned.



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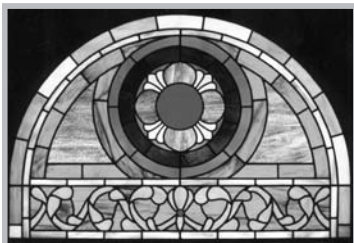


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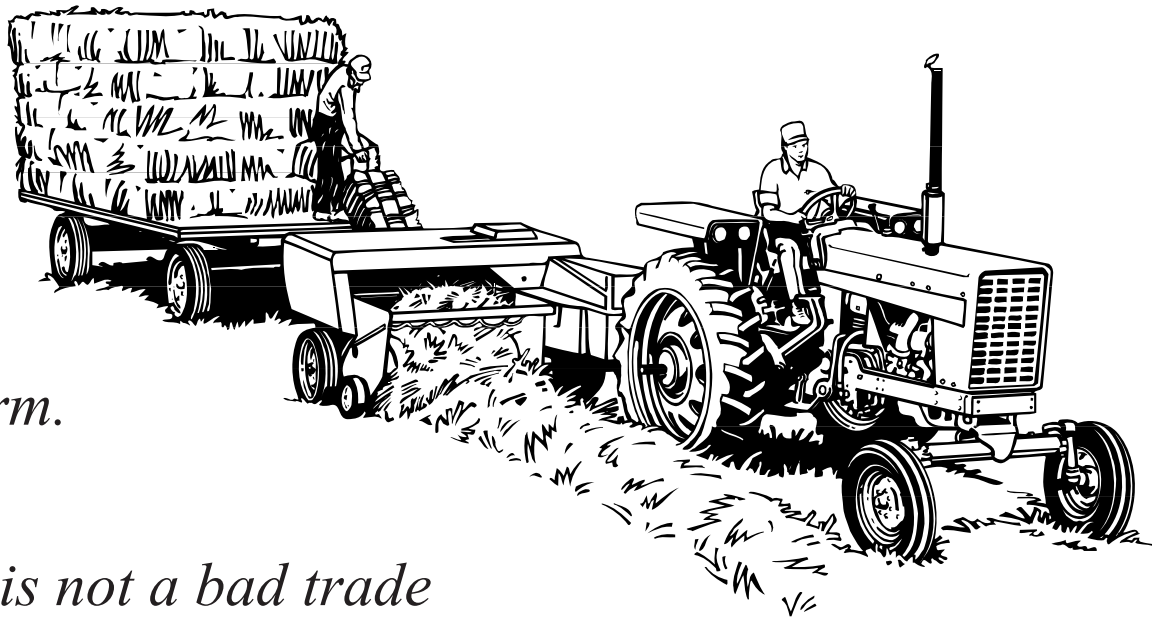
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Backswath

*I longed to be back on the farm.
As I look back on it,
perhaps having a backswath is not a bad trade*



by BRUCE HOYT

The summer before I went off to college, I decided that my employment should be outdoors in the sunshine and fresh air. I was going to hay. My labor was to augment that of the full-time hired man, a fellow who was two or three years older than I.

Room and board at the farm was counted as bonus, but only meant that I was to be a participant in morning and evening chores. The “work” was in the hayfield.

Like most families of my teen years, mine provided for me but it was not a democracy. I knew who sat at the head of the table and made the rules. Therefore, I was not troubled by the hierarchy evident on the first drive out to the hayfield when Stanley took the wheel and the boss waited for me to get in and straddle the shifter while he rode in the place of honor. This served me well when I worked at the Guildhall batch plant and could discern which chair in the lunchroom belonged to Ray.

If the weather had been benevolent, the hay was cut, raked and ready to bale. The boss took over the tractor/baler/buncher, and Stanley and I took over the old restructured bread truck. Stanley and I agreed to swap loading and driving responsibilities sequentially which was fair in most aspects except he manipulated the series so as to ensure that I was loading the backswath.

In order to obtain clearance for the baler, the first turn around the hayfield by the side delivery rake has to go in the “wrong” direction, pulling a content of partially dried hay, swailgrass and sticks away from the alders. In addition, the first “right” direction pushes a second windrow into the first, making the combined windrow doubly thick. There in the shade of trees that dense ribbon never seemed to dry.

The normal bale weighs about 40 lbs in the hayfield, but the “bricks” made from the backswath weigh at least twice as much – objects loathed by the loader. I once rolled one into the brook to see if it would float. It

snagged in the shallow water and foiled my experiment.

I would rate loading the backswath as one of the most odious tasks on the farm, but I later changed my mind.

A few years after my farming summer, some bright person – a farmer, I suspect – got the idea that hay would dry a lot faster if the awns were crushed to let out some of the moisture. He may have gathered the idea from watching his wife’s old time washer with the abutting rubber cylinders called a clothes wringer. The device hastened the drying of everything hung out on the clothesline. Eureka! A wringer for the hayfield called a conditioner!

I would rate loading the backswath as one of the most odious tasks on the farm, but I later changed my mind.

We didn’t have a conditioner.

It takes three or four good drying days for hay to make. A perverse June can produce rain every third day, making a destructive sequence of wet, nearly dry, wet, nearly dry and so on that makes a blackened, ruined hay. By using a conditioner to save a day of drying, haymakers were able to circumvent the frequent rains and get the hay into bales and off to the barn.

When hay got wet in the 1950s, new strategies were required. Another turnover by the side delivery rake might help. Some farmers had tedders, towed machines that had several flailing tines that flung the hay into the air. Our farmer had two young hired men with pitchforks go around and around the windrows shaking out the hay. Tedious and callous-producing, but not heavy, this labor barely achieved drying before the next rain. The farmer’s anxiety began to border on insanity. He accused us of having “a guitar lesson” when we paused to discuss the next direction for our load. Once when we had the field ready to go, the baler broke a shear pin. No spare. Luckily, the boss had driven his Packard out to the field that day and he roared off toward town. We

heard the trooper’s siren just after he went out of site. When he returned, he said to us, “It was a good thing he caught me when he did, I was planning to do a hundred when I got to the straightaway.”

In spite of terrible weather, we managed to finish haying in mid July and hoped to rest until the rowan crop. That was a dream. A neighbor decided to retire from the egg production business. He also decided to raze the two-story henhouse so his wife could enjoy the long obscured view of the river. He gave the contents – nitrogen rich droppings – to our boss for his fallow field. “Corn will grow tall in that free fertilizer.” Free, except that Stanley and I had to shovel it out.

In September I left, mid rowan for college in Boston thinking there could be nothing worse than backswath bales, wet hay and hen manure. I encountered a sadistic course called “Logic” delivered by a stubby Hungarian refugee with two gray dresses and no command of the English language.

I longed to be back on the farm.

Writer’s note: I sent this story to my friend, Peacham dairy farmer George Kempton. His return letter contained this interesting recollection of his own younger days in the hayfield; “The backswath is a product of the side delivery rake. In 1945, I worked on a farm in the hills of Windsor Vermont. It had been held back by the war and location and they farmed very much as they had in the 1920s. We raked with a dump rake, tumbled, and pitched on by hand. Two of the jobs that I did as the boy on the farm that are rarely done now are: pull a bull rake while they were pitching on, to make sure no spear of hay was lost, and mow with a scythe along the brook, woods and fence lines to ensure that no brush could grow. As I look back on it, perhaps having a backswath is not a bad trade.”



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

Follow the Money

The tragedy of the Commons, Updated

by RACHEL SIEGEL

In 1930, the then-15-year-old Garret Hardin (1915-2003) won the grand prize in the Chicago Daily News Essay Contest. In 1968, he published "The Tragedy of the Commons" in the journal *Science*. Best remembered for warnings on overpopulation and pollution, the essay also referenced Adam Smith's invisible hand, the theoretical basis of free market capitalism since "The Wealth of Nations" was published in 1776.

As Hardin notes, Smith had offered "the idea that an individual who 'intends only his own gain,' is, as it were, 'led by an invisible hand to promote... the public interest.'" That idea, according to Hardin, has spawned the "tendency to assume that decisions reached individually will, in fact, be the best decisions for an entire society."

Hardin then rebuts by expanding on the scenario of the commons, first described in a pamphlet published in 1833. The commons is a metaphorical pasture, open to all to graze their flocks. Each herds-

man enjoys the benefit from raising one more cow, yet shares its cost—the diminishment of grazing resources—with all who graze. So for each herdsman, the benefit outweighs the cost, and the incentive is to have an ever-larger herd. The commons socializes cost but privatizes benefit, and the individual incentive is clear. "Ruin is the destination toward which all men rush, each pursuing his own best interest in a society that believes in the freedom of the commons. Freedom in a commons brings ruin to all."

End of story, except that what resonated in Hardin's essay was the notion that we do have "commons," that we do inevitably and unshakably share some things, that not everything can be divvied up and privatized.

Our economic solution to the commons has been the idea of private property, assigning costs and responsibility to the individual that accrues the benefits of ownership. Embracing capitalism, we have embraced private ownership. We have privatized property and the right to its benefits. We have privatized labor and the right to its ben-

efits.

We have equated privatization with the freedom of choice and of action, freedoms that imply fairness and the predominance of a meritocracy. We have done all that using markets, but in the process we have made our markets our commons.

A market is also a metaphorical meeting place. The financial markets, once the privilege of the few, became the commons of the many. Through 401ks and IRAs and Alt-As, we became a nation of investors. Our open, common, credit and financial markets have increased our participation in capitalism.

This has made those markets more liquid and more efficient. It has also created more opportunity for more of us to own assets and create capital and wealth—and risk. Universally accessible markets democratize capitalism, just as universal suffrage democratizes government.

In the financial markets, individual incentive was to take -and profit from - risks. But while the

benefit accrued to the individual firm or investor, the cost of that risk was systemic. And if the sheer weight of risk caused the financial system to collapse, the cost would be visited least on those whom it had already made wealthy. Those who had least incentive to pay attention to the cost of risk, had the most incentive—and the means—to create it.

"...the commons, if justifiable at all, is justifiable only under conditions of low-population density. As the human population has increased, the commons has had to be abandoned in one aspect after another." When there are only a few herds on the commons the damage they cause is limited and the commons can compensate with abundant resources. As the number and size of the herds increase, the damage becomes overwhelming.

For the first few hundred years, there were few enough investors—and they were only the wealthiest—such that markets could survive exploitation. Now, perhaps the markets' very popularity, its


overpopulation, has precipitated its own tragedy as the commons.

When Hardin's article was published in 1968, many took it as a lesson in the necessity of protecting the commons. But Hardin concludes that "the most important aspect of necessity that we must now recognize, is the necessity of abandoning the commons" absent a technological solution that creates a large enough commons to support all who wish to graze. Hardin's thinking would suggest that we either have to find a way that markets can accommodate more of us, or abandon them as our "commons," privatizing not only our capitalism of trade, but its metaphorical home as well.


Rachel S. Siegel, CFA, consults on investment portfolio performance and strategy, and on accounting dilemmas. She is a professor in the business administration department at Lyndon State College. "Follow the Money" has been a regular feature in the North Star since 2001.

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TRAILS IN THE SOUTH PACIFIC

(...with apologies to James Michener)

by DICK BOERA

The faithful readers of The North Star may recall that one of a previous issue's articles was entitled Around the World in Eight-teen Days, but our editor left you hanging in mid-trip...and me sipping a brandy in India, only half way through the odyssey. Since he (understandably) won't let me fill the pages of a whole issue with my trip log ramblings, I had already had to omit details of several side trips in Hong Kong, Tasmania and Delhi. To close that chapter, I can summarize here the several pages detailing the final stages of that journey that took me 'round the world by simply enumerating the stops along the way...from Delhi to Vienna...Vienna to London...a shuttle bus to the Royal Air Force station at nearby Mildenhall...a military hop from Mildenhall to Dover Air Force Base...and another C-5 Galaxy mission back to Westover Air Reserve Base at Chicopee, Massachusetts.

Now we can move on to another odyssey that didn't qualify as a full encirclement of the globe, but was its equivalent - and more - in total distance covered. It wasn't intended to be anything beyond a visit to a single destination.

My visit to Australia in 1996 gave me just a taste of that vast continent. Touring Sydney and its environs and Canberra, the capital, and claiming to have "seen" Australia is akin to sampling New York and Washington and saying that you've "been to" the United States. In 1999 I thought I'd like to try to reach that distant shore once again and do a bit more exploring.

After Easter Sunday dinner with our family, I drove down to Chicopee, staying

overnight at Westover Air Reserve Base for a C-5 Galaxy mission heading to Hawaii the next morning. With an intervening stopover at Travis AFB in California, the C-5 and its 15 retiree passengers arrived at Hickam AFB on Oahu two days later.

On Wednesday, there was a mission headed to the RAAF base at Richmond (near Sydney), Australia and it was 16 hours nonstop. No problem getting manifested since only 13 prospective passengers appeared for the sign-up and 73 seats were available. But then we learned that we're all "bounced" because the plane was taking on hazardous cargo. Bummer...knew it was too good to be true.

After three days, I was still not making any headway toward Australia. We missed a flight the next day when the plane left - sans passengers - ahead of schedule, then agonized over missing another hop to Tahiti that was posted too late for anyone to be manifested aboard.

"Harold," one of the retirees, who had been part of our group from Westover, told us that he was heading out to Japan. He'd always wanted to go to Bali, so his new plan was to try to get to his primary destination through the back door (Perth, in Western Australia) after first spending a few days on the Indonesian island. It sounded intriguing, but we all laughed about it since it sounded like a pipe dream.

The next day I gave up on Australia myself and caught a hop to Yokota Air Base in Japan via Wake Island on a C-9 Nightingale. We landed on a little speck in



the middle of nowhere in mid-afternoon. Historic Wake Island is about an hour west of the International Date Line, so it's referred to as the island "where America's day begins." During World War II, the small U.S. Marine garrison there held out against a Japanese invasion force for two weeks, finally surrendering in late Decem-

ber, 1941. Now this tiny triangular atoll serves as a convenient stopover for small planes, since it's just a bit more than halfway between Honolulu and Tokyo.

After overnight billeting on base at Yokota (near Tokyo), there was a morning roll call for a C-17 Globemaster flight to Singapore. We touched down at the Republic of Singapore's Paya Lebar Air Base at 1800 (local) after a flight of slightly over seven hours. Since I've explored this magnificent city-state before, I headed directly for Bangkok and took a taxi bound for the causeway bridge to Malaysia, planning to take a train up through that country to Thailand. When I got to the Singapore border where I had to change taxis before going through Customs; the new driver's chatter was about the riots in Kuala Lumpur which reinforced what I'd been seeing on TV recently...

As we passed through the suburbs of Johor Bahru, we saw the poorest hovels imaginable, much worse than Russia...rusty-roofed, unpainted shacks, standing wall-to-wall; dirt floors, filthy water and garbage everywhere. So far, Malaysia was not exactly the image conjured up by the literature of Conrad, Maugham or Kipling...nor any of those old British films.

The train was modern and comfortable, air-conditioned, and I had a window seat. We reached Malaysia's capital, Kuala Lumpur, in late evening (no rioting evident) in time to board the sleeper bound for Butterworth. Passing through, the floodlit tallest skyscraper in the world, the spanking new Petronas Twin Towers (233 feet taller than the Empire State Building)...connected by an aerial bridge at the 40th floor, was an awesome sight. I slept fitfully after that since the train was really "rockin' and rollin'" and the Indian music over the PA system sure didn't help. I shouldn't have complained; others later reported they were bothered by the oversized



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cockroaches as they tried to sleep sitting up in their car.

At Butterworth, I had time to kill and took a ferry to the island of Penang for a tour of Georgetown, capital of the province. After the tour, I took a jinricksha ride (bicycle-powered ricksha) around town which is a great experience. Despite weaving in and out of heavy traffic, it was a relaxing ride (for me, not the poor cyclist).

From that point on – back on the train - I traveled with a monk, "Ashin," who lived in Thailand, but was from Korea. He volunteered to take the upper bunk. The landscape alternated between jungle, rainforest, small groups of homes (hovels) and rice paddies; many goats and water buffaloes were seen as well as abandoned vehicles and collages of rusty corrugated roofing.

