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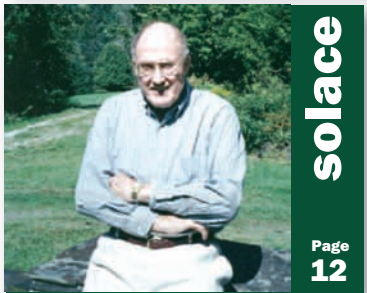
profile

Page 6



feature

Page 8



solace

Page 12

'Granny'

By NATHANIAL TRIPP

Granny is a deer, and I'm watching her with binoculars while she grazes on apples at the pasture edge. Shadows are stealing across the field, which is still green, while the trees are mostly bare now. Actually, she's at least a great grandmother.

I'm quite certain the doe and two fawns on the apples on the other side of the house are hers, too, and we're pretty sure that we first got to know Granny four or five years ago when she was a young mother and had the nerve to chase our dog, who was also quite young. She was no more afraid of us than she was of the dog, and the chase was repeated every evening while we watched from the porch until the dog was permanently humiliated into seeking sanctuary be-

>> Page 23

Walking the llama trail



» Nancy Kish offers the interactive farm experience

By JUSTIN LAVELLY

Thirteen years ago, Nancy and Ed Kish were living a privileged life in Connecticut. Ed earned a great living as a salesman for a large technology company and Nancy stayed home with their children. But now, on a chilly, damp October day on her Hardwick farm, Nancy walks through the woods on a series of freshly-cut trails explaining her new enterprise with great enthusiasm.

We are accompanied by Whoopie Pie and Lucy, two llamas who, along with 16 others, are an important part of the story.

The Kish's now call this 75-acre Agape Hill Farm on Houston Hill Road home. The struggles of the technology industry in the late 90s led to three separate layoffs for Ed and finally the family decided to make a major life change. They headed north and moved in with Ed's brother on his farm in Hardwick. Their ultimate goal was to own their own farm.

"I grew up on a farm in Southern New Hampshire and I knew it was something I always wanted to get back to," Nancy says. "We didn't know the specifics, though."

Animals are clearly a passion for Nancy. The open expanses of her farm serve as a playground for numerous dogs, rabbits, chickens, pigs, horses and sheep. The animals roam freely in and out of the barn and obstacle course. As Nancy gave her efficient tour, the October air provided a distinct chill, undoubtedly a

>> Page 26



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Table of Contents



4 | opinion

4 Opportunity is knocking

by Isobel P. Swartz

5 An amazing boy

by John Downs



6 | features

6 A man can lose everything...

by Justin Lavery

8 Across the pond

by Michelle Arnosky Sherburne



18 | in pictures

18 Autumn on the Green

by Jim Ashley

17 Colors Abound

by Jim Ashley

From the Editor

Jim Douglas gets it

Having worked in media for the last five years, long enough to witness the approaches of three governors in two states, I feel qualified to say Gov. Jim Douglas has the right idea.

I imagine the feedback he gets directly from his constituents differs slightly from what he hears at the State House.

While the nature of politics ensures disagreement with some of his policies, it's hard to find fault with his approach to governance over the last seven years. He makes a point of traveling around the state to attend both large and small events. It's not uncommon to see him speaking at local clubs, putting in face time at open houses for small businesses or just grabbing lunch at Marty's.

When we look back at his tenure in office, it's easy to say these simple gestures don't mean as much as his actions in Montpelier, but they mean a great deal in regards to how he is received around the state and how he will be remembered. My lasting memory of him will be how well he fit in with everyday Vermonters and how at ease he seemed to be when communicating.

The small size of the state he repre-

sents is undoubtedly a factor in his ability to travel so effectively. On the other hand, there have been others in states of similar size who found it more difficult to traverse. While I was working across the border, I often heard this gripe, "I don't know why we can't get the Governor up here, and we have an interstate that runs here right from Concord. Vermont's governor is always in the Northeast Kingdom and he has to deal with Route 2."

Now, there have certainly been plenty of Vermont governors who found it difficult to travel to the state's far corners, but Douglas genuinely enjoys it. What's more, he seems to regard personal contact as an integral part of his job. I imagine the feedback he gets directly from his constituents differs slightly from what he hears in the State House.

I have also always enjoyed his approach at the podium. He never seems to be giving a speech, rather holding a conversation. His responses to difficult questions are always informative and supported by some measure of fact and personal experience. I've heard him speak in person a handful of times and I can't recall him giving an answer that left me wondering where he stood on the issue.

After four terms in office, Douglas recently announced that he will not run for office in 2010, ending a 30 year run in service to this state. Some suspect he has aspirations of a higher office, perhaps in Washington D.C.

One thing is for sure, we'll miss seeing him around here.

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

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

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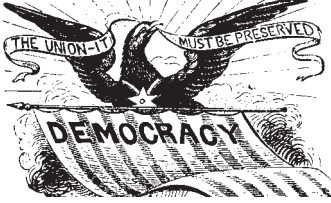
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Thomas Edison prepares to unveil something called a light bulb and praise for Alexander Hamilton

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THE NORTH STAR

November 1, 1878

Doom of Turkey - Nero fiddled while Rome was burning, and the Sultan of Turkey, with equal hardihood and unblushing lust, seeks to replenish his harem while his land is being dismembered and his people are perishing by famine, pestilence and the sword. A correspondent of the London Daily News recently wrote that an order has been given by telegraph by the Chamberlain of the palace to one of the imperial commissioners at Batoum to purchase, at any price, a dozen beautiful girls for the Sultan's harem. The requisition, in accordance with Turkish customs, but made at such a time and requiring such a large sum of money, shows an utter disregard for the exigencies of the hour. The soldiers from the abandoned Turkish territory are constantly arriving at Constantinople and their condition is described as distressing. Their uniforms are tattered and scarcely cover them. They are without shoes and their feet are covered by whatever

they could find. Most of the officers have received no pay for at least two years and there is a question of how long they can live this way.

Edison's Latest - The New York Herald has obtained some information about Mr. Edison's new electric light, which is said to be causing uneasiness among the holders of stock of the gas companies of London. Mr. Edison has carefully guarded his experiments in this distinction, and what he has discovered will not be fully disclosed until his patents are secured both in the United States and in foreign countries. He says the new invention is very simple and he has found fewer obstacles in the way of success than he found working on the phonograph and telephone. In a city like New York central stations will be established, which will contain the machines and engines used in generating the electricity. From these stations, wires will be run to the houses and offices that will be lighted. The gas fixtures will be utilized to encase the wires and in place of the burner will be the invention used to produce the light. Mr. Edison is now experimenting with a meter that will be used to measure the amount of electricity used in each building. Of course, if a light can be developed that is more powerful than gas, sold at a lower price and lights more consistently; the public will be quick to adopt the idea. The gas companies will find the new method of illumination a far more serious rival than kerosene has been.

Fires - The house and barn of Mace Aldrich of Concord, near the

Waterford line, was burned last week Friday evening. The loss was totaled at \$1,000 and it is not known whether the owner had insurance. The light of the fire was seen from this village. The steam saw mill of J.A. Gray of Morgan was destroyed by fire last week Wednesday night. Also on the Lee farm in Holland, two large barns filled with hay, farming tools, were burned.

Victory - Mrs. Jabez James heard a noise among some sheep feeding close by the barn one day recently, and on looking that way she discovered a bear trying to catch a sheep. She tried to scare Mr. Bruin but he thinking she was better game than the sheep turned upon her. The old lady didn't fancy this kind of "turn," and so she changed to a "double quick" for the house, arriving there in season to shut the door on Mr. Bruin.

Legislature - Since our last publication the Vermont Legislature has passed no important bills nor transacted any business of great moment. There is a host of bills before both Houses on all conceivable subjects, many of which will not receive final auction until near the close of the session.

Pumpkins - The recent Grange Fair in Lyndonville made an exhibit of large pumpkins. We would call them small in this town. Mr. M.V.B. Sargeant has shown us one that weighs more than 91 pounds and he has a group of others that range between 60 and 80 pounds. Who beats this?

A Confidence Game - A young man named Edward Drew of this vil-

lage cut some curious capers last week. On Thursday, he went down to West Barnet to one Shaw, and told him who he was, and that he had come down to go gunning with him. He was received with due cordiality, and during the next day made himself familiar with the neighborhood, and succeeded in borrowing \$30 or more from Tom Hastie, John Abbott, Shaw and others, and in stealing \$5 out of Shaw's vest pocket, and a gold pin belonging to his wife from a bureau drawer. Shaw charged Drew with the theft, and he eventually admitted it. He proposed to go to St. Johnsbury and get money from his father to settle up. He was accompanied to Barnet Village Saturday and while waiting for the train, Drew slipped out and got Greenbanks to carry him to Wells River, since which his whereabouts are unknown.

November 8, 1878

Alexander Hamilton - He was, next to Franklin, the most consummate statesman among the band of eminent men who had been active in the revolution, and afterward labored to convert a loose confederation of states into a national government. His mind was as plastic as it was vigorous and profound. It was the appropriate intellectual expression of a poised nature whose power was rarely obtrusive, because it is half concealed by the harmonious adjustment of its various faculties. It is difficult to say what this man might have accomplished as a leader of the federal opposition to the democratic administrations of

Jefferson and Madison had he not been murdered by Aaron Burr.

Railroad Accident - Last Saturday afternoon, a heavily loaded freight train going East on the Portland and Ogdensburg railroad met with a serious accident on the high and long trestle between Danville and St. Johnsbury, by a car wheel running off and breaking down the trestle work for several feet and dumping some eight cars loaded with materials into the valley 10 feet below. No one was hurt in the accident.

November 15, 1878

Tennessee Wild Man - There is now in Louisville, Ky., a truly mysterious and wonderful creature known as the "wild man of Tennessee." He is in the possession of Dr. O.G. Boyle of Sparta, a town in the last named state. The wild man was captured in the Cumberland Mountains after a long chase on the 15th of September. He is known to have lived in the mountains for 18 years staying in the water for most of that time feeding on fish and roots. Close inspection shows that his body is covered with layers of scales which drop at certain times of the year like the skin of a rattlesnake. He has a heavy growth of hair on his head and a thick red beard about six inches long. His eyes present a frightful appearance because they are twice the size of normal human eyes. He stands six feet five inches tall and his muscles twitch as if he is preparing to escape. Water must be constantly applied to his skin or he becomes dry and feverish.

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Opportunity is knocking

By ISOBEL P. SWARTZ

There are two home chores that I really enjoy — lawn mowing and ironing, for the same reasons: I can see where I am going, where I have been, and I get a positive feeling of achievement.

The rhythm and exercise of walking behind the mower is pleasing. I see small details of the garden and the neighborhood, and enjoy the smell of freshly cut grass, and I am soothed by the gliding action of the hot iron. I relish the scent as the hiss and puff of steam hits damp cloth. But the thing I like most about both activities is that they give me a brief, uninterrupted opportunity for thoughts to flow freely through my mind.

While mowing the lawn for the last time this season, and reflecting on some interesting summer reading, my thoughts wandered towards the challenges of the current recession. What new and innovative ideas will emerge from this stressful time? There will be some, because the expression, “necessity is the mother of invention,” is surely true.

chance to do it!

The New York Times recently ran an article about creative ways families used to survive the Great Depression. Wartime survival in Europe mirrored those experiences in many ways. We surely can do as well, or better. We are just as smart, and in many ways much better informed about health, the environment and the rest of the world, than Americans were at the time of the Great Depression. What we need is the will to make changes, and not be afraid of what that might mean to us personally and to this country.

There is no doubt in my mind that barely two years ago, there were many things wrong with our way life and that of other developed countries. Many of these things are being addressed, hesitantly but hopefully for the better.

Excessive spending and inadequate saving habits, easy credit and lack of professionalism in following even the basic common sense rules of banking, have landed many in a mess that affects

“Time after time history has shown that hard times stimulate smart, creative people.”

Time after time, history has shown that hard times stimulate smart, creative people.

Malcolm Gladwell’s book *Outliers: the Story of Success*, illustrates this in many ways. Gladwell shows how the month of one’s birth, national events, scientific inventions and cultural developments surrounding our early lives can influence our potential for success. He explains why athletes, such as ice hockey players born in January or February, and baseball players born in August, have the best chance for successful careers. Computer gurus Steve Jobs and Bill Gates were teenagers at the precise moment that computers became more accessible on college campuses. Using examples from business and law he illustrates how family values such as thrift and hard work, established perhaps several generations earlier as a requirement for survival in a new country, can foster a work ethic, determination and entrepreneurship which lead to success. Maybe this recession will prove to be such an opportunity for some, as yet unidentified, “whiz kids”?

Recently I listened to a call-in radio program that asked listeners if they thought life in the U.S. would return to the way it was before the recession. After giving this some thought, my first question is, “Would it be so bad if the answer was ‘No?’” Maybe we should think of this recession as our equivalent of Noah’s Flood. We know that, as a country, we have to clean up our act. This is the

the innocent as well as the guilty. No lack of blame here, but no recourse for the innocent either.

Planned obsolescence has wasted much of our natural resources, depleted our energy supplies and polluted our environment. Our throw-away society is an affront to the planet and to the inhabitants of undeveloped countries.

We need to encourage and promote education nationally and in our own families. This is the basic tool of empowerment available to all. But higher education is not available to all, especially for many intelligent young people from lower income families. This is a crime and a terrible waste of this country’s human potential.

Our national health outcomes statistics are the worst of the developed world. The more we study ways to improve our health insurance system the more we see why this is so. Many citizens are being denied access to the basics of decent health care by the greed of powerful business interests.

These ways of life are unsustainable, unsatisfying and unworthy of our great country. Going back to where we were before the recession is really not an option. I hope that Malcolm Gladwell’s theories about opportunity and creative minds will prove correct, and that we shall see a new generation of brilliant, innovative and caring individuals who recognize the potential of this time, and seize it! We need their help.

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An amazing boy

BY JOHN DOWNS

Tate Gale is a freshman in Portland, Maine. He is a good student and an outstanding athlete. He is well liked, friendly and as "normal" as a 14-year old boy can be. His experiences this past summer showed him to be very amazing, as well. He is the grandson of Jon Gale of North Waterboro, Maine, my nephew-in-law about whom I have written in this publication.

This column is about Tate's unique experiences during five weeks of his summer vacation that he spent in Gulu, Uganda. My sources are some of the daily telephone calls he made to his parents in Portland, and a brief interview by a Portland Press Herald newspaper reporter.

Jon and Nori Gale, Tate's parents, received a call from Dana Stinson, a classmate of theirs at Colby College, who works in Gulu for the U. S. Agency for International Development. Her brainstorm: send Tate over for the summer to work as a volunteer. His mother strongly opposed the trip at first, but after Dana assured them that the region was now stable, and that she would keep a close eye on Tate and house him in her guest room, Nori and Jon decided "there's no way we're not going to let him go."

On July 6, Dana met Tate in Kampala, Uganda's capital. Tate told his folks that it was a six-hour drive to Gulu over "the worst roads you've ever seen." On the way they saw baboons feasting on mounds of garbage, and the first of many men walking along the roadside with machine guns.

Dana brought Tate to the town's primary school on his first morning to meet the principal who told him to report Monday at 7:30 a.m. He had no idea what he would do – "cleaning bathrooms? Who knows?" Tate recalled. Stinson said that by the end of his stay, he might teach a class or two, but it turned out to be much more than that.

He went exploring his first day, learned the way to the school, and went to the market place. Wherever he went friendly people stared at him. At the market, he saw all kinds of things for sale, including an enormous number of sardines piled high on a table in the open air. Dana served the usual dining fare – rice and fish and vegetables. "Simple but good," Tate reported. He buys fruit in the market and eats well enough, although he has lost weight.

To improve his condition and regain his weight, he began his running/pushups/crunches schedule, running late in the day when it was a bit cooler.

He observed the ordinary living conditions of the local Ugandans – people crowded into huts with a sheet for a door. They came out to sit by an open fire and cook corn. He loved walking around town and appreciated everything he saw. Uganda is truly an impoverished third-world country.

Lizards up to a foot long, with hides of varying colors and patterns, were everywhere. Back at his house later in the afternoon, he caught one and held it captive for a while to study it before letting it go.

No sooner had he arrived at the school on Monday morning when a senior teacher sized him up. Tate is tall for his age. Her first words were, "So, do you want to teach English or Sci-

ence?" Swallowing his panic, Tate replied, "Well, probably English – because I know it better."

"I was scared out of my mind", Tate told his parents. "Then they sat me down with another English teacher who kind of showed me the ropes." So much for his formal training! The reporter wrote that "Two hours later, armed with only a textbook, and his poise and good looks, he was escorted into a classroom where it quickly became clear to him that not one of the 90 or so pupils – all between the ages of 13 and 15 – had ever laid eyes on a white teacher."

He told his parents that the school is good but crazy! In addition to the textbook he has a curriculum and is responsible for preparing his lesson plan. There is a chalkboard but no desks. He spent the first day reviewing class work with the students to get a sense of what they already knew.

His routine would be to teach English to 96 kids in one 40-minute class a day. They are one year younger than Tate, and very well behaved. They thought he was much older than he is because of his size and poise.

Lunch served at the school consisted of a hard potato paste that he took in his hands and dipped into baked beans. There were no utensils, plates or napkins. After a day or two of this, a senior teacher noticed that he didn't eat much, and thoughtfully suggested that he could walk into town to get lunch if he wanted to. He jumped at the chance.

