



THE North Star MONTHLY

Every Small Town's Newspaper

DANVILLE, VERMONT

GOOD FOR THE WHOLE MONTH

\$1.50

OCTOBER 2009

Volume 22, Number 5



history

Page 5



profile

Page 14



journal

Page 20

Seeing the forest through the trees

BY NATHANIAL TRIPP

My neighbor's chainsaw needs sharpening again. I can tell by the way the engine runs too fast without working hard, just one of several tenor voices resounding in the valley below me in the annual weekend chainsaw opera.

"Sharpen me," it drones, accompanied by the whoops and moans of more distant saws. Then I restart mine, and take serene pleasure in the plume of chips it pours from the cut with its own baritone voice exercise. I love my chainsaw. I love the logging winch on the back of my tractor almost as much. Between us we can do more work in a few

>> Page 17

Boots on the ground

Afghanistan: a personal view



'Daily newspapers and hourly newscasts keep everyone's attention on the turmoil and hardships of the war in Afghanistan. These big stories of success and setback do not adequately describe the place and the people.'

BY COLONEL PAMELA J. HOYT, U.S. ARMY

As a "boot on the ground" I would like to offer my observations to the readers of the North Star Monthly.

» Part I. Life at Camp Eggers. Kabul «

The camp is a collage of various buildings from different regimes. Soviet-style buildings stand helter-skelter among structures from an earlier era, which were laid out in a more planned manner.

Thrown into this mix are American quick buildings out of containers welded together and various other modular buildings placed in any open space. It looks like many old European towns where a plan changed creating obscure side paths, dead-ends and mazes around the buildings. In contrast to all this, a lovely garden with trellises,



>> Page 8

»As an analyst for the U.S. Army, Col. Pamela Hoyt recently served in the Pentagon. Using data on soldier needs, ranging from weaponry to family housing, she projected a five-year plan of management and budget to senior leadership. Because of that experience, she was personally requested by Major General Formica to accompany him on his deployment to Afghanistan. She is the daughter of Wayne and Pat Reganall, formerly of St. Johnsbury. Her husband, Bruce, and sons Hubbard, Benjamin and Thomas are keeping the home fires burning until she returns in July 2010.



Photos courtesy of photographer Vincent Larue and Col. Pamela Hoyt

THE North Star MONTHLY
P.O. Box 319 w Danville, VT 05828-0319

YOUR INFO HERE!
Have the North Star sent right to your door for only \$16 per year.
See Page 3 for details

Maple Center Motors, Inc.
1128 Memorial Drive
St. Johnsbury, VT 05819
(802) 748-4527
autotrader.com
Gary Sanborn
Kevin Sanborn
David Greenwood
Doug Stetson
Sarah Corey
Anne Baker

ANDY'S ROUGH LUMBER
Boards, Dimension Lumber and Timbers
Now buying Spruce & Fir logs
Danville (802) 684-1075 (802) 745-8719

NEED COMPUTER HELP?
Hardware or Software
★ **wyBatap.com** ★
(802) 633-4395
perstech@wybatap.com
If I'm not helpful there is no charge.
See Business Directory on Page 30.

Farmers' Markets
Danville Farmers' Market
On the Green, US Route 2
Wednesdays: 9 a.m. - 1 p.m.
St. Johnsbury Farmers' Market
On Pearl Street behind Anthony's Diner
Saturdays: 9 a.m. - 1 p.m.

Table of Contents



4 | opinion

2 Government? It's you and me friend!

by Isobel P. Swartz

4 Summer delights have gone

by John Downs



5 | features

5 If these steps could talk

by Dan Williams

14 Bob Gensburg: defender of civil rights

by Virginia Downs



18 | in pictures

18 Caledonia County Fair

by Jim Ashley

For November: Autumn on the Green

From the Editor

Our own eyes

I read with great interest Col. Pamela Hoyt's account of Afghanistan. Much like our lead article in September, "The Eyes of History," Col. Hoyt's vivid descriptions of a place few, if any, of us will ever see are fascinating for a number of reasons.

There is little doubt that we are living in the information age... I can't help but think something is getting lost.

Like many others, I have developed a mental image of what's it's like in Afghanistan. This image is built upon the footage we see on the news, in magazines and in photographs. As is often the case, these preconceived notions are often incorrect. Col. Hoyt describes the landscape in ways I've never pictured. The living arrangements the military has set up seem to afford soldiers the "feel" of their home country, while the constant reminder of where they really are looms in the background, often on nearby flags flying at half mast.

There is little doubt that we are living in the information age. Google and Wikipedia bring knowledge to our finger-

tips and we have the world's library in front of us as fast as we can type our questions. I can't help but think something is getting lost. Information moves so far and so fast, perhaps the carriers are no longer taking the time to adequately digest it. When it's passed on and then passed on again, maybe the inevitable filtering washes away the appropriate context. Most importantly, maybe the emotion of what's happening thousands of miles away suffers.

In journalism, it's often referred to as "letting the subject tell the story." It's not as easy as it sounds for the gatherers of information. Stories often have holes, inconsistencies and some parts may require explanation. We trust our story tellers to do this tastefully, with accuracy and fairness, but often enough there is no substitute for the eyes, or the boots, on the ground.

Col. Hoyt may not be writing history like Mark Wheeler was in 1890 after his extended stay in Andersonville Prison during the Civil War, but her observations are important to the present. In the end, we will be responsible for passing along and filtering the stories of Afghanistan. We've all heard stories of what it was like during other important junctures in American history. Our anecdotal history can be just as important, and informative, as a formal text book.

THE North Star MONTHLY

EDITORIAL OFFICES:
P.O. Box 319 ~ 29 Hill Street
Danville, VT 05828-0319
(802) 684-1056

PUBLISHERS/OWNERS: Justin Lavelly
Ginni Lavelly

EDITOR: Justin Lavelly

CONTRIBUTING EDITOR: Lyn Bixby

ADVERTISING / CIRCULATION: Vicki Moore
Angie Knost

ART DIRECTOR/ PRODUCTION: Tina Keach

PROOFREADERS: Woody Starkweather
Ginni Lavelly
Judy Lavelly

SUBSCRIPTIONS: Vanessa Bean

OFFICE MASCOT: Lynsey Lavelly

ADVISORY BOARD: John Hall
Sharon Lakey
Sue Coppenrath
Alan Boye
Jane Brown

The North Star Monthly is produced and published monthly by Northstar Publishing, LLC located at 29 Hill Street, Danville, VT. Subscription Rates are \$16 per year. Printed in USA. Copyright 2008 by NorthStar Publishing LLC. All rights reserved. No part of this publication may be reprinted or otherwise reproduced without expressed permission from NorthStar Publishing LLC. Publisher is not responsible for errors resulting from typographical errors. Acceptance of advertising is subject to publisher's approval and agreement by the advertiser to indemnify the publisher from loss or expense on claims based upon contents of the advertising. Publisher does not assume liability for errors in any advertising beyond the cost of the space occupied by the individual item in which the error appeared.