Our train stewards treated the monk very deferentially, providing food for him, taking off their sandals and bowing with praying hands as they presented it. Ashin was surprisingly friendly and his English wasn't bad. When he asked where I lived and I had to locate our state as being next to Massachusetts, he responded with "Ah, gerrymandering." I was stunned; how many Americans would know the word, much less its meaning and identification with Massachusetts? He tried to indoctrinate me on the teachings of Buddha; which was very interesting. Cut and cleanse all desire - for money, fame and women. "Water lily" is the lotus - the symbol of Buddha. My knuckle-

cracking friend had a package of the same Japanese medicated plasters that we find so useful at home; said they were given to him as a donation. He would take them back to his temple for the older monks to use. Ashin was a chiropractor before becoming a monk. Somewhere along the way, we passed across the border into Thailand (with only a cursory inspection of passports by guards coming through the train) and now saw many cattle egrets in the rice fields, ducks in the ponds and streams. Banana trees and coconut palms abounded. There were tidy clean railway stations, all colorfully painted and all displaying the new Thai flag. Within the Bangkok station I found an air-conditioned, efficiently staffed, government tourist office and arranged for three nights at a five-star hotel in a central location (a great room with breakfast at \$30 per night), sightseeing tours, and reservations for flights to Bali and Perth. Learned the reason it seemed festive that day was because it was Thailand's New Year's Day.

Tours included a visit to the Golden Buddha - five impressive tons of solid gold. It had been encased in cement for centuries to protect it against invaders, then revealed earlier this century when the casing cracked accidentally while the statue was being moved; the Temple of the Reclining Buddha - 46 meters long by 15 high, not solid gold but it has that appearance; exquisitely and intricately fashioned from stone, but covered with layers of gold

leaf; the Marble Temple; and finally, the Temple of the Emerald Buddha that houses what it describes, though it is jade rather than emerald...and rather small. The king personally changes its gold raiment each season. All the kings of Thailand (Siam) have the common name Rama. Rama IV, he of "The King and I" fame; his son Rama V had 102 wives, 77 sons and uncounted (as opposed to countless) daughters. The present king, Rama IX, has just one wife.

The Grand Palace was the next stop and I was totally unprepared for the sights that greeted us as we entered the compound. I was absolutely struck dumb by the awesome architectural wonder of this complex of golden, glittering temples covering the 50-acre area. [I had not yet seen the Taj Mahal.] It takes several hours to cover all the grounds, inspect its statues and tour its several temples. The buildings are in such perfect condition that they all appear to be new although they are centuries old. This is a tribute either to superb maintenance or benign weather. Among the visitors here, the hundreds of Buddhist monks stood out in their saffron toga-like robes. Back at the hotel, at the end of a tiring day, the concierge was disap-

Continued on Page 12



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Continued from Page 11

pointed that I turned down his offer of after-hours entertainment in another part of town. There was no sense trying to explain (to the representative of a different culture) why I had no interest in looking for trouble.

The final morning's ride to the airport through the suburbs revealed a squalor that was pitiful beyond description, and yet the king here - who has the wealth but not the power or inclination to do anything about it - is revered like a god.

The 2,000-mile hop to Denpasar, Bali, on Garuda Indonesia Airline's Boeing 747 was comfortable and pleasant; the service excellent. Landing on Bali late in the afternoon, I signed up for a room at the Kuta Village Inn which turned out to be right in the heart of the seamy side of town. However, the Inn itself is in a secluded, walled-in garden area and seemed safe enough. The quarters, though inexpensive and "graced" with TV and their version of "air-conditioning"- an overhead fan - couldn't compare with Bangkok.

The all-day tour the next day (for the astounding sum of \$10) included a spectacular view of the Batur volcano and Lake Batur, in the crater of the volcano. At the mountain's summit, there was a little breeze to give us some relief from the intense humid heat. I reminded the guide that we had been promised an air-conditioned van...so he opened the windows! The predominant sights throughout the day were temples and stately galore, banana trees and rice fields. Exacerbating matters on the return trip through the more populated towns, the combination of narrow streets with cars parked where they shouldn't be, the incessant stream of motorbikes weaving in-and-out of the already congested traffic, horns blowing in anger, and the overpowering

heat all contributed to a mixed view of the island's charms... sometimes exotic, but occasionally challenging sanity. A good sense of humor helps.

Geckos abounded around the outside of the hotel room, but none were spotted inside. I didn't mind them too much, but their sudden darting movements can spook you when their shadows loom larger than these harmless little lizards. Worth mentioning is a striking ritual which I observed...the daily canang offerings to the deified ancestors which appear on the steps or sidewalk in front of almost every home or place of business each day...fresh palm fronds woven into shallow little baskets with lotus or other flowers, raw meat, rice, and incense placed within.

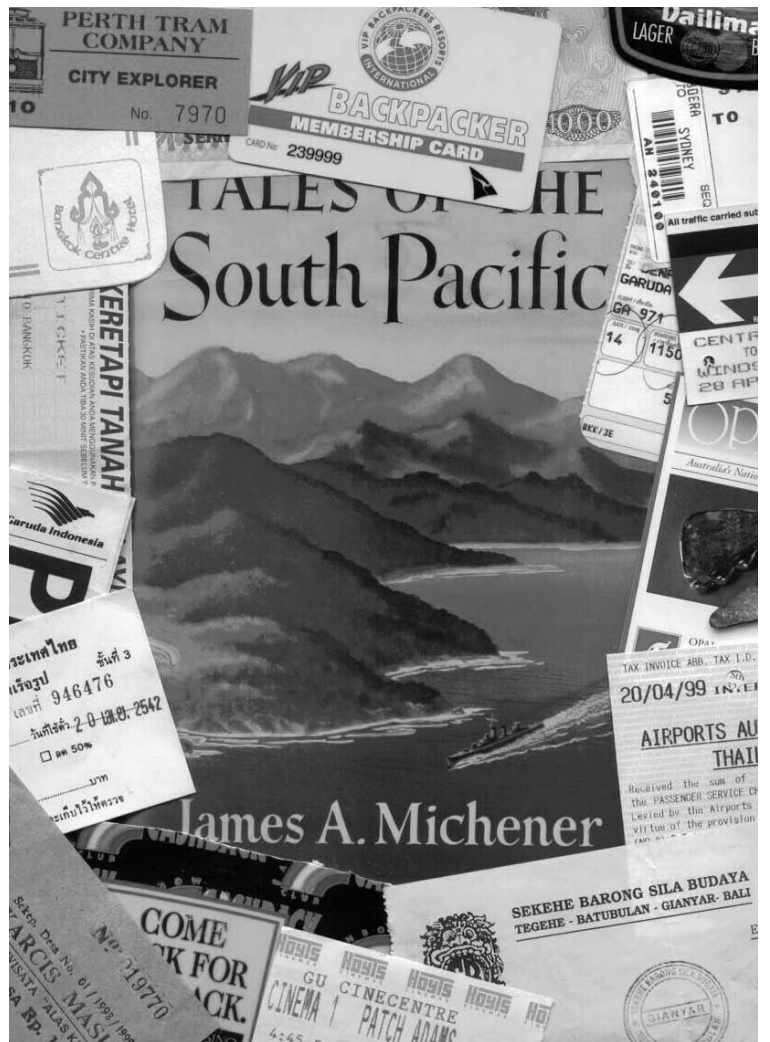
Another day's tour stop was at a Buddhist temple and then a monkey forest. Monkeys are seen occasionally in the countryside but seemed to be more concentrated here. They were OK, but the clusters of fruit bats hanging by the hundreds in the trees overhead were a bit unnerving. A monkey jumped on my head while I was walking along the wall, but jumped off before I could get someone to snap a photo. The Monkey Temple was crawling with them. We persuaded the driver to extend the tour for a drive over the mountain to Gitgit to see its spectacular multi-tiered waterfall. It's a one-kilometer walk down to the falls, but well worth the extra effort (of the hike back up). Back over the mountain, we stopped at Bedugul and the unique Lake Temple...the multi-tiered meru of Ulum Danu, built in 1633, floating on its own "lily pad," Lake Bratan...a breathtaking sight with the mist over the lake in the background. Nearby, I posed with two huge pythons wrapped around my neck, arms and legs while my

Jakarta friend snapped away; then another photo holding an ugly iguana. For a person who doesn't like snakes one bit, it seemed idiotic...and I had to pay the snakes' owner for the "privilege." But "the devil made me do it" and the experience surprised me. The skin was not slimy at all, but quite dry. The snakes were amazingly heavy and the job of keeping a firm grip on the heads to keep them away from my face kept me fully focused; the tails had a will of their own. Within minutes, fifty people gathered around, some gasping, some laughing, all with cameras snapping away.

A late afternoon walk down to Kuta Beach - a gorgeous setting on the Indian Ocean in the late afternoon sun; found many surfboarders in their glory riding the high waves of a pounding surf and a few topless bathers...a mix of native women and well-tanned Westerners. I would guess that the Balinese have become more puritanical as tourism has grown. The Hard Rock Café was doing a brisk business already - early in the evening - but that's not my cup of tea. I was happy to escape from the blast of raucous decibels they call music.

Breakfast on the beach before packing to leave for Perth, Australia. The only things I was glad to leave behind were the intense heat and humidity. (No sign of "Harold" while I was here.) The 1,625-mile, 3½-hour flight was again on Garuda Indonesia. Looking down from the cloudless heights at the terrain of Western Australia, it appeared to be an expansive wasteland of red clay soil and dried riverbeds with no sign of habitation. Soon the soil appeared sandier with capillary rivers meandering across the terrain, but still no sign of civilization anywhere. An hour after making landfall, green began to appear and then rectangular plots of developed land.

The next morning, with convenient lodging secured in Perth, it was a short walk downtown for breakfast, then continued to walk, walk, walk all over this beautiful modern city, touring its parks, the zoo, and the government Mint that included an impressive gold-pouring demonstration and the coin-stamping operation. I made a reservation to head out the fol-



lowing day on a Greyhound bus cross-continent to Sydney, but with free stopovers allowed at Adelaide and Melbourne. Perth, known as the world's most isolated city, is one of those treasures off-the-beaten (tourist) track. I really should have planned to spend a bit more time there and to have explored the natural attractions along the western coast up as far north as remote Darwin...but that would have been a major detour and will have to remain unrealized.

Pulled out of the East Perth Station early in the morning for the 1,700-mile journey to Adelaide. We drove through the suburbs with its neat, modest cottages and out into sheep country...some cows. The "bush country" is aptly named. Bushes are interspersed at random in the sandy soil for hundreds of miles on end; most are about three feet tall, but some are as high as 15 feet. It was a "luv-ly" day again, no "rine" threatening. Can't understand a word the driver-guide is saying so I tune him out after the first five minutes. The first real city we came to was Kalgoorlie, a gold mining town since

1899. There were a lot of aboriginal people hereabouts; buildings are New Orleans style, nothing was over two stories except the tower on the town hall. Mining sites were very apparent, all open-pit operations. We made other "pit stops" about every few hours to stretch, use the facilities, and have snacks.

"Wakey, wakey" for breakfast stop at 7 a.m. It was Anzac Day, a national holiday, but it wasn't apparent since all parades were held the previous day and we didn't pass through any cities. It was still bush country followed by absolutely barren landscape - with only an occasional isolated bush. After 1,200 miles of flat land, we came into mountainous territory - the Flinders Ranges at Port Augusta, a decent-sized settlement, but certainly not qualifying as a "city." Virtually all my fellow travelers were Australian; about half of them Australian students on a school break with whom I enjoyed good conversation and from whom I learned a great deal about their country. All were very outgoing and friendly, just as interested in speaking with an American. We headed south to-

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wards Adelaide (named for William IV's queen); there were more settlements now, farms and vast sheep stations. The roads were long and straight, with only occasional "turns"...really just slight angling off on a new heading. The bus lost its clutch about fifteen miles short of Adelaide so

The full tour around the city took about an hour-and-a-half, and then I repeated the cycle to get off and on at the sites that looked interesting the first time around. I spent most time at the War Memorial in the suburbs, with its impressive displays and beautiful gardens, then on to the Art

bound for the airport.

The drive at this time of the day was memorable; the sun's rays cast a spotlight through a hole in the clouds giving the appearance of a painting of the Ascension. I was the first aboard the crowded Boeing 767 and we took off promptly, arriving at Sydney

final destination was Altis AFB in Oklahoma, but I planned to take my leave at Travis AFB since I would have a better chance of catching a ride east from there. Stopped at Pago Pago (pronounced pango-pango), American Samoa, for refueling. One of the crew treated us all to sandwiches

As I walked into the air terminal at 0510 on the third morning, I heard a roll call for an unannounced non-stop mission to Andrews AFB - eight seats. I'm the eighth! It turned out to be a general's plane, a KC-135 Stratotanker, but with its interior outfitted like Air Force One. It

"Travel is fatal to prejudice, bigotry and narrow-mindedness, and many of our people need it sorely on these accounts." Mark Twain...The Innocents Abroad

another bus came out from the city to take us in, reaching the depot only a half-hour behind schedule. We were very fortunate that the breakdown occurred so close to our destination.

Took the Cityfree bus to the Greyhound station in the morning to book a reservation to Melbourne for that same night and check luggage. It was a short walk from there to the Southern Australia Art Museum with its impressive collection of Australian artists, magnificent Rodin bronzes, and special traveling exhibit of Picasso line prints. Regretted missing out on the exhibit of Japanese ukiyo-e (floating world) woodblock prints which was due to open May 1. The layout of the city is a small, square grid. It is supposed to reflect a calm, laid-back atmosphere, but I found it too compact and tense, with a hustle-bustle undercurrent. Trivia observation: I think every city in the British Commonwealth has a street or square...or both...named for Queen Victoria.

I took a sightseeing bus in the afternoon for a more complete look at the city, then "cleaned up" at the Adelaide Casino (\$18 ahead after an hour of dropping \$1 coins in the game machines) which is adjacent to the railway station and does a brisk trade.

The all night bus ride into Melbourne was uneventful. At dawn, I checked in at a downtown motel but it was too early to get into the room so I left luggage in the office and headed out to breakfast. Then walked downtown - not far - to City Hall to purchase an Explorer (all-day) Pass on the double-decker buses.

Gallery of Victoria.

After five unsuccessful attempts over the course of a few days to reach the USAF passenger terminal at the Royal Australian Air Force Base at Richmond (for the simple reason that I was using an obsolete "telly" number), I finally made the contact through directory information. I learned that the only missions headed for Hawaii during the past week were two planes awaiting clearance to take off at that very moment, but they'd been delayed all day because of high winds in the Sydney area. No other flights back to CONUS were scheduled for two weeks! There was a (very) slim possibility that the two planes might be held overnight. After hanging up, I decided to send an e-mail to the base asking if there was any chance I might be able to make the morning flight, explaining that I hadn't signed up ahead of time since I'd come to Australia via the "back door." After waiting in vain for an hour for an answer (which I couldn't really expect), I decided to take the gamble...of trying to head up to Sydney immediately, but the Greyhound express wouldn't arrive there until 6:15 am; I simply had to forget my bus ticket and take the loss. Instead I opted for booking a seat on a shuttle flight that night on Ansett Airlines, which happened to have a reservation office in the bus terminal. Within a half-hour, I retrieved my luggage - checking out of the hospitable guest house (with real regrets...and full refund), cancelled the bus, booked the airline ticket, purchased a snack, and boarded the Skybus

about 7:15 p.m. Since I knew my way around from previous experience with the transit system there, I took a van to the Central (Railway) Station, immediately caught a train to Windsor, via Blacktown...about a 45-minute run. The old hotel near the Windsor station was out of business, and it was drizzling by then so I took a taxi to the motel on the other side of town and, as I registered, the desk clerk told me that "three other American gents" were also waiting for tomorrow's flight...great news! I phoned one of them and learned that one of the planes took off that day - without passengers, but the other had been postponed until morning. We arranged to share a taxi to the base.

At the air terminal by 0700, the airman on duty added my name to the manifest list - no problem - and I quickly checked through Australian Customs since I was the only one needing clearance. We took off in the C-141 Starlifter at 1000...a real miracle for me, this hastily arranged rendezvous. Couldn't quite believe my good fortune! This mission's

and beer ("Vailima," the local brew named for Robert Louis Stevenson's home in Western Samoa); he insists since he was celebrating his impending retirement, a birthday, and some winnings at poker. Took off again at 2030 landing at Hickam AFB at 0230 local. There was a DC-8 to Travis scheduled for an 0700 roll call. Since there was no billeting available at that hour, I slept in the terminal waiting for it, but the 32 seats were instantly filled by active duty personnel, dependents, and retirees with higher priority (based on signup date). A C-5 roll call at 1140 had 69 seats, also filled. Our plane from Australia still had seats reserved for us, but wouldn't leave until 2100 that night...then learned - too late that our Starlifter departure had been postponed until tomorrow!