He enjoyed his classes. He must have satisfied the principal, too, for he was asked to take on a 40-minute physical education class two days a week.

Tate was surprised at how organized the school was. Pupils are grouped in classes according to how far along they are. They are quiet and respectful of teachers, want to learn, and are proud to show what they have accomplished. Teachers spent a lot of time talking about their classes and how to improve them. They lavished a lot of attention on Tate and, he says, "They would laugh at me a lot."

His folks inquired about homesickness. He replied that "I feel like sometimes it is just so chaotic here – the streets with all the people – and I just miss what I am used to at home." Later he said, "Sometimes I don't want it to end so soon because I know I am going to miss it here." His overall feeling was one of happiness to be there.

He was alone much of the time when away from school, but did have several opportunities to play cards with volunteer Peace Corps and U.S. Aid workers. He was surprised that Aid workers lived in nice houses, whereas Peace Corps people lived in huts with no amenities whatsoever.

One of the highlights of his summer was a weekend trip to Murchison Falls Park, about two hours from Gulu. The falls are at the headwaters of the Nile River, and are an unforgettable scenic panorama of rushing water that created immense plumes. The variety of animals he saw in the park was mind-boggling. It included warthogs, antelopes, buffalos, hippos, giraffes, crocodiles, elephants, and a countless number of baboons that tried to get interfere with whatever they were doing.

So ended a summer that Tate Gale will never forget.

David Toll, M.D.

Pediatrics

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A man can lose everything, but he can't lose his mind'

John Sayarath's life story is an inspiration to more than just his students

By JUSTIN LAVELY

“**M**ake something of yourselves. Don't waste your lives.”

Dr. John Sayarath often finds himself imparting this message to his teenage students. He teaches science at St. Johnsbury Academy and his own life story is enough to inspire the uninspired.

Despite not setting foot in the U.S. until he was 15 years old, he has a Bachelor's Degree from Harvard University, a PhD from the St. Matthews University School of Medicine, a Masters in Education from Lyndon State College, he speaks five languages and is a superb tennis player. It's hard to imagine, but these accomplishments pale in comparison to what he overcame before he even got here.

As he prepares to tell the story of his childhood, he grabs two plastic chairs from lab tables in his Streeter Hall classroom and sets them invitingly beside his desk. As he begins his story, he almost sounds surprised that local readers may find it interesting. He is very unassuming and everything he says seems profoundly genuine.

He was born in Laos in 1960, just before the Vietnam War erupted, as a member of the Kmhmu tribe. The Kmhmu, much like Native Americans, are the indigenous inhabitants of Laos. Growing up in a small village, John was treated with a great deal of respect as the son of a shaman. Shamans are medicine men, using their connection with the spirit world to care for others, but when the French colonized Laos many natives switched to Catholicism and the religious

shift led to less activity by the shaman. Early on, it was clear that John was destined to follow in his father's footsteps.

“I was born feet first,” he says. “To the Kmhmu, that is a sign.” Maybe so, but the best fortune teller would have had a hard time forecasting the bright future that lay ahead of him.

Laos was dragged into the Vietnam War in the mid 1960s, and the eastern parts of the country were invaded and occupied by the North Vietnamese Army (NVA). In response, the United States initiated a bombing campaign against the North Vietnamese. It was reported that Laos was hit by an average of one B-52 bomb load every eight minutes, 24 hours a day, between 1964 and 1973. U.S. bombers dropped more ordnance on Laos in this period than was dropped during the World War II. Laos holds the dubious distinction of being the most bombed country in the world.

When John was very young, his father was killed during one of the raids. John met a French priest who first introduced him to western medicine. The two would travel together on foot or by horse from village to village treating locals and foreigners. They made stops everywhere from leper colonies to military barracks. One day, while the priest walked around his church reciting the Bible, he was shot by a communist soldier. John was taken away to an orphanage.

His first few years in the orphanage were his most trying. Because he was a member of Kmhmu, regarded by many in Laos as

second class citizens, he was treated “very badly” by the other children. When things seemed to be at their worst, John met an American couple, the Levys, working in the orphanage. They would become his guardians and eventually take him out of the orphanage to live in their home. They worked with him on his English. This reprieve was short lived as the invading communists eventually exiled all foreigners, including John's guardians.

John fled the country as well, heading east to central Thailand where he was placed in a refugee camp for the next two years. The camp was a series of open fields where thousands of fleeing Laotians were confined by the Thai soldiers. While he was there, John discovered that the Levys had settled in northern Thailand. He began thinking of a way to escape the camp and reconnect with his guardians in hopes of leaving the region completely.

Camp guards would only allow him to leave during the day so he could work for a local sugar cane and rice farmer earning \$2 a week. He became friendly with the farmer's son and decided to disguise himself as a Thai student and use his friend's student identification to escape. One day he and another refugee asked the guards if they could leave the camp to visit the library. The other man was told no because he had a suitcase. John, with just the clothes on his back, was allowed to leave. He caught a series of buses across the country as he tried to reach the Levys. Occasionally, his bus was



boarded by Thai soldiers who would ask him for his identification. With shaking hands he remembers handing them the borrowed ID and hoping they didn't ask him any questions.

“All they had to do was ask me questions and they would have been able to tell by my accent that I'm not Thai,” he says. “I was very lucky. If they caught me they would throw me in jail and do who knows what with me.”

“The first time the bus stopped in a town and a soldier came into the bus, he walked around checking all of the IDs. There was an old man sitting by me, and I was closest to the window. I was so nervous, and when the soldier asked me for my ID I just handed it over through the old man. He never asked me a question.”

After being reunited with the Levys, they decided to return to the U.S. after a 27-year absence because of Mr. Levy's failing health. Since they wanted to stop in Israel on the way back, they asked John to travel with a fellow professor to Hazleton, Penn., and wait there for their return. One month after the Levy's returned, Mr. Levy died at the age of 50, and Mrs. Levy became very ill. They asked John to continue staying in Hazleton. Mrs. Levy died a year later.

John was put into 11th grade, and he

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Dr. John Sayarath, middle, with his St. Johnsbury Academy tennis team.

stayed in Hazleton for a year before being transferred among several foster families. Although John was always a good student, his first few years in American schools were difficult.

“If I could go back I would have asked them to put me in a lower grade because my English was not that good.”

As he had throughout his life, he overcame the language barrier and was accepted to Harvard, where he would study science and creative writing.

He went to work sponsoring family members still in Laos and bringing them to the U.S. Most of them settled in Oklahoma City, including his brother, who was an important man in the Laotian military. He was the first Kmhmu to attend officer school and he was sent to the U.S. to attend West Point. When the communists took over Laos, he was sent to a concentration camp for four years. John says his brother’s time in the camp tried his soul as he watched people lose their minds all around him.

“He said he kept remembering the words of Napoleon [Bonaparte], ‘A man can lose everything he has, but he can’t lose his mind.’”

In a Harvard writing class, he

met his wife, Vicki Godin, a native of Glover, Vt. They got married and moved to Vermont where John began working on his Masters of Education at LSC. At the age of 40, he decided to enter medical school, and he spent two semesters in Grand Cayman and the rest of his time rotating between a campus in Chicago, Ill. and North Windham, Maine.

He earned his degree in four years but returned home rather than do his residency requirement to practice medicine in the U.S. He became the first Kmhmu in his-

tory to become a doctor.

To help make ends meet and support his family, he took a job waiting tables at a Thai food restaurant in St. Johnsbury where he would eventually run into Tom Lovett, headmaster of St. Johnsbury Academy.

“I recognized who he was by the name on the credit card,” he says. “I started talking to him about people I knew in Laos who wanted to send their children to the Academy.”

Not long after, John was playing tennis at the Academy when he

was asked if he would be interested in coaching the tennis team. He accepted. When a member of the science faculty retired, he put in his application for the full-time teaching position and the rest is history.

“I didn’t know God was going to lead me to this job, but it is very fulfilling.”

To this day, John has never re-

turned to Laos, though he would like to someday and help his people.

“I can’t forget my childhood.” As for his dreams of returning to his people as a medicine man, the prospect is still fresh in his mind.

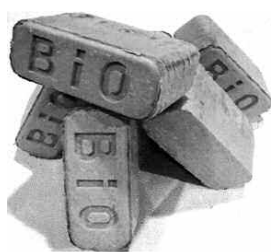
“Now and then when someone is sick I think I could help them.”

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Across the pond

Vt. company has banner year despite bad economy

By MICHELLE ARNOSKY SHERBURNE

What do nursery rhymes, milk bottles, Wells River, and cocoa have to do with one another? Bread & Chocolate's combination of these four components has made them a leader in specialty foods in Vermont. Recently, their top sellers of Story Time Cocoa and Silly Cow Milk Bottles have launched them into the international foray.

In business for 21 years, Bread & Chocolate, based in Wells River, has found its niche with award-winning hot chocolate beverages, classic pancake, bread and scone mixes, and signature Maple Moose and Maple Leaf pops.

"Our product lines appeal to emotion. People are drawn to the funky packaging. Our demographic is women ages 25 to 55. We have a niche in the specialty

foods market. We have found that packaging is the key to sales," says Bread & Chocolate co-owner Jonathan Rutstein.

It all began with chocolate sauce. Jonathan and his wife Fran, both Vermont natives, relocated to the Upper Valley area and bought a small business producing chocolate sauces with a dozen regular customers.

Today, Bread & Chocolate has distributors covering the Northeast, Mid-Atlantic States, the Southwest, West, California and the Midwest. Their products are carried in Canada, England, Scotland, Ireland, Wales and Spain. They have large customers like TJ Maxx stores and Macy's Department stores. The past two years have been banner years for them.

But didn't the U.S. have its worst economic year in recent memory? How did a specialty foods producer in Vermont fare? Business was on an even keel but in the spring of 2008, the econ-

omy was becoming more unstable, and summer brought through-the-roof heating prices and price-gouging at the gas pumps. The Rutsteins were getting nervous about the effects it would have on their business.

So Jonathan and Fran thought outside of the box or "cocoa tin," as it were. They decided to push into broader territories and focus on getting an overseas distribution. That way, they wouldn't rely solely on the domestic market if the economy tanked.

They focused their energies on the growing interest in a relatively new product of theirs, Silly Cow cocoa in old-fashioned, glass milk bottles. People just loved the cocoa in bottles, and the orders poured in. They started picking up distributors in areas they had never covered before.

At the June 2008 food show in New York City, fate smiled on them and created a cocoa stir overseas. They piqued the interest of a United Kingdom distributor that covers England, Scotland, Ireland and Wales. They had been trying for 10 years to get their foot in the door of the UK.

"We knew if we got into the



Photo by Michelle Arnosky Sherburne

Kim Young runs the filler machine, filling tins of Heavenly Cocoa Chocolate Hazelnut one at a time.

UK, it would be huge. We kept our fingers crossed, and if we had the right product line that UK consumers wanted, we would be in." The right product line was the StoryTime Hot Chocolate lines. Today, their products are carried in

a top-quality department store chain over there which has created a ripple effect of interest and orders.

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ery rhyme character tins such as Mother Goose, Frog Prince or Hey Diddle Diddle featuring twelve different flavors in different character tins.

The Silly Cow cocoa bottles are popular because of their nostalgic appeal and feed right into the large Americana craze. "We are the only ones doing milk bottles in specialty foods, so we don't have any competition. "There was such a huge demand for Silly Cow cocoa that in December 2008 they added a third flavor, marshmallow swirl, to the existing line of chocolate and chocolate truffle.

Another huge seller is their original pancake and waffle mixes; they just can't keep enough in stock. Popular mixes are organic pumpkin spice, maple buttermilk, blueberry and apple-cinnamon in their line of nine different varieties, organic and natural.

In the B&C kitchens, they test every product until they are satisfied that it is ready for consumers. If a customer calls in with a complaint that the pumpkin spice pancake mix is too dry, they head back to the kitchen to see what needs to be added to make it "just right."

In March 2008, there was a call for organic pancake mixes so they developed their own. Bread & Chocolate has gone "organic," keeping up with consumer demand. Their cocoas, pancake, scone, and bread mixes are made with all natural ingredients with no fillers or dairy products. Jonathan said that they eliminated corn syrup in their confections line and use rice syrup instead.

No order is too small or too large. From the franchise of 100 stores to the woman who orders two tins of Mary Had A Little Lamb Chocolate Caramel cocoa, every order is treated with a hands-on approach.

"We like to talk to our customers, listen to what they have to say, get advice from them." When a national distributor requested quick bread mixes, Bread & Chocolate developed Crusty Italian and New England Sourdough.

Ever since they bought the business in 1988, the Rutsteins have made an effort to promote Vermont with its numerous small manufacturers. Bread & Chocolate promoted Vermont at June 2008's New York City food show by bringing Clover, Vermont's new Dairy Mascot to accompany them.



Photo by Michelle Arnosky Sherburne

The assembly line at Bread & Chocolate in action! In the background, Charlie Gibson caps the cocoa tins and Mike Perkins inspects and then uses an air compressor to clean off the extra cocoa dust.

Clover was introduced by the Vermont Agency of Agriculture and Vermont Dairy Promotion Council to draw attention to Vermont's dairy industry. Jonathan said Clover was a huge hit; everyone wanted their picture taken with the mascot.

Rutstein says, "Under the Snelling administration, Vermont specialty producers were booming, the leaders in specialty foods. We banded together and would go 'in force' to trade shows as 'Vermont Producers.'" The whole "Made in Vermont" push began there. But then politics and the business atmosphere changed and now the smaller producers are neglected.

"We want to get people interested in Vermont products and in Vermont again. There is so little attention given to the producers from the state, which is where it needs to come from."

Another example of the Rutsteins creating a product that generates Vermont interest was the introduction of the Maple Moose and Maple Leaf Pops 19 years ago. Maple syrup, moose and maple leaves are synonymous with Vermont.

Beginnings

Twenty-one years ago, the Rutsteins bought a small specialty foods company from Phyllis Perry in Bradford, Vt. They started out in the former Wells River Town Hall and through the years, Bread & Chocolate manufactured chocolate sauces, berry preserves, jams, mustards, pasta sauces, salsas, marinades, and vinegars.

When they decided to change their focus to cocoa in 1990, a whole new world opened up to them. Cocoa would be their key to success. Their award-winning line of hot chocolate beverages hit the shelves and people couldn't get enough of them. Consumers fell in love with the nursery rhyme tins and sales kept increasing. They expanded their lines to include pancake, waffle, and scone mixes that literally, took off like hot cakes. They also added lines of chais, teas, and lattes.

In 1990, they added the name "Burnham & Mills" due to a name dispute with a Washington, D.C. bakery with the Bread & Chocolate

name. Today they are Bread & Chocolate, dba Burnham & Mills and people are curious where the names originated from.

Jonathan says, "It sounds very British, doesn't it? Well, it's a great story...when we lived in Haverhill, N.H. on Court Street; we lived in what was the old county jail in the 1800s. The name comes from two nefarious characters connected to the jail. Samuel Mills was the last man hanged in public in New Hampshire at the jail site there in 1868. The other was a notorious Revolutionary War veteran, Josiah Burnham who ended up in the jail and then got into a fight with other prisoners and killed someone. Burnham's lawyer was a young Daniel Webster, but he ended up hanged in Haverhill." Jonathan, who loves history, and Fran thought the unique historic connection and its prestigious sound combination worked for them.

Their confections line was revived a few years ago when they changed the name and format from Green Mountain Suckers to Maple Moose Pops, Maple Leaf Suckers, and Lollie Palooza Toy Pops. All are hand poured in original Bread and Chocolate molds, using all natural and organic ingredients.

As their business blossomed, space became an issue. A warehouse in the Wells River industrial park near Interstate 91 was a prime location. In 1994, Bread & Chocolate relocated. Locals drive past the nondescript home unaware of the kitchens buzzing with activity and the warehouse full of pallets stacked high with 100-pound bags of sugar, cocoa, ingredients, packing peanuts, boxes, StoryTime tins, Silly Cow glass milk bottles, pancake mixes, etc.

Jonathan and Fran divide the responsibilities of the business between them with Jonathan focusing on the marketing, business, orders and shipping end and Fran in charge of the total production of their products, product development, packaging and personnel matters.

Bread & Chocolate's production season runs from July to December. A dedicated staff of about 18 employees during the production season shift into hyperdrive to keep up with the orders. Four can operate the assembly line filling cocoa tins, the confections kitchen keeps up with the pops, a crew works on hand-labeling, packing in-

dividual tins, bottles or containers, and that's all before it gets to filling orders, packaging and shipping out.

Everything is done by hand which is incredible considering the magnitude of the orders. Bread and Chocolate has two shifts working diligently, sometimes seven days a week to keep up production. The second shift consists of a crew that works at a local furniture factory and then comes in to Bread and Chocolate to work.

In the spring, the confections orders start pouring in. The first of August is the onslaught of cocoa and pancake/bread mix orders.

What does Bread and Chocolate foresee for the near future? Rutstein has a positive spin on things. He feels that there is plenty of business to be had in the States and even more overseas. Now that Bread & Chocolate is gaining recognition overseas, there is an unchartered sales market to be had.

Jonathan sees the specialty foods line doing well and the forecast of a hard winter this year means another banner year for Bread & Chocolate. "It will be bad for our oil tanks but great for Silly Cow Cocoa."