Postmaster: Send address changes to **The North Star Monthly**, P.O. Box 319, Danville, VT 05828-0319. Periodical postage paid at Danville, VT.

Contributing Writers

Isobel Swartz	Ellen Gold	Jane Woodhouse
Lorna Quimby	Vanna Guldenschuh	Bets Parker Albright
Van Parker	Peter Dannenberg	Dan Williams
Nathaniel Tripp	Van Parker	Virginia Downs
Rachel Siegel	Jim Ashley	John Downs
Lynn Bonfield	Lois (Field) White	Dee Palmer
Jeff Gold	Dick Boera	

e-mail: info@northstarmonthly.com
www.northstarmonthly.com

Write to Us



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

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

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

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

DEADLINE: 15th of the month prior to publication.

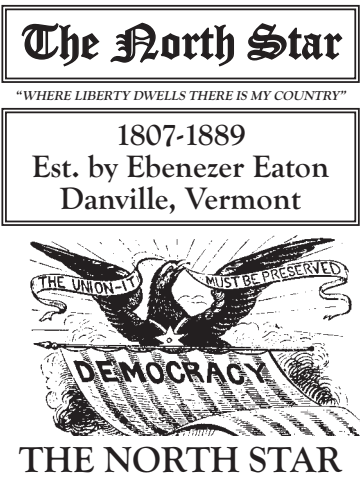
All materials will be considered on a space available basis.

Please Let Us Know If You Move

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



Economists say business outlook is good, while Peacham drastically lowers squirrel population



October 4, 1878

Dry Building Spots - If houses were built upon dry sites and of sufficient area, and with proper care for ventilation, and the water supply were pure and sufficient, the larger half of the great problem of sanitary science would be solved. The disposal of the refuse of life and labor is a simple matter. Wretched homes, impure hour, and fouled water lower the physical and mental stamina of men and women so much as to make them indifferent to dirt and passive almost under a disease. For all of the different modes of disposing of sewage or other waste there is a none so simple, direct or efficient for the rural districts, as its immediate application to the soil, and conversion into the growing crops of the garden allotment.

Business Outlook - The Economist takes a cheerful view of the fall trade, and believes that, "hard pan," has been reached and a prosperous future is ahead of us. It says, "Business in all its branches has revived,

collections have been far better than was anticipated, profits, though small in general, have been satisfactory, merchants are in good spirits and trade has a healthy tone.

Lyndonville - A few weeks ago, four barrels and seven pails of sugar were stolen from the freight depot. Last Tuesday, Deputy Ide found the property all securely buried up in Alanon Fletcher's sugar place. Fletchers house was searched and a quantity of liquor was found. He was taken to the St. Johnsbury Jail Tuesday evening, he admits knowing about the theft of sugar, and there is sufficient evidence to believe he is the thief.

Squirrel Hunt - Peacham boys had a grand squirrel hunt on Thursday and Friday of last week. Frank Palmer had command of one company comprising 13 men and George Mears had command of the other. Palmer's side counted up 6,820, Mears 6,600. A large lot of game was captured including squirrels, crows, hawks, hedgehogs, raccoons and more.

October 11, 1878

A Rich Man - John H. Paddock of St. Johnsbury (so the papers say) has found a rich silver mine near his copper mine in Lyman, N.H., which assays at \$98 a ton. He will commence working the ore forthwith. It promises to be the most valuable mine in the section.

A strange case - Carpenter, the mesmeric performances in the town hall for the past week, was put under arrest Tuesday night on the charge of trespass on the person of Peter

Bibeau who lives on Maple Street. At the first of the exhibitions Carpenter called for volunteers to come forward and be mesmerized and among those who went on stage was Bibeau, a young man about 20 years old. He was pleased under mesmeric influence, and with others was put through various kinds of performances that evening and the next, after which he was taken sick with stoppage of the bowels and is not expected to recover. Bibeau's father sues Carpenter for \$3,000 damage for trespass, and he is now under charge of deputy sheriff Humphrey. It has been said that the young man has been previously troubled with the same disease and was not feeling well at the time he was mesmerized. It is not clear to the public mind yet, how Carpenter can be held accountable for Bibeau's condition.

Personal - Harley M. Hall, of East Burke, was taken seriously sick Wednesday and continues very dangerously ill, with little hopes of recovery. From an examination made by Drs. Bullard and Caheon, it appears that a fatty tumor which has been growing in the lower part of his bowels for some years, has so surrounded the intestines as to cause the present serious troubles.

Vermont Schools - The 25th Vermont School report from state Superintendent makes the following recommendations concerning modifications to the school law: That the superintendent be allowed, in his judgment, to substitute educational meetings for teachers' institutes, that teachers in attendance on institutes in their county be allowed pay for

time spent there in, that the district be allowed to draw public money only upon certificate of the town superintendent that they have complied with the law, that the power of superintendants to revoke certificates be extended, that town committees for the selection of text books be provided for, that town superintendents be required to procure the introduction of books recommended, that towns voting so to do be authorized to purchase and hold text books for use in schools, that a state tax for school be levied, that a portion of that text be used for the support of high schools, that the time of continuance of normal schools be extended not less than 20 years, and further appropriations be made for them.

October 18, 1878

To shoe or not to shoe - It is indeed strange how long men follow extravagant, wasteful and useless habits, simply because they have always done so. One of these is shoeing horses, a practice not followed at all in the South American states and Mexico, and equally unnecessary in this country, which has imitated it from Europe. Nearly 20 years ago, the attention of the writer was drawn to the folly and uselessness of shoeing farm horses. Previous to that time, he had paid out about \$12 a year for this purpose, and had almost always been troubled with corns, corks, interferences and other evils. Since the discontinuance of this practice, all the split hooves have been healed up, the corns have disappeared with all the other trou-

bles and no attention at is required except for the occasional trimming of an outer shell that has grown uneven. Perhaps it's necessary to shoe horses that travel upon hard roads or in cities, but even this is doubtful. It is not at all doubtful, if nearly 20 years trial is worth anything that is an entire waste of money and an actual injury to farm horses, to cripple them up by nailing iron shoes to their feet.