Showtime was 1155, then 1430, then 1630, then 1830...finally, the next morning. Good grief! Two more days went by...just waiting, but billeting was available and there was plenty to occupy one's time on base or downtown Honolulu...in "Paradise."

was a nine-hour hop to Andrews, just outside of Washington, DC; we arrived near midnight. There was no billeting available at Andrews - Air Force or Navy - but there was a Ramada Inn not far from the base.

A fellow passenger from the flight to Andrews shared an auto rental with me. It was an easy drive up to McGuire Air Force Base, NJ, his point of departure for a Hawaiian hop. After dropping him off, I continued on to Springfield, MA, reaching Westover ARB while it was still daylight.

In the morning, I dropped off the rented auto in Springfield and taxied back to Westover where my station wagon had been patiently awaiting my return in the long-term parking lot. It was a nice drive back to Lyndonville...where someone else was waiting patiently...

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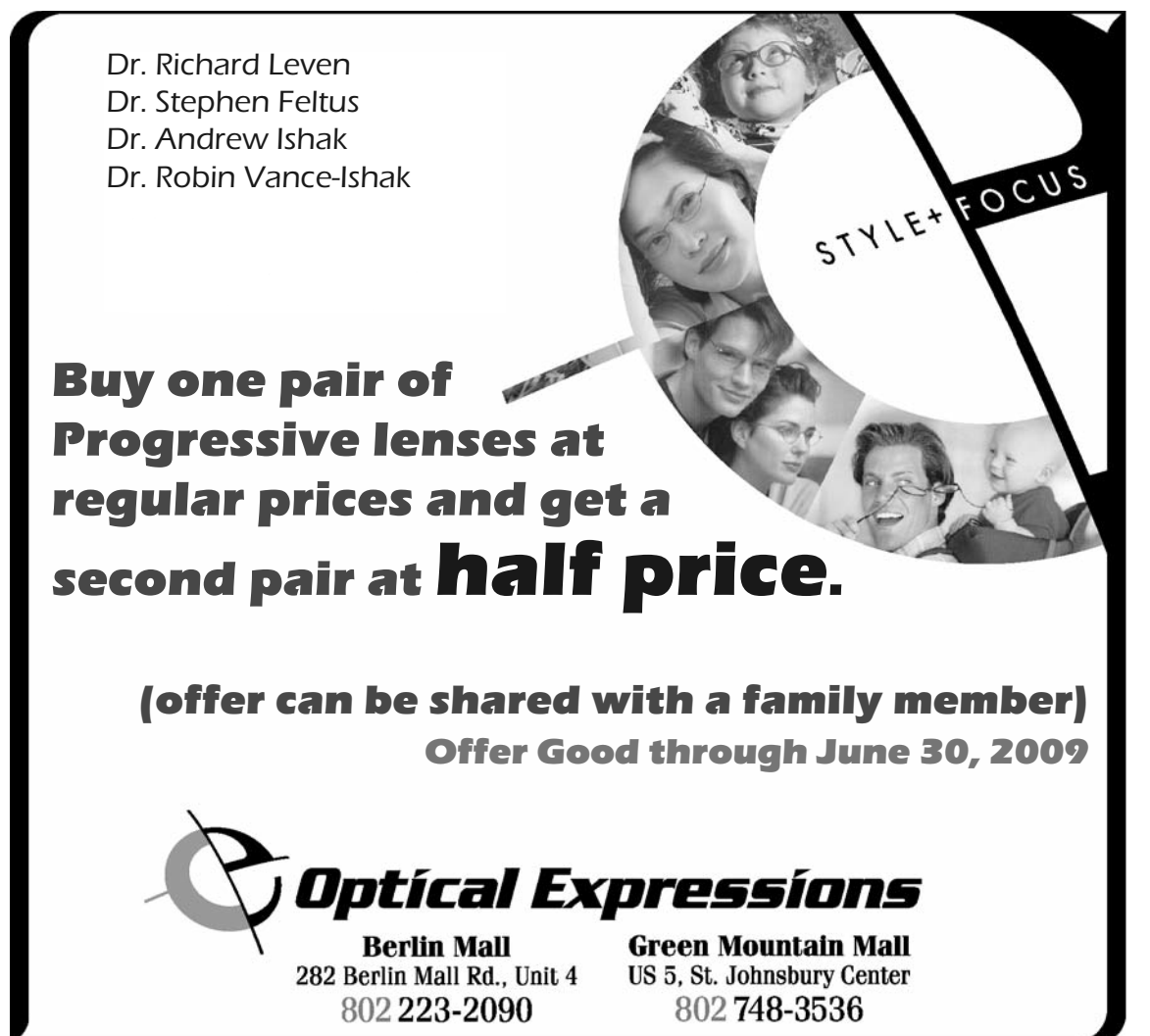


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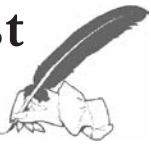
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Letters from the Past

When writing was a necessity and an art

Lynn A Bonfield



Vermont women first began working for wages outside the home in the nineteenth century, most often taking the position of domestic servant, factory worker, or teacher. Those who performed well in school, like Elsie Choate (1842-1926), took on the title of "schoolmarm" as early as age sixteen. At first women were hired to teach only in the summer term when the boys were in the fields rather than causing discipline problems in the one-room school houses. As time went by, school committees hired the more affordable women every term because their wages were considerably lower than male teachers. In 1859 when Elsie wrote her brother Charles (1838-1902), Peacham had twelve school districts, including Ewell's Hollow where she began her career. Teachers "boarded around," the term used for having the lowest bidder among the students' parents give the teacher room and meals. Some districts had the teacher change residence every week, but many had her stay with one family throughout the term as did Elsie with Robert Craig (1818-1885) who had at least three children school age.

Girls worked close to home, but boys, like Elsie's brother Charles, were free to travel for adventure as well as financial betterment. Earlier in 1859, Charles went west with other Peacham

boys, including John Eastman (born 1832) and Almon Richardson (born 1833). They bought and sold sheep and tried a number of business ventures with little success, until Almon came up with a scheme they all invested in. The nature of the scheme is unknown though a forgery committed by Almon soured the affair. When accused of swindling his friends, Almon ended his life with an overdose of opium. However, all of this was in the future when Elsie wrote her light-hearted letter innocent of the scandal to come. No doubt when the truth came out, Elsie no longer felt envy toward her brother's freedom to travel.

With little news to report in her letter, Elsie describes family matters: their father, David W. Choate (1808-94) opening a store with merchant Isaac Watts (1812-86), the ill health of their older sister, Mary (born 1835), and the comings-and-goings of their young brother, Schyler (born 1846).

Peacham June 8/59

My Dear Brother [Charles],

I am not certain as I owe you a letter however I will write and let you know what I am doing this summer I have arived to the honor of being a "Schoolmarm." This is my Third week and I have nine more to keep. I teach in Ewels Hollow. It is Two miles from home, have Eleven scholars



Home of Robert Craig at the foot of Chandler Hill in Peacham's North Part. Credit: Ron and Lori Craig.

and board around. I am at Mr. [Robert] Craigs now. I cannot say that I like it very well though it is better than it was the first week. Mr. Craig is going to let me have his Horse to go home tonight so I am not very homesick to day, and so I thought I would carry down a letter for you I have not much news to write only about my school for I donot live where there is much going on.

I suppose you are tending sheep yet. How many do you have? Is John Eastman with you now? and do you pasture your sheep on "Uncle Sams" land or is it your own please write and tell me. Do you go down to St. Louis often? or do you stay in Chatham most of the time. Do you not think you will come home this summer? I wish you would dreadfully you will forget all about how we look if you do not

come pretty soon.

Mr. Isaac Watts has come on to Peacham, and has gone into the Store with Father I suppose he is calculating to stop some time. I hope he will for I like him vey well and is a good hand in the store I guess I have not heard any complaint. We are all as well as usual except Mary [their sister] she is not well this summer she is troubled with the Rheumatitism a good deal and she had a hard cold when I was at home Saturday I have not seen her since, Though I presume she is better before this time.

Father has sold the Major (his horse) he got a \$125 dollars for him so we are without a horse now but Father will get another before long I guess.

I presume you hear of the death of she that was Sophiah Merrill, she died a few weeks ago.

John Merrill [Sophia's brother] is up at P[eacham] working to Mr [Lafayette] Strobridge's Schuy[ler, their brother] went home with him Saturday and came back the next day.

As it is nearly time for me to be going to school I cannot stop to write any more this time for I have a mile to walk I hope you will write soon and answer all the questions, from your aff[ectionate] sister Elsie

The original of this letter is preserved in the Peacham Historical Association. The editor thanks Phyllis Craig Graves for help in identifying Robert Craig's house. Letters in this series are transcribed as written with no changes to spelling, punctuation, or capitalization. Eclipses denote words left out and brackets indicate information added by the editor.

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In Remembrance

The wonderful Gerald "Hap" F. Hutchins

by BARBARA FONTAINE & BRENT HUTCHINS

December 30, 2008 at 3:12AM, a loving, kind and caring heart stopped beating. Daddy provided us with a lovely home and the best guidance a parent could give. Yes my Brother Brent and I were spoiled.

Dad had beautiful blue eyes. He would give a wink from time to time. Dad was always whistling, until later years when he wasn't feeling well. Dad always had a smile on his face.

The day his little girl started school, he started driving the school bus, and would drive for 36

years. Dad enjoyed all the children he carried on the bus. He had a lot of happy memories from those days.

Dad was a dedicated farmer. Mom was always by his side on the farm, and the bus, whether it be baling, raking hay or driving the bus.

When my brother Brent was born, Dad was so proud. He loved



came great friends. Neither one of them was in good health; however, they would take rides never knowing where they would come out. (God was always with them)

Dad always enjoyed his home. After retirement Dad and Mom would take long rides exploring parts unknown. He took up gardening, he was so proud of his garden. He would often give vegetables to family and friends.

We took many trips, to many destinations. However, Dad wasn't all that excited to go, he loved staying at home. But once he got there, he had a great time. Seeing all the shows and sightseeing. However, when we were headed home Dad was so pleased. When we got to the North Danville Road, Dad would always say this looks good. Driving in the driveway Dad would say "Good to be home!"

Dad cherished all his family, friends and neighbors. He would be there in a moment's notice to lend a helping hand.

Dad always found the good in everyone. He never had a bad word to say about anyone.

It's now the time for him to be with Grammy, and all his family and friends that have left this earth.

his little boy.

One day we took a ride to Coles Pond in Walden, and on the spur of the moment Mom and Dad bought a camp. Dad sacrificed so much for his children; getting up at 3:00 am to go down the mountain to do chores, back to camp for some rest and family fun. Our family had so many fun times there.

Dad enjoyed seeing his family happy: a doll house for me, a go-cart for Brent. Dad loved watching him go under fences, around the house, or down a cow path. We had ponies, dogs and much more.

After selling the farm, Dad went on to work summers for the town of St. Johnsbury road crew, he worked nights at Fairbanks Foundry. He would help Roy Watson with haying. Roy and Dad be-

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Veterinary files: heartworm disease

by **ANDREA GILBERT**

Northern Vermont is a special place to live for both people and dogs. Lucky rural Vermont dogs and their owners can enjoy a sense of freedom. The dogs have both a freedom to enjoy the great outdoors as well as a freedom from some diseases that are a real problem in the warmer states.

Heartworm was one of those diseases. Unfortunately the risk of heartworm is increasing in Vermont. As a veterinarian, I want all my patients to be protected from this awful disease. When you read about heartworm disease, it leaves an impression. However, when you meet a dog suffering from the disease, he is hard to forget. One such animal was a 6 year old white shepard named Jed.

I first met Jed with his 2 elderly owners. They clearly loved him dearly. They had just moved back to New England from Virginia. They brought the records from his previous veterinarian and Jed was heartworm positive. Jed was also physically suffering from the disease. He had a hard time breathing and was very lethargic for a middle aged german shepard. There are ways to treat the disease but the treatment is costly and very

painful. I didn't ask but assumed they chose not to treat him.

As I got to know them, I found out the whole story about Jed. Jed was owned by their son who died of cancer recently. During their son's long battle with cancer, Jed's veterinary care understandably lapsed.

Unfortunately, Jed was unlucky enough to live in a state where heartworm is a common illness.

The parents had a lot on their plate with their son's death but took Jed to a veterinarian as soon as they could. And at that time, Jed was diagnosed with heartworm disease. They were willing to do the treatment which can cost well over \$1000. Before treatment one has to make sure the dog is strong enough to withstand the harsh medication. Sadly enough, Jed would not have survived the treat-

ment. His xray showed signs of advanced heart disease. By the end of Jed's life, he was too weak to walk back to the house after trying to enjoy the great outdoors. It was a sad day when they brought Jed into to be euthanized. The loss of this loved pet also brought back memories of their son.

Heartworm is transmitted by mosquitos. The parasite enters into the dog's bloodstream through the bite wound. Then the larvae migrate to the heart vessels and grow into very long adult worms. That is how they caused heart failure in Jed. They blocked the blood flow out of the heart and that causes the heart muscle to become thick and dysfunctional. Once an infection is established, the adult worms can only be killed with an arsenic based drug. This is given as multiple injections in the muscles. However the injection is so painful

that many veterinarians choose to put the dog under anesthesia to give the injection.

And during treatment, the dog must be confined to a cage for most of the day. He gets too active, too many dead worms could dislodge, killing him instantly.

The good news is that heartworm disease is preventable with an inexpensive, safe medicine that has to be given orally just once a month. This medicine kills the juvenile form of the parasite before they get a chance to grow into adults and cause heart problems. A simple blood test before starting the medication and then every 1-2 years is advised so we can catch and treat the disease early. It is better to catch this serious disease early. As evidenced by Jed's sad story and since the incidence of this disease is increasing in Ver-



mont, heartworm prevention is a good idea for all dogs. An added bonus is that this medication also helps kill other common intestinal parasites. With this medication, your lucky dog can enjoy another freedom: freedom from many parasitic diseases.

The heartworm test also screens for Lyme and 2 other diseases carried by ticks. We'll discuss these and other issues in future columns. Feel free to suggest interesting topics too!

Andrea Gilbert is a veterinarian at the Danville Animal Hospital. She can be reached at (802) 684-2284.

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‘This is Vermont’ One family, one farm,
five generations of pride and service



Top, Everett Demeritt and his sister, Doreen, are proud of a proud Demeritt family tradition in Craftsbury. Above from left, Everett Doren, and their brother Cedric, on the farm in their youth. Harry Demeritt with his horse, William Lett Demeritt posing for a portrait and Harry pulling logs out of the woods for his saw mill. Right, Everett starts a new project in his work shop.

photos and article by JUSTIN LAVELY

When you speak with Everett Demeritt, you get the feeling he has forgotten more about Vermont than most people will ever know. It’s also clear that Everett doesn’t forget.

He is a stout man, built low to the ground, with thin-rimmed glasses and thick hands. Dressed in dirty green Carharts and a green Dickies shirt with sleeves that are too short for his arms he sits at his kitchen counter, so anxious to talk he scrambles for photo albums and other pieces of nostalgia. His face saddens when he can’t locate a box of old \$50 loan payment slips his grandparents had pre-filled when they were still paying for the farm. Everett’s kitchen table is littered with six weeks’ worth of newspapers and magazines, enough to fill up the back of a car. His 26 subscriptions help quench his reading appetite before he sits down at night to watch the Channel 3 news, which his old television snatches out of thin air with the help of a large antenna on the roof of the farmhouse.

If it sounds like he doesn’t leave the farm very often, it’s because he doesn’t, and neither does his family. Five generations of Demeritts have “scratched the ground,” as Everett puts it, of this Craftsbury Farm. It’s a hard place to locate: the property is in Craftsbury, but the address is North Wolcott and the phone number is Morrisville.

“There are few places like this left,” he says. “This is Vermont.”