They never sit on one great product and already have 2010 plans to introduce a new line. They are in the process of designing a small tin milkcan, like the farmers used, to feature a line of cocoa. "Our forecast is that people will love this mini milkcan that they can keep afterwards. It will be great!" Also because the StoryTime tins are such huge sellers, they plan on adding two more character tins to the line.

Production gets more complicated when they have multiple product lines, inventory and ingredients. Bread and Chocolate plans on purchasing another filling machine so they can dedicate one just for the Silly Cow bottles and milkcans. "Our production now has reached a real bottleneck, excuse the pun, because of only one machine. We need to have two continuous lines running to keep up with the demand."

When an order for a pallet of 100 cases of Chocolate Silly Cow bottles (that's six bottles to a box) comes in, the cocoa dust flies and the employees work until the order is filled, packaged, and palletted ready to be shipped. Just another day in the life of Bread & Chocolate.

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Follow the Money

“GUNS OR BUTTER OR...”

BY RACHEL SIEGEL



Education is a growth sector of the economy now. Enrollment is up as employment is down. The competitive advantage of a degree in this labor market has become an easier sell, and the unemployed have time on their hands. Besides, the other growth sectors and job creators of the economy—professional services such as health care—also require skilled and educated workers.

Health care is a growth sector because our population is aging, and as it does, it is requiring more care. There's more care to be had, as medicine explores new ways to treat chronic conditions that we now live long enough to want to endure more comfortably. And health care is

growing because that's where our innovative talents go, because that's where the money is. As we expand our knowledge of care, we devote more resources, especially public resources, to it. The money, in turn, attracts researchers and innovators as well as practitioners.

“Guns or butter” is the classic economic argument of whether to use scarce resources such as labor and capital for public goods, both the metaphorical and very real “guns,” or private sector production and consumption, the “butter” (not “bread,” a necessity of life, but “butter,” the fat of the land). The dilemma lies in the scarcity of resources and the opportunity costs created by their use: if more went into the public sector, there would be less for the private sector, with its innovators and engines of

economic growth.

The decision of whether or not to take on health care as a public good can likewise be framed as one of taking resources out of the creative economy and devoting them to public goods. In addition to the public bearing the costs of the health care itself, there is also the cost of the sacrifice in innovation and growth from the private sector, deprived of those resources.

The argument is not that simple, however. The assumption that defense, for example, does not create and thus limits growth is proven false by the many products and services that have come to consumers as adaptations of military research in such varied fields as communications, transportation, nuclear physics, and ... medicine, with advances in acute wound

care, anesthesia, antibiotics, and stress disorders, etc. Defense also creates jobs that do not require higher education, while in turn providing military benefits that allow pursuit of education and re-entry into the civilian workforce as more productive workers.

In the debate about how or how much health care to provide as a public good, natural parallels are drawn to other developed nations that have provided such services for years and manage to maintain economies that are thriving enough to provide an acceptable quality of life.

In fact, in those countries it's not a question of taking resources away from the private sector and therefore from economic growth in order to support health care, it's a matter of which public goods are produced. In developed economies, there is usually an inverse relationship between military and social spending. So far, we have chosen guns; others have opted for gauze.

As a subject of the 18th century British Empire, protected by the Royal Navy, Adam Smith suggested that a primary role of government was to protect an economy so that it would be safe enough to enjoy the gains from trade. We have followed suit in developing our military in the post-War era, and that has not deprived us of empire. De-

spite the costs of defense, we have managed economic growth and enviable living standards. We have plenty of butter.

It is tempting to look back on World War II as the awful but effective catalyst that restored employment to our depressed economy, not only in the military but also in the factories. In turn, that led to an age of manufacturing as the driver of innovation and employment—a prosperous era of product and job creation—and of military spending. Now, instead of younger men who need the jobs that the military can create, we have an aging population that needs the care that research and science can create.

Rather than public health care becoming a drain on resources and economic growth, it may actually shift our use of resources to be more in line with our changed needs, and therefore be a more productive and efficient catalyst for growth. Perhaps this will lead to another prosperous era, this time brought by knowledge instead of guns—or butter.

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 Northstar since 2001.



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Giving season

3-mile walk for local father

In May of 2009, a local resident and friend, Richard Harpin, was diagnosed with Sarcoma Cancer in his leg. Richard was advised that the only way to prevent the spreading of the Sarcoma was to amputate the leg. Richard's amputation surgery took place on October 9, 2009 at Dartmouth Hitchcock.

As expected, Richard is facing financial hardship and other challenges as a single parent raising two young children. He is no longer employed as a result of the illness, and is behind in paying his household bills. He is also behind in paying his mortgage and the bank is now foreclosing on his house. He is also in need of funds to assist him with other expenses – including the purchase of an artificial leg - which can cost many thousands of dollars.

On Nov. 7, friends of Richard Harpin are sponsoring a 3-mile

Walk around St. Johnsbury. The Walk will begin at the Leonard Baseball Fields (Almhouse Road off of Concord Ave.) at 10 a.m. and will follow along various streets (with sidewalks) throughout St. Johnsbury. The Walk will end back at the Leonard Fields by 11:30-12 p.m., where there will be a cookout.

Anyone who is interested in participating in the walk should arrive at Leonard Fields by 9:15 a.m. Donations are welcome and appreciated. All funds will go toward helping Richard and his family in their time of need.

If you are not able to walk with us on Nov. 7, but would like to make a donation, you can do so by sending a check or money order payable to "Richard J. Harpin" and mailed to the following address: Richard J. Harpin c/o William W. Cobb, Esq., PO Box 282, Hyde Park, VT 05655. Any checks will be presented to Richard on November 7th. Other items (goods, services, etc.), are also appreciated.

Care packages for soldiers

Danville's Alex Scott is ready to deliver

U.S. Army Captain Alex Scott, a 2000 graduate of Danville High, is currently serving in Afghanistan as a medevac helicopter pilot. He is very fortunate because his family and friends continue to send care packages to him and his team.

However, many soldiers serving in Afghanistan do not have the support from home that Alex does.

He is asking for your help.

Many of our troops are stationed in very remote areas and have no access to packages from home. As a helicopter pilot, Alex is able to airlift packages to these soldiers and would be happy to do so.

As the holiday season approaches, we ask that you open your hearts and send some Vermont

spirit to our troops overseas. Alex has suggested items such as toiletries, microwavable foods, munchies, etc.

Sue Fisher, the Danville Postmaster, has graciously put out a box in the Danville post office for any donations.

As we all know many local Vt. National Guard troops will be deployed soon. We're sure they will also appreciate any of these articles as time goes on.

Any monetary donations will be used to purchase the above mentioned or help defray the cost of shipping. Should you wish to send money, please mail it to Alex's mother:

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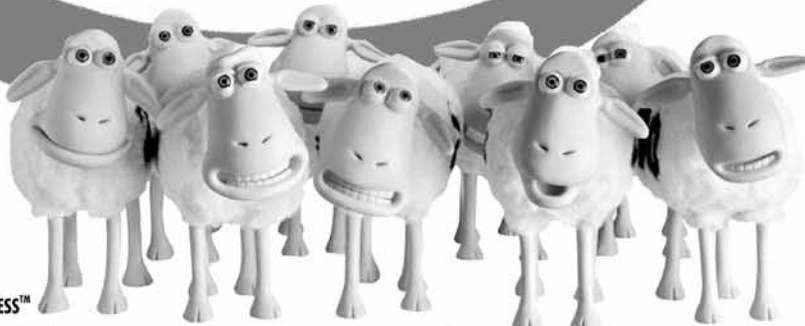
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Photo by Virginia Downs

Seeking solace

What lured a chief justice to Greensboro

By VIRGINIA DOWNS

A gentle breeze blew through the screened windows on the porch where I sat with United States Chief Justice William Rehnquist, talking about the summers of contentment he had spent here in his Greensboro vacation home. The leaves on a branch of the maple tree next to the porch blazed forth with shades of orange.

"I see you have a hint of what's to come up here," I commented. Yes, and that is a regret I have that I am never able to be up here in foliage time," the Chief Justice said. "That's when the court gets underway."

The time was 1998, a few days after I had attended a meeting at Highland Lodge with my husband where the Justice gave an informal talk to lawyers and judges from the area. The obvious delight he took in Vermont prompted me to ask if I could interview him sometime about what had attracted him to the Northeast Kingdom.

Justice Rehnquist greeted me

the day we had agreed upon with a warm smile as I walked up his driveway. He introduced me to his oldest friend, Bob Brachman, who was visiting him from Wisconsin. They had attended kindergarten together in Shorewood, a Milwaukee suburb, and had kept up their friendship over the years.

"Bob complains that my croquet course has a bit of a tilt," he laughed. "It's not an orthodox course — more of a pitch and putt course." He pointed to the sloping lawn. Spirited croquet games were very much a part of recreation for the Rehnquist family and their guests, young and old.

I placed my tape recorder on a footstool close to the justice with my notes on my lap as we talked on his porch. My first question was what had drawn him to faraway Greensboro from the nation's capital. He had bought his Vermont retreat back in 1974, two years after he had been confirmed as an associate justice of the United States Supreme Court.

"We began to look around for something either in the North Carolina mountains or northern New England where it would be cool in the summertime," he said. Before the family moved to Washington, they had lived in hot Phoenix from 1953 to 1969 where he practiced law. Always looking for a cool summer home back then, they had owned a forest cabin in northern Arizona, and at one time a small farm on a western Colorado mountain slope.

"We saw an ad in a Vermont brochure for Highland Lodge, and it said they had a tennis court."

He glanced at me with a grin. The Justice's love of tennis was legendary in this part of the Northeast Kingdom. "And, of course, Dave and Carol Smith

were running it then (parents of David Smith, who now manages the business with his wife, Willie). My son was in college but my wife and two daughters came up with me. Dave and Carol were so nice. They saw that the girls met some of the summer people's children."

Then the Rehnquists found the home that was to become their vacation retreat. "Having grown up in Wisconsin, I was interested in being close to an inland lake where it would be quiet and restful, but still have enough activity so you could stay here for weeks at a time and not feel totally isolated. We wanted a place that was not a 'see and be seen' place," said this man who is known for his unpretentious manner. "This seemed to fill the bill."

What delighted the Rehnquists was the space that Greensboro people naturally gave them. "I never had to bring up the subject of our need for privacy. People here just seemed to know it instinctively. It shows how thoughtful they are," he recalled.

He added that Caspian Lake reminded him of "some of the nicest lakes in Wisconsin. And Vermont has Willoughby, too, with those spectacular fjords."

When his three grown children and the eight Rehnquist grandchildren came throughout the summer for their vacations, the lakefront kept them happily occupied. "The property came with deeded rights to the Lodge's beach and dock. I pay them a certain amount a year for the use of their towels, canoes, paddleboats, rowboats, chairs and things like that. It works out beautifully."

His son James had four children. "When they'd come, instead of visiting me, I'd visit them. I'd give them some money and they'd cook things they thought I'd want. We'd play cro-

Greensboro residents have fond memories of the summers when Justice William Rehnquist vacationed in their town.

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Photo by Jeanne Miles

Justice Rehnquist was introduced by Program Chairman Dick Boera for a Lyndonville Rotary speech in July of 1996. His subject was the work of the United States Supreme Court.

quiet with the kids, then they'd go to the beach and we played cards at night.' His daughters, Janet and Nancy had two children each, "so I won't say I cooked for them, but I do a lot more of the planning and shopping."

One of the first places the Rehnquists discovered was Willey's Store, the quintessential general store. "It's a great social mixer," the Justice explained. "Lots of invitations for dinner are given and accepted at Willey's. Some people go in a couple times a day. The other day Connie, the bakery lady who lives on the road to Hardwick, made an anniversary cake for Donna who had worked at Willey's for 20 years."

Phyllis Hurst, managing the store with her sons Tom and Rob, spoke of how everybody missed Mrs. Rehnquist, who had died a few years ago after a long

illness. "She had such a warm personality," Mrs. Hurst commented. "She was famous for her multi-bean salad."

The Rehnquists met at Stanford University where he had enrolled in law school in 1946 after serving in the Army Air Corps in World War II for three years. Nan Rehnquist was an undergraduate majoring in political science, which had also been her future husband's undergraduate major. After their marriage in 1953, she became a tireless volunteer in civic activities, particularly the National Lutheran Home for the Aged in Washington, D.C.

I had heard that when the Rehnquists settled in their Greensboro home, the Justice had applied for membership in the Mountainview Country Club and had to wait his turn to join. "That's one great difference up

here. Nobody is treated with any special favor. It's a very nice change from Washington," the Justice said.

Known as "Bill" by his Greensboro neighbors, the broad-shouldered, six-foot-two-inch Justice became a familiar sight on the tennis court, playing doubles at different times with Lacey Smith, Alfred Fuller, Alan Lukens, Kim Igleheart and Joe Nicely. "When my sister comes to visit, we have a standing tennis date, men against women, with Roe and Betty Howell," he said. I

asked if the women occasionally won, remembering what I had heard about the Justice's smash hits at the net, he answered, "No. We just psych them out. Actually, I think they are better tennis players."

Justice Rehnquist spoke of how he treasured quiet moments, too, when he enjoyed reading biographies, history and mysteries. "I like the old school whodunits, too – particularly Agatha Christie and Dorothy Sayers."

The Justice was an author himself. "In the course of about 15 years I have written only three books. After all, as someone has said, 'I do have a day job.'"

Every other summer he enjoyed a gathering of Vermont authors at the home of Lewis and Nancy Hill in Greensboro, prolific writers about gardening in the North Country. "I bought my apple trees from Lewis," he said. "He came and planted them. Not only that, but afterwards he would come and spray them in the springtime. That just would never happen at all in a big city."

Wednesday noons Justice Rehnquist met with a group of men who called themselves, "The Romeos" (Retired Old Men Eating Out.) "We go to somebody's house for an hour and have a drink, then have lunch at the Lodge. I look forward to it. It's a chance to talk things over."

I had heard that the Justice had taken painting lessons in the years before he was sworn in as

Chief Justice of the Supreme Court in 1986, and wondered if he still found time for that hobby. He confided, "I don't paint now, and it's been no loss to the world of art that I stopped. I thought I would keep right on after I became Chief Justice, even though I didn't have time for the classes. But I found that I needed the discipline of the class."

There was a sense of a deep contentment in this man, relaxing in the invigorating climate of this lakeside community. It was obvious that he practiced what he preached at a law school commencement when he counseled the graduates: "Do not let the law be too jealous a mistress. You must give yourself time not only to do a variety of things, but also to allow yourself time to appreciate and enjoy what you are doing."

As we ended our talk, the Chief Justice pointed west at the billowy clouds in the bright blue sky over Caspian Lake. "Just look at those clouds!" he exclaimed. "What a perfect Vermont summer day."

Those words come to mind every time foliage time returns to Vermont. I think of the inspiration the colors would have given Justice Rehnquist, who regretted leaving Vermont for his "day job" in Washington before the autumn colors returned.

The Chief Justice died in his home at Arlington, Virginia, on Sept. 4, 2005.

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Walking to school in 1922

Through the eyes of a childhood friend

By BRUCE HOYT

“How did your school day begin?” I asked. I was exploring an idea for a “walking to school” narrative from a person of the generation before my own – the generation that really did walk a country mile or more through the snow.

“I didn’t have any morning chores. I got up for breakfast when my mother and brothers came in from milking,” she said.

“You were spoiled,” her son interjected.

“I was the baby,” Marguerite protested.

Marguerite Chamberlin, formerly Meserve, nee McLaren, walked to the same Standard School on Joe’s Brook Rd., that my father attended a decade before. Her walk to school was about a mile and a half, a bit longer than his. The

McLaren homestead lies on the Little Scotland Road, and the gable end of the barn is just visible from the Hoyt property. Marguerite’s son, Arthur Robert “Bob” Meserve and I were classmates at St. Johnsbury Academy. The McLaren-Hoyt ties are old and ongoing.

Responding to my concern over such a long trek for a first grader, all alone, she said, “Oh no, my brother Neil walked with me. It was his job to see that I was safe. I don’t know that he was always happy about it, but perhaps we were closer because of it. My brother Art was in eighth grade and my brother Hazen was already out of school.”

I wondered about wildlife. Did she ever experience any event that gave her a fright?

“No, I don’t remember anything like that ever happening.”

I had to remind myself that Ver-

mont in the 1920s was only one-fourth woodland and three-fourths open land. She was much more likely to see pastured cows and horses than deer.

“No. No deer. No bobcats leaping out of the shadows,” she chuckled.

So, lunch pails in hand, she and Neil trooped off to school along the dry dirt roads of autumn, the roller-packed snow of winter, and the muddy ruts of spring. They didn’t carry books. The books were at school “and not very interesting.” For her, arithmetic held the stronger interest.

“My teacher – I think her name was Shattuck – Ms. Shattuck was wonderful. When I went to the Barnet School for third grade, I was way ahead of the other pupils. I was given the job of correcting their papers.”

Much of the argument for keeping the one-room school hinged on the value of the younger children listening to the recitations of the older pupils.

“I tried to hear what Neil and Art were learning so I could show off at home,” she said.

The winter trek held more chance for adventure. Sleds became an important part of the morning walk. With a slight initial grade, a short flat by Corriveau’s and a long steep grade down to the Joe’s Brook Rd. the trip was fast and fun. The remaining half-mile along the valley’s level grade, however, often funneled the cold north wind into a serious wind-chill.

“But I had a long dress with plenty on underneath and long warm socks.”