Grange Fair - Notwithstanding the threatening weather the Grange Fair in Lyndon last week Wednesday attracted a large crowd estimated at from 2,000 to 3,000 people. There was a fair show of cattle, about 60 head being shown. There was a fair show of sheep, horses, swine and poultry. Floral Hall was the great centre of attraction, and the exhibition was equal to anything we have seen at the county fair. In fruits and vegetables there were a large number of entries. Charles Ingalls exhibited a squash that weighed more than 118 pounds. Alanson Eastman had five pumpkins which weighed over 254 pounds, the largest weighing 37 pounds. The largest pumpkin had shown weighed 61 pounds. Some excellent butter and sugar was also shown. We cannot particularize as the articles were simply numbered, and in only a few instances did we learn the owners name. The fair may be considered as a very successful one and should encourage the society to hold another next year.

THE North Star MONTHLY



With a few clicks... you can purchase a new subscription, renewal or gift at:

www.northstarmonthly.com

or

fill out the form below and mail a check to:

North Star Monthly
PO Box 319
Danville, VT 05828

Subscription Rates
\$16 U.S.
\$40 Canada

New North Star Subscribers and Renewals

Don & Avis Abrams, Surry NH
Walter & Odianna Antczak, Windsor CT
Jon Beck, St. Johnsbury VT
Lise & Paul Bellefeuille, St. Johnsbury VT
Calvin Bogie, East Ryegate VT
Kate Bradley-Ferrall, Chevy Chase MD
Dick Browne, Barnet VT
Betty Bunnell, St. Johnsbury VT
Cesari, South Ryegate VT
Barbara Chambers, Chelsea VT
Bob Chapman, Boca Raton FL
Andrew N. Coburn, Williamsburg VA
Dave & Patti Coburn, St. Johnsbury VT
Lance & Linda Comfort, Danville VT
Mr. & Mrs Ronald Craig, Peacham VT
Arlene Desrochers, Bridgton ME
Brenda Dow, St. Johnsbury VT
Ronald & Patricia Drown, North Concord VT
Barbara Dunbar, Barnet VT
Barry & Kay Dyer, Sun City Ctr FL
Catherine R. Elwell, Alburtis PA
Sandy Ferns, Quechee VT
Ed Ferns, Chester MD
Mr & Mrs Raymond G.Frey, St. Johnsbury VT
Sally J. Goss, West Danville VT
Rebecca Goss, West Burke VT
Anna P. Greaves, Cabot VT

Alice M. Hafner, Danville VT
Albert & Bea Hagen, Fairbanks AK
Louise Hale, Waterford VT
Don & Pauline Knowlton, St. Johnsbury VT
Michael & Doris Koelnych, East Hardwick VT
Stephen LaCoss, Lyndonville VT
Mr. & Mrs. Eric Martin, Salt Lake City UT
Josephine Metcalf, Marshfield VT
Kate Minshall, Norwich VT
Leslie E. Morrison, Barnet VT
Richard C. Morrison, Craftsbury Common VT
Bill Moulton, Danville VT
Marion E. Newman, St. Johnsbury VT
Robert C. Newman, Venango PA
Lex & Annie Parker, South Burlington VT
Anne Parker, Lyndonville VT
Don & Bobbi Pastula, West Danville VT
Beth Perreault, West Danville VT
Paul Perry, Barre VT
Barry & Margot Ponticello, La Jolla CA
Cleona Poole, St. Johnsbury VT
Art & Debbie Raymond, Vallejo CA
Joyce Root, Waterford VT
Pat Sands, Marston Mills MA
Anne Sanguinetti, Pacific Palisades CA
Paula Sanguinetti, Centreville VA
David H. Sawyer, Worcester MA

Patricia Singleton, Rohnert CA
Virginia Sullivan, Arlington VA
Donna Thresher, Peacham VT
John & Judy Trombley, Colchester VT
Ken Vos, Sheffield VT

Please! Send a gift subscription to:

Name _____

Address _____ Apt. No. _____

City _____ State _____ Zip _____

YOUR NAME _____

ADDRESS _____ APT. NO. _____

CITY _____ STATE _____ ZIP _____

Yes! Send me The North Star Monthly:

Name _____

Address _____ Apt. No. _____

City _____ State _____ Zip _____

Please let us know if you don't want your name published as a subscriber of *The North Star*.

Limited number of back issues are available for the previous 12 months. Get them for \$1.50 per copy at *The North Star* office or send \$2.50 each and we'll send them to you.

Where can I find The North Star Monthly

Barnet Village Store
Barnie's Market (Concord)
Box Car & Caboose (St. Johnsbury)
Go Go Gas (St. Johnsbury)
Buffalo Mountain COOP (Hardwick)
Cabot Village Store
Center Tower (St. Johnsbury)
Coles Market (Lyndonville)
Convenient One (St. Johnsbury)
D&L Beverage (Greensboro)
Danville Inn
Diamond Hill (Danville)
East Burke Market
East Calais General Store
Green Mt Books (Lyndonville)
Hastings Store (Danville)
Horizons Deli (St. Johnsbury)
Joe's Pond Country Store (Danville)
Lyndon Freighthouse
Lyndon Mobil Mart
Marty's First Stop (Danville)
Natural Provisions (St. Johnsbury)
NVRH (St. Johnsbury)
Paul's Whistle Stop (McIndoe Falls)
Petty Co Junction (St. Johnsbury)
Rite Aid (St. Johnsbury)
Riverbend Country Store (N. Montpelier)
South Walden Store (Walden)
St J Mobil (St. Johnsbury)
St. Johnsbury Food Co-op
Tim's Convenience Store (Plainfield)
TJ's Lunch Counter (Wells River)
West Barnet Quick Stop
Wheelock General Store
The White Market
Galaxy Book Store (Hardwick)
Woodbury Village Store
Wiley's Store

Contact us about selling
The North Star Monthly
in your store:
(802) 684-1056
info@northstarmonthly.com

REID & BALIVET
ATTORNEYS AT LAW

ERNEST TOBIAS BALIVET
JUDITH A. SALAMANDRA CORSO

DANVILLE GREEN ♦ DANVILLE, VT ♦ (802) 684-3666



The Carpet Connection
Your full-service carpet and flooring store.
We are experts when it comes to carpet, vinyl, ceramic tile, hardwood, laminates and area rugs.

199 Depot Street (802) 626-9026
Lyndonville, Vermont (800) 822-9026



FALL CHECK LIST:

- ✓ Wood Split & Stacked
- ✓ Oil Tank Filled
- ✓ Winter Tires Ordered
- ⇒ Septic Tank Pumped

REMEMBER:
before winter hits, be sure your tank has been properly maintained and pumped within the last 2 or 3 years.