As he begins to tell the story of his family, it seems like he has been storing all this information for years, waiting for someone to write it down, or better yet, someone to ask questions.

The story of the Demeritt family is one of pride and service. Everett traces his family’s lineage back to Richard Demeritt, a British soldier who came to New England as part of England’s army during the Revolutionary War. “My wife still calls me a damn Englishman,” Everett says jokingly. Richard didn’t fight long before he was captured. When the war ended, he settled in Stratford County, NH.

“He probably wasn’t too popular, that’s probably why the next generation moved to Ver-



mont,” he says. Originally inhabited by Native American tribes, Vermont was claimed by France but became a British possession after France’s defeat in the French and Indian War. For many years, New Hampshire and New York fought over control of the land. In 1791, Vermont joined the United States as the 14th state, and the first outside the original 13 colonies.

Not long after, the youngest of Richard’s five sons, Amos, moved across the river into Vermont near Eden Mountain. His son, William Lett Demeritt, became a member of Company D of the 5th Vermont Volunteers during the Civil War.

Everett stops telling the story long enough to point out an old Civil War roster hanging on his living room wall.

William Lett fought in the Battle of Wilderness in 1864, the first battle of Lt. Gen. Ulysses S. Grant’s campaign against the Confederate Army in Virginia. When William Lett came home in 1865, he settled in Craftsbury, not far from the current property. He eventually named his son William Henry Harrison Demeritt after the famous military officer and president of the United States. William Henry and his wife, Cora, moved to the current property in 1909 toting Everett’s father, Harry William, who was five at the time.

Through Harry William’s eyes, Everett is able to demonstrate his family’s longevity. “When he came to this farm when he was five that pine tree right there was as wide as a lard pail, maybe six or eight inches, and now it’s 44 inches. Every single pine tree on this prop-

erty is seeded from that tree.”
 Everett’s Grand father always lived with the family, even after his wife, Cora passed away in the 1943s.

Everett and his sister, Doreen Horton, who has been sitting at the other end of the table encouraging Everett, speaks up when the conversation turns to her Grandfather_.

“He was a mathematical genius,” she says. “When we were kids he would make us write down three digit numbers and add them up while he checked our work in his head. He could figure board feet while his crew was loading and keep the running total in his head.”

She pauses... “But he couldn’t write his name.”

Everett also remembers stories about his Grandfathers gift for calculation. When William Henry Harrison Demeritt and Cora bought the farm in 1908 Craftsbury Town Clerk Henry Stevens tried repeatedly to figure the interest on the Demeritt land. William met him with resistance several times before Stevens finally said, according to Everett, “Mr. Demeritt, we just can’t come up with the same figures you have in your

head.”
 “Well, by God you will when you finally get it right,” was the response they received.

Eventually, William’s figures matched those of the Town of Craftsbury, but his old fashioned Yankee stubbornness could also get him in trouble. According to Doreen, he fished every day in a nearby brook, up until the day before he died. One afternoon, a game warden stopped him because of some illegal trout. The game warden told him he would have to follow him back to the county courthouse in Hyde Park, four miles away. As Doreen remembers it, her grandfather said it was only a half mile back home and that was the direction he was going. And that’s the way he went...with a \$4 fine in his hand.

In 1943, the family barn was struck by lightning while Gladys was reading to the family under a peach apple tree. Gramp ordered all the children, including a four-year-old Doreen, to get water and grain sacks. The children lugged water from the watering trough in lard pails; Gramp soaked the grain sacks and used them to beat the fire out. At the age of 70, he put the fire out before it destroyed the barn and

harmed the animals inside.
 “I can remember bawling while I was carrying that lard pail because I was afraid for the horses and I can remember Gramp telling me to stop bawling and get some more water,” Doreen adds.

Born in 1936, Everett has spent much of his time on the farm, as has the rest of his family, including his sons, Everett Harry, a certified welder who lived across the street and Charles, an employee of Cabot Creamery who lived within throw-

ing distance of Everett’s front door. One of the largest chunks of time Everett spent away was when he was drafted into the army in 1960. He was deployed to Korea.

Everett fancies himself a mili-

Continued on Page 20

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Everett Demeritt spends hours in his workshop carving wood.

Continued from Page 19

tary historian and he believes Vermonters "have always paid the price when it came to America's wars. During the Civil War, Vermont sent more than 34,000 men into service. Almost 5,200 Vermonters, 15 percent, were killed or mortally wounded in action or died of disease. In 1860, the population of Craftsbury was 1,413 and the town had 137 men serving in the Civil War. In 1940, 101 men served in World War II. In 1970, the population fell to 632 and Craftsbury still had 37 men serving in the Viet-

nam War.

The Demeritt family always made their living sawing and farming, though the latter wasn't always easy. When the farm was bought in 1909, the large fields had to be cut by hand, and they yielded only seven tumbles of hay, or four bales, barely enough to feed a calf for a few months.

"My father used to say the damn ground was so run out the grasshoppers brought their lunch," Doreen says. Everett quickly adds that 150 years ago, "the mark of a farmer was how many farms they

run out," since they didn't know anything about fertilizer or maintaining the land." The farm's dairy herd also had an inauspicious beginning. Cora Jane traded away eggs for the Demeritt's first calf, but she had to feed the animal hay tea (boiled down hay) because there was no milk. From there, the herd grew and Harry William became a dairy farmer.

As the years wore on, the herd became smaller and smaller, until finally, at 70 years old, Harry William was getting up every morning to milk one cow. When the last cow was gone, he would still get up early and travel down the road to the neighbors to watch them milk their cows.

The first Demeritt saw mill was built in 1949 and later replaced it with a larger mill in 1953.

"That got us on our feet," Everett says.

In 1973, Everett built the family's current mill and ran it full-time for 10 years. Over the years, 165 people work for him.

"I've had some good ones, probably had more good ones than I had dubs," he says. One of his best men, Alvin Derby, grew up in Pike NH, had come to Everett after hauling milk to Boston. He worked for five years.

"He was an unusual man," Everett recalls. "He seemed to move in slow motion, but every move he made counted."

"I don't know how anyone can make a go of farming now," says Doreen. "The price of everything has gone up." As Everett points out, so has everything else, "In 1947, we were getting \$6/100 for milk and grain was \$3. Now they

are getting \$10.38/100 for milk and grain is \$7."

For a long time, the family paid only \$10 annually to the University of Vermont because their land was part of a lease. Now, the taxes are close to \$4,000.

The rise in expenses is the cost of progress. You can measure progress in these parts by the arrival of services most Vermonters now take for granted. Electricity came in 1947, the farmhouse's first indoor bathroom was put in 1962 and the first telephone followed in 1963.

"We were really up in the world then," Everett says with a hint of sarcasm.

Doreen remembers canning with her Mother, Gladys between 600 and 700quarts of fruit and vegetables every year and raising more than 100 bushels of potatoes. Her mother would bake nine loaves of bread every other day and serve them as part of her grand feasts for the family, the workers and whoever else happened to be around.

"There were usually at least nine people around the table every night," she remembers. "A lot of them were relatives, and they would disappear in the spring when it was time to go to work."

Doreen owns her own property down the road from the family land, and she splits her time between Craftsbury and Waterbury. Even when she is away, her thoughts often wonder back to the farm.

"I come up here every once in a while just to get my strength back," she says. It's obvious she and Everett are closely related. Their speech pattern and native Vermont

dialect is very similar. She is a proud lady, dressed in a button-down blue work shirt with a handkerchief littered with images of the American flag tied around her neck. Her hair matches the white background on the handkerchief, and she defers to her brother's memory when it comes to dates and statistics. "When Sept. 11 happened, I was watching it on TV in Waterbury," she remembers. "I called Everett and said 'I can't sit here and watch this all day.' He told me, 'you better get in your car and get up here because we're building a pond.' That's how I got my strength back that day."

Everett considers himself a lucky man for more than just his family history; he has had several close calls over the years. In 1967, he was riding the Cog Railway up Mt. Washington when the train hit a switch rail that had been left across the tracks and derailed. The car slid almost 60 feet, and the incident left eight people dead. Years later, his bulldozer tipped over and landed on his legs causing heavy blood clots. He was bedridden for six weeks, but made a full recovery. Not too long after that, the tips of his fingers were cut off in a wood planer. Doctors surgically attached his fingers to his belly so the tips would grow back, but he inadvertently tore them free when his son was about to fall off a tractor. His son was saved but his hands were never the same.

Through all that and more, Everett and the rest of his family have made their living off the Vermont land, using her soil and her trees to get by. Despite being in his 70s now, Everett shows no signs of slowing down.


"I'm supposed to be retired," he says. "But I won't retire until the day Bob Davis comes and gets me. He's already been here with his arms out but I wouldn't go."

Bob Davis is the local undertaker.

"He'll be the last man to let me down," Doreen adds.

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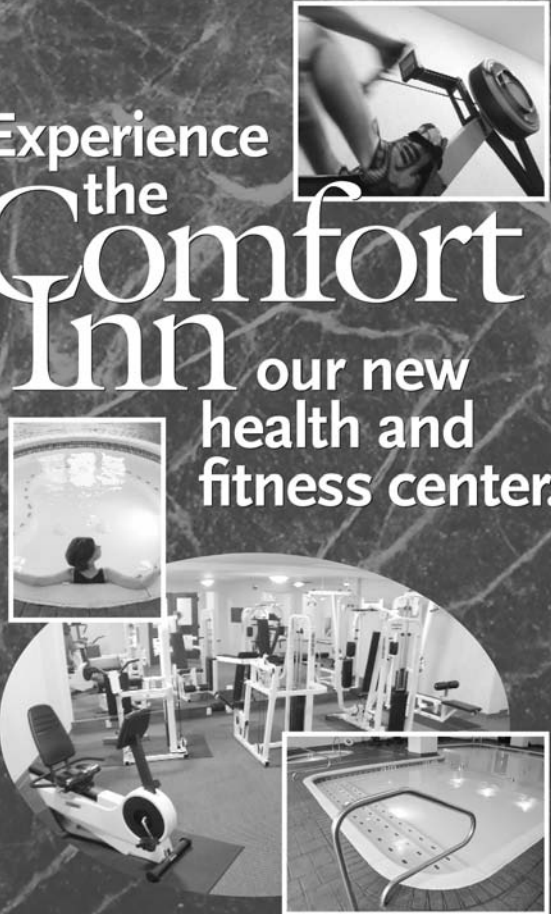
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No Small Potatoes

Vanna Guldenschuh

A friend contacted me the other day with questions about cast iron cookware – even suggested I write a column on the subject. He had just purchased a kettle and was wondering about seasoning the pot as well as finding advice on care plus some recipes. I told him he found the right person to promote the benefits of this type of cookware. Some of my most treasured kitchen wares are cast iron, from the five nested skillets (from 6” to 14”) and deep handled chicken fryer to the large dutch oven and portable charcoal grill with a fish fryer that fits on top. I have had many of them for 20 to 30 years and they are all perfectly seasoned to a shiny black. They are a joy to use for a number of dishes and add an old fashioned comfort look to any kitchen where they are displayed.

‘Seasoning’ the pot:

There are many theories on how to season a cast iron pan. I spent hours last week reading many of them on the internet. All I have ever done is coat them with olive oil and heat them in the oven for an hour or two, then take them out, rinse with hot water and wipe dry with an absorbent cloth or paper towel. This sets them up for the first use. Every time you use a cast iron pan it keeps the seasoning process going and the more you use it the more seasoned it becomes. This is my simple advice, but if you want more info just google ‘cast iron cookware’ for all you would ever want to know about the subject.

Maintenance:

There are a few simple rules for using cast iron and all of them have exceptions.

1. Don’t scrub with a steel scouring pad after use. If you are using a well seasoned pan, just wash with a sponge and hot water to remove caked on food (you may have to soak it for a few minutes) and dry with a cloth or paper towel. If the finish is really dull at this point put a teaspoon of olive oil in the pan and wipe thor-

oughly with a cloth to distribute the oil and give the pan a sheen before storing it.

Exception: If the pan is rusty from improper storage, you will need to scour it well and start the seasoning process over.

2. Don’t use strong soap to clean the pan. There is no need to use anything but hot water to clean a well seasoned pan. Use a plastic scrubber for removing cooked on food. Wipe and dry with an absorbent cloth. If it needs it - wipe with oil before storage.

Exception: Sometimes a mild dishwashing soap is the only thing that will clean your pan. I have done this many times when there is sticky oil in the pan or really caked on food. Scrape the food out as well as you can with a spatula and then soap it with warm water and maybe a plastic scrubbie. Use the light olive oil technique to coat before storage.

The best way to keep your cast iron seasoned is to use it as much as you can. It keeps getting better and better with age. You can use your pans for any kind of food, but there are some that take to this type of cooking better than others. My favorite things to cook in cast iron are potatoes, cornbread, braised meat of all kinds, chili and roasts of all kind including chicken and turkey. There is nothing more satisfying than sautéing a pan full of chicken cutlets and cleaning the pan to a shiny gloss by just wiping it out.

Baked or Oven Fried Potatoes

I always use my cast iron pans to cook these types of potatoes. The coating of oil browns the potatoes and seasons the pan at the same time. I use olive oil – it tastes good and is one of the healthy oils.

Baked White or Sweet Potatoes

Coat the potatoes with little olive oil (I do it with my hands) and place them in a cast iron skillet. They can be touching each other. Simply put them in a hot oven and cook till done. They will have a wonderfully browned outside and steamy inside. Most of the oil will be in the bottom of the skillet and I rinse the pan with a little hot water and wipe dry. The

skillet will be shiny and the potatoes delicious.

Oven Fries

You will never want to deep fry potatoes again once you taste these oven fries. Made with olive oil, they are neither greasy nor high in fat. Almost guilt free. You can add some herbs to the oil for a more sophisticated fry or you can just do them plain and eat them with ketchup. These fries please everyone

Preheat your oven to 450 degrees. Cut the unpeeled potatoes length wise into steak fry shapes – long triangles. Make sure the potatoes are dry – do not put them in water before cooking and don’t use them till they are dry after washing them. As you cut them put them right in the skillet. One of the secrets to crisp fries is to make sure that they are not mounded up in the pan – they can be touching but don’t pile them up or the potatoes in the middle will just steam. Pour a little olive oil over the potatoes in the pan and toss them until they are all coated with oil. They should not be sitting in oil, just coated with it. Put the skillet on the top shelf in the hot oven. I usually check them after about 20 minutes and turn the potatoes over with a spatula. Let cook for another 15 or 20 minutes until crispy brown on the outside.

Take the whole pan out of the oven and place on the counter – this is a hot enterprise – make sure you have good potholders and a trivet to place under the pan. Sprinkle liberally with kosher salt, then toss them around with a spatula – loosening any that may have stuck to the bottom. Put them into a bowl right away. You will see that most of the oil is in the bottom of the pan.

Good for you and the pan. Let the pan cool and wipe out the salt and oil with a little hot water. This is a great seasoning technique – the pan gets seasoned and you get potatoes.

Serve immediately or within an hour. This will be one of your favorite ways to serve potatoes.

Corn Bread

Use your favorite cornbread recipe (the one on the box is fine) and let the pan perform its magic. Preheat the oven to 400 degrees and put a tablespoon of olive oil in the pan. Wipe it around with a paper towel. Put the pan in the hot oven for about 15 minutes while you make the batter. Take the pan out of the oven (careful it is HOT!) and pour the batter in the hot oiled pan. I like to sprinkle the top of the batter with coarse pepper or julienned red pepper strips. It adds to the look of plain cornbread.

Cook the cornbread for a little less than the allotted time. It cooks faster with this technique so check it sooner.

When it is done (the center springs back) take it out of the oven and let it rest for only a couple of minutes. Turn it out of the pan onto a platter – It will slide right out and leave you with a perfectly shiny skillet that only needs to be wiped out.

Roasted Chicken

If you are lucky enough to have a cast iron Dutch oven, roast a chicken on a rack in the bottom of it. The heat from the sides of the pot really lets the chicken brown and cook quickly. I always throw in a cut onion, herbs and some sliced carrots for the bottom of the pot as well as 2 cups of a water and cider mix. Cook with

the pot uncovered and baste frequently. Don’t let the water/cider completely evaporate – add more if needed. If the chicken is getting too brown but is not done just place the cover on until it is done. You can use this same recipe for a small turkey or ham.