Still, she was glad that an adult, maybe Dana Garfield - he lived just across the bridge - had come in earlier to light a fire in the tall stove to make the one-room school toasty warm. The twin outhouse, one side for boys and the other for girls, was without the benefit of heat.

In spite of the long morning and evening walks in the cold, the children went forth during the lunch period and dragged their sleds up the Barnet Center road for what certainly must have been a real thrill ride down to Joe’s Brook Rd.

“My best friends at school were

Amy and Charlie Bagley. Amy and I had seen the big boys using a traverse and decided that if they could control it, we could too. We hauled it almost up to Newman’s before starting down.”

Her son, getting a new vision of his 94-year-old mother, said, “There’s a wicked turn near the bottom. How on earth did you make it?”

“We didn’t. We crashed,” Marguerite admitted, smiling a bit at that long-ago deviltry. “But we weren’t hurt.”

Did she ever go to school by car? “We didn’t have a car, and I don’t remember ever going by team. Cars were scarce except in town.

The first time I saw a car was when we were on our way down Joe’s Brook Rd. in a one-horse sleigh. We met George Stevens in his new car. The horse was scared, but my father had the reins and kept control.” In those days, snowy roads were packed down by a horse-drawn roller. Wheels and runners would be possible on some surfaces, but sleighs had the further safety of bells to warn other travelers in time to let them pull off to the side.

Marguerite went to the Barnet School after two years.

“That was easier. We lived just up Church Street, but I used to think about my Joe’s Brook Rd. walk. I still do.”



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BY LORNA QUIMBY

Chicken pie suppers are not only good eating, they are tremendous bargains. Where else can you get entree, beverage and dessert for the prices charged by our local churches? And children are usually half-price.

Ads for these chicken pie suppers appear early in the summer, pick up toward fall and crescendo during the foliage season. You find pies made with individual biscuits, or with their whole crusts, like the ones served by the Groton Baptist church during the Northeast Kingdom's Fall Foliage Festival. The Baptist Church's dinner is so popular you have to make your reservations beginning in the New Year. The Baptists serve their pies family style, the portions are generous, and the dining room rings with the noise people make when they are enjoying a good meal and good fellowship.

Driving at night is now difficult for us, so Dick and I did not make the pie supper at the Barnet Congregational church. There is another excellent meal. You go through the line while the servers fill your plate—and I do mean “fill.” Fall squash, coleslaw, mashed potatoes and a variety of homemade pies make sure no one goes away hungry.

Our daughter Kathy lives in Cambridge, Vt. She and her husband make a special effort to go to the chicken pie supper in Waterville. Besides excellent pies, both chicken and dessert, they offer home-made pickles. One woman makes what Kathy says are the most delicious tongue pickles she's tasted, with just the right amount of spice.

There are chicken pie, ham or game suppers most weeks during the fall. What fun it would be to sample every offering. And to know you are supporting a worthy cause to boot.

When I first became president of the Peacham Historical Association, we had many needs: flashing on the roof to replace, windows inside to paint, acid-free boxes and much needed supplies for the collection (and these do not come cheaply), insurance and water rent. The house always needed painting. To raise the necessary funds we put on chicken pie suppers. The scale of the project was measured in the number of suppers we needed to do.

Chicken-pie suppers involve many people: someone has to set up the dining space, some need to cook and serve the meal and, if you're lucky, a few wonderful workers do the dishes and clean up after the meal. Rob Ide lent us his special chicken pie pans. Leslie Post not only cooked the chicken and made the gravy, but also introduced us to Bakewell Cream for light and fluffy biscuit dough.

We were not the only group in town that was trying to raise money. There were the two churches, the Women's Fellowship, the library and the elementary school.

We were all doing the same thing. Most of the time it was the same few people who did all the work. After Leslie moved west, the Senturias put on a Ground Hog Day dinner for several years, but surprise! None of us were getting any younger. We had to find another way to raise needed money. Ghost Walks of-

fered a fun way to increase our funds.

Years ago, when the Academy was booming and the boarding students came to the suppers, the women who put on the suppers had a guaranteed number. There was a supper each month. The weather did not matter. The students walked from their dorms, and the locals were used to winter driving. You didn't plan on someone driving from a neighboring town or, heaven forbid, St. Johnsbury. There were plenty of workers for the meals, too. I'm always amused when someone says they can't help because “they work.” I'm not saying they don't, but I think of those farm women like Vivian Churchill who rose early, cooked an enormous breakfast for their brood, got them off to school, did their own housework, made the noon meal and then drove to the church to prepare and cook a supper, clean up afterward and went home satisfied that she had helped the Fellowship raise what seems a pitiful sum these days. Those small sums repaired the parsonage, provided a pair of shoes so a local child could go to school, sent food and clothing abroad and even helped pay the minister's salary.

They were different times and different ways. Things change, but still, as the leaves put on their glorious reds and golds, you'll read the modest ad for a chicken pie or a game supper nearby. You should go. Enjoy yourself and bon appetit.

Woody on Words by Woody Starkweather

Naming the Animals

The Bible says that Adam and Eve were given dominion over all the animals and along with that, or because of it, had to name them. That meant coming up with names like aardvark (“earthpig” in Dutch) and armadillo (“little armored one” in Spanish). Well, maybe those names came a little later, after the language of Eden gave way to the many different tongues of modern people.

Now we're in Vermont, which bears an uncanny resemblance to Eden during five months of the year. It seems fitting, then, to consider the naming of animals. Not the genus and species kind of naming that Adam and Eve had to do. (Imagine the conversations they must have had around the campfire, disputing the importance of ear shape and tail length.) I'm thinking of the less paradisaical naming of pets and farm animals.

At the Danville Fair this summer, I watched the horse-pulling contest and was struck by the names given to the massively strong animals – Pete, Sam, Bob — strong, masculine names, just what draft horses need. No Rachel Alexandras in the group, or Sea Biscuits for that matter. I never heard the announcer say anything like “Here are Rachel and The Biscuit trying their luck at 26 lbs, 7 oz.” No. The names fit the horses' task.

Cows too. We recently started buying our milk directly from a local farmer and were pleased to learn the cows' names. First there was Mule, originally called Sprinkle, but I can imagine the milker felt awkward yelling “you #@%&” at a recalcitrant Sprinkle balking the stanchion. “Mule” allowed for a little more

cussing. Anyway, it's nice to know the name of the cow that gives you milk. Knowing an animal's name provides a connection to it, just as knowing a person's name signals a certain level of intimacy.

People who raise poultry for meat don't give their charges names, unless the labels are Christmas, Thanksgiving, and Sunday Dinner. We have three ducks, but we haven't given them names. They may be worried. If they could talk, I bet they'd introduce themselves, wanting us to know them a little better. An egg-laying hen is another story. For them a name is fine. There is an intimacy in eggs, as there is in milk, that allows for a name. Meat is a little too close for comfort. You don't want to get attached to your future dinner.

Pets are another story. Many pets are named for their presumed character when they're young, but the names don't always pan out – Frisky the kitten, now grown, spends the day sleeping on the sofa. You can't name a pet after someone you know; it's a little insulting. But historical characters are fair game. When I was a boy we had an English setter named Churchill, and no insult, in fact admiration, was intended. Our current dog, a greyhound, is named Merlin. I'm not sure why, but we certainly have nothing against the Arthurian magician.

Some families have pet-naming traditions. All our pets have names that begin with the letter M – Merlin, Molly, Marley, Miranda, and – Bruce. Well, we inherited Bruce the cat. Strong and masculine, he would have made a good draft horse. Having so many names that sound alike poses a problem. When we call one, the others come running, just in case. It seemed like a good idea at the time.

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Market Musings *with Jane Woodhouse*

Each year, the vegetable season stretches further toward the coming winter. The challenge, for local growers, is to push a few crops into a late fall or early winter production schedule. Typically it involves a combination of the latest greenhouse techniques and good storage practices. It also involves time and careful planning. A warmer growing environment does not ensure mature crops. Daylight hours play a role in the steady growth of a plant, so timing is everything. Planting in late summer when there are still enough hours for steady growth will get plants going before the loss of light slows them down.

This year, the Caledonia Farmers Market goes year-round with a monthly market in St. Johnsbury at the Welcome Center, the old railroad depot, located at the bottom of the Eastern Avenue and Railroad Street. For several years, the market has discussed use of the Welcome Center as a market site. Market Manager Elizabeth Everts credits Nat Tripp with the idea and the push to see the market use the space.

Watching snow fly on Oct. 14 as the Danville market ended its season suggests that

vendors will be happy to find a warmer home this winter. The outdoor market ended in St. Johnsbury on Oct. 24. It will pick up in the Welcome Center on Nov. 7 and run monthly the first Saturday of the month. An additional Holiday market will occur on Nov. 21, the weekend before Thanksgiving, to give shoppers an opportunity to stock up on good local food for Thanksgiving dinner. Market hours will be 10 a.m. to 1 p.m.

Space is limited at the Welcome Center, but the market will feature many returning vendors. Anchoring the produce section of the market will be manager Elizabeth Everts, Too Little Farm, with root crops, pickles, jam, sheep skins and wool yarn. Bill Half of Harvest Hill Farm in Walden will join her with root crops. Jill Rebillard, Gourmet Gardens, will have pickles, greens from the greenhouse, and wool products to sell. Tom Canton from Biz A Bee Farm will have apples, fall grown greenhouse tomatoes and Christmas wreaths. Marvin Bailey will bring his pickles and preserved food.

In addition to produce, local meat and fish will be supplied at the winter market. Tamara Martin of Chandler Farm and Matt Secich, chef at Rabbit Hill Inn, will join to sell root crops, chicken, pork, and eggs. Koren Warden will have beef, pork, chicken and eggs to sell.

Her sausage is excellent. Curt Sjolander, co-manager of the Caledonia Market, will bring root crops, trout, preserves and pies.

Fresh local food will be in abundance thanks to an increase in both season and added volume from local farmers. Rounding out the selection of fresh food will be prepared foods and market favorites from the summer market. Danielle Ekasala of Auntie Dee Dee's will return with her wonderful pastries baked with wholesome local ingredients. Cinnamon buns and lemon squares will continue to be available through the winter months. Vermont Coffee Roasters will bring beans and fresh coffee to the market. Derrick Samuels brings his Genuine Jamaican products including hot prepared food, rubs, marinades and sauces along with his laughter and good cheer. Deb and David Miller will bring their canned salsas and preserves. Muller's Bread will provide bread, muffins and pretzels.

Judy and Sharon bring the Market Café to the Welcome Center to again serve a breakfast and lunch menu to shoppers. Their presence at markets has enriched the experience of shoppers who stay to eat, visit and enjoy the market atmosphere. While space is limited at the Welcome Center, the Market Café will serve snacks and food to take out.

Holiday shopping is available at the market with the presence of local artists and craftspeople who bringing their wares. Linda Nile, glass artist and long time market vendor, will bring work to Winter Market. Joining her will be Diane Donovan, painter and creator of hand dyed silk scarves. Shiana Kuhn comes to market after a break from the summer market. Shiana is a fiber artist who creates one-of-a-kind and functional pieces. She keeps busy and will have a selection of her work for shoppers. Leo Rogers brings woodworking to market in the form of kitchen utensils and beautiful flutes. His music often fills the market space around his table and is a treat to the ears.

The market is full in its winter home. It should provide a welcome opportunity to keep dollars in the local economy and give shoppers a richer experience as they connect farm to plate or the hand of the maker to a treasured work of art or handcrafted gift. While year round markets are the norm in warmer climates it is through some effort that we are seeing them take off in the northeast and especially this northern region of Vermont. It offers the perfect antidote to cabin fever providing yet another opportunity to socialize with those who provide food and other goods for us.

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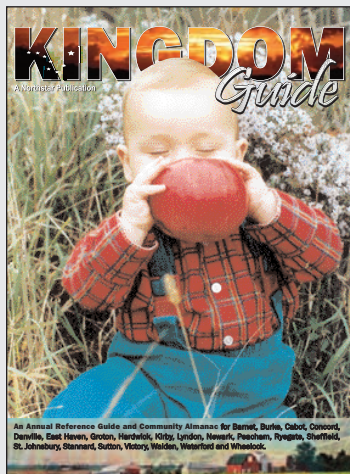


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Photos by Jim Ashley



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Darryl Masure, Bradford, driving his Belgian/Percheron cross team, Samson, 7 yrs., and Janina, 9 yrs. (on driver's left).

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Left: The Shire Horses Maxi, 8 yrs. (on driver's left), and Rusty, 5 yrs., driven by owner Jean Simpson of Danville.



Right: Tim Hodges, Danville, with his Cleveland Bay/Suffolk Punch crosses, Nellie, 5 yrs., and John (center), 5 yrs., hitched three abreast with 6-year-old Percheron gelding Pete (on driver's left).



Gordon Hale, Hardwick, driving Percheron geldings Peterson, 12 yrs., and Richard, 11 yrs. (on driver's left), owned by Bert Frye of Danville.



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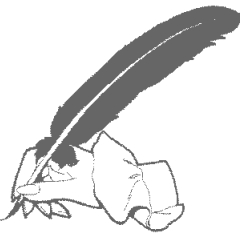
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Letters from the Past

When writing was a necessity and an art

By Lynn A. Bonfield



Letters were one of the few ways friends separated by distance in nineteenth-century Vermont had for communicating with each other. In the late fall of 1834, Archibald Bachop (1819-98) wrote from his home in Barnet to his former classmate, Enos Stevens (1816-77), teaching in Middlebury. The cost of sending this letter was 12½ cents, paid by Archibald. Postage rates had been fixed by Congress in 1792 and were extremely high. Until 1855, postage could be paid either by the sender or the receiver; after that, prepayment was compulsory.

Internal details reveal that Archibald wrote this letter in November rather than in October as he penned. He knew Enos would be interested in the hiring of local teachers especially their pay. Certainly one of the topics of conversation for teachers, at this time still primarily a man's occupation, must have been the recent hiring of women to the position, not only in the summer term when women had taught for years, but during the winter and spring terms. Rather than going directly into that subject, Archibald instead poked fun at a community—Peacham—that allowed women teachers in the district schools year round. He neglected to add that many communities preferred women as they were often paid half the amount paid to male teachers.

Today's readers might find laughable Archibald's reference to the recent lecturer at Peacham's lyceum who referred to women as the "same to social society that a ruffle is to a shirt." Clearly, the ladies of Peacham did not.

Barnet

Oct [November] 5 1834

Mr. E[nos] Stevens

Since I received your letter the twenty fourth of Oct and was gratified to hear from the west of the Green Mountaines. Times pass on hear as usual without much news except a few changeing events of the day which are few and not very interesting such as George Co[w]les has hired a Store, Mary Bradley excepts to get Married, ec [etc].

The season has arived when people are in search of school teachers which I think are not so numerous as formally & that the reward for service this season will be a little [more] than usual. Only two schools are engaged to my knowledge. The school in your Village by James Gilkerson and the one in Deacon Stuarts District by myself. Gilkerson has 20 Dollars a month. I have 18

Dollars board ourselves or run on the streets.

The Lyceum at Peacham is as interesting as last fall as well as more liberal for those who paid last year go free this. Those who have lectured are Noah Worcester [1819-47] Everts Worcester [1807-36] Thomas Goodwillie [1800-67] & Dr [John] McNab [1784-1878]. The Dr[s] lecture did not suit the Ladies of P [Peacham] very well for in speaking of the fair sects [sex] he said that they were same to social society that a ruffle is to a shirt[.] The Dr[s] subject was Knowledge which lead him to speak of the females, and he gave his opinion that he saw now [no] impropriety why a female should not if her inclinaton loud [allowed] her to study a profession, whic would appear rather masculine in the present state ruffle

shirt society.

The Girls are all well as far as my knowledge extends. Jenet Shaw has returned to school again at Peacham [Academy] and boards at Mrs Osgoods also her Sister. Isabelle Brewer[,] Rumanana [Ruhanna] Gleason and sister Jane and Jenet are attending also from Barnet.

This must suffice at present as I was so unfortunate a few weeks since to be thrown from a Colt and spraint my wrist so that the ligaments were very much lacerated and I have not been able to use it but very little since although it has now in part acquired its usual strength but in a very quakeing quavering shakeing troting condition.

Yours in Friendship
Archibald Bachop



Before envelopes were introduced, letters were folded so a blank page was available for the address and the letter was sealed with wax. Stamps were not introduced in the United States until 1847.

The original of this letter is preserved in the Stevens Family Collection at Special Collections, Bailey/Howe Library, University of Vermont. The editor thanks Sylvia Bugbee at UVM, Sarah Hartwell at Dartmouth, and archivist/historian Philip P.

Mason for help in identifying and researching this letter. Letters in this series are transcribed as written with no corrections of spelling, punctuation, or capitalization. Editor's additions are in brackets.



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A sad story about a grebe

By RETA H. MORSE

It was during an early January snow storm that my 10-year-old son and I, braving the swirling wet snow but enjoying the picturesque beauty of the wintry atmosphere, made our way toward the Fairbanks Museum of Natural Science in St. Johnsbury, Vt. to see a strange live water bird which was displayed there.

This all began about the last of December, 1956, when Dr. Albert E. Grass, a local veterinarian, found a quaint bird stranded in a snowdrift along the banks of the partly frozen Passumpsic River in the neighboring town of Lyndonville.