DON'T WAIT 'til the snow is here, family is home for the holidays and you have a **BACKED UP SYSTEM.**

Call today and save a headache tomorrow...
802-748-9858
B&B SEPTIC

Call **802 748-2600** for information

Catamount Arts

<<October Films>>

- »**Taking Woodstock/Unmistaken Child** (10/2 - 10/8)
- »**Adam/Afghan Star** (10/9 - 10/15)
- »**My One and Only/You the Living** (10/16 - 10/22)
- »**The Beaches of Agnes/TBA** (10/23 - 10/29)
- »**Somers Town/TBA** (10/30 - 11/5)

<<Live Performances>>


- »**THURS.1:** National Theatre - All's Well that Ends Well, 2 p.m.
- »**SUN.10:** MetLive in HD - Tosca, 1 p.m.
- »**SAT.17:** Vermont Philharmonic Orchestra, 7:30 p.m.
- »**SAT.17:** Cabaret Music Series - Leighton Sullivan, 8 p.m.
- »**SAT.24:** MetLive in HD - Aida, 1 p.m.
- »**SAT.24:** Cabaret Music Series - Mark Shelton, 7 p.m.

<<Special Events>>

- »**SAT.3:** Members Recognition Reception, 5 p.m. to 7 p.m.
- »**SUN.18:** Lecture: Don Fogg, Crafting Wooden Bowls, 3 p.m.

<<In the Gallery>>

- »**The Art of Vermont / A touring art retrospective**

Your Community Arts Center! 

www.catamountarts.org
115 Eastern Ave., St. Johnsbury, Vermont • Toll Free 1 888-757-5559

Government? It's you and me, friend!

BY ISOBEL P. SWARTZ

My summer reading and the raucous, poorly informed, discussions about Health Insurance reform have made me think about the role of government in a democracy. I have found this topic to be difficult, stressful and discomfoting.

George Lakoff, a cognitive scientist at U. C. Berkeley, states in his book, *The Political Mind*, that, "American democracy was founded on the politics of empathy", and that the role of the government in this democracy is two-fold: protection and empowerment of its citizens. "From these flow the progressive ideals of equality, freedom, fairness, opportunity, general prosperity...", ideals that most of us would like to believe are fundamental characteristics of the

education in all states, and by 1940 extended this through high school, is the fundamental tool of empowerment. Laws have been passed to remove inequities in the system based on race, sex, religion and physical and mental disability. When these laws do not always work as intended, it is more a reflection on communities and individuals rather than the federal government.

The federal highway system empowers us to get to school and work, and to travel with relative safety and ease. The federal government provides veterans' benefits such as health care and higher education. It supports public hospitals. Federal programs provide a safety net for children, the poor and the elderly. Without these programs more than 50 million citizens of all ages would be unable to survive. Where would they all go? To the Poor Farms, finally abolished

"— government of the people, by the people, for the people, shall not perish from the earth."

-Abraham Lincoln, Gettysburg, Nov. 1863

United States today. These two roles of government cover so many things that we take for granted, that we may not associate them with government in our lives.

Protection seems clear. The changes that followed 9/11 were clearly based on the need to protect U.S. citizens. Some of the measures have caused divisiveness, and in many cases, inconveniences to society. They were enacted in great haste without due deliberation, including the Patriot Act, surveillance of telephone calls and email communications, extreme restrictions on air travelers and at border crossings. No one knows whether they have actually protected us any better than simpler, less invasive methods might have done, but the government was acting in its protective role. Our standing army, consisting of all the branches of the military is also clearly maintained for our protection.

Many federal agencies exist to protect us: against disease epidemics (CDC); against polluted air and drinking water (EPA); against untested drugs, toxic paint on toys and contaminated food (FDA); and from contaminated meats, fruit and vegetables from home and abroad (USDA). We are protected from nuclear accidents and radioactive spills (AEC). Workers are protected from unsafe working conditions and the legal and judicial systems protect our rights, personal safety and property. The FDIC protects our bank accounts and, most important of all, the Constitution protects our fundamental political and civil rights.

Our state governments provide protection with the National Guard and State Police. Our local first responders, EMT's, firemen and police protect us closer to home. Many of us take the work of these agencies for granted. We don't even think of them as government, and only when their efforts fail do we complain.

The federal government's second role — empowerment — is more complex because it takes positive participation by citizens for this government function to be fulfilled. Empowerment means helping all citizens to develop their full potential. Finally established in 1870, the public education system that provided free elementary

in 1950? Would they be "warned out of town", as inhabitants of Vermont towns who could not support themselves were until 1817? Or would they go to the streets or cemeteries of this land?

To those who say, "Keep the government out of my life," I say, "Be careful what you wish for!" YOU are the Government! This is the basis for President Lincoln's remark in his speech at Gettysburg, quoted above. It is our Constitution and Bill of Rights that protect your individual rights and allow you to make such statements without fear of reprisal. I recommend a rereading of those rights and the responsibilities that go with them!

Instead of opting OUT of government we need more public participation IN government. We need citizens who accept the empowerment offered by government, especially that of education. They then need to vote — and wisely. A poorly educated electorate is a recipe for the downfall of democracy. We need citizens who ask informed questions about all aspects of government, not those who foolishly rant about fantasies never contemplated by anyone. Health Insurance reform is just the current issue, there are many more to follow.

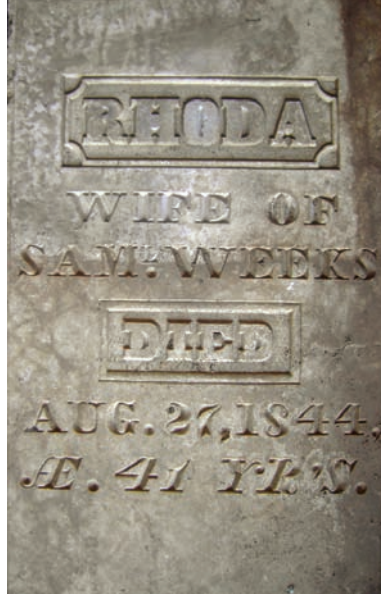
Change is always difficult. It can be frightening, and fear can lead to violent reactions. People who are afraid are easily manipulated by those for whom change would mean less profit and power. This is what has happened this summer in the Town Hall meetings on Health Insurance reform. Hopefully some clear, cool fall air will bring a dose of reality to this debate before it is too late.

In a democracy each citizen is important, and each one deserves access to the fundamentals of a decent life, of which basic health care is a significant one. We are all vulnerable when people around us are sick and cannot afford to access health care or get the medications they need. Wait until the next 'flu season and you will agree! Our nation suffers when our citizens are poorly educated, malnourished, sick and out of work. Everyone needs to participate intelligently to help our government work better for us all. We need to show a little empathy!