Braising Meats

Cast iron is simply the best pot to use for braising. Always dredge the meat in flour and brown it nicely with some olive oil in a hot cast iron pot. I have a deep one with a handle that is technically referred to as a chicken fryer (nothing fries chicken like cast iron) and is perfect for braising. After the meat is browned on all sides add some liquid (I am partial to broth and/or cider) and chopped onion, garlic and herbs. You can find a braising recipe for almost any meat – the tougher cuts are best for this technique – beef or lamb shanks, fresh pork shoulder or knuckle.

The real secret to braising is a long slow cook. You can put the covered pot in a low oven, but I prefer to slow cook it (covered) on top of the stove. Just be careful to keep a little liquid in the bottom of the pan. A wonderful culinary magic happens in the pot with a slow braise on the stovetop. The constant heat of the sides of the cast iron with the steam from the liquid tenderizes the meat and imparts an amazing flavor. Add a little wine or broth along with the herbs and you will have a magnificent dish.

Cooking this dish takes about 3 hours and will let you slow down and enjoy your kitchen. It could be a good time to bake some bread.

Enjoy your cast iron cookware and maintain it by using it in your kitchen.



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Fish and vegetable farming... a family enterprise

by VIRGINIA DOWNS

The last thing Curt and Joan Sjolander expected to do with their lives when they moved to South Wheelock in 1984 was vegetable and fish farming. They had met in Troy, New York, where Curt had majored in computer and systems engineering at Rensselaer Polytechnic Institute, and Joan's bachelor degree at Russell Sage College prepared her for a career in nursing. Today they manage to combine those original careers with tending vegetables and trout.

"Everybody in my family has this disease called farming," Curt said with a broad grin when I visited with them in their living room. "My mother's mother had a greenhouse for her flower business and my mother always had big vegetable gardens when I was growing up in St. Johnsbury. My brother Charlie is in partnership with his son on an organic dairy farm.

"We're very much a family that helps each other when we are working on projects, like the big barn next to our house that was built by the combined labor of friends as well as family. Charlie and I built a garage for our parents in the Stark District, and then I helped him build a barn for his cows." The Sjolanders' farm is named Mountain Foot Farm after their location at the bottom of Blakely Road in Wheelock that leads up to Stannard Mountain.

He hastened to add that Joan was part of the building crew for the trout barn next to their house. "She can wield a hammer with the best of them," he said. She was part of the building crew when they moved into their partially-built house.

Curt's fish farm is designated "Class A" which means it has been certified disease-free for three years or more. "Inspectors come by every year to test the fish's health, taking samples back to the state lab. The main purpose for this is that they don't want to spread disease into wild stock," he explains. His fish farm is one of only six in Vermont still in business. "Most of the trout we sell now are to individuals at farmers' markets in Danville and St. Johnsbury to take home and eat or to restaurants. Currently we are selling to Michael's on the Hill in Waterbury Center and later on we will sell to Claire's Restaurant in Hardwick and Elements in St. Johnsbury."

Joan sells cut flowers that she raises to restaurants as well as farmers' markets. She also plants and harvests the vegetables in the 20-acre plot of land they own on lower South Wheelock Road. Tuesday and Friday are extra busy days,

preparing the vegetables, for the next days' farmers' markets.

The three Sjolander children, Ethan, Seth, and Teala, have grown up as working companions of their parents on the farm. Teala, already an accomplished dancer at age 17, is planning a summer attending dance camps, hoping to realize her dream of having a professional dancing career. She plans to take a college studies course at the Community College in St. Johnsbury this summer. Next year she will be a high school graduate, ready to go on to college.

The Sjolanders have home schooled all three of their children. "One of the most positive things about this is that it brings the family closer together," Curt explains. "Our friends who are home schooling notice this too. Having studied engineering in college, I learned a lot about math and sciences, and Joan with her nursing background is well educated in biology and English which helped us to guide them. What you do is help them learn to research what they don't know. 'Learn how to learn,' I call it. It's not the burden on the parents that you might think. We find they are all very self-motivated at this point."

The day Kurt and Joan were interviewed, they had just returned from attending two graduations. Seth has an associate degree in automotive technology and already has hopes of finding work at a facility such as Kingdom Imports in Lyndonville. Ethan, his older brother, has a bachelor's degree in business administration and is in the thinking stages of planning his career. In the meantime, their dad and mom are happy to pay for any part time work they do for them on the farm.

Meanwhile, Curt and Joan are still keeping their hand in their original occupations. Joan works part time two days a week for Caledonia County Home Health Care Agency, St. Johnsbury Health and Rehab Center, and Pines Rehabilitation and Health Center. She has taken an eight-week intensive course in Harrisburg, Pennsylvania, which prepared her to act as consultant to nursing homes and rehab centers. She also consults regularly with other nurses, depending on their need. Curt has started a computer consulting business, which he still does three months a year in the off season for farming.

A commitment that is still important to Curt is continuing his service to the town of Wheelock as town moderator, which he has been since 1990. "I do the best I can and we muddle through," he says. He also served for 10 years on the school board for Millers Run Unified District 37 of Sheffield and Wheelock. "That led to people asking me to run for moderator," he says. He enjoys being part of the town that means so much to his family.

Curt Sjolander feeding his fish in South Wheelock.

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JULY

- 4 - Hudson Valley Renegades
- 5 - Hudson Valley Renegades
- 6 - Hudson Valley Renegades
- 10 - Lowell Spinners
- 11 - Lowell Spinners
- 12 - Lowell Spinners
- 20 - Brooklyn Cyclones
- 21 - Brooklyn Cyclones
- 22 - Brooklyn Cyclones
- 25 - Lowell Spinners
- 26 - Lowell Spinners
- 29 - Oneonta Tigers
- 30 - Oneonta Tigers
- 31 - Lowell Spinners

AUGUST

- 1 - Lowell Spinners
- 7 - Mahoning Valley Scrappers
- 8 - Mahoning Valley Scrappers
- 9 - Mahoning Valley Scrappers
- 14 - State College
- 15 - State College
- 16 - State College
- 19 - Jamestown Jammers
- 20 - Jamestown Jammers
- 21 - Jamestown Jammers
- 27 - Aberdeen Ironbirds
- 28 - Aberdeen Ironbirds
- 29 - Aberdeen Ironbirds
- 30 - Staten Island Yankees
- 31 - Staten Island Yankees

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- 2 - Tri-City Valleycats
- 3 - Tri-City Valleycats

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Sense of community

A place for the small town magazine in a changing media market

by VAN PARKER

Two years ago or so I wrote a piece for the North Star. Essentially it said that while large daily papers were hurting, the North Star was doing well and more than holding its own;

Today the situation of many established dailies has only gotten worse. The Rocky Mountain News and the Seattle Post-Intelligencer have closed down, except for their on-line divisions.

One of San Francisco's two papers has stopped publication. The New York Times owned Boston Globe has (as of May 10) managed to avoid folding. The Times itself has cut its staff.

Our "winter" paper is the Hartford Courant, a sort of grand dame of newspapers, which prides itself on being the longest continually published paper in the country. It doesn't look at all like it did. A few days ago two senior editors of the Courant announced their resignations. The son of a neighbor used to be in charge of the online division of the Courant. He was let go this past winter. Friends of ours subscribe to both the Courant and the New York Times.

Until recently, one of them said, there just wasn't room in one recycling bag for a weeks worth of both newspapers. Now there's plenty of room. The two dailies have diminished in size.

With increasing use of the Internet, many people are getting their news elsewhere. They can read the words of the same national columnist on their computers and see no need to have the paper delivered to their door. Even the obituaries can be read online.

The North Star also has a website. It's keeping up with the world. But the size of the paper hasn't changed. One of the editor's challenges is to include all the material submitted, or at least as much as seems to belong in any given issue. A year's worth of North Stars would still take up as much space in a recycling bag as five years ago. I've been trying to figure out why and here are a few of my thoughts, which may in part account for the success of the North Star and some local papers like it:

-A sense of place. This is the age of the "local," and the North Star is grounded in a place. People all over the country read this paper. But the "place" is what you might call the "greater Danville" area of the Northeast Kingdom of Vermont. It's a paper that features stories about people who live and work here. In any given issue you can find articles

about the changing seasons, recipes, local history, stories of artisans, of someone who started a new business, of adventurers who may live next door.

-A forum for ideas. The present and immediate past editors of the North Star (the only ones I've known) have encouraged people to express their thoughts on a whole variety of matters, ranging from personal finance to gardening tips to public issues. A lot of storytelling goes on in the pages of this paper. Some are stories of hard times. Others tell about how their lives have changed since they got off the "treadmill." Taken together, contributors' thoughts add up to a kind of collective wisdom.

-A vehicle that fosters a sense of community. One gets the feeling from reading the North Star that people are connected.

Everyone has a contribution to make. The gifts and talents of one person help other people. The message comes across as positive without being saccharine.

The North Star doesn't try to do everything. It doesn't do investigative reporting or print obituaries or get tied in to the "news of the week." What it does do it does well. It's not designed to be read at one sitting but over a whole month. Eventually, if you take it to be recycled, it will weigh at least as much as it did five years ago.

Grammy winning star to play St. Johnsbury



Kingdom County Productions will present Grammy-winning country music star Rosanne Cash in her exclusive North Country concert appearance, 8pm, Friday, July 17th at Fuller Hall, St. Johnsbury Academy.

As the eldest daughter of the late country music singer Johnny Cash, Rosanne Cash has earned acclaim worldwide for her own distinctive singing and songwriting. She has two gold records, nine Grammy nominations, eleven

chart-topping singles, and 21 Top Forty country music singles. Cash's 2006 release, "Black Cadillac," was named to the top 10 lists of the New York Times, Billboard, PopMatters, NPR, and others.

Audiences and critics often comment on the deeply affecting power and emotion of Cash's music. Indeed, the New York Times wrote that Rosanne has: "A voice that blends one part heart-break with two parts true grit. Ms. Cash has always had the gift of

communicating the emotional texture of life as it's lived from day to day, in a way that seems natural. The older she grows, the better she gets." And like her dad, Cash also crosses musical genres that include country, blues, folk, pop, and rock.

Tickets for the July 17th Rosanne Cash concert are available at Catamount Arts, St. Johnsbury or by calling 802-748-2600. Box office hours are 1 to 6pm, Monday through Saturday. The show is being produced and presented by

Kingdom County Productions in association with and through a new special partnership with Catamount Arts. Additional key sponsors include Mayo's Furniture and Floor Covering, Miss Lyndonville Diner, WICOR, and The Comfort Inn, St. Johnsbury—in combination with media sponsor Vermont Broadcast Associates and its stations WSTJ, WGMT, WMTK, and Kix105.5.

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Dairy Dream

Continued from Page 1

family got together in summers to do the haying. This effort kept 114 acres of Carson land free of forest.

After graduating from Danville High School in 2002, Casey found work milking at two local dairies: the Webster farm in Danville and the Kempton farm in Peacham. In the fall, he entered Vermont Technical College to study dairy, but it was always a "hands-on" education that compelled Casey. He sought and landed a job at Sprague's Dairy Farm in Brookfield, Vt., an operation milking 400 head, three times a day. "I was spending a lot more time out there than in class," Casey admits. He quickly decided college wasn't for him.

In the back of his mind was a burning question, one that was put

to him by two older mentors when he was hiring out as a milker. Don Moore of Peacham and Matthew Lindstrom of Molly's Pond asked him, "What are your long term plans? Where are you going from here?"

Hoping to answer that question, he decided to try his hand at milking on his own. He rented a farm in 2005 from Melvin Churchill in Cabot. Finding the barn too small, he looked for a larger space and moved his cows to an empty barn owned by Betty and Albert Ackerman, where he milked through the winter of 2007. But when the Ackerman grandchildren decided they wanted to milk, he was out of a barn and ended up selling his herd to them.

Without a barn, what was he to



Along with his grandfather, Leonard, Casey credits his mother, Janet, for providing support for his venture. Janet is the owner of Country Styles hair salon in Danville. On the right, the photo of Leonard Carson, taken at a cattle auction in 2001, overlooks the tank room at the new Carson Family Farm.

Photo courtesy of Shirley Gillander.

do? "My Grandfather and Mom were very supportive," says Casey, and the thought of placing a new barn on Carson land took hold. When he expressed self-doubt, he remembers his mom's reflective words, "Money worries everyone." Fellow Danville dairy-

man, Everett McReynold's encouraged him as well, and Casey came up with a plan. The Vermont Economic Development Authority (VEDA) thought the plan sound and family support worthy, because they offered him loans to build the barn and start operations.

"They're working with me," said Casey, who will begin to pay back the loan this fall.

Those driving the road between North Danville and Danville last summer saw the dream-barn emerge, stick by stick. With added muscle from Jesse Kittredge, Geoff Pelletier and Ryan Ward, who helped set the posts and carrying beams, the big barn gradually appeared. It's located in the field just behind his boyhood home, set at an artistic angle to the road and painted red. The free stall design was chosen for the convenience of a one-person milking operation. "I think it's better for the cows, too," said Casey, "because they can walk around." The design also allows for lots of airflow, keeping the barn fresh during Vermont's long winters.

Leonard got to see the barn, but didn't get to see it in action. "It really hurt me when he died; he was a big support for me," said Casey of his death in early January. In spirit he is there, though, in the form of a portrait hanging in the tank room and his red tractor sitting beside the barn along with Casey's yellow Caterpillar Challenger. The skid steer, used to clean the barn, is yet to arrive.

Casey decided to go organic because of the size of his farm and a higher price for the product. He likes the management style that comes with organic, too, because the cows must be able to pasture. To accommodate their range, he will work to clear more of the pastures that have grown up. Grain is purchased from Morrison Custom Feeds in Barnet, who handle organic feeds in the area. "I trust them," he says. Fieldwork is hired out to Matt Gilman of Wheelock.

His favorite cows are a cross between Holstein and Jersey. "Holstein for the production and Jersey for the milk quality," said Casey. He purchased young cows that had never been milked this spring from John and Beverly Rutter, who were downsizing their herd. The bank considers a cow viable for three to four years, but "they can go longer if organic, because you aren't pushing production so hard," said Casey. For the next few years, he plans to milk around 60, but his eventual goal is to milk 80, a figure he feels is economically sound and matches the size of his barn and acreage.

Though there is no set schedule, a typical day for Casey might go like this:

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5:00: up for morning milking (1 1/2 hour job)
7:30-8:00 feed the cows
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 Fencing and odd jobs
12:00: lunch
 More work around the farm
4:30: get ready to milk
5:00: evening milking
7:00 to 7:30: finished

On the day of this interview, Casey was hard at work with a very important partner—two-year-old Taylor, his daughter. It was the evening milking time, 4:30 in the afternoon on a cold April day. “She loves the barn,” said Casey, and it was apparent from everything she did. The child was in perpetual motion. First, she used her little pink shovel, then loaded a bucket for feeding the calf, then practiced using the cups for the milking apparatus, then moved a few cow piles from one place to another with a hoe in the



Casey and Taylor made the short trip from the barn to the house on this 4-wheeler. Right now, Casey uses just one side of his milking parlor. Six cows enter to milk at one time.

unused side of the milk parlor. Finally, she asked her dad if she could lie down, and he escorted her into the front room where there was a couch for Taylor’s well-deserved nap.

“It only takes about an hour

and a half to milk now,” said Casey, moving easily from one cow to the next in the milking parlor. Perhaps all those hours working the oxen as a kid helped, because everything went smoothly for the young cows.



Two were confused when entering the parlor, but in short order Casey was able to talk them through it without raising his voice. “I used to yell a lot, but yelling doesn’t really get you anywhere,” he said.

What kind of person does it

take to dairy? “It’s hard to tell,” said Casey. “You have to like to work, especially outside. You never know what’s going to happen, and there’s always something to do. It takes the right kind of person to want to dairy.”

The longest day

Continued from Page 1

watched the sun go down. Then I took about twenty paces forward and drove a stake in the ground exactly where I had seen the sun slip beneath the horizon. Amazingly enough, exactly a year later, after it had wandered south and then north again, the sun came back to that exact same place and did the exact same thing. If that isn’t cause for celebration I don’t know what is, but there is more.