He had taken the bird to Frederick Mold, director of the Fairbanks Museum where it was soon identified as a Holboell's Grebe, *Colymbus holboelli*, belonging to the Family Podicipidae, a diving family, known to be one of the lowest in order among birds.

Mr. Mold had explained that due to the nature of the bird it uses its feet as propellers and requires a long runway of water to get into flight. Also, because grebes' ability to walk is undeveloped, it couldn't go very far, so obviously, it had become trapped.

Although this trip couldn't be compared with an adventurous tramp into leaf-strewn woodlands with sounds of birds flitting through a thicket, being startled by human sounds, we were nonetheless enthusiastic when we reached our destination.

So we paused outside only long enough to stamp our boots, brush the accumulation of snow from our coats and then we entered the museum. Almost at once, at one end of the spacious museum, near a glass cabinet displaying a variety of

mounted birds, we noticed the grebe. The small duck-shaped bird with its drab plumage of black, brown and silvery gray, and sporting a long pointed bill was swimming gracefully in a portable swimming pool.

On a perch nearby was a parrot named Joe who was believed to be about 40 years old, looking down with idle curiosity. Music was added to the scene by a group of parakeets and canaries who chattered and chirped merrily in their cages.

We were amused as the grebe displayed a series of aquatic exhibitions. It swam and dove beneath the water as well as on the surface with smooth, skillful motions. Sometimes it swam under the water with only a part of its head showing, creating a comical appearance.

But the strangest part about this bird was its feet. We watched with great interest when the grebe attempted to get onto a board, which was attached to the edge of the pool. Many times it tried but only with the aid of its small wings did it succeed. A grebe's long legs and unusual feet are placed at the extreme of its somewhat streamlined body. The feet are not webbed. Rather they are flattened toes spaced with a "horny-like" skin.

For a short time it just stood there awkward, somewhat resembling the penguin, although grebes are much smaller in size. An adult Hubbell's grebe is 19 inches long, but the grebe in the pool, who was believed to be immature, was understandably smaller.

As I sat on a nearby bench and chatted with the attendant, a group of young children and their teacher, tramped in. They excitedly gathered around the fenced-in pool with my son and called out in their childish voices, coaxing the grebe to get into

the water. The friendly grebe, willing to comply, slid with silent ease into the water and loudly called out cluck-cluck-cluck-kow-kow-kow, startling the youngsters momentarily.

When the attendant tossed some small fish into the pool the children laughed gaily as the grebe caught them with its swift movement and ate them greedily. When it first came to the museum it wouldn't eat by itself at all. Food had to be forced into its mouth to keep it alive. The attendant told us when they picked the grebe out of the water, his feet and legs would go so fast that they appeared to be a blur.

As I glanced past the grebe to look outdoors, I was surprised that it was getting dark. We had become so interested in the grebe that we failed to notice how late it was getting. We buttoned our coats and went outside. It had stopped snowing. Snowplows were cleaning the streets as we trudged homeward.

After our first visit, we went many times to the museum to see the grebe. It seemed to feel right at home.

Around April, when the grebe had been at the museum four months, it became restless. It fluttered about in the pool and spread its wings attempting to take-off. Mr. Mold had planned to take it to some open water as soon as the weather was truly spring-like, but a tragedy occurred.

Quite suddenly it became ill and died in a very short time. Dr. Grass examined the bird and determined that it had died of intestinal stoppage. Even though it didn't get the chance to swim in deep waters again it gave pleasure to all who came to see it. And we feel sure it will not be forgotten easily.

Chef David Hale and culinary students plan 5th annual Cabot Gourmet Buffet

For the fifth year in a row, Cabot chef David Hale is working with culinary students to put on the "New Traditions Supper," a gourmet buffet which has become an anticipated epicurean treat in central Vermont. This year's meal will be served Friday, Nov. 6 at the Cabot United Church.

"A group of us got together five years ago and decided we wanted to create an annual supper in Cabot that was different from the chicken pie, ham and baked bean scenario you see in other towns," Hale explained. "We decided to do something that's ours and only ours." The resulting Cabot meal features linen table clothes and gourmet cuisine all served in a buffet format.

Hale is the former executive chef for Auberge du Soleil in Napa Valley, California. In 2001 he and his wife, Libby, moved to Churchill Road in Cabot where they live with their two children Eli and Gage. He came to Vermont to serve as campus executive chef for the New England Culinary Institute (NECI).

He now commutes in the other direction, north on Route 2, to St. Johnsbury Academy where he is the culinary arts teacher for 23 culinary students.

"It's a great range of students," he explained. "Some

want to continue in the food service industry and some just want to be proficient in the kitchen. They are learning transferable skills that will help these guys no matter what they do down the road."

The students at the academy will work with Hale to prepare the Cabot meal. The final stages of prepping and the actual serving will be conducted by students from the New England Culinary Institute as part of their "service learning requirement."

Cabot church and community members work together each year to make this meal a success.

"I am not a full time member of the church, Hale explained. "But I understand the integral role the church plays in the community. The people who benefit from this event are my neighbors."

"I love the camaraderie of this meal," he added. "Everyone gets together to pull this off, students and community members. And I love that happy buzz in the room as everyone digs into their food."

Reservations are necessary for this event and servings are offered at 5 pm, 6:15 pm and 7:30 pm. at the Cabot Church on Main Street. Tickets: Adults, \$12; Senior citizens \$10; Children 12 or under \$6. Take-out is available - 426-3281. Proceeds benefit United Church of Cabot.

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>> Page 1

side us.

Then she disappeared for a while, and when we finally saw her again she was limping badly. She had a huge welt on her right shoulder, and couldn't put any weight on that leg. Surely, she'd been hit by a car and we wondered how she could possibly survive. It was painful just to watch her, and the hunting season would soon be underway. There were hunters with tree stands and blinds all around our house, right by the apple trees, and more hunters would be passing through. Indeed, we didn't see her at all until the season was over. She must have waited until night, joining the others at the apples and leaving the ground clean by dawn. If you can stand it, and protect the young trees, this natural gleaning by deer is a great way of keeping an orchard relatively disease free.

Within a few days after the season ended she was back, cleaning up what was left of the garden now; the stalks of the Brussels sprouts and the broccoli first and then everything else. I use an "electro-net" sheep fence around the garden and the moment the fence comes down the deer go in. It gives them a nice boost as winter approaches, as do the tops of hardwoods which I fell at this time and leave on the ground for a year before bucking them into firewood. We have an interesting relationship, me and the deer, a love-hate sort of thing which has finally mellowed into a benign acceptance. Hunting is a part of it, and has to be.

But that year, like the years that followed, the winter came early and hard. Deep snows kept getting deeper, interspersed only with freezing rains which put a crust on the snow, a cruel crust which the deer broke through but the coyotes did not. Then the cold would return with biting wind and more snow for weeks on end. One evening I watched as the deer emerged in a line from their wintering place amongst the cedar and struggled towards the orchard with the pale hope of finding an apple which they had not found before. It was like watching an old documentary film of the Siege of Leningrad; six or eight deer in a row, struggling in the tracks of those ahead, bowed against the storm, one limping badly, and of course there were no apples.

By March, I could tell by the calls of the ravens that there were dead deer all about, pulled down by the coyotes which had howled through the moonlit nights, or simply starved. In a few more weeks I found their bones back in the swamp and beyond and also saw that not only had the deer eaten my azaleas and blueberries but they had decimated the woodland shrubs such as moosewood too. Yet by the time things were really green, "Granny" was back, and with a fawn again. She was still limping but she looked pretty good otherwise, with a beautiful coppery summer coat. That fall I was

sure she had been shot during the youth day, a young man took a nice doe right where she used to bed down, but it wasn't her and even though the following winter was almost as bad as the one before she was back again in the spring.


But now, as I watch, I can already see her ribs through her gray winter coat. This is not a good sign, and her leg has gotten so bad she can hardly move. She inches forward, bends over painfully to reach apples on the ground and cannot reach up for

those above her. This year's fawn is grazing nearby. Then the fawn, full of youth and energy and delighted by the apples and the golden evening light, bounds to her side. She turns slowly to lick the fawn, and their tails flutter with mutual affection. I am

reminded of my own grandmother who raised me and was so crippled by arthritis herself by that time in her life that she, too, could hardly hobble out to the apple trees, and for a moment I, and she, and the deer are all one. ★

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Green Cheese by Peter Dannenberg

Sleeping Ugly

By PETER DANNENBERG

As I nod off in front of the TV late at night, I'm often jolted awake by loud ads for things to help me sleep. In one, a rooster perches on the blankets and crows until the woman in bed with it pops a pill. The bird then saunters off to disturb another light sleeper. A fowl who mistakes my bed for a henhouse will soon be guest of honor at a chicken pie supper. After a second helping, I'll sleep soundly without pharmaceutical nostrums.

A woman in a different ad might be jubilant because the rooster left. She sets a glass of red wine on her mattress and jumps up and down on the bed. Her bedmate grins foolishly at these bizarre an-

tics, probably because he suspects she's taken leave of her senses and fears for his life. He waits for her to somersault away, so he can gulp the wine and flee down the road after the rooster. Apparently, Scandinavians invented the "miracle foam" mattress because they have an urgent need to practice gymnastics in bed without spilling their nightcaps. I haven't glimpsed such athleticism in my bedroom.

Another device is a home version of a double hospital bed. With it, you can practice yoga without actually using your muscles to contort yourself.

Lindsay Wagner, who starred as the Bionic Woman in the late seventies has one more solution for tossing and turning. She wants me to work out my perfect firmness setting on the adjustable mattress she sells. Lindsay warns me to fine-tune her mattress to precisely

my ideal setting or suffer exhaustion the next day. The formula involves my height, weight, gender and sleep position. Lindsay probably had a computer implanted when TV scientists rebuilt her. I have nightmares about endlessly fiddling with controls. What if I miss my perfect setting by a point or two, roll over into my wife's territory or put on pounds from too much chicken pie?

I'd lose sleep over all the recalculation. For me, bedtime math is limited to counting sheep, but still another mattress maker brags it's throwing counting sheep out of work. Where are animal rights activists when you need them?

At least the waterbed fad is defunct. Back then, fear of floods murdered sleep. And that was without worrying whether the living room ceiling could support the weight of the pond in the bedroom above. If the power failed in January, you might resemble a polar bear napping on an ice floe.

It's not enough to fret over my own rest. My snoring might disturb my wife. Luckily, TV has a glut of remedies to restore domestic tranquility. There are de-

vices to jam into my mouth and move my jaw forward and adhesive strips to flare my nostrils. The latter might have odoriferous drawbacks if poultry strut about in the master bedroom. If I stop snoring, how will I drown out the shouting TV pitchmen who rouse me from slumber?

The best sleep aids I've found are TV crime dramas that are more criminal than dramatic. These so poorly written that it is obvious "whodunit" before the second commercial break. The clueless felons must be visitors from another planet. They roam the universe seeking a good night's sleep. I suspect their real motives for mayhem are faulty computers that messed up sleep settings on their spaceship's couches. Yawning, they had almost drifted off, when a too-loud commercial startled them into pushing the wrong button and they crash-landed in our midst. Miffed and cross, they vowed to wander the world and wreak vengeance on TV actors. If Lindsay wasn't bionic, they would have vaporized her.

At times, even events on our own planet are eerie. I once

worked for a health institute that, among hundreds of studies, researched zombies in Haiti. It was looking for folk remedies to exploit as new medicines. Scientists suspected voodoo practitioners of drugging their victims to deprive them of free will and make them seem to be walking dead, or at least sleepwalkers. That would be a dandy cure for insomnia, for those not already turned into zombies by bad TV.

TV ads for sleeplessness remedies show actors snoozing with beatific smiles. I never saw such happy dozers. Those slumbering in my Army barracks were sleeping ugly, not sleeping beauty. Mouths gaped, drool trickled down chins and snores reverberated. But maybe that was because we slept in tee shirts and boxer shorts on thin mattresses. If we retired like TV hucksters, in silken designer sleepwear, on precisely personalized miracle foam, topped with satin sheets, in king-sized beds, with a goblet of mulled wine, we might have been more blissful. Until that rooster woke us.

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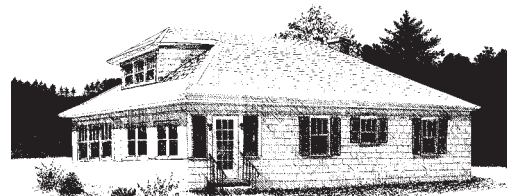


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Snowy landscape foreshadows what's to come

Walden Hill Journal with Jeff & Ellen Gold

Nov. 2, 2008:

The first two days of November have been chilly but very sunny. Though it never climbed out of the 30's today, we were able to bundle up and do some more work outdoors. Ashes have been dumped on the various lilac beds and the empty can moved to its winter spot near (but not too near) the side door. I did some more cutting back on the flower beds and tilled the final row of the vegetable garden. We took advantage of yesterday's sunshine to do some backroads exploring with mom in NH. We traveled the length of Partridge Lake, enjoying the picturesque lake and surrounding wetlands. From there we climbed up to Tinkerville and Lyman for a beautiful view of snow covered Mt. Washington. The road wound around and back down to Lisbon where we took Pearl Lake Road up to Sugar Hill for more views of the White Mountains. It was a very peaceful and enjoyable slow drive with a nice variety of scenery: lakes, farmland, wetlands, mountain streams, thinning forests and majestic mountains, on a relatively short circle route. Heading back to Vermont we saw two deer, too close to and in the road, and a very fat skunk waddling up Walden Hill. A setting crescent moon with Jupiter shining brightly behind and a less bright Venus in front, along with a low hanging Big Dipper lit up the clear night sky.

Nov. 10, 2008.

A week of balmy Indian summer is finally giving way to winter. Rain has turned to snow as the temperature dropped. Highs had climbed well into the 60's, but last night saw the temps plummet back down to 27°. It was a welcomed, extended period of warmth to enjoy being outdoors and complete last minute chores. Gathering kindling of various sizes was our final task. There's no shortage of downed limbs throughout our woods. Our snow tires are set to be mounted in a few days; none too soon by the sound of the forecast for the week.

Nov. 12, 2008

The morning sun made good inroads towards melting off our snow cover, but the White Mountains retain their impressive wintry mantle. Deer tracks circling our small cedars have disappeared with the snow. Tracks in the woods probably remain since the sun has a more difficult time penetrating the thick tree cover. Hunters will have a variety of ground cover to kick off the beginning of rifle season this weekend. We spent a good part of the day in the basement, cleaning out and moving the large flat file that stores Jeff's pricey block printing paper. He discovered that mice are attracted to the organic based kozo and have been nibbling around the edges as well as leaving telltale deposits. The file is now upstairs where the cats can discourage the mice from venturing.

Nov. 17, 2008.

More strong winds this weekend and heavy rain. After a high of 60° Saturday night, we're back down into the 20's. Sun is in and out, highlighting snow showers in the valley. The White Mountains are getting a fresh coating of snow after being down to bare ground again. Rivers are raging with this latest round of heavy precipitation.

Nov. 19, 2008.

A nippy 17° this morning after a low of 14° last night. The sun has been battling with clouds all day and never stayed out long enough to take away the chill. We had the stove cranked up this morning and will need to stoke it up again soon. Hunters have an unfair advantage with just enough snow cover to soften their steps and show where the deer have tread, without enough to impede negotiating the woods. The cold might keep the hunters from remaining stationary too long, though. I certainly didn't dally en route to the mailbox today.

Nov. 24, 2008.

The thermometer is just about to hit 32°. It's been almost a week since the temperature has climbed

up above freezing. Four inches of very fluffy snow cover the ground with the wind keeping it in motion. So far we've been managing without the snow thrower but it's ready if needed. Meanwhile I'm getting good exercise shoveling. Chickadees are quickly emptying the feeder. I'll need to hang some suet out soon. Bright sunshine yesterday provided some needed warmth and cheer and bathed snow covered Mt. Washington in a late afternoon, rosy glow.

Nov. 26, 2008.

Warmer weather yesterday brought mixed precip mostly in the form of heavy wet snow. Jeff needed the snow thrower to clear both drives. Just as he finished on the lower one, the town plow came through and dammed up our road access, so Jeff worked that open again. No sooner had he completed that very arduous task, removed his totally soaked outer clothes and sat down for a breather, than the roof snow came thundering down, blocking the garage. Removing that mound will be our challenge today. At least the sun is attempting to break through and melt down some of the accumulation. Meanwhile churned up snow and tracks from the field show that the deer were out

pawing through the snow in search of forage. Hopefully they found a bit of nourishment.

Nov. 30, 2008.

It's still only 20° this morning after a low of 17° last night. The sun is trying to break through a thin but effectively blocking layer of clouds. There must be warmer air in the valley, trapped in by colder air aloft because a thick oceanic carpet of mist blankets the valley. Islands of mountaintops float in the morning sea. Somehow that effect is more of a summer phenomenon and looks a bit out of place against the snowy foreground. A thin coating of hoarfrost grays the trees. Fortunately we've made it through November without too many dreary days. Colder weather and early snow have livened up the landscape. Unfortunately the constantly changing temperature has left a precarious coating of ice with only a thin protection of snow covering it. Once we get a substantial dump, we'll be on firm footing again. Chickadees are emptying the feeder daily. A large hairy woodpecker and an upside down nuthatch have joined the blue jays and chickadees in attacking the suet.

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sign of the cold season ahead. The cold never seemed to bother Nancy. It seemed obvious she spent much of her day outside. She smiles a lot and never seems fazed by probing questions.