The WILLEY'S STORE

Near the southern shore of Caspian Lake in Greensboro village
Open 7-7...7 days a week, Phone: 802.533.2621, Toll free: 866.945.5397



Karl Armstrong, the mason, discovered the headstones when he came out to prop up our sagging porch, above left. A well-preserved headstone of Rhoda Weeks, wife of Samuel Weeks, middle. Right, the headstone of Rhoda's daughter, Mary. Cemetery records show she died April 14, 1848, four years after her mother.

If these steps could talk

by Dan Williams

Karl Armstrong had a funny look on his face. The mason had come to our house in Lyndon Corner to take a look at our sagging front porch. He was staring at a 2-by-4-foot chunk of granite that served as a step.

"Is that a gravestone?" he asked.

He pointed to a sheered-off piece of white stone peeking out from beneath the granite.

"That's lettering," he said.

Sure enough, we could make out chiseled characters that had been cut in half when the white stone split.

Armstrong and crew went to work on the porch and lifted the granite block out of the way. The white grave marker read:

MARY.B.
DAUGH. OF

A third line at the broken edge contained the half-characters, but we could make out:

SAML & RHODA

Saml & Rhoda who?

The answer came next. Also lying beneath the granite was a complete headstone:

RHODA
WIFE OF
SAML WEEKS
DIED
AUG. 27, 1844,
Æ. 41 YR'S.

Armstrong wasn't through. He also found a broken piece of gravestone that matches Mary's marker. And next to the stoop, beneath the outdoor water spigot, he unearthed a slender rectangle of marble reading:

ELSA
Infant
daugh. of
Saml &
Rhoda
WEEKS
DIED
Apr. 4,
1841.

Our first thought was that the ground beneath our house once served as a cemetery. Our property faces the First Congregational Church, which has stood on York Street since 1829. The church has no graveyard. We moved here from the South three years ago and figured every old New England church came with a place to deposit members. Back then, our lot would have been a tempting spot.

Evidently not.

A mid-19th century map of Caledonia County shows no graveyard. It also doesn't show a bridge across South Branch Brook, which runs between our lot and York Street. A church membership list finds plenty of people named Weeks, including a George who was kicked out in 1870, but no Samuels or Rhodas.

Our next clue came by way of Atlanta. We told a friend there about our discovery and he started digging through genealogy records online. Bingo. He found an 1850 census list that showed a Samuel Weeks, farmer, 47, in Wheelock. Living with him were:

- Elmira Weeks, 41;
- Rhoda Weeks, 15;
- Betsy Weeks, 12;
- Asenath Weeks, 4;
- Elmira J. Weeks, 2;
- Samuel H. Weeks, 8;
- William A. Bean, 10;
- Louisa Bean, 12.

Now we were getting somewhere. After Rhoda died, Samuel must have married a widow named Elmira Bean. She contributed two children to the blended family: William A. and Louisa. They joined Samuel's surviving kids, Rhoda, Betsy and Samuel H. The couple had two children together: Asenath and

Elmira J. According to another record our Atlanta friend found, Betsy would go on to marry; a short time later she was dead. She lived 19 years.

We still did not know what had become of Rhoda, Mary and Elsa. Perhaps Elmira was the jealous type, couldn't bear sharing the family plot, and had the first wife removed. If so, where was the plot?

Signs were pointing to Wheelock. The old Caledonia County map shows an S. Weeks living just across the Lyndon-Wheelock line on present-day Buchner Road.

Samuel Weeks also shows up a few times in "Town of Wheelock," a history by Eleanor Jones Hutchinson. His father was Joshua Weeks, who built a gristmill and a sawmill on Millers Run where Wheelock Village sits. His mother was Susannah Morrill, the sister of the man hired to settle the area for Eleazar Wheelock, the founder of Dartmouth College. Samuel Weeks had two brothers, Ezekiel and John. He raised sheep. He also distilled potato whiskey.

The book makes no mention of Rhoda. Visits to the Wheelock Village Cemetery and South Wheelock Cemetery turned up no Weeks family plot missing three headstones.

Just as the trail was growing stone cold, we got a call from Linda Lee. Lee works

>> Page 6

DINING ALFRESCO by Will Moses

Serigraphs • Lithographs • Prints • Posters
Calendars • Note Cards • Illustrated Books

Conservation Framing with UV-filtering glass & Artcare Mats & Boards
Dri-Mounting, Canvas & Embroidery Stretching
D-I-Y Framing Materials

The Framing Format & Gallery
485 Lafayette Street Saint Johnsbury, Vermont
800-699-3964 • 802-748-3964
www.framingformat.net

GET MORE THAN JUST A PLOW.

From rugged, reliable Straight-Blades to fast, versatile multiposition plows, the best products in the snowplow industry are made by THE BOSS. And the same holds true for service and support. Not only will your authorized BOSS dealer help you find the right plow for your jobs, but they'll also be your ultimate BOSS plow expert as long as you own your plow.

THEY'RE YOUR GO-TO GUYS WHEN IT COMES TO:

- **HELP.** From simple advice to expert assistance, your authorized BOSS dealer is there to answer all of your BOSS snowplow questions.
- **PREP.** Getting your BOSS ready for the season is easy. Just call to make an appointment for your annual checkup.
- **PARTS.** Your authorized BOSS dealer makes sure THE BOSS parts you need for service or repairs are always ready.

STOP IN TODAY!

SOUTH MAIN AUTO
SALES & SERVICE


448 Main St., St. Johnsbury, Vt. • 802-748-3219 • www.southmainsalesandservice.com

THE BOSS
PUSHING THE EDGE
bossplow.com

©2008 BOSS Products/Northern Star Industries, Inc.

modern woodmen of america

Offering fraternal financial services to help you reach your financial goals.




GRD1203

Touching lives. Securing futures.®



David Matte
FIC
P.O. Box 88
Danville, VT 05828
802-684-3371



Deb Wallens-Matte
FIC, LUTCF
P.O. Box 88
Danville, VT 05828
802-684-3371

Summer delights have gone

BY JOHN DOWNS

The delights will be gone when you read this column. But tonight, almost a month before the next publication date, they are a sheer pleasure and wonder to behold. Here I sit on our lawn, small drink in hand, overlooking an unbelievably clear view of the distant White Mountains and nearby Burke Mountain.

This setting encourages me to ponder, mulling over how many of life happenings seems to come about without too much control on our part. For example, 25 years ago Virginia and I decided to move back to the Northeast Kingdom from Burlington where we had been living for seven years while I was practicing law. We wanted – yes, needed – to find a new home or a lot in the St. Johnsbury area as soon as possible. Winter was only a few months away. We had looked with no success for weeks.