Lacking I-Pods and televisions to divert their attention, primitive man was a keen and inquisitive observer, and it is easy to see why this celestial wheeling fascinated him, and why calendars far more complex than mine were soon constructed where ever civilization itself began. The sun, the moon, the planets and the stars made sky music in concert with the budding of the trees, the flowering of the fields, and the coming of winter. The surviving circles, such as Stonehenge, which we marvel at today, proved that existence had order, and those who understood that order held tremendous power. Agriculture developed in synchrony. By learning to plant and

harvest according to natural and celestial cues, people didn’t have to walk as far for their groceries and had more time for the art of life.

The development of agriculture is another reason to celebrate June, but it is the joy of photosynthesis itself that really pushes me over the edge. There was a nexus of science and religion in those stone circles and there is one for me now. I find myself on my knees every morning worshipping photosynthesis and pulling weeds. I feel the sun on my back just as our planet does. The corn is growing so fast it makes little squeaking noises and the vines of pole beans wave dizzily as they climb past me. Yet beyond the border of my garden, most woody plants and grasses will have nearly completed their seasonal growth and are already preparing for winter by the twenty-first of June. Soon, the lurid green “candles” of new growth on evergreens will darken, bark will thicken, and grasses will be “headed out” and producing seeds.

Wheels within wheels, gears within gears, the synchronism of this farm turns on this day and with luck and good weather, the harvest will have begun. For us, the sol-

stice dance mostly takes place around our hay baler. By today’s standards, it, too, is a primitive device, a direct descendant of Stonehenge itself yet prone to fits of unpredictability. It is highly evolved but ours still had a long way to go when it became old, almost as old as I am, and went into a decline. Therefore, on the occasions when it is feeling well, each bale it produces seems all the more miraculous. Here, in tightly wrapped packages, is all that sunshine, all that solar energy which this turning of the year produces.

Good hay, early cut and dried quickly not only smells sweet, it tastes sweet, too. A good quick cure not only dries and preserves the hay, but it also converts starches to sugar. This fact will be appreciated by our animals through the long dark winter ahead, just as we appreciate the long daylight hours while we struggle to get the hay in. Despite the skinned knuckles and broken shear pins, despite the vicissitudes of knotted bills and tucker fingers and the occasional threat of showers, this too is cause for celebration and perhaps even libations when this longest of days is over.



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Left to right, Zoe Schein, Richard Benoit III, Taylore Aussiker, Gustave Koennicke.

Good citizens

The winners of the 2008-2009 DAR High School Good Citizen programs were honored this spring by St. John de Crevecoeur chapter of the Daughters of the American Revolution. Faculty at each high school nominated students who exhibit dependability, service, leadership and patriotism to an outstanding degree. Each senior class then selected their school's honoree. Area winners are: Brittany L. Blanchard, Canaan Memorial High School; Richard Benoit, III, Danville School; Gustave W. Koennicke, Lake Region Union High School; Taylore J. Aussiker, Lyndon Institute; Zoe D. Schein, St. Johnsbury Academy; Annamarie Allard, Union Baptist School. Chapter Chairman Nola Forbes presented students with

lapel pins and certificates during a special ceremony, assisted by their parents. Each student described some of their extensive activities and collegiate plans. Zoe Schein was the chapter winner in the Essay Scholarship Contest, whose entry advanced to take 3rd place within Vermont. Guest speaker Colonel Keith Wooster provided an informative talk about Patriotism during the Revolutionary War; including famous and infamous historical citizens.

Parents and Residences: Talbot & Maureen Blanchard (Beecher Falls), Richard II & Janice Benoit (Danville), Bill & Rebecca Koennicke (Glover), Keith & Sue Aussiker (Lyndon Center), Craig & Deborah Schein (Peacham), Wendell & Bernice Allard (Danville).

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Outdoor Adventures

Vermont's wild edibles

Hunting swine is a dangerous job

by TONY SMITH

I sit here on my couch writing this article with a full belly of home grown Vermont foods. This included wild turkey that I harvested from the May turkey season, freshly picked fiddleheads and wild pheasant back mushrooms. The end of May and early June are excellent times to find your own wild edibles and save on your next grocery bill. However, doing so involves careful plant and fungus identification and lots of persistent searching. I am by no means an expert, so I stick with certain species that are easy to identify and suggest that you do as well.

To those of you who are unfamiliar with fiddleheads, I have included a picture. A fiddlehead is a coiled up fern that is picked before it "unrolls." Now by the time you read this, fiddleheads will be getting to the end of their picking season. If you still wish to find some, look for shaded places on riverbanks from Lyndonville north. You may also encounter others plants such as trout lily and Canada lily which I frequently use in salads as the leaves are edible and very sweet. If you do get out there to harvest some of these



native plants, remember to take only what you need and leave some for others. My biggest pet peeve with people picking fiddleheads is that they take every "coil" from each mound. This can be detrimental to the plants because without green leaves for photosynthesis, the plant can die leaving no fiddle heads for next year. I see this in countless places that I myself pick in. Each fern mound has about five to seven coils, so I tend to leave two or three when I pick to make it through the summer and keep the roots alive to produce more next year. These helpful harvesting tactics will not only ensure the future harvest for others, but you as well.

Mushrooms, in my opinion, are

a little tougher to tell apart and should be taken much more seriously. All told, there are around eight or nine that I have no problem identifying and feel confident sharing with others. Polyporus squamosus (Pheasant back) is one of those and is out in full force right now. It is a rather common fungus to find when you're out hunting for the ever shy morels. Unfortunately, this fungus seems to be more common than morels in some areas, mostly because they're quite a bit larger, up to 2 ft across sometimes! At least they're much easier to find than morels because they stick out as shelves from the lower portion of dead tree trunks, especially elms. You will notice from the picture why it received its common name Pheasant back. This mushroom is one of the earliest to come out and is also hard to mistake for others. If you do decide to try one, choose the smaller individuals because they tend to be less rubbery.

Summer Vacation

While many of you are getting geared up for summer vacations like Maine's Old Orchard Beach, Boston's Fenway Park, or Florida's Disney World, let me tell you a story about what I did last summer. This story may make you think twice about choosing your destination and doing something similar to what I did.

My friend Ben was in California on a project aimed at eradicating exotic pigs from a national park. Apparently, they fenced in a 50,000-acre park and wanted to eliminate the pigs because they are tearing up trees, eating everything in sight, and carry diseases that they give to other native wildlife. His job was to hike around all day with a rifle and dispatch any pig he saw. Now some of you may be thinking, how the heck do you get a job like that? The answer is, I don't know, otherwise I would be doing it right now and not writing this to you! I went out to visit him and help him "work" for the week. The first day there of my "vacation" we hiked four miles out to where a group of pigs were last seen with two of Bens coworkers. The plan was to sur-

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The magic of true stories

by **BETS PARKER ALBRIGHT**

round the pigs on the hill and have somebody walk through the thorns, poison oak, ticks and shrubs to scare the pigs out towards someone with a rifle. After the plan is set, I look around and thought, "wait a minute. I'm the only one here without a gun." You guessed it. I was the poor sucker that had to go a half mile through stuff that I wouldn't even wish upon my worst enemies. So I started out walking towards where they pointed, and it got so thick that I couldn't walk any more, so I crawled. Keep in mind; I'm in California crawling here, not Vermont. I was crawling over tarantula holes that were spaced every three feet, poison oak so thick I couldn't avoid touching it and thorns that made paper mache out of my Carharts in 10 minutes. It then got so thick with brush and shrubs that I couldn't crawl any more and had to get on my stomach and shimmy like I was in a jungle war crawling under a barb wire fence. Just when I thought things couldn't get any worse, I heard a rattling noise directly ahead of me. I suddenly froze because I know exactly what it is, I just couldn't see it yet. Sure enough after 10 seconds of looking, I see a coiled up four foot long rattlesnake directly in front of my face. I know if I stretched out my arm as far as I could I would be able to touch it. Its tail strait up in the air warning me if I got any closer it would strike. Be assured that I am not afraid of spiders or snakes. I don't mind the 100-degree heat or the poison oak and the thorns. But what I am afraid of are poisonous snakes three feet from my face while on my stomach! I didn't know what to do, so I back up ever so slowly and found a less easy but also less dangerous way around. I finally made it around and worked my way towards the pigs. Finally I heard them and one jumped towards one of the shooters. I heard a shot and thought, "thank God it's over." When I got out of the woods and found Chris, he told me he missed! I would tell you what I was thinking, but it would not be appropriate and it would definitely not get printed. We hiked out four miles on the trail only to do it again the next morning.

Do you still want that job?

I have noticed that my sons dearly love to tell and retell stories about funny things that happened to them in their childhood, complete with the thick Vermont accents they like to lay on. The bigger the audience for these stories, the better they like it!

When I was growing up, my brother Dick and I would visit our grandmother in the suburbs of New York, which at that time was a good hour's drive from the city. We would contrive to escape from the house during Grandma's long naps and venture forth to our uncle's house, an easy walk through the woods.

Our uncle was a tall thin old man with bushy white hair. He loved to talk with Dick about his collections of rare rocks and gems and stuffed birds. My

brother was a good listener and this could go on for hours.

I found this masculine stuff rather boring and would look for Ellen, my uncle's housekeeper, who could tell fascinating stories about her adventures during the 'Great War.' Ellen had her own apartment where she would ply me with tea and regale me with tales she swore were absolutely true.

There's one story that I particularly remember to this day, partly because of some dramatic evidence of its veracity. It seems that she was on a sea voyage during the war when a torpedo struck the ship, which shortly went down. She told in dramatic fashion of clinging for hours to a salt-water soaked rope around an emergency raft. She was among several survivors, but a few others gave up, and drowned. She and two others hung on for dear life until a

passing ship spotted them and hauled them on board.

I might have dismissed the story as something made up to entertain a little girl, but Ellen showed me thick scars on the palms of her hands, which she said would still split open at times in cold weather. That was enough to convince me of the truth of her tale.

I loved adventure stories of any kind, and true adventure tales were rare. My Aunt Marian told stories of being a Red Cross volunteer in Europe during the First War. She glowed as she recalled standing near President Wilson at a parade, and feeding coffee and sandwiches to lonely soldiers, far from their homes in England. In those days there were no airlifts for injured soldiers, and distances from place to place

seemed much greater than they do today.

When I was a child there was also no television to bring great events to us, and we had to rely on those who had been on the scene to recreate those exciting events for us. This created a sense of remoteness from the action, both in time and space, thus increasing the anxiety about the well-being of those involved.

It is a pity that story-telling is not now so common, because it is a thrill to hear adventures from those who really lived through them! To me it is more exciting than television. I sadly miss the old folk and their true-to-life tales. Perhaps they are now exchanging them in the world beyond this one!

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What's happening at town hall

Barnet

Town Clerk: Benjamin Heisholt
Selectboard: Ted Faris, Gary Bunnell and Jeremy Roberts

May 11, 2009

Little Scotland Road - Gary Cochran appeared to discuss several issues pertaining to Little Scotland Road. Cochran said the road is washed out in several locations, needs grating, and has trees down in several locations. Cochran is also concerned regarding a barn located along the road which is falling down with potential of creating a hazard in the road. Cochran also mentioned that vehicles parked on the property where the barn is located are often partially in the road. Road Foreman Timothy Gibbs addressed Cochran's concerns regarding Little Scotland Road in general. He said that he was aware of the issues, and has and will continue to address them.

Goss Hill Road - A. Elizabeth McFaul appeared to discuss issues regarding the portion of Goss Hill Road which borders her property. McFaul is concerned regarding the road encroaching upon her property, and wishes for stake markers to be placed by the Barnet road crew to define where the road ends and her property begin. McFaul is also concerned regarding drainage in the area, as she asserted that water drains off the road onto her property, and has caused a hazard. Road Foreman Timothy Gibbs addressed McFaul's concerns, stating that he will investigate the area with McFaul to determine a best course of action, including where to place stakes - with the stipulation that any markers will need to be away from the road far enough to allow passage of plows.

Highway Maintenance - Road Foreman Timothy Gibbs appeared to discuss upcoming highway paving projects. Gibbs recommends the Board pursue paving a top course on the Barnet Center Road and regrinding and paving both a base course and top course on Town Forest Road this summer. Gibbs recommends postponing paving work on the Groton - Peacham Road until

next summer. This recommendation is based on relative low priority and time constraints. Postponing would also allow for repair of culverts on Town Forest Road this year in preparation for a paving project next year. Joseph Star of Pike Industries, Inc. appeared with proposed contracts for the proposed projects. The Board agreed to pursue Gibbs' recommended course. Faris signed contract for work on Barnet Center Road, which will commence on May 12, 2009 (\$59,007.20 for paving top course). The Board did not sign contracts for any other projects, pending investigation by Town Clerk Benjamin Heisholt of availability of state transportation grants.

Danville

Town Clerk: Wendy Somers
Town Administrator • Merton Leonard

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

May 7, 2009

Railroad Lease - Larry Donna of VTrans Rail Division was present to clear up the questions surrounding the sudden cancelation of the lease the Town has held for a number of years on a piece of state land next to the railroad tracks on Pumpkin Hill. This land has some gravel on it and the Town has the gravel rights as well. While the Town knew that a small piece of the leased land was going to be sold to Arron Palmieri, the State's explanation of canceling the lease was to allow this piece to be sold. Donna assured the board there would be no question that the lease would be rewritten for the town after the property is surveyed. He did say they would like to consolidate the rail crossing held by Barry Cahoon with the one the town held as they were fairly close together. Neither party had any problem with that. Donna assured the Board as soon as the land was surveyed the State would write a new lease for the Town with surveyed boundaries. The Board requested a letter to that effect.

Sewer Connection - Gary and Barb Fontaine were present to request they be allowed to connect to the Town sewer line on Hill Street. Their house is a few feet past the end

of the sewer line, but believe several of their neighbors have been allowed to connect on to it. The Board had no objection to their connection, and asked Leonard to investigate what would be required to make the connection.

Road Agent - Kevin reported that the roads are drying out and they have been grading daily and many are getting towards summer form. Where needed, the culverts and ditches have been cleaned out, culverts have been replaced where they have failed. For Green Up Day, the crew put out the picnic tables, swept pavement around town, and placed the cement curbs around the Green, as well as cleaned up the wood dump.

Route 2 Meeting - Merton reported the Route 2 landowner meeting was well attended by both residents and State officials. The State supplied a full set of colored drawings that really defined the details of the project. When construction nears, the Town will have to formally close and abandon Brainerd Street where it crosses the green. Walden Hill Road will have the entry to Route 2 squared up to give a better sight line to the West. The Kitchel's requested the present entry onto the road be returned to them so they can reclaim it into their lawn. Merton expressed concern that the culvert under Mountain View Avenue will not be large enough to handle all the water when the State enlarges the culvert feeding into the Mountain View culvert to four feet. The next step in the process will be land purchase and right of way offers to be sent out from the State to the landowners. The State will then begin acquiring the land and ROW they need for the project.

Mutual Aide - The Board signed the Fire Department Mutual Aid agreement with Walden, putting a long standing unwritten procedure in writing as required by Vermont Emergency Management.

Bids - The Board reviewed the three bids for the Town Hall Porch repair, which turned out to be higher than expected, so no decision was made.

Lyndon

Town Clerk - Lisa Barrett
Admin. Assistant - Dan Hill
Selectmen: Martha Feltus, Kevin

Calkins and Kermit Fisher

April 27, 2009

Traffic Safety - As discussed at the Board's prior meeting, the Town has been advised to not put anything in the road right-of-way at the William Cote residence on Center Street. Mr. Cote discussed the need for traffic control at that intersection and asked the Board to reconsider their decision to not install a barrier. Chuck Guest, Daisy McCoy, and Charles Roderick spoke to the dangerous nature of the intersection at Back Center Road and Center Street. The police chief will be asked for his opinion of the situation, traffic studies will be reviewed, and more warning signs will be looked into as the situation is monitored.

Excess Weight Permits - The Board approved excess weight permits of Amadon Construction, Grant Construction, Kelly-View Farm, and Morrill Construction with the standard conditions and to authorize Dan Hill to sign the permits on behalf of the Board.

ATV Access Request - The Board voted to allow ATV travel on the short section Buchler Road that was allowed in the prior year and with the same conditions as in the prior year.

Community Garden - Marie Hemond has asked for support with a Rotary-sponsored community garden. She will be given the names of other area organizations that are planning the same type of project.