When the abandoned land that would later become Agape Hill Farm was purchased at auction and then sold to Nancy and Ed, the first and most important step in their new journey was taken. Ironically, the land itself had a tragic history, including the untimely death of the previous owners and subsequent burning of the farmhouse. The word "agape," pronounced "ah-GaH-pay," is one of several Greek words for love. Rather than brotherly or romantic love, agape love is the kind that is self-sacrificing. It is an expression of grace and is not dependent upon the appearance or actions of the person receiving it. You don't earn agape love - it is a gift.

Nancy and Ed built a new log

cabin and started thinking about a way to bring positive vibes to their new farm. They began growing vegetables and raising chickens and sheep, but something was missing.

Then it happened.

"Mom, can I get a llama," asked Daniel Kish, the couple's youngest son. Ten years later, the couple has 18.

Llamas are usually sheared once a year for their fiber, which is highly sought after for textiles, and the animals are easy to care for. Nancy and Ed began pondering ways to utilize more than just the camelids' fiber.

Farming is a tough business and, like her husband, Nancy also worked off the farm as the zoning administrator for the town of Hardwick. She was also studying for her Bachelor's Degree in psychology. For her internship, she began working with Heartbeat Life Sharing, a nonprofit special needs organization located on a 160-acre Hardwick farm. Nancy developed

what she calls an "interactive farm experience" for Heartbeat clients. They regularly joined her on the farm where they were "matched" with their llama. The matching process, says Nancy, is the most important and enjoyable part of the process.

"Once I determine what someone needs to work on, I try and pair them with a llama that mirrors their personality and habits," she says. "By taking care of their llama and working with them, they unconsciously seem to work on themselves as well. It's my favorite part."

There is proof that the program works.

One of Nancy's clients, a young man with special needs, came to the farm with a unique condition. Aside from being non-verbal, he had difficulty opening his hands, instead he always seem to have clenched fists. After a few visits to the farm where he fed, groomed and walked his llama, his hands starting opening while he was feeding the animal.

"They really seem to help each other," Nancy says. "Trust is the most important thing in the relationship between them and their



llamas. It teaches the client the value of trust in this kind of relationship and that lesson can help them in other areas of their everyday life."

Nancy also runs an afterschool llama club for local elementary school students and the matching process there is just as important. She often matches the active students with short attention spans with the younger, more energetic llamas.

"They end up running each other all over the place and then they're exhausted."

Much like the special needs

clients; the children learn how to manage the personalities of their llamas, who often share traits with their handlers.

For both the special needs clients and afterschool club, frequent trail walks with their llamas provide the opportunity for bonding. The one-on-one time allows the partners to "size each other up."

"The llamas are very calming," Nancy says. "The beautiful thing about them is that they accept you for who you are. School can be tough and both children and adults deal with acceptance issues in their lives."

Nancy continues with these two programs as part of her farm business. In addition to offering the interactive farm experience to the general public, she also does trail walks and birthday parties by appointment.

Llamas are a South American camelid, widely used as a pack animal by the Incas and other natives of the Andes mountains. In South America, llamas are still used as beasts of burden, as well as for the production of fiber and meat. The height of a full-grown, full-size llama is between five feet and six feet. They can weigh between 280 pounds and 450 pounds. Llamas are very social animals and like to live with other llamas as a herd. Llamas are intelligent and can learn simple tasks after a few repetitions.

They can also, according to Nancy, help us become better human beings. ★

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- »The Boys are Back/35 Shots of Rum (11/13 - 11/19)
- »Cold Souls/Paris (11/20 - 11/26)
- »Still Walking/TBA (11/27 - 12/3)

<<Live Performances>>

- »SAT.7: Met Live in HD - Turndot Live, 1 p.m.
- »SAT.7: Cabaret Music Series - Ricky Golden, 8 p.m.
- »SUN.8: Jazz on Sunday Afternoon, 4 p.m.
- »SAT.21: Cabaret Music Series - Leighton Sullivan, 8 p.m.
- »SAT.24: MetLive in HD - Turndot Encore, 1 p.m.
- »SUN.22: Jazz on a Sunday Afternoon, 4 p.m.

<<Special Events>>

- »SAT.14: Gala Benefit Auction, 6/7 p.m.
- »SUN.15: Burklyn Arts Council, 40th Anniversary Lecture

<<In the Gallery>>

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Are farms coming back?

Signs are abundant across the Kingdom

By VAN PARKER

In a recent article in the magazine "The Nation," Michael Pollan writes, "For the first time in many years the number of farms tallied in the Department of Agriculture's census has gone up rather than down." Pollan continues, "The new secretary of agriculture has dedicated his department to 'sustainability' and holds meetings with the sorts of farmers and activists who not many years ago stood outside the limestone walls of the USDA holding signs of protest and snarling traffic with their tractors."

We all have to eat and what we eat sooner or later goes back to soil, to the earth, to farms. There is no way of getting away from that. The trouble is that too much of what we eat goes back to oil. In a recent interview, President Obama told a reporter "our entire agricultural system is built on cheap oil."

Before I get too deeply into a

subject on which I'm at best in the first or second grade, I would like to offer a few observations from a local perspective.

Our Vermont home, the only home we own, is partially surrounded and almost enfolded in an 800-acre tree farm.

It's really nice to be able to go for a walk, through the woods on the left or up on the plateau to the right. It's kind of like living in a national park.

This is a truly a diversified tree and woodlot farm.

Christmas trees are one of its products, but only one. Nursery trees are another. Selective logging operations go on winter and summer.

For a very modest fee, people make arrangements to cut their own firewood. Woodchips go to help power local electric plants. It seems

as though everything is used. Nothing is wasted. The harvest from the woodlots is sustainable, seemingly forever.

Every year, a neighboring farmer fertilizes our field of seven or so acres. I feel fortunate to have an open field, beautiful at all seasons of the year. He benefits from getting at least two cuttings of hay every summer. If I need some cow manure for the garden, he will bring me as much as I want. No money ever changes hands.

We have a vegetable garden, which means we eat pretty well, especially in late July, August and September. Our raspberries and blueberries vary in productivity, but there's usually a good supply. However we are far from growing everything we need. So we go to the farmers markets in Danville and St. Johnsbury to get potatoes, early and

late tomatoes and other locally grown products. We buy from booths bearing intriguing names like "Too Little Farm," "Mountain Foot Farm" and other names I can't recall. Could farms like this account for the very recent increase in the Department of Agriculture census?

Something is going on, both here and in many other places. A

sailor might say there's a shift in the wind. It's hard to predict where it will take us. One thing seems pretty certain. It's happening locally, here and in many other places. No longer are people like Michael Pollan, Barbara Kingsolver and Wendell Berry voices crying in the wilderness. They are bringing us down to earth, the only earth we have.

Danville United Methodist Church "The biggest little church on the Green"

As we begin a new school year, let us remember these words of Jesus Christ:

"This is my commandment that you love one another, as I have loved you." John 15:12

Rev. Henry E. Cheney
684-3389 office

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and Fellowship 9:30 a.m.
Sunday School During Worship Service

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Lyndon Institute Athletic Events Winter 2009-2010

Athletic Director: Paul E. Wheeler (802) 626-9164

BOYS BASKETBALL (JV/V)

12/8/09	at Hazen	6/ 7:30
12/10/09	at Lake Region	6/ 7:30
12/12/09	SF Tourney	TBA
12/15/09	SF Tourney	TBA
12/21/09	(H) STJA	5:30/ 7
1/2/10	(H) HAZEN	5:30/ 7
1/6/10	at Montpelier	6/ 7:30
1/8/10	at Lamoille	6/ 7:30
1/12/10	(H) U-32	5:30/ 7
1/14/10	at Randolph	5:30/ 7
1/16/10	(H) THETFORD	1/ 2:30
1/22/10	at Harwood	5:30/ 7
1/27/10	(H) OXBOW	5:30/ 7
1/29/10	(H) MONTPELIER	5:30/ 7
2/3/10	(H) LAMOILLE	5:30/ 7
2/5/10	(H) RANDOLPH	5:30/ 7
2/8/10	at U-32	5:30/ 7
2/10/10	at Thetford	6/ 7:30
2/17/10	(H) HARWOOD	5:30/ 7
2/19/10	at Oxbow	6/ 7:30

GIRLS BASKETBALL (JV/V)

12/2/09	at Hazen	6/ 7:30
12/4/09	at Peoples	6/ 7:30
12/11/09	(H) HAZEN	5:30/ 7
12/14/09	(H) LAKE REGION	5:30/ 7
12/17/09	(H) HOLIDAY TOURNEY	7:45
12/19/09	(H) HOLIDAY TOURNEY	1:00
12/23/09	(H) RANDOLPH	5:30/ 7
12/30/09	(H) OXBOW	5:30/ 7
1/5/10	at Thetford	6/ 7:30
1/7/10	at Lamoille	6/ 7:30
1/9/10	(H) MONTPELIER	1/ 2:30
1/15/10	at Harwood	5:30/ 7
1/18/10	at U-32	5:30/ 7
1/21/10	at Randolph	6/ 7:30
1/26/10	at Oxbow	6/ 7:30
1/28/10	(H) THETFORD	5:30/ 7
2/2/10	(H) LAMOILLE	5:30/ 7
2/4/10	at Montpelier	6/ 7:30
2/9/10	(H) HARWOOD	5:30/ 7
2/11/10	(H) U-32	5:30/ 7

FROSH BASKETBALL Boys

12/3/09	(H) U-32	7:00
12/5/09	(H) HARWOOD	11:00
12/9/09	at Lake Region	7:00
12/22/09	(H) LAMOILLE	7:00
12/28/09	at North Country	7:00
1/4/10	at Lamoille	7:30
1/7/10	at St. Johnsbury	6:30
1/13/10	at U-32	7:00
1/15/10	(H) ENOSBURG	7:00
1/18/10	(H) STJA	7:00
1/20/10	at Hazen	7:30
1/23/10	at Harwood	1:30
1/25/10	(H) NCU	7:00
1/29/10	at Enosburg	7:00
2/1/2010	(H) LAKE REGION	7:00
2/4/10	(H) HAZEN	7:00

FROSH BASKETBALL Girls

12/3/09	(H) U-32	5:30
12/9/09	at Lake Region	5:30
12/16/09	at Oxbow	6:00
12/22/09	(H) LAMOILLE	5:30
12/28/09	at North Country	5:30
1/4/10	at Lamoille	6:00
1/7/10	at St. Johnsbury	5:00
1/11/10	(H) OXBOW	5:30
1/13/10	at U-32	5:30
1/15/10	(H) ENOSBURG	5:30
1/18/10	(H) STJA	5:30
1/20/10	at Hazen	6:00
1/25/10	(H) NCU	5:30
1/29/10	at Enosburg	5:30
2/1/2010	(H) LAKE REGION	5:30

ICE HOCKEY

12/2/09	at Peoples	6:00
12/5/09	(H) NORTH COUNTRY	6:00
12/9/09	at Milton	6:00
12/12/09	(H) ST. JOHNSBURY	6:00
12/16/09	at Northfield Tourney	5:30
12/16/09	vs. St. Johnsbury	5:30
12/18/09	at Northfield Tourney	TBA
12/22/09	at MSJ	5:00
12/30/09	at Montpelier	6:00
1/2/10	(H) STOWE	3:00
1/9/10	at MMU	7:00
1/13/10	(H) MIDDLEBURY	6:00
1/16/10	(H) PEOPLES	7:00
1/20/10	(H) MILTON	5:00
1/23/10	(H) MSJ	5:00
1/27/10	(H) MISSISQUOI	6:00
1/30/10	at Brattleboro	2:45
2/3/10	(H) U-32	7:00
2/6/10	at Northfield	4:00
2/10/10	(H) WOODSTOCK	6:00
2/13/10	at St. Johnsbury	6:00

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What's happening at town hall

Danville

Town Clerk: Wendy Somers
 Town Administrator: Merton Leonard
 Selectboard: Steve Larrabee, Denise Briggs, Doug Pastula, Marvin Withers and Michael Walsh

October 1, 2009

Water Project - Tim Ide representing the Danville Fire District informed the Board that the water line project was going to be expanded to include Crystal Avenue, the last old water line north of Route 2. While the Board was pleased they would be able to include this line, they were concerned that they would have to close the street to traffic during construction time. The Board again expressed concern over the condition of all the streets affected will be over the winter.

Town Forests - Representatives from the Conservation Commission were present to inform the Board of their activities and study surrounding the two town forests.

From surveys returned, they found that in general, residents were not very familiar with the town forest, but would like to see increased non-damaging use. Uses included hiking, cross country skiing, snowshoeing, with increased trails. Most would like more information about usage, increase promotion of events, addition of informational signs, and control of invasive species, while leaving the forests as natural as possible. Ecologist Brett Engstrom, hired with funds provided by a grant from "Trees for Local Communities", is doing a study of what the forests would likely become if left alone. Dave brought in samples of signs he has been working on, to post at each forest, to state that they are town forests and their names. Michael K. Walsh moved to cover the cost of the signs of approximately \$350 from the town building maintenance fund, Denise Briggs seconded the motion which was approved.

Skating Rink - Marc Joncas was present to discuss the Hill St skating rink he operates. He was given

a fitness grant from NVRH to use to improve the rink. He proposed to add lights and level up the ground under the rink. The lights would enable the rink to be used in the evenings and a level base to the rink would make a better surface for the ice. After some discussion Denise Briggs moved to approve the use of the grant money to level an area of the park and to add permanent lights that would operate on a timer. Steve Larrabee seconded the motion which was approved. Merton will contact CVPS about the power.

Brainerd Street - Road Agent Kevin Gadapee reported the reconstruction work on Lower Brainerd Street has been going very well and is already to the paving stage. The grader continues to work on the roads, the backhoe is working on culverts, the road side mower is working on brushy areas, and the trucks are hauling winter sand. It is planned to include heavier brush cutting as well. Kevin notes he is nearing the end of his two-year Maintenance Academy, and has written a Drug and Alcohol Policy as his term paper, which he hopes to have adopted as a town policy.

Board also agreed to do test digging on the knoll at the bottom of Brown Farm next spring to determine if that knoll could be lowered to improve sight distances.

NIMS - Dan explained the concept National Incident Management System Discussion and explained that if the Town didn't adopt their system, it could jeopardize future Homeland Security grant funding. He also explained that the fire and police departments were familiar with the system and is willing to use it. The Board approved adopting the NIMS system for Lyndon Emergency Management.

October 12, 2009

WWTP Loan - The Board signed the documents for the \$65,000 loan with the Department of Environmental Conservation for preliminary planning of the wastewater plant upgrade.

Hill Street - Lily Pond Road - Suggestions have been made again to make the intersection a three-way stop. The Board feels that the issue is one of poor visibility, not the amount of traffic. Dan Hill will again talk to the owners of the hedge and trees.

Yard Sale Ordinance - Dan Hill presented the proposed yard sale ordinance explaining that it was created to ensure that retail businesses do not take advantage of their ability to conduct business off site of their establishments and call it a yard sale. The Board discussed the proposed policy and its effect on individual/personal yard sales. The Board is concerned about safety, traffic, and the effect on neighbors of holding a yard sale. Dan will check statutes to see how sales on public right-of-ways can be regulated.

Roof Drain - The Board accepted

the proposal from Palmieri Roofing to install an interior roof drain in the gymnasium at a cost of approximately \$5,000. The Board would like the project completed this fall.

Side Judge Resolution - The Board has received a letter from the Caledonia County side judges regarding the State's proposal to eliminate the office of side judge. The letter asks for a resolution from the Board requesting that the office of side judge not be eliminated. The Board does not feel that they have enough information at this time to act upon the request. The Board passed on the request.

Energy Park Discussion - The Board will form a committee to investigate the idea of the energy park. Kevin Calkins was appointed as the Town's representative on the committee. A representative from Gilman Housing has also volunteered to serve.

Peacham

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

September 2, 2009

Road Report - Martin's Pond culvert project is complete. Ha'Penny Road culvert work has begun followed immediately by Penny Street project. Photos of before and after construction suggested.