Fortunately, we stopped to say hello to Dr. Harvey Stetson, a retired large-animal veterinarian living in Lyndon, only a mile from Lyndon State College, Lyndon Institute and the Interstate. After mentioning our land quest, Harvey said, somewhat impulsively, that maybe he had some land to sell. “Let’s see it!” I replied enthusiastically. We walked out to a broad field a short distance from his house, and after observing the fantastic view, and exchanging glances with Virginia, I said to Harvey, “We would like to buy. When will you know if you will sell? After a few moments he replied, “Well, this is Friday. I should know by Monday.” “We’ll call from Burlington” was my eager reply. And call we did!

“I’ll sell,” said Harvey. Wasting no time, I asked, “How much land and for how much?” Harvey had done his homework over the weekend, as had we, and he laconically replied, “Five acres with the two-acre home site and a right of way.” The price was reasonable. I replied with relief, “It’s a deal – get a lawyer!” As it was already mid-September, we wanted to get started on the house before winter.

And so, here we are 25 years later, on this beautiful, early September evening. We have done many things to make our home attractive. Fortunately, nothing interferes with the view of Burke Mountain and the White Mountains that enchanted us many years ago.

It seems as if everything connected with our home on the hill has worked out well for us over the years.

We headed for Florida in mid-November,

and forgot all about the activity going on in Vermont, except to pay the monthly bills. When we came back to Lyndon in early May, the house was ready for immediate occupancy, and we moved in as soon as we could.

When I look down, I see a ten by five-foot fishpond. Six gold fish swirl around chasing each other, instinctively knowing when it is once-a-day feed time at about five o’clock, then fighting for the largest share. They are keeping company with a small tree frog that comes and goes at its convenience. Pink and white lilies wake up at noontime, and close their petals at about 6 o’clock. A small, gurgling re-circulating waterfall adds to the beauty.

Virginia is a talented amateur landscape artist. There are a variety of beautiful flowers around the pond. And nearby is a small bountiful vegetable garden that produces too much delicious lettuce, too many very edible small tomatoes, rhubarb that grows year after year with no help from us, and Swiss chard.

There are even more surprises! On the other side of the house, facing the sunset, Reg Switser fashioned a sloping rock wall with rocks blasted out of the foundation area. The crevices between the rocks are filled with colorful flowers. Across the lawn is another Switser masterpiece. There were two gigantic rocks left over from the excavation process – what to do with them? A tractor rolled them across the lawn, where they sit today out of harms way, snug against several tall fir trees and surrounded by a panorama of tall lilies.

Supervising all of our beautiful property from a small rise near the pond is Laocoön, a mythical Greek character killed with his two sons by giant sea serpents. It is a creature from Lake Champlain that washed onto our beach in a storm. It did such a fine job protecting us there that we moved it to Lyndon to continue where it has stood winter and summer (with the help of a little tree surgery) for these 25 years. We invite guests to think of a name for it — my favorite is Don Quixote.

As I am writing this column, the evening chill is descending. I will soon go indoors, but not before indulging my favorite activity, sitting by the pond – fantasizing and thinking great thoughts about life, death, the universe, and a multitude of thoughts that come so easily and often to a senior almost 90 years old.

This is enough for tonight. It is now quite chilly, the moon will soon be up, and Virginia just shouted that dinner is ready. All is well on Downs hill.

>> Page 5

at Lyndon Town Hall and had heard of our search. She had news: Rhoda, Mary and Elsa were buried in Lot 21, Section 5 of the Lyndon Center Cemetery. So were Samuel and his second wife – Almira, not Elmira.

Number 21 is a nice, roomy lot with a monolith in the middle. On the west face of the tall stone, Rhoda is listed together with Samuel. He died in 1878 at age 75. On the south face, Almira is reunited with her first husband, William Bean. He was 34 when he died in 1843, a year before Rhoda. Almira lived to 85.

Seven stubby stones poke from the ground in a line on the west edge of the lot. Carved into the tops of six are initials for Rhoda, Samuel, Mary, Elsa, William Bean, and a Bean infant named Helen. The seventh, Almira’s, is engraved MOTHER.

The person who called her

Mother is probably buried on the opposite side of the monolith. Austin W. Bean purchased Lot 21. He died in 1914 at age 73, making him 2 or 3 when Almira’s first husband died. Austin W. is likely the 10-year-old William A. Bean who was living in the Samuel Weeks household when the 1850 census was taken. Austin Bean lived a stone’s throw from his place of rest, in a home on what is now Lyndon Institute’s campus. He bequeathed the house to the school. Bean Cottage, behind Sanborn Hall, is now a dormitory.

We never learned where Rhoda, Mary and Elsa were first buried, but Austin Bean surely knew. It must have been he who gathered up Samuel’s dead wife and children – and his own father and infant sister – and had them reburied at Lyndon Center. He evidently had no use for the old stones. A previous owner of our house did, but his or her identity is

shrouded in history. A family that lived there from the 1960s to the early 2000s never had cause to move the granite stoop, and was as surprised as we to learn about the headstones.

From Linda Lee’s cemetery records, we know Samuel Weeks died of a bladder infection. The records do not list a cause of death for Rhoda, but a clue may lie buried in a different plot: Lot 26, Section 11. There you will find Samuel H. Weeks of Wheelock, Rhoda’s son, who died in 1896.


The 1850 census indicated he was born in either 1847 (which would have made him Almira’s boy), or 1842. However, the cemetery records indicate he was born in 1844 – the year Rhoda died.

Did she die giving birth?

That is a mystery for another day.

As is the question: What do you do with three gravestones?

Farmers' Markets



Danville Farmers' Market
On the Green, US Route 2
Every Wednesday: 9 a.m. - 1 p.m.

St. Johnsbury Farmers' Market
On Pearl Street behind Anthony's Diner
Every Saturday: 9 a.m. - 1 p.m.

Come meet new and old vendors at this weekly community event and support your neighbors. Take home spring vegetables, baked goods and other foods, crafts and of course lots of flower and vegetable bedding plants for the garden.



East Burke Market

now offering

- Quality Meats & Fresh Produce
- Thick, Juicy Steaks & Ground Beef (Fresh Cut on Site)
- Locally Grown Vegetables
- Fresh Sandwiches, Burgers, McKenzie Hot Dogs
- "Extensive Wine Selection"
- Propane - Camping & Picnic Supplies
- Hollyberry's Famous Bakery Products (Fresh Daily)
- Ultimate Selection of Ben & Jerry's Ice Cream
- Movies • ATM • TMA's • VAST Maps

461 Route 114 / East Burke / Vermont 05832
802.626.5010

Setting an example

Civility at Peacham Town Hall

By VAN PARKER

On Aug. 23, Sen. Bernie Sanders spoke to those attending a town hall meeting in Peacham. I felt moved to write about the meeting to a group of friends, most of whom do not live in Vermont. Unlike so many town hall gatherings it was civil, courteous and generated far more light than heat.