May 11, 2009

New Computer Server - The Board approved the purchase of a new computer server for the town offices. Funds for the purchase were taken from a savings account that was opened for the same reason.

Highway Financial Plan - The Board approved the annual Highway Financial Plan prepared by the Agency of Transportation.

Demolition Derby - The annual event at the Caledonia County fair was approved.

Review of Job Description - The Board reviewed the Municipal Administrator's job description. It will be sent to the Village Trustees for their review.

Equipment Replacement - The highway equipment replacement schedule was reviewed. The Board

discussed using a 12-year replacement schedule versus a 15-year replacement schedule and discussed the number of pieces of equipment needed.

Peacham

Town Clerk: Bruce Lafferty
Selectmen: Tim McKay and Andy Cochran.

April 15, 2009

Appointment - Mark Fitzhugh was appointed as Emergency Management Coordinator. Town listers were also appointed as 911 Coordinators.

Tree Warden - Neil Monteith presented bids to remove hazardous pine tree in the cemetery and dead trees from the roller barn trail head area. The Board voted to accept Tree Works Company's bid to remove standing portion of cemetery pine tree and roller barn trees. Cochran and Monteith will coordinate the removal of the pine limb that is currently down in the cemetery. The Board also authorized Monteith to proceed with the removal of dead maple tree on Keiser Pond Road near Kelliher's house if he can get it done for \$750 or less.

Arbor Day - Monteith presented a letter from John Rosenow, chief executive of the Arbor Day Foundation. Peacham was congratulated on

May 2009 Menu

Danville Senior Action Center

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 \$4 for guests 60+ (Others \$5) is appreciated.

June 2 - Cream of broccoli soup, chutnied chicken salad on a roll with lettuce and tomato, canteloupe and strawberry shortcake.

June 4 - Spagetti and meatballs, garlic bread, broccoli and carrots.

June 9 - Seafood Newburg, rice broccoli, carrots and homemade rolls.

June 11 - Hamburgers and hot dogs, past salad, fresh fruit salad, baked beans and flag cake.

June 16 - Creamy carrot and ginger soup, chicken caesar salad, homemade rolls and grapenut pudding.

June 18 - Scalloped potatoes, mashed sweet potatoes, peas and carrots.

June 23 - Lemon rosemary chicken, rice, peas, carrots, homemade rolls and chocolate cream pie.

June 25 - Beef stew, biscuits, broccoli, oatmeal raisen bars.

June 30 - Open face turkey sandwich, peas, carrots, mashed potatoes, cranberry sauce and rice pudding.



West Danville United Methodist Church 2009

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- Proverbs 1:8,9

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having achieved "Tree City USA" status for 2008. Rosenow emphasized that in addition to increasing Town property values and air quality this acknowledgement and honor also enables Peacham to become eligible for future tree grants. The program is sponsored in cooperation with the National Association of State Foresters and the USDA Forest Service. Monteith credited the hard work of the Tree Board members and other Town volunteers for this achievement.

May 6, 2009

Cemetery Review - A special meeting and site review was held at the Peacham Cemetery where a cemetery concept plan, future road layout to facilitate traffic flow, cemetery trees, a proposed pond, and the formation of a Long Term Planning Committee was discussed.

Road Report - McKay moved to approve a new Road Crew work schedule for the summer months consisting of four 10 hour days with half hour lunch breaks. Specific dates and work hours are to be established by the Road Foreman.

Appointments - The Board signed confirmation letter to the State of Vermont Emergency Management Department designating Mark Fitzhugh as Emergency Management Coordinator. The Clerk to the Board will contact Fitzhugh to inquire as to whether he would also be able to assume the responsibilities of the Town's 911 Coordinator position.

St. Johnsbury

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

May 11, 2009

Breezy Hill Road - Len Hychalk told the Board he did not understand

the procedure for prioritizing roads for paving. Town Manager Mike Welch said that several items are taken into account including condition, funding sources, classification, and utility issues. Hychalk said that Breezy Hill Road is in worse condition than Old Center Road and that road was paved. Bryon Quatrini recommended that the Board schedule a site visit at Breezy Hill Road.

Tower Truck - Fire Chief Troy Ruggles was present to review the status of the Tower Truck. The Chief informed the Board that he has reviewed several options related to the Tower Truck including: replacement of the engine with a new engine (not feasible due to age of truck and engine design); install a remanufactured diesel engine. The Chief said this option would include removal of the cab to access the engine. He indicated other problems may be created when trying to install the remanufactured engine. Cost of remanufactured engine is estimated at \$29,944. The third option was to rebuild the existing engine on the truck - the engine would not need to be removed. The Tower Truck could be back in service in about two weeks for a cost of approximately \$16,818. The Chief informed the Board that even if the Town agreed to replace the Tower with a new vehicle today it would take close to a year to get the vehicle. Quatrini asked about sharing a vehicle like this between communities. Ruggles said if the unit is not located in St. Johnsbury the response time is too long. The Chief said the Tower Truck is not a vehicle that you use every day - but when you need the vehicle you need it quickly. It is used for aerial rescue, and aerial fire suppression. He said that the Aerial Truck has performed a major role for the Town in terms of preventing the spread of fire in downtown fire situations. He said the Town needs to move forward with planning for the replacement of the Tower Truck - and not wait until the original planned replacement date of 2013. Ruggles informed the

Board that the Tower Truck will be worth much more as a trade-in if it is in operable condition. He recommends that the Board move forward with rebuilding the existing engine. The cost of a new truck would be approximately \$750,000. The Board authorized rebuilding the current truck's engine.

Welcome Center - Joel Schwartz provided the Board with some cost estimates for the renovation work remaining on the second floor of the Welcome Center. Based on the unit pricing that has already been bid on the Welcome Center - Joel estimated that if all the work was done by a private contractor the total cost would be about \$40,000. Joel's estimate if construction was performed by the Work Camp would be \$26,676. If the Board decided to close the old Armory, funds saved from utilities and repairs could be re-allocated for renovation at the Welcome Center. It was recommended that the Town look into energy efficient modifications. The Town Manager said some of the grant funds accepted for the building require that the Town comply with standards for historic preservation. Following discussion, it was moved by Gary Reis, seconded by Bryon Quatrini, and voted 5-0 to price out all of the options for mothballing the old Armory, and look into renovating the remainder of the second floor of the Welcome Center for occupancy by the Community Justice Center.

Legislative Update - Representative Gary Reis provided the Board with a legislative update. He said there will probably be four or five vetoes by the Governor. He said numerous taxes and fees were raised and stimulus funds were used to fund budget gaps. It is projected that the gap between revenues and expenses will be even greater going forward. A bill was passed that requires Vermont Yankee to fully fund the decommissioning fund. Reis said it is his projection that the Legislature will be back in session very soon.

Walden

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

April 28, 2009

Stevens Hill - Andy Cochran talked to the board about the road on Stevens Hill. He showed the board pictures of the road in 1979 and compared them to pictures taken recently. He noted that the road has moved towards his side and he would like it moved back to where it was. Dave B. will look into the issue with VLCT and report back.

New Truck - After discussion, the board reviewed the bids on 10 wheeler trucks and voted to purchase a new Freightliner truck from

R.R. Charlebois, Inc. with a Tarco body. The road foreman was instructed to negotiate the price.

Road News - Gravel, the spring closing of the Hardwick road to the gravel pit, the current status of the salt shed and summer projects were all discussed. An excavator will need to be rented to replace culverts. FEMA and Better backroad grants have been received for Cobb Road and Bayley Hazen Road. The road foreman will contact stream alteration to finish the Coles Pond culvert.

Appointments - The Board appointed Ray Lewis, Jeffrey Pierpont and Judith Corso to serve on the Emergency Services Committee. They will be invited to the next meeting.



The Pope Memorial Library

publicly thanks the following for making
the 2008-2009 Annual Appeal a success:

Kirt & Joanne Adams
John & Mary Adams
Jim & Mary Anne Allen
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Rebecca Roth & Joe Barbieri
Jim & Martha Becker
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Marjorie Berten
Gordon Bess
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Harry & Phyllis Blanchard
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Woody Starkweather & Janet Givens
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Norman L. Lewis
Ken & Cheryl Linsley
Wayne London
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In addition to the above names we would also like to give special thanks to those who generously donated to the Chamber of Commerce Combined Community Membership Drive to benefit The Pope Memorial Library.

In addition to the above names we would also like to give special thanks to those who generously donated to the Chamber of Combined Community Membership Drive to benefit The Pope Memorial Library.

June 2009 Menu

West Barnet Senior Meal Site

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.

June 3 - Potato and egg salad, sliced ham, veggie plate, homemade bread and pears.

June 5 - Buffet

June 10 - Salmon Pea Wiggle, crackers, harvard beets, biscuit grapenut pudding.

June 19 - Happy Father's Day. Roast turkey, stuffing, mashed potato, mixed veggies, cranberry sauce, rolls, straberry shortcake.

June 24 - Liver, bacon and onions, mashed potato, buttered carrots, dark bread, vanilla pudding and mandarin oranges.

June 26 - Lasagna, tossed salad, Italian bread and cake and ice cream.



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Attorneys

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>Law Offices of Jay C. Abramson

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>Law Office of Deborah T. Bucknam, PC

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Woody on Words

The size of english

by **WOODY STARKWEATHER**

The English language is huge. Estimates of its exact size vary, but it's certain that English has more words than any other language. Way more. This is a fact of no real consequence to those of us who are native speakers.

We learned our language with remarkable ease, and some of us even learned another one (or two) at the same time. But the size of any language is a problem for those who

want to learn it as a second language. They need to learn all those words. Well, maybe not all of them. But enough to read a newspaper or a job application.

It's no easy task to measure a language's size. You'd think someone could just count the entries in a dictionary. Someone else, please.

The problem is that saying what the word "word" means is as difficult as saying what the meaning of the word "is" is.

Is "Madagascar" a word? Of course it's a word, but in estimating a language's size do we include proper names? And, if so, is Burk-

ina Faso a word, or is it two words? Is "staphylococcus" a word, or just a technical term used by a few? Is "rumbledethumps" a word, or a cute Britishistic regionalism? OK, wait a sec. What are rumbledethumps? And is "Britishistic" a word? And what about sec?"

I know you're dying to know what rumbledethumps are, so I'll digress. When I first read the word "rumbledethumps, I thought, "I know what that means - it's those strips they put across the roadway to make the drivers slow down," what they call "sleeping policemen" in Holland. Well, that's not what rumbledethumps are. Instead, they're a kind of food, and here's an old recipe for making them.

Take a peck of purtatoes, and put them into a boyne — at them with a beetle — a dab of butter — the beetle again — anither dab — then cabbage — purtato — beetle and dab — saut meanwhile — and a shake o' common black pepper — feenally, cabbage and purtato throughither — pree, and you'll find 'em decent rumbledethumps.

(purtato: potato; boyne: a big, flat shallow tub or bowl; beetle: a very heavy mallet; anither: another; saut: salt; feenally: finally; throughither, mixed up; pree: prove or test by tasting.)

Fun huh? But are those old, regional spellings and terms different words that should be counted, or are they too far out in left field, or even in another ballpark?

Also, I made up the word

"Britishistic" based on the word "Britishism." Should words constructed in this way be counted as separate words? If a journalist, writing about the fact that people are worried these days about becoming poor, makes up the word "povertiphobia" should that be counted as a separate word?

Anyway, you get the idea. No matter how you count them, English has way more words than any other language - twice as many as Spanish, for example.

English is not only huge, it has become, since WWII, the language everyone wants to learn. Speakers of Kazakh, Urdu, Nepalese, and Ibo see it as the doorway to a new and better life. But its size is a hard boundary for many to cross.

A person needs at least 1000 words to get by. With 1000, a person can figure out the 1001st from the context. Unfortunately, measuring a person's vocabulary is also difficult. All of us recognize more words than we use. And often we learn a new word, then forget it. So what should we count?

When you come right down to it, language does not yield readily to scientific examination. It doesn't want to be pinned down. It's like weighing a live chicken. One small flap of the wings, and the needle on the scale flutters. Language keeps changing, growing as words are coined and shrinking as words fall into disuse.

Here's a bit of linguistic irony: It may be hard to measure, but language itself can be used to as a yardstick to measure time. Consider another old recipe, this one from

colonial America, a recipe for Indian Pudding.

Take the morning's milk and throw in a few handfuls of cornmeal. Then pour in molasses while singing "Nearer My God to Thee," two verses in time.

Isn't that cute?

Words. They're wonderful - useful, amusing, poetic, educational. But in English there are too many for easy learning. And yet, the profusion of words is what makes the language so powerful. Having synonyms for nearly everything, being able to express subtle differences in meaning, mood, and tone make the language strong in expression. We're lucky we got to learn it the easy way.

And why is it so big? There are two main reasons, I think. First, English has two substantial linguistic ancestors - Germanic and Latin. Most languages have just one. Second, English speakers are quick to take on new words, either by coining or by stealing from other languages.

Some other languages balk at new words. French and German, for example, seem reluctant, wondering if perhaps a new technical term will weaken the purity of their mother tongue. English is, from their point of view, a little sluttish.

So, there you have it. It's hard to measure, but by any account our language is powerfully expressive, hard to get along with, and a little immoral, a harridan of the world linguistic scene. OK.

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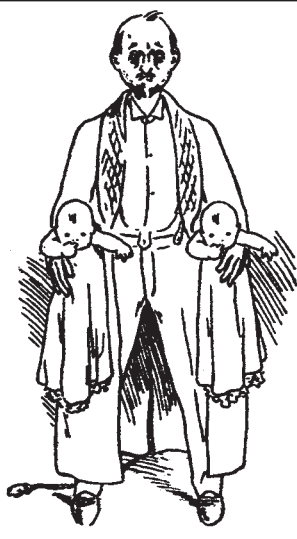
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Photos by Jeff Gold



Walden Hill Journal: cool June temperatures

by ELLEN GOLD

June 3, 2008

We're still seeing cooler days and mostly rain. Turning the calendar over to June hasn't brought us much warmth yet. I have managed to plant the kohlrabi. The 15 transplants are under a protective cage of chicken wire to keep the deer away. I'll probably put the basil in soon. They're outgrowing their yogurt pots, so I might as well get them in the ground. The potted dahlias are still in the solarium and need to get outside to harden up a bit, but I'm waiting for the wind to calm down first. Black flies are out in full force and drove Jeff inside while we were stacking our second load of wood. Fortunately my bug baffler netting is still working well. We had quite a powerful thunderstorm over the weekend. Of course it really let

loose just as we climbed into bed. We're enjoying fresh pickings from the asparagus bed; our first taste of goodies from the garden.

June 5, 2008

One rhododendron flower has opened. It's about a week ahead of schedule since flowering usually coincides with my birthday. Lilacs seem to be a bit early too but nobody complains of an early Spring. We saw our first 2008 bear today, lumbering off into the woods on Rte. 142 near Whitefield. So that's one NH bear and one VT moose for the season. There have also been countless deer and turkeys but that's to be expected.

June 10, 2008

We're in the midst of a pre-summer heat wave. Rain has threatened but not materialized. Despite the

heat, we managed to mow some very high grass and plant the garden. All that remain are squash and kale seeds. I'll wait on the kale so that it'll mature for a fall harvest. Zucchini and delicata squash seeds I'll plant today. The dahlia bulbs I started indoors sprouted very leggy plants. They're in the ground now so I'll see how they fare. It's an experiment to see if I can hurry along the flowers before frost puts an end to the dahlias. They've always sprouted lush green foliage but only a few flowers. Our frost free days don't seem to be quite enough for blooming. Swallowtail butterflies are back, sipping lilac nectar. They seem to enjoy rhododendron flowers as well. Thunderstorms moved through late afternoon, dropping the temperature from 95° to 70° and giving us some much needed rain. Unfortunately the strong winds and fierce lightning

from a second storm, knocked out our power from 5:45 P.M. to shortly after midnight. We took advantage of the total darkness to watch the constantly flashing streaks exploding in all directions. The first few fireflies of the season, weakly blinked in the field.