Cemetery Report - Cheryl Stevenson and Laura Johnson presented the proposed Peacham Cemetery Preservation Committee Charter to the Board for their review. They reported that the com-

Lyndon

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

September 28, 2009

Brown Farm Road - After discussion, the Board directed the Highway Department to install a grate over the inlet of the cross culvert recently installed on Brown Farm. The Department will also investigate installing a couple of metal guard posts below the inlet. The

Roof Drain - The Board accepted

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DANVILLE SCHOOL

2009-2010 Schedule

Athletic Director: Merlyn Courser CAA

Boys High School Basketball

December

3	Thursday	Enosburg @ Danville	5:30/7:00
8	Tuesday	Danville @ Blue Mountain Union	6:00/7:30
10	Thursday	Danville @ Richford	6:00/7:30
15	Tuesday	Danville @ BFA	6:00/7:30
17	Thursday	Richford @ Danville	5:30/7:30
22	Tuesday	Concord @ Danville	6:00/7:30
29	Saturday	Blue Mtn. @ Danville	6:00/7:30

January

5	Tuesday	Danville @ Peoples	6:00/7:30
7	Thursday	Danville @ Stowe	6:00/7:30
15	Friday	Northfield @ Danville	6:00/7:30
20	Wednesday	Hazen @ Danville	6:00/7:30
22	Friday	Peoples @ Danville	5:30/7:00
27	Wednesday	Danville @ Enosburg	5:30/7:00
29	Friday	BFA @ Danville	6:00/7:30

February

3	Wednesday	Danville @ Northfield	6:00/7:30
5	Friday	Danville @ Winooski	5:30/7:00
10	Wednesday	Richford @ Danville	6:00/7:30
12	Friday	Lake Region @ Danville	6:00/7:30
17	Wednesday	Danville @ Lake Region	6:00/7:30
19	Friday	Stowe @ Danville	6:00/7:30

Girls High School Basketball

December

2	Wednesday	Blue Mtn. @ Danville	5:30/7:00
4	Friday	Danville @ Concord	5:30/7:00
9	Wednesday	Cabot @ Danville	6:00/7:30
16	Wednesday	Danville @ Twinfield	5:30/7:00
21	Monday	Richford @ Danville	5:30/7:00
23	Wednesday	Danville @ Blue Mtn.	6:00/7:30
28	Monday	Stowe @ Danville	6:00/7:30
30	Wednesday	Northfield @ Danville	6:00/7:30

January

6	Wednesday	Danville @ Peoples	6:00/7:30
8	Friday	Hazen @ Danville	6:00/7:30
16	Saturday	Danville @ Enosburg	1:00/2:30
22	Friday	Danville @ Northfield	6:00/7:30
26	Tuesday	Peoples @ Danville	6:00/7:30
28	Thursday	Danville @ Hazen	6:00/7:30
30	Saturday	BFA @ Fairfax	1:00/2:30

February

2	Tuesday	Enosburg @ Danville	5:30/7:00
4	Thursday	Danville @ Stowe	6:00/7:30
6	Saturday	Winooski @ Danville	11:00/12:30
9	Tuesday	Danville @ Richford	5:30/7:00
11	Thursday	Lake Region @ Danville	6:00/7:30



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November 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 \$3.00 per meal is appreciated. Phone (802) 633-4068.

Nov. 4 - Chipped beef, egg gravy, potato, buttered beets, biscuits, orange jello and mandarin oranges.

Nov. 6 - Buffet

Nov. 11 - Salmon pea wiggle, crackers, spinach, three bean salad, dark bread and sliced pears.

Nov. 13 - Meat loaf, mashed potato, buttered carrots, homemade dark bread and tropical fruit.

Nov. 18 - Lasagna, tossed salad, Italian bread and apricots.

Nov. 20 - Roast turkey, stuffing, potato, squash, cranberry sauce, rolls and pie.

Nov. 25 - Autumn stew, tossed salad, corn bread and cake and ice cream.

Nov. 27 - Closed.

mittee has met three times and has focused on budget items, tree management in the cemetery, and increased interest in the committee's activities by the public. The new Veteran's Memorial Monument was placed adjacent to the Civil War Monument on September 1, 2009. An official dedication is planned for a future date.

Energy Report - Dave Magnus inquired as to whether the original energy audit representative's status report had been received. Information regarding an available Stimulus Block Grant for municipalities was discussed. Magnus will complete the required survey and also contact Mike Russell about his energy audit proposal.

September 16, 2009
Roads Report - A written summary from the Road Foreman reported that the Low Pro truck had major brake work done in order for it to pass inspection. All of the damage has been caused by winter salt. This will be a yearly problem. Ha'Penny Road box culvert has been installed. Stone work on walls is being worked on. The road should be open next week. Penny Street box culvert will be installed. The road will be open by next week. The Board has communicated with V-TRANS representative, Shawna Clifford, regarding accounting and administrative requirements for FEMA/STATE approval for Martin's Pond culvert project.

Snowmobile Trails - Ross Page presented a request for the Bayley-Hazen Snowmobile Club seeking permission from the Board to

cross Town land at the Peacham Town Garage and to use approximately one half mile on Old County Road from the Rowe property to the legal trail located at the Morrison's property. The Board said their position on the subject remains unchanged. A snowmobile crossing at the Town Garage was acceptable but due to safety concerns the request for the use of the portion of Old County Road was denied.

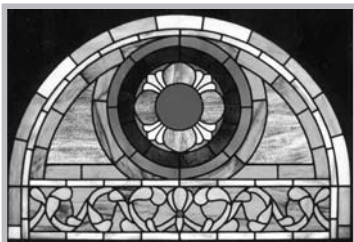
Grant - A letter was received from Barry Lawson, chair of the Town Economic Committee, recommending that the Town pursue a Vermont Community Development Planning Grant. The grant would provide funding for community development planning activities in preparation for a project in one of many Town program areas, i.e. housing, economic development, public facilities, or public services. The Board accepted Lawson's recommendation. McKay moved that the Board conduct the required grant hearing.

St. Johnsbury

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

September 8, 2009
Community Center - Dinah Yessne, director of the community justice center, said she has contacted numerous property owners in St. Johnsbury to inquire about affordable office space for the Justice Center. He said Doug Spates

owns the building that was formerly occupied by NEKCA on Cherry Street. Dinah said Spates has offered one large office space, two small offices, and access to a conference room - with heat and electricity included for \$400 per month. Dinah said the space is handicapped accessible and is a convenient location in the community. Town Manager Mike Welch provided a copy of the current expenses in the Community Center account. A total of \$49,150 was budgeted, \$26,377 expended, with a balance remaining of \$22,772. Welch said rental expenses for the balance of 2009 would come from the savings of not heating the Community Center this winter. Beginning in 2010, the Town would need to budget for the rental payment for the Justice Cen-



Danville Congregational Church

The **Danville Ecumenical Thanksgiving Eve Service**

will be held at the Danville Congregational Church, 87 Hill Street, on Wednesday, Nov. 25 at 7 p.m.

Bring the whole family.

ter, and between payment for rent, and in-kind services provided; the Town will be able to meet the 25 percent matching requirement of the grant. Welch said this space will meet the needs of the Justice Center better than the available space in the Pomerleau Building. Following discussion, the Board approved the rental of office space in the Spate's building on Cherry

Street.
Colonial Apartments - Bryon Quatrini recommended that the St. Johnsbury Board recognize the excellent work that Mary Dekoeyer has done maintaining the area surrounding the Colonial Apartments. Members of the Board agreed and directed the Manager to prepare a letter for signature by the Board.

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St. Johnsbury Academy Winter 2009-2010 Sports Schedule

Boys Basketball
Varsity and Junior Varsity
Varsity Game follows JV Game

December			
3	Essex (A)	5/6:30	
7	Brattleboro (H)	5/6:30	
10	North Country (H)	5/6:30	
14	Rice (H)	5:30/7	
21	Lyndon (A)	5:30/7	
23	Rutland (H)	5/6:30	
30	Brattleboro (A)	5/6:30	
January			
4	Colchester (H)	5/6:30	
7	Champlain Valley (A)	5/6:30	
12	Rice (H)	5/6:30	
14	Essex (H)	5/6:30	
22	Mount Mansfield (H)	5/6:30	
26	Spaulding (A)	5/6:30	
29	So. Burlington (A)	5/6:30	
February			
2	Burlington (H)	5/6:30	
5	Spaulding (H)	5/6:30	
9	Mt. Mansfield (A)	5/6:30	
12	North Country (A)	5/6:30	
16	Burlington (A)	5/6:30	
19	South Burlington (H)	5/6:30	

Girls Basketball
Varsity and Junior Varsity
Varsity Game follows JV Game

December			
4	Brattleboro (H)	5/6:45	
10	Spaulding Tournament (A)	5:30	
12	Spaulding Tournament (A)	TBA	
15	Spaulding (H)	5/6:45	
18	Brattleboro (H)	5/6:45	
22	North Country (A)	5/6:45	
29	Burlington (H)	5/6:45	
January			
2	Rutland (H)	1/2:45	
5	Essex (A)	5/6:45	
8	Champlain Valley (H)	5/6:45	
11	BFA St. Albans (A)	5/6:45	
14	Rice (A)	5/6:45	
22	Spaulding (A)	5/6:45	
25	North Country (H)	5/6:45	
28	Burlington (A)	5/6:45	
February			
1	Essex (H)	5/6:45	
4	Champlain Valley (A)	5/6:45	
8	BFA St. Albans (H)	5/6:45	
13	Rice (H)	5/6:45	

Girls & Boys Basketball
Freshmen

December			
1	Mt. Mansfield (H)	6/7:30	
3	North Country (A)	6/7:30	
5	CVU (H)	12/1:30	
8	Spaulding (H)	5/6:30	
16	Burlington (A)	5/6:30	
23	Essex (A)	5:30/7	
January			
2	Mt. Mansfield (B) (A)	11:00	
	Oxbow (G)		
5	Hartford (A)	4/5:30	
7	Lyndon Institute (H)	5/6:30	
9	Rutland (A)	12/1:30	
12	CVU (A)	5/6:30	
16	Spaulding (A)	10/11:30	
18	Lyndonville (A)	5:30/7	
21	North Country (H)	5/6:30	
23	Rutland (H)	1/1:30	
29	Essex (H)	5/6:30	
February			
1	Hartford (H)	5/6:30	
6	Frosh Boys Tour. (A)	6/7:30	
8	StJ/BFA/Essex/BHS (A)	10/11:30	

Hockey

December			
2	Brattleboro (NL) (H)	6:00	
5	Mt. St. Josephs' (L)(A)	12:00	
9	U-32 (NL)(H)	6:00	
12	Lyndon Institute (NL)(A)	6:00	
16	Northfield Tourn (NL)(A)	5:30	
18	Northfield Tourn (NL) (A)	TBA	
22	Stowe (NL)(A)	6:30	
30	Northfield (L)(H)	6:00	
January			
2	Missisquoi (L)(H)	5:00	
6	Brattleboro (L)(A)	6:30	
9	Woodstock (L)(A)	8:10	
16	Middlebury (L)(H)	5:00	
20	North Country (NL)(H)	7:00	
23	Montpelier (L)(A)	8:00	
27	Milton (L)(A)	8:00	
30	U-32 (L)(A)	8:00	
February			
3	Stowe (L)(A)	5:00	
6	Peoples' Academy (L)(H)	6:00	
11	Mt. Mansfield (L)(A)	7:45	
13	Lyndon Institute (L)(H)	6:00	

Nordic Skiing

December			
12	CVU (A)	10:00	
15	Peoples Academy (A)	3:00	
19	Essex (A)	10:00	
22	Harwood (A)	3:00	
January			
2	NCU (A)	10:30	
9	South Burlington (A)	10:00	
13	Colchester (A)	4:00	
15	Lyndon Institute (A)	1:00	
19	Harwood (A)	3:00	
23	Brattleboro (A)	11:00	
27	Rutland (A)	3:00	
February			
10	Peoples Academy (A)	3:00	
17	North Country (A)	4:00	
20	BFAS/BHS (A)	10:30	
26	State Meet (A)	10:30	
March			
1	State Meet (A)	10:30	

Alpine Skiing

December			
7	St. J/LI (H)		
16	NCU (A)		
January			
5	Essex w/Lamoille (A)		
7	Harwood (A)		
9	CVU (A)		
13	South Burlington (A)		
15	Lyndon (A)		
27	MMU (A)		
28	Mt. Abraham w/South Burlington (A)		
February			
5	Essex Invitational (A)		
6	Essex Invitational (A)		
10	NCU (A)		
16	Girls NVAC (A)		
18	Boys NVAC (A)		
March			
1	Boys State Meet (A)		
4	Girls State Meet (A)		

Wrestling

December			
5	North/South Duals (A)	10:00	
10	Milton & Randolph (A)	6:00	
12	Early Bird Invitational (H)	10:00	
16	MMU & Harwood (A)	6:00	
22	Spaulding & Milton (H)	6:00	
29	Hubie Wagner Invit. (A)	10:00	
January			
6	Randolph & Vergennes (A)7:00		
9	Newfound Invitational (A)	10:00	
13	Mt. Abe & Essex (H)	6:00	
16	Mt. Anthony Invite		
22	Essex Classic (A)	3:30	
23	Essex Classic (A)	10:30	
26	Champlain Valley (H)	6:00	
28	Milton & Enosburg (A)	6:00	
30	Colchester Invite (A)	10:00	
February			
4	Middlebury (H)	6:00	
6	Jason Lowell (A)	10:00	
10	Colchester (A)	6:00	
20	JV States (Spaulding) (A)	10:00	
26	State Championships (A)	6:00	
27	State Championships (A)	6:00	
28	State Championships (A)	10:00	
March			
5	N.E. Championships	TBA	
6	N.E. Championships	TBA	

Gymnastics

December			
5	South Burlington (H)	1:00	
14	Milton & U-32 (NL) (H)	6:00	
19	SB Holiday Invite (NL) (A)	12:00	
21	Essex (H)	6:00	
29	Champlain Valley (A)	1:00	
January			
8	Harwood (A)	7:00	
12	CVU w/Midd(NL) (A)	7:00	
22	Randolph (A)	7:00	
30	Middlebury (H)	1:00	
February			
5	U-32 (A)	7:00	
13	State Meet (A)	2:00	

November 2009 Menu

Danville Senior Action Center

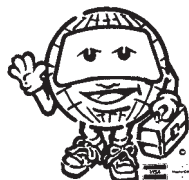
Meals at Danville Methodist Church. All meals served with a beverage, homemade breads and desserts. Reservations are appreciated by calling (802) 684-3903 before 9:30 a.m. on day of the meal. A donation of \$4 for guests 60+ (Others \$5) is appreciated.

- Nov. 3 - Liver, bacon, onions, hamburgers, mashed potatoes, rolls, veggies and V-8.
- Nov. 5 - Lemon rosemary chicken, rice pilaf, peas, carrots, rolls and sliced oranges.
- Nov. 10 - Apricot shallot stuffed pork loin, brown rice, cranberry sauce, veggies and lemon bars.
- Nov. 12 - Tomato bisque, grilled cheese sandwich, cesar salad and tropical fruit crisp.
- Nov. 17 - Chicken parmesan, garlic bread, pasta with marinara, broccoli and carrots.
- Nov. 19 - No meal. Game Supper.
- Nov. 24 - Baked beans, hot dogs, corn bread, carrots, V-8 and orange slices.
- Nov. 26 - Thanksgiving dinner, 12:30 p.m., reservations please.
- Nov. 30 - Chicken and biscuits, stuffing, carrots, cranberry sauce and chocolate cake.

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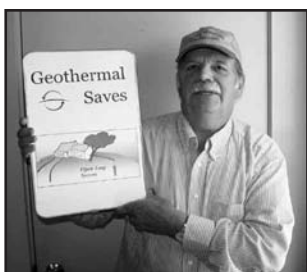
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Sunday 11:30 am - 12:30 pm

A flare to Thanksgiving fare



No Small Potatoes *with Vanna Guldenschub*

Thanksgiving, the most American of all holidays, is steeped in culinary tradition. I always feel duty bound to prepare a turkey with all the 'fixins' but I also like to enliven my holiday table with a new dish or two that will please the crowd while not disrespecting the pilgrim/native American food lore that has grown up around this day.

This year I decided a tarte tatin might fit the bill. A tarte tatin is caramelized fruit with a pie crust baked on top and then inverted on a platter to expose the buttery and browned fruit on top. The basic recipe I give is for the classic apple version, but while researching this dessert I found a number of different fruits and even vegetables you can use in the tarte. I will give a couple of variations at the end, including a pumpkin tarte – perfect for your Thanksgiving table. The pumpkin version can be either sweet or savory – dessert or side dish.

Have some fun with this dessert.

The Crust

There are many different ways to make a piecrust and if you have a favorite

— go ahead and use it. I like to use a traditional butter crust, but you can use puff pastry, pate brisee or an Italian tart crust made with egg. This is an upside down pie and the crust, cooked on top of the tarte, eventually ends up under the tarte so make sure it is well cooked.

The Apples

The tarte must be made with firm apples. Macintosh type apples will not keep their shape and become mushy in this dessert. Use Gala, Greenings, Granny Smith or Golden Delicious.

When you cut the apples make sure they are in fairly thick slices. I peel them and then slice thick pieces off the sides leaving the core. Squeeze a lemon over the apple slices when you cut them so they do not turn brown. You need a lot of apples for the tarte — you need to press them down firmly into the caramel.

The Caramel

There are many different techniques for making the caramel for a tarte tatin. I like to make the caramel in a separate pan, pour it into a pie plate and put the apples in it, but some recipes make the caramel by cooking the apples in the sugar and butter. The following instructions are for making it separately.

Apple Tarte Tatin

This is the classic tarte tatin created by two Tatin sisters in their restaurant at

Lamotte-Beuvron on the Loire river in France.

8-10 apples, cut into thick slices
1½ cup white sugar
6 tablespoons water
¼ cup butter & some for the pan
juice from one lemon

Heavily butter an 8-9 inch pie plate and set aside. Roll out the pie crust into a circle about one half inch larger than the pie plate you will be using. Put the crust in refrigerator on a plate that is flat and keep it chilled until you are ready to use it.

Slice the apples as directed above and coat with lemon juice. This will keep them from turning brown. Set aside.

Put the sugar and water in a medium sized skillet over low heat. Let the sugar melt into the water and then turn the heat up to medium high so that the mix bubbles. You can add a little more water if it is too thick. Do not stir but move the sugar around by tilting the skillet from side to side. Keep moving the skillet around until the syrup becomes a medium amber. It seems like this is taking a long time, but once it happens it colors quickly and you have to be there to take it off the heat before it burns. Stir the butter into the caramel until it is completely incorporated and pour the mix into the buttered pie plate.