As we drove into the village of Peacham, we noticed the cars. They were parked in front of the general store and in every direction from there. I let off our passengers and found a parking place up the hill near the old Peacham Cemetery. Walking back I saw the people, gathered in a long line outside the Congregational Church waiting to get into the town hall meeting with Sen. Sanders.

Everyone seemed to be in a good mood. At one point it started to rain but people shared their umbrellas and nobody seemed to mind. There were scores of signs, almost all calling for a single payer healthcare plan. We took advantage of the free meal in the church basement, and then went back to the line, which was beginning to

encircle the church. A few moments later Bernie arrived, tieless, like virtually all the men in the crowd and looking a bit ruffled. He went through the long line shaking hands with everyone. He seemed energized by the size of the crowd, which even surprised him. All these people in little old Peacham!

When the sanctuary was full, they let others into the church basement. Then Bernie came out and asked the rest of the people to gather around the side of the church where he would speak to them. To those of you who are interested in numbers as I am we heard the church holds 300 people, the basement 150. I would estimate the crowd outside at about 150 plus an undetermined number of people with tired feet or aching backs, who went home.

We didn't get into the church or the basement, but Bernie made a point of speaking to us "outsiders" first. He spoke plainly of how a public option would keep the insurance companies honest and said that without such an option escalating health care costs for a family of four would increase from \$13,000 to about \$26,000 in 8 years. He told about people de-

nied health care because of pre-existing conditions and others dropped by their carriers because they cost too much. I'm sure many in attendance had their own stories to tell. For Bernie a public option is an absolute necessity.

Why is it, he thundered, that every other industrialized country guarantees health care to all its citizens and we don't? Why do we spend more (16 percent of our G.N.P.) and get less? There is nothing ambiguous about Bernie Sanders.

As Lucy and I walked up the hill to get our car, the sounds of the town meeting fading into the distance, we noticed another couple getting into the car behind us. They had driven over from Brandon on the other side of the state, about 2 1/2 hours away.

We picked up our passengers in front of the church and headed back to Danville.

I don't know about other health care town halls. Only that here there were no visible signs about "death panels" or the government taking over everything. It was all very civil with a touch of neighborly lightheartedness, and underneath a sense that ordinary people can make a difference.

Anecdotes from across the water

By BETS PARKER-ALBRIGHT

I have written recently about some of our experiences at a center for health and wholeness in Scotland called Westbank, which was under the direction of Major Bruce MacManaway and his wife Patricia. We loved being in Scotland and liked the idea of earning our keep while working at what interests us.

As is so often the case, no matter what you set your hand to, the people you're associated with provide the most interest and the most fun. This was certainly true at Westbank.

There was one couple, whom we saw often and remember as Dick and Do. They were a bit older than we were, but really quite spry and also full of fun. Dick, like Bruce, was a retired Army officer who had seen much war service. His wife Do (for Doreen, I suppose, or perhaps even Dominique) was French, and she had a problem at times relating to the Scots, whom she found a bit straight-laced. She had a wonderful time exchanging jokes and stories with us, and enjoyed our appreciation of French cooking, which of course is quite different from everyday Scottish fare.

She told one unforgettable story about a time when Dick was assigned as a guard at Windsor Castle in the wake of the disastrous fire there a few years ago. He was to check out anyone who

might take advantage of the situation and cause any mischief at the castle. One very rainy night, Dick was making his last evening round when he saw a woman wearing a full length raincoat and a head scarf covering her hair and part of her face. She appeared to be in great distress and was obviously in tears.

He went up to her and said, "I don't know what you are doing here at this hour, madam, but this is not public property. I am sorry that you are upset, but you really must go along home and get some help with your problem." He reached out to take her by the arm and lead her off.

The woman pulled away from him and drew herself up indignantly. She then said, "I am looking at the result of the fire that burned a good part of this building. It is a source of great distress to me, because this is my home. I am the Queen. I am sorry you are concerned to find me here, but I actually have more right to be here than you do - so will you kindly leave me alone!" Needless to say, poor Dick beat a hasty retreat after apologizing to Her Royal Highness!

We met another man at Westbank named Jimmy Wham - yes, his real name. Jimmy was tall, erect and well-built, though well past retirement age. He had a rugged Celtic face and he always wore a smile. He told us a similar story that took place at an earlier time - during the War, in fact. He was a

Master Sergeant in the Gordon Highlanders getting some rest time from combat in France. He was assigned to guard duty at Buckingham Palace during this period. It was a gloomy rainy evening, not unusual for London. Security was very important at the palace, as the Royal Family was in residence - the King and Queen refused to leave London during the Blitz.

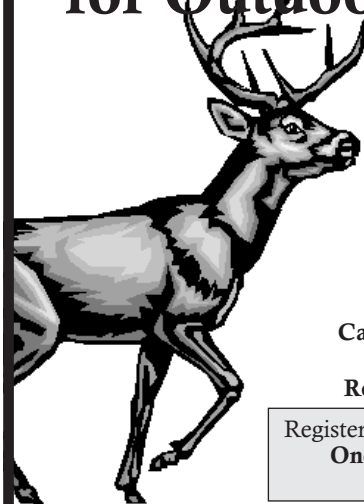
Jimmy was part way through his shift, pacing along a sector of the courtyard. In the semi-darkness, a man in uniform came up to him and said, "My good man, why are you out here in the pouring rain instead of in the sentry box?" Jimmy replied, "I have to, sir. My superior said I was to walk this post, and I wouldn't think of disobeying."

"I see," the man said. "Well, you go on inside. Just tell your superior that the man who ordered you inside outranks him, since he is the King. I won't have you getting pneumonia out here when you can do the job as well from the box."

"Thank you, sir," Jimmy said in startled amazement, and strode away to carry out his King's command. One can only guess at the reaction of Jimmy's superior officer upon hearing the story!

We have always been amused by these water-soaked stories involving King George and his daughter, Queen Elizabeth, as told to us by the two soggy military men who experienced them!