June 11, 2008

Cool, clear air made for a refreshing summer day; a welcomed relief from the horrible heat wave that had previously settled in. It was a perfect day to enjoy a drive to NH to view the fields of blooming lupine on Sugar Hill. Rolling fields of buttercups with their dotted pinpoints of yellow on delicate tall stems, were equally impressive. The multicolored lupine carpeted the fields with a much richer palette, slowing down traffic to allow for us tourists from out-of-state to marvel at the view. Of

course all of this wild flower beauty was displayed against the backdrop of the majestic White Mountains. The highlight of my day, however, was a surprise chorus of "Happy Birthday" from the staff at the Bagel Depot and a complimentary baker's dozen. Evidently someone had called the local radio station to wish me a happy birthday. I'll have to try and find out who the well-wisher was.

June 16, 2008

A very misty morning. Spider webs are outlined in dew, and the valley view constantly changing as waves of fog roll by. One gold and one purple finch are at the feeder, adding some color to this gray day. Yellow lilies, purple irises and red poppies do the same. We've had to fence in our snow peas this year to

Continued on Page 34

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Danville

A very nice property in a great location! Enjoy the sounds of the Sleepers River just outside your door. This property has had tons of updates including a standing seam roof, flooring, wiring, septic and leachfield, and replacement windows. There is a detached 2 car garage, first floor laundry and just under an acre of land with a nice lawn for playing. Potential expansion for a 3rd bedroom. MLS #2775039

Being offered at \$159,900



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◀ PEACHAM CAPE

You'll love this sweet 2 bedroom, 2 bath cape in Peacham. Recent improvements include new hardwood and ceramic floors, updated baths, stainless steel appliances, and wood stove. Plus there is an extra large lot, 2+ car garage, mudroom and deck.

\$187,000



◀ 40 ACRES

MLS# 2777390
This land was used as a Christmas tree farm and there are still 1,000 plus trees left. Property has a wonderful view of the White Mountains and a two story barn/apartment. Would make an excellent horse property. Located in Cabot.

\$170,000

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(802) 748-9543

Sutton Land

#6809 Are you looking for a large lot for your hunting camp & food plots, or maybe a place to ride your 4-wheelers without bothering the neighbors? Then check out this 60 acre lot in Sutton. It is perfect!

Offered at \$49,900

Stannard Lot

#7043 PRICED TO SELL! Great building lot! 11.5 acres. 3+ potential building spots. Approved for a 3 bedroom system. Gorgeous panoramic westerly views of Mount Mansfield and the Greens! Good gravel source on location. Neighbor gives permission to bring power to property. Mixture of hard and soft wood.

Offered at \$38,000!

Danville Land

Exquisite & Spectacular...Are the White Mtn.s & local views from this gorgeous 36 Acres of land in Danville, VT. Build or have built your perfect dream home. While enjoying this land, it also offers a 1 bdrm., camp, pond, open field, woods & privacy. All located on a well maintained class 3 Rd. Ski Area & near snowmobile trails. A Must See!

Offered at \$295,000



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Continued from Page 33

keep the deer away. One appeared on a sunny afternoon, grazing in our neighbor's garden. The deer seemed totally fine with being in the open in broad daylight. The garden is still in early stages so the deer wandered into the field where the choices are more plentiful. I sure wish the deer would acquire a taste for invasive honeysuckle. There's plenty available here.

June 18, 2008

We closed my birthday week of celebration with a leisurely, delicious, French meal at Ripplecove in Ayer's Cliff, Quebec, on beautiful Lac Massawippi. It was a cool, somewhat overcast day with magnificent cloud formations constantly changing. We had a little rain heading home on I-91 and a spectacular rainbow that blanketed the distant mountainside in a full spectrum of multicolored mist. I don't ever recall seeing the hills colored in stripes ranging from purple to green to pink to yellow, with the intensity magnified by the dark gray sky. As we crested the hill and our view

widened, the continuing arc of the rainbow spread across the sky.

June 21, 2008

The Summer solstice arrived at 7:59 P.M. yesterday, making today the first day of summer; and a gorgeous summer day it is. Clouds and a sprinkle of rain gave way to full sunshine. A steady breeze and temperatures in the low 70's made for a pleasant noontime town band concert in Lyndonville and a full afternoon of mowing and gardening at home. Only some of the squash seeds have sprouted. I'll give the remainder a few days before replanting. I'm afraid that the rain may have unearthed the seeds. Deer have been walking in the vegetable garden but had to go to the phlox in the perennial beds for accessible nibbling. Hopefully they'll be convinced to feast on the bounty Mother Nature has provided in the field instead. Van Gogh has made his annual visit and left a masterpiece of purple irises, punctuated by the occasional deep red poppy. Hummingbirds are enjoying his artistic creation as well.

Horse owners take notice!



MLS#2758643

Here's an immaculate, nearly new 10 stall horse barn with an efficiency apartment and large workshop attached located conveniently just off Route 2 in Danville. There are also a 62'x88' indoor riding ring, a pond, and a brook on the 10 acre lot. There's room to build your home or you can expand the apartment into the workshop for larger living quarters.



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ML#2765638 Updated and meticulously maintained 3 bedroom, 2 bath home in quiet neighborhood. There is a bath on each floor and a large 4-season sun porch.

\$155,000

ML#2736787

Well cared for 3+ bedroom, 1 1/2 bath farmhouse on a dead-end road. There is an updated kitchen and bathroom, and the 78 acres are in the current use tax program.

\$362,500



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June 25-July 2, 2008

Spent a cloudy but very enjoyable week in Nova Scotia. Scenic highlights included the cliffs at Cape D'or, waiting for the Tidal Bore at the Shubenacadie River, fishing village on stilts at Bear River and incredible lupine and wildflowers everywhere. A red fox leaving the lowlands announced the arrival of the river reversing Tidal Bore, and bald eagles soaring above the churning waters awaited the displaced fish. One deer leaping across the road midday and a muskrat swimming upstream were the extent of wildlife sightings. Of geological interest were the fossil cliffs at Joggins and the geological museum at Parsborough. Of historical interest was the sad history of the forced removal of the Acadian people who were the earliest white settlers in Nova Scotia. From the early 1600's through 9 generations, the Acadians diked the salt marshes to farm and fish the area. An unsuccessful attempt to remain neutral during the British and French warring over control of the land, was the end of the Acadian settlements. Current day Acadians have returned to rebuild their communities. We had a lively evening of Les Girls, nine very talented and energetic Acadian women from PEI, who sang, fiddled and danced their traditional music. We ended our trip in historic Annapolis Royal, staying at the very elegant yet comfortable Victorian Bread and Roses Inn. A ride across the Bay of Fundy aboard the Princess of Acadia Ferry helped cut off a large chunk of driving and afforded a leisurely afternoon on the water; a fitting end to our Maritime adventure.



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Wednesday 9 a.m. - 7 p.m.

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Events in the NEK

THURS.4

HARDWICK

Biking: Bike Hardwick, 7 p.m., across the street from Buffalo Mountain Coop at the swinging bridge. Please E-mail bikehardwick@gmail.com for more info and to let us know you're interested.

SAT.6

GREENSBORO

Workshop: Appalachian Hand-Split Ash Stool-making Workshop with Pär Courtney, New Wing Designs/ Pär Guitars Studio & Workshop, register at pernw@vtlink.net or 533-2444.

JAY PEAK

Biking: The Tour de Kingdom, a competitive and recreational century ride through the lake region of Vermont's Northeast Kingdom, tourdekingdom.org, bike@orleansrecreation.org.

EAST BURKE

Biking: The ideRide Shuttle to Kingdom Trails, 9 a.m. to 5 p.m., East Burke Village, Call 535-6247 or E-mail linden@ideride.com for more information.

SUN.7

GLOVER

Open House: Bread and Puppet Museum Open House, 1PM to 4PM. Come see giant, politically opinionated puppets. 753 Heights Road. Glover, 525-3031 or 525-1271, breadpup@together.net, breadandpuppet.org

Car Show: Car Talk at Teuscher's Antique Auto Enclave, 1-2 p.m. Teuscher's Antique Auto Enclave is a mini-museum of sorts that houses perhaps one of the most original collections of all steel antique customized cars in the northeast, 629 Keene Road, East Hardwick.

THURS.11

LITTLETON, NH

Meeting: Connecticut River Joint Commission's Riverbend Subcommittee meeting at the Littleton Community House Annex. For more information, call (603) 795-2104 or E-mail adair.muligan@crjc.org.

SAT.6

CRAFTSBURY

Music: Josh Brooks at The Music Box, 8 p.m., 147 Creek Rd, Craftsbury. Find out more at themusicboxvt.org or call 586-7533.

SAT.13

CABOT

Festival: Cabot Dairy Festival, 10 a.m. to 3 p.m., at the Cabot Creamery Plant. Event takes place rain or shine, we hope to see you there!

Running: Run the Ridges Cabot! Road Run/Walk, 9:30 a.m. This six-mile (10K) course will invite runners to head up moderate hills via pastures, ponds, and scenic vistas. Volunteers welcome 563-3155.

VERMONT

Fishing: Vermont's Free Fishing Day is the one day in the year when residents and nonresidents may go fishing without having to purchase a fishing license.

GROTON

Birding: Expedition in Groton State Forest, 7 a.m. - 5 p.m. Discover diverse bird populations in Groton State Forest. Call 644-8027 or 800-639-2367 for more information.

SUN.14

ST. JOHNSBURY

Music: Jazz on a Sunday Afternoon at Catamount Arts Center, call for times. Dan

Smith Tenor/Soprano Sax, Tom Robinson Piano, Tim Gilmore - Drums, Barry Sahagian - Bass. Catamount Arts, 115 Eastern Ave., St. Johnsbury, 748-2600, catamountarts.org

EAST HARDWICK

Workshop: Free Garden Skills Workshops and tours at Perennial Pleasures Nursery and Tea Garden, 10:30-1 p.m., East Hardwick, perennialpleasures.net.

Art Gallery: White Water Gallery featuring paintings by 3 local Artists, 11-3 p.m. White Water Gallery, 629 Keene Road, East Hardwick, 563-2037

SAT.20

NEWPORT

Charity: Relay For Life of Northeast Kingdom - the American Cancer Society's signature activity, 872-6304. North Country Union High School, Newport, jessica.blais@cancer.org, relayforlife.org.

SUN.21

EAST HARDWICK

Celebrate: Father's Day Tea at Perennial Pleasures Nursery and Tea Garden, 11:30 a.m. to 4 p.m., 472-5104, 63 Brick House Road, East Hardwick, annex@perennialpleasures.net, www.perennialpleasures.net.

SUN.28

NORTH DANVILLE

Service: Old North Church Lamplight Service with host pastor, the Rev. Barbara Dwyer, 7:30 p.m.

July 1

ST. JOHNSBURY

Library: Donald Hall, Readings in the Gallery Summer Poetry Series at the St. Johnsbury Athenaeum, 7 p.m..

July 3

ST. JOHNSBURY

Art: Group Show at NEK Artisans Guild - Recent Paintings by Carol Keiser and Lamps by High Beams, 10:30 a.m. The Northeast Kingdom Artisans Guild Backroom Gallery, 430 Railroad Street, St. Johnsbury, VT, nekartisansguild.com

BURKE

Vermont's Fourth - Three-day July 4 festival - fireworks, lift rides on Burke Mountain, fiddlers contest, music and more, 626-5836.

July 4

Fourth of July!

LYNDON

Celebration: Northeast Kingdom Summer Fest - excursion train ride at the Lyndon Freighthouse Sat, Taste of the Kingdoms & Rails and Ales - Details to be announced, 626-1174. The Lyndon Freighthouse, 1000 Broad Street, Lyndonville, VT., thelyndonfreighthouse.com

July 15

ST. JOHNSBURY

Readings: Donald Hall, Readings in the Gallery Summer Poetry Series at the St. Johnsbury Athenaeum, 7 p.m..

Additional Events are posted throughout the month at:

www.northstarmonthly.com

Please submit events to: info@northstarmonthly.com



MLS #2775735

Your basic ranch home for a starter price. On Breezy Hill in St Johnsbury, this ranch has a nice big fenced back yard for the kids and the pets. Hardwood floors, three bedrooms, a tiled mudroom between the house and garage, and a family room in the walkout basement. **\$139,900.**



MLS #2744677

Enjoy the whole summer at the lake. This seasonal cottage has a big glassed in porch for watching the lake. There's a fireplace for those cool nights. You may store your stuff in the basement. It has a separate 20X90 lot right on the lake with sandy bottom beach and great views. It's at Lake Willoughby. **\$225,000**



MLS #2751938

This unfinished house is growing, but so is the price. You still have time to choose the materials and the configuration of the interior. But the builder is building as you read this. This spectacular home with killer views is in Littleton, just a stone's throw from LRH. Come on over and take a look at this artistry. Right now it's **\$369,000.**



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Cozy Cottage

ML2774836 Get away from it all when you own this cozy 2BR cottage in a great location for 3-season recreation. Close to Joe's Pond for boating and swimming and surrounded by woods for hiking and hunting. Fire up the woodstove and use it for snowmobiling as the VAST trail is adjacent to the lot. Comes totally furnished. **\$93,500**

\$93,500



Summertime get-away

ML2771823 Perfect, cozy seasonal home on Joe's Pond. 128 ft +/- of water frontage, 2 bedrooms, new bath, updated electrical and plumbing, great front porch, 24 ft. dock. Most furnishings included. Bring your dinner and you're good to go. **\$213,000**

\$213,000

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Special place

ML2773844 Peace and quiet reign supreme at this end-of-the-road location. This home received a major facelift and large addition in 1995 & there's room for further expansion into the sunroom. There are 3BRs and 2 baths, a full basement, 2-car garage w/overhead storage and 10 acres w/gardens, fruit trees, and berry bushes. **\$184,900**

\$184,900



Unique Danville Home

ML2759454 Built Circa 1908 by local craftsman is basically untouched, not spoiled and retains it's original warmth and charm. The exterior is highlighted by a wrap-around porch, the interior is spacious w/10 rooms including 4BRs and 2 baths. The nearly 1-acre lot allows ample room to garden and play including access to the VAST trail. Get a piece of local history today. **\$207,900**

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Ongoing Events

Ongoing Events

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 Barret. (802) 684-3386.

Tuesdays: Argentine Tango, 4:30-5:30 p.m. (beginners) 5:30-6:30 p.m. (intermediate) Teacher: Isabel Costa (603) 823-8163.

2nd Tuesdays: Caledonia Right to Life will meet at St John's Catholic Church Parish Hall, 1375 Main St, St Johnsbury, VT at 7:00 pm. All are welcome.

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.

Wednesdays: Danville Farmers Market, 9 a.m. to noon, on the green.

Wednesdays: Peacham Farmers Market at the Union Store, 3 p.m. to 7 p.m.

Additional Events are posted throughout the month at:
www.northstarmonthly.com

Please submit events to:
info@northstarmonthly.com

Wednesdays: Bandstand Park Concerts in Lyndon, 7 p.m. to 9 p.m.

1st & 3rd Wednesdays: Gather to play music, 1 p.m. at the N. Congregational Church in St. Johnsbury. (802)-748-2655.

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

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

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

Thursdays: Live Music at Parker Pie in Glover. Check website, www.parkerpie.com for details or call (802) 525-3366.

Thursdays: Open Mic Night at Indigenous Skate Shop on Railroad Street in

St. Johnsbury.

2nd Thursday: Film discussion 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.

Fridays: Lyndon Farmers Market, 3 to 7 p.m., Bandstand Park on Route 5.

Fridays: Hardwick Farmers Market, 3 p.m. to 6 p.m., between Greensboro Garage and Aubuchon's.

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.

Saturdays: Caledonia County Farmers Market, St. Johnsbury, 9 a.m. to 1 p.m., behind TD Banknorth on Pearl St.

Saturdays: Craftsbury Common Farmers Market, 10 a.m. to 1 p.m.

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.

1st & 2nd Saturdays: Dance in the Kingdom at the Good Shephard School - Latin & Ballroom dance: Lessons at 7 p.m. followed by open dance, 8 to 10 p.m. (802) 748-3044

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

Sundays: Groton Growers Summer Market, Veterans Memorial Park, 9 a.m. to noon.

North Star in Tennessee



Paul Berlejung of Groton reviewing a copy of The North Star Monthly with his grandson Drew Sterling. The George A. Dickel Distillery is located in Tullahoma, TN, where Berlejung was visiting his daughter, son in law and two grandsons. Picture by Bethany Sterling.

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