Put the apples into the pie plate over the hot (watch out not to burn yourself) caramel. They should be squeezed tightly together. This step should be done quickly so the caramel does not harden.

Put the apples into a 400 degree oven and bake for about 40 minutes. I usually check them after about 30 minutes and press the apple down into the liquid.

Take the apples from the oven, let cool for about 15 minutes. Take the pie crust out of the refrigerator and place it on top of the caramelized apples. Tuck the edges

»Sweet Pumpkin Tarte Tatin

6 cups of peeled and sliced raw pumpkin or butternut squash
1½ cup white sugar
6 tablespoons water
¼ cup butter & some for the pan
1 teaspoon cinnamon
Pinch of nutmeg
¼ cup sugar

»Apple Tarte Tatin

8-10 apples, cut into thick slices
1½ cup white sugar
6 tablespoons water
¼ cup butter & some for the pan
juice from one lemon

»Savory Tarte

6 cups of peeled and sliced raw pumpkin or butternut squash
1 cup white sugar
4 tablespoons water
¼ cup butter & some for the pan
Pinch of nutmeg
2 teaspoon salt
1 tablespoon pepper
¼ cup balsamic vinegar

inside the pie plate and cook for about 30 minutes or until the crust is nicely browned.

You want the crust to be cooked well because it will end up on the bottom of the tarte and you don't want it to be soggy.

Remove from the oven and let cool for about an hour.

Place a serving dish on top of the pie plate and carefully flip the tarte over into the plate. Sometimes you have to wait a moment for the suction to let go of the apples and release the tarte onto the plate. If some remains in the pie plate just scrape it out and place it on top of the tarte.

The French say a tarte tatin should always be served warm — who are we to argue. If you want to make it ahead, make sure the serving dish can be placed in the oven to warm it up before you serve it with whipped cream or vanilla ice cream. I will confess that I find this dessert delicious even at room temperature.

Variations

Sweet Pumpkin Tarte Tatin

You will need to use fresh raw pumpkin in this recipe. You may substitute raw butternut squash if you want. The butternut squash can be cut in nice thick rounds after you peel it and makes the layering of the tarte easier. The main difference in this recipe from the apple version is the small amount of sugar and spices you sprinkle on top of the pumpkin before cooking.

6 cups of peeled and sliced raw pumpkin or butternut squash
1½ cup white sugar
6 tablespoons water
¼ cup butter & some for the pan
1 teaspoon cinnamon
Pinch of nutmeg
¼ cup sugar

6 cups of peeled and sliced raw pumpkin or butternut squash
1 cup white sugar
4 tablespoons water
¼ cup butter & some for the pan
Pinch of nutmeg
2 teaspoon salt
1 tablespoon pepper
¼ cup balsamic vinegar

Mix the nutmeg, salt, pepper and vinegar together and set aside. Follow the instructions for the apple tarte substituting the pumpkin or squash for the apples until you are about to put the apples in the oven for the first time. Right before you put your pie plate in the oven, sprinkle the nutmeg mix over the squash or pumpkin. Then follow the recipe again right to the end.

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05851

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Night (802) 626-8042

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Justin Lavelly, Editor, October 1, 2009

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Growing pains on the farm

By BETS PARKER ALBRIGHT

When we first saw the little red farmhouse, back in 1953, we were being shown around by a friendly elderly gentleman who looked upon us with benign tolerance for city folks who wanted to live in the country. The house sat primly beside the road with only a patch of green inside the white picket fence. There were a few hollyhocks leaning against the fence and pink geraniums waved from the window boxes.

When we were shown through the house, we noticed that there were only a few small windows at the back. Obviously it was more important to the elderly couple who lived there to see the passers-by on the road than the lovely view of green slopes and blue hills out back!

When we bought the house and some surrounding acres, we were at first more concerned with adapting the house to our needs than anything else. It was some time before we decided that looking at our large red cow barn across the road and watching farm vehicles was not enough, when there was so much more to enjoy. The house was typical of farm houses in that it had a narrow passageway between the house and a smaller multi-purpose barn.

For a while we used this barn to

house our chickens. But the chickens had to be moved to a more suitable chicken house when we were presented with two beautiful saddle horses! How did that come about? Well, the Ladies Home Journal had a series called 'How Young America Lives,' and I wrote to them about our move from suburbia to a farm in Vermont. In those days this was quite unusual, and they were intrigued. They insisted on doing the story, with numerous pictures of the farm and our family.

A rich New York lady read the story and she called us, saying she wanted to give us two horses that she could no longer use. In due course, the horses were delivered in a van by two men who told us with wide eyes that they thought they had come to the end of the world! They put the horses in the barn (ex-chicken house) and said they would leave just as soon as possible.

"Jeez," the driver said, "It's dark here – no lights anywhere – and it's so quiet it's spooky! And the roads are awful." I said, "I'm sorry you won't stay and have something to eat, but thanks for bringing the horses." And off they went.

Within a few days, as we were working around the place, one of us heard persistent whinnying from the barn that sounded like a distress call. We went inside and found that one horse had fallen through some rotten floor boards up to her middle!

She was not hurt, but she was distinctly unhappy. She was helpless – and quite immovable by the likes of us! A neighboring farmer was kind enough to come over and haul her out with ropes – and much more muscle. So – the horses were moved to the big barn, where they could stand on dirt safely. The kids loved them and rode them all over the farm.

The 'chicken house' eventually did become a large playroom, and in time we used it for gatherings and for Sunday get-togethers that the kids called Barn Church. Over the years there have been many changes to our house and barns at what we have come to call High Reach Farm. We love to recall the early days here, when we struggled to learn what it was really like to live in the country, on this glorious land among such wonderful neighbors and friends.

Hospice singing workshop

Members of the St. Johnsbury-based hospice choir CONTINUA and Caledonia Home Health and Hospice will host a hospice singing workshop at St. Andrew's Episcopal Church, 1265 Main Street, on Saturday, October 31, from 11 a.m. to 2 p.m. Hospice volunteers and singers from the Northeast Kingdom who are interested in learning more about the practice of hospice singing are invited to take part in the workshop.

Kathy Leo, Coordinator of the southern Vermont hospice choir Hallowell, will conduct the workshop. Hallowell was featured in a recent documentary called "Holding Our Own" on Vermont Public Television.

Interested singers, hospice volunteers and anyone with organizing talents to bring to the Northeast Kingdom hospice choirs are invited to contact Brian Keith at 748-6906 or Ruth Taylor at 603-444-2553.

The event will include a potluck lunch. Those bringing food should also contact Keith or Taylor. A free will donation will be collected to cover the expenses for the workshop.

Caledonia Home Health Care and Hospice provides comprehensive Home Care and Hospice services to the residents of Caledonia and southern Essex counties, and the Town of Greensboro. Their main office is located on Sherman Drive in St. Johnsbury. Their phone number is 748-8116.

For more information about CONTINUA, contact Suzanne Rhodes at 592-3003.

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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, 6:30 p.m. Catamount Arts. (802) 633-2617.

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

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

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

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

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 7:30 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.

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: 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.

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



This picture was taken by Stan Pekala in Danville on Oct. 17 at 3 p.m., the first day of moose season. This large bull was with a lady friend, and as far as the photographer knows, they're both living large and enjoying the foliage.

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

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

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

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

2nd Saturdays: West Barnet Grange community breakfasts from 8-10 a.m.

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

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Pope Notes

with Dee Palmer, Library Director

We recently sent out our 2009 Annual Appeal letters. The response, so far, has been wonderful. Without the help of our patrons and community members we would not be able to provide the many services we offer or keep up this beautiful historic building. Thank you!

We are in the middle of a weatherization process which includes insulating the building and moisture-proofing and installing a floor in the basement. Our next endeavor is a new furnace. These projects are made possible in part from a Climate Change Grant we received from the Vermont Community Change Program this summer.

Our last discussion in the series World War II: The Loss of the Age of Innocence is on November 18 at 7pm. We will discuss Rumors of Peace by Ella

Leffland with scholar Patricia Norton. Books are available at the library.

Our new books on CD are: The Girl Who Played with Fire by Larsson, Middlesex by Eugenides, Gilead and Housekeeping by Robinson, The Story of a Marriage by Greer and The Hours by Cunningham. Our latest book acquisitions are: The Story Sisters by Hoffman, The Magicians by Grossman, Sunnyside by Gold, Half Broke Horses by Walls and True Compass by Kennedy.

From the Children's Room

Our story hours have been very well-attended. It's nice to meet new little faces and their grownups and welcome back the regulars. We meet Monday mornings at 10 a.m. for books, games, songs, activities and snack.

The YA program is off to a great start! We expect an even better turn out once soccer season is over. The program meets on Wednesdays and Fridays, 2:30 - 5pm. All participants must have an enrollment form signed by their parents.



affordable housing, education and development

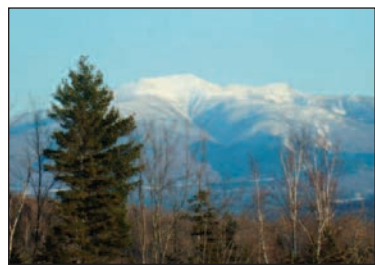
Property Management

FOR RENT:

Peacham, VT

Peacham Housing currently has a one bedroom apartment available. Rent is \$500 per month and residents must be 62 or older or living with a disability. Great community room, parking, on site laundry, and on site maintenance staff. All utilities are included and individuals with or without children are eligible to apply.

Call AHEAD Property Management for an application (800) 974-1377. Equal Housing Opportunity.



MLS # 2751938

This is a work in progress. The current price is about to be increased to \$499,000. Right this minute the price is \$449,000. You see the Presidentials from every window on the south side of the house. Perfectly sited for the southern exposure and the spectacular views. Local builder has six of his previous house in Peacham. This house is absolutely exquisite. It's in Littleton, right near the hospital. Seller will complete by negotiation.

\$449,000



MLS # 2798970

This nearly new custom built log home is also built by a local builder. Floor to ceiling windows let in the gorgeous view of the mountains. Totally private on a hill top with a curved drive. No other houses are visible. Very nice use of wood, big two story fieldstone fire place. Covered porch and an open sundeck. Custom built cupboards on Kitchen and baths. Your own private hideaway.

\$375,900



MLS # 2784473

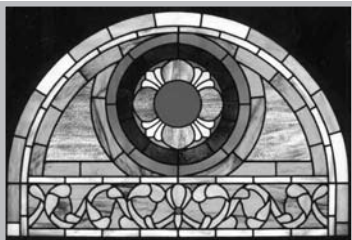
Harvey's Lake! Four Season home right on the water. Enjoy the fun at the lake all year. 350+' of pristine frontage with sandy bottom. Dock, deck, hot tub, fire place, wood stove. This property has everything. Even a guest room. 8.4 acres with 550' of road frontage. Spectacular views, very private 3+ acre waterfront lot. Manicured with oodles of perennials and putting green lawns.

\$675,000



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Peacham Pond

ML2801952 Waterfront lot on Peacham Pond. 100 feet of frontage, no buildings to tear down, utilities nearby. Priced below assessment at \$175,000. A rare find - a great opportunity.

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search here.



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Elegant Home and Spectacular Views

ML2800515 Located in one of Danville's most picturesque neighborhoods, this wonderful example of 19th century elegance boasts 4,000 sq. ft. and 2 restored barns reflecting the craftsmanship of the 1800s. Gleaming wood floors, butternut woodwork, pocket doors, large brick fireplace & 2 woodstove hearths, original bay windows, huge family kitchen and adjacent den takes full advantage of one of the most spectacular views in the NEK. 5BRs, 5 baths & 128 acres give this property some real possibilities as a B&B, a wedding barn, or conference center. \$975,000

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(802) 748-2045

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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. Recent price reduction.

\$164,900



Unique Building

ML2791523 Call it what you want but this unique 1728 sq ft +/- building has lots to offer including a 2-car garage, a mostly finished 2nd floor that includes a huge built-in "safe room", vinyl siding, 2.28 acres, views of Joe's Pond. Call for details.

\$118,900

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Events in the NEK

SUN.1:

»**27th Annual Christmas Bazaar**, More than 40 crafters will be present at the Concord School in Dickson Gymnasium from 10 a.m. to 2 p.m.

»**Open Farm Sunday**, Cabot Creamery Cooperative's Local Dairy Farmers Thank Consumers with a Special Event, 11-2 p.m.

»**Soul Street Dance Ensemble** - a nationally known dance ensemble from Houston, Texas, is bringing its high energy modern dance performance to the Northeast for the first time, 8-9 p.m. At Catamount Arts Center, 115 Eastern Ave., St. Johnsbury. Web: www.catamountarts.org.

MON.2:

»**Informational and Planning meeting for NEK Audubon**. Our NEK Audubon-sponsored campers will tell about their summer experiences. Meet at the Fairbanks Museum at 4:30 p.m. All are welcome. Call Laura at (802) 751-7671 for details.

TUES.3:

»**Family fun and awareness night** at the St. Johnsbury Academy gym and field house at 5:30 p.m. Informational sessions on communication, bullying and safety. Children of all ages welcome with parent or guardian. Babysitting available.

FRI.6:

»**Peacham Corner Guild Annual Christmas Show** at the Peacham Town Hall. Small antiques, unique hand-crafted gifts, specialty foods and ornaments, 10-4 p.m. Luncheon available by Market Cafe & Catering.

»**Veteran's Dinner** at the St. Johnsbury Elk's Club on Western Avenue in St. Johnsbury. All veterans eat free, reservations required. Meat raffle to benefit youth activities will immediately follow. Call 748-3785 to make your reservation.

»**Cabot Gourmet Buffet**, Fifth annual New Traditions Community Supper - Prepared by Chef David Hale and culinary students from St. Johnsbury Academy. Servings are 5, 6:15 and 7:30 p.m. at the Cabot Church on Main Street. Reservations necessary - (802) 426-3281. Proceeds benefit United Church of Cabot.

THURS.5:

»**15th Annual Business Celebration**, sponsored by the Northeast Kingdom Chamber of Commerce at the Black Bear Tavern and Grille in St. Johnsbury from 11:30 a.m. to 1:30 p.m.

SAT.7:

»**Pianist Joel Fan**, hailed as "superb" by the Boston Globe, will perform to open the 21st season of the Northeast Kingdom Classical Series at the South Congregational Church in St. Johnsbury at 7:30 p.m. For more information call 748-8012, 626-9204 or visit www.nekclassicalseries.org.

TUES.10:

»**Conversation with Stephen King** at Catamount Arts Center, 7-9 p.m. TimesTalks LIVE comes to the big screen LIVE via satellite from The TimesCenter in New York, in high-definition. Join the conversation at Catamount Arts, for one night only, with Novelist Stephen King. Call 748-2600 or visit www.catamountarts.org for more information.

THURS.12:

»**Neil Simon's, Rumors**, at Lyndon State College, 7 p.m. This Neil Simon farce opened on Broadway in 1988. Unforeseeable complications arise at a posh dinner party in New York City with

equally unforeseeable outcomes. Call 626-4846, E-mail Melissa.Leonard@LyndonState.edu or visit www.LyndonState.edu/arts

FRI.13:

»**November Homeschoolers Day** - Fairbanks Museum and Planetarium welcomes our area homeschool students and families to a fun-filled exploration into the world around you, 11-2 p.m. For more information E-mail tholt@fairbanksmuseum.org or visit www.fairbanksmuseum.org

SAT.14:

»**Hello brother, hello sister**, a free class to help children ages 2-8 and their parents prepare for a new baby. NVRH Business Center Room 127 from 10:30 a.m. to noon. Registration required. Contact Doreen Brado, RN, (802) 748-7339.

»**25th Annual Benefit Auction** for Catamount Arts Center, 5:30-7:30 p.m. Call 748-2600 or visit www.catamountarts.org for more information.

SUN.15:

»**Senior Trotters** to the Flynn Center for the Performing Arts, 2 p.m. Transportation will be leaving the UCC in Greensboro at noon and at the Hardwick stop at 12:15 p.m. This trip is limited in seating and reservations are required. Please call Terrie at the Trotter line (533-7171) for more information.

THURS.19:

»**The Game Supper in Danville** - not only the oldest game supper in Vermont, but considered by many to be one of the finest in the region, 4-5 p.m. For more information E-mail tobybalivet@netscape.net or visit www.danvillevt.com/Activities.htm. Danville United Methodist Church, 201 South Main St. in Danville, VT.

THURS.26: »THANKSGIVING

SAT.28:

»**6th Annual Country Craft Show** at the St. Johnsbury School from 10 a.m. to 3 p.m. For more information, call (802) 274-3543 or e-mail atpatriciajmcw@yahoo.com.

»**Holiday Open House** at the Old Stone House Museum at the newly restored Samuel Read Hall House. Call 754-2022 or visit www.oldstonehousemuseum.org for more information.

WED.2:

»**Holiday Show and Sale** at NEK Artisans Guild, 10:30 a.m. to 5:30 p.m. Call 748-0158 for more information. NEK Artisans Guild, 430 Railroad St #2, St Johnsbury, VT. Email: nekguild@kingcon.com, www.nekartisansguild.com.

SAT.5:

»**The North Pole Express** - The Magic of Christmas Comes Alive...The Family Tradition Continues, 12 p.m. Join us on a magical journey to the North Pole aboard The North Pole Express. Call 626-1400 or visit www.thelyndonfreight-house.com for more information.

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