Your First Stop for Outdoor Activities



- Johnson Woolens
- Filson
- Columbia
- Woolrich
- Duofold
- Sorel
- Lacrosse
- Carhartt Outerwear
- Kamik Boots
- Merrell Footwear
- Codet

Camping & Hunting Supplies

Goretex Footwear by Rocky, Danner & Wolverine

Register for our **BIG DEER CONTEST**
One of the largest in Vermont!
Come see us for details

Caplan's Serving the North Country for over 87 Years

457 Railroad Street ♦ St. Johnsbury, VT 05819 ♦ (802) 748-3236

Home of the 50 Item Salad Bar

Bring a Friend Night
EVERY WEDNESDAY
Buy 1 Dinner, Get the 2nd
HALF PRICE

- Seafood
- Steaks
- Chicken
- Sandwiches
- Kid's Menu
- Vegetarian Items



Function Room Available
for Large Parties

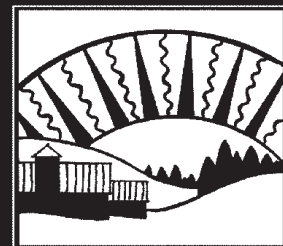
the best
Sunday Brunch
in the Northeast

two
for
\$22
thru 2009

**Warners
Gallery
Restaurant**

2284 Route 302
Wells River, Vermont
803-429-2120
Tues - Sat 5-9
Sun 11-8
Sunday Brunch 11-2

**NORTHEAST
KINGDOM
ARTISANS
G·U·I·L·D**



A Vermont Artisans Cooperative

A fine craft cooperative
featuring gifts from more than
100 Vermont artisans



BACKROOM GALLERY SHOWS:

Fundamentally Vermont: Photography by Richard Brown
and Furniture by Cookeville Woodworking

OCTOBER 2 - NOVEMBER 20

Artists' Reception Saturday, Oct. 10, 3-5 p.m. - all Welcome

Under the Purple Awning at
430 RAILROAD STREET, ST. JOHNSBURY 802.748.0158

David
Lavelly

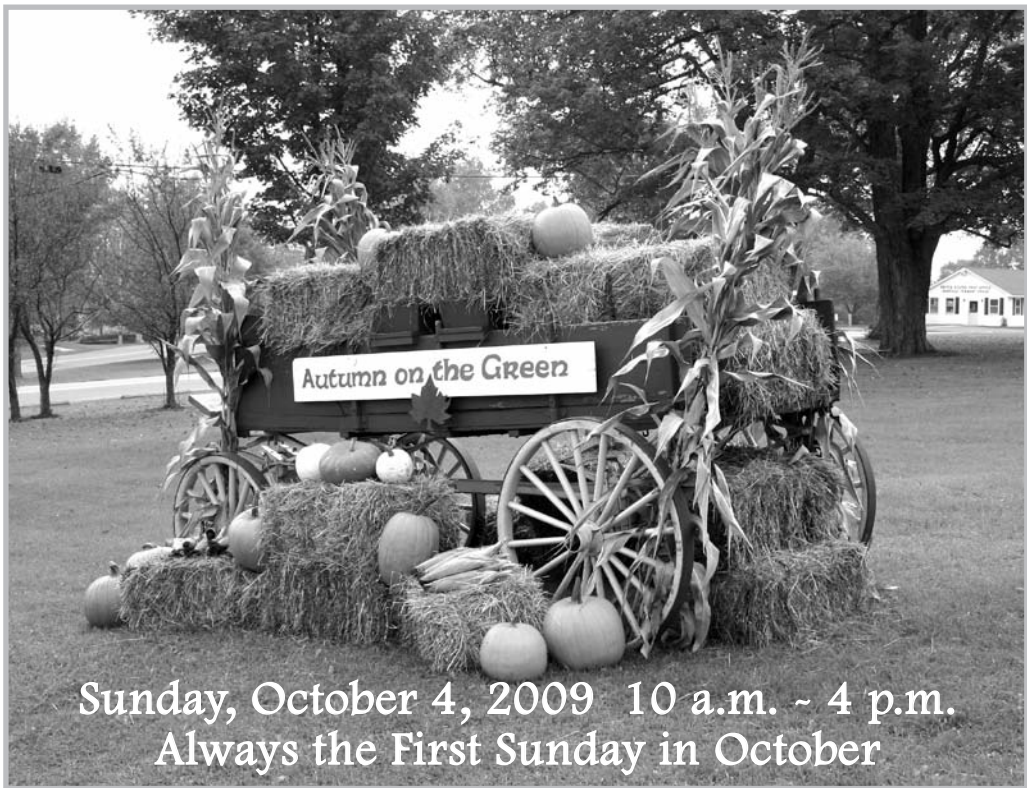
DAL BUILDERS

26 YEARS OF EXPERIENCE

Design-Build ▶ Residential & Commercial ▶ Construction Management ▶ Renovations ▶ Additions

PO Box 362 Danville VT 05828 ▶ Phone/Fax: (802) 684-2116 ▶ dlavelly@myfairpoint.net





Sunday, October 4, 2009 10 a.m. ~ 4 p.m.
Always the First Sunday in October

7TH ANNUAL
AUTUMN ON THE GREEN
in Danville


Artisans • Crafters • Markets
Antiques • Food • Live Music



A Vermont Chamber of Commerce Top 10 Fall Event

OPTICAL SHOP • EYE EXAMS & GENERAL EYE HEALTH • CONTACT LENS FITTINGS • SURGERY & LASER SURGERY

www.eyecassociatesnne.com




The doctor can see you now.

Introducing Krista N. Haight, MD

Eye Associates is pleased to welcome the latest member of our vision-care team. Krista N. Haight, MD, is now accepting appointments in our St. Johnsbury and Littleton offices for

- routine eye appointments and consultations
- general ophthalmic problems
- medical treatment of glaucoma
- laser treatment of diabetic eye disease and glaucoma
- cataract surgery with lens implantation



EYE associates

OF NORTHERN NEW ENGLAND

ST. JOHNSBURY, VERMONT MEDICAL ARTS BUILDING 1290 HOSPITAL DRIVE 802 748-8126

LITTLETON, NEW HAMPSHIRE LITTLETON REGIONAL HOSPITAL 580 ST. JOHNSBURY ROAD 603 444-2484

BRIAN MAWHINNEY, OD • PAUL LINDSTROM, OD • KRISTA HAIGHT, MD • STEPHEN PHIPPS, MD • TED V.J. HOULE, MD

>> Page 1

arbors, walking paths, benches and a veranda stands in the middle of the complex. In the evening, the older people sit out there playing cards or dominoes. It looks like heartland America. Currently the roses are in bloom but not well tended. Despite the lack of attention they seem to survive, much like the people of Afghanistan, hardy and strong.

In many ways the camp is really a small city, shoved into a three-block area, housing over 2000 people with about 300 people who come daily to work. It has all the requirements of any city. Afghans perform most of the normal daily services. They are supervised by foreigners from all over the world, who work for the U.S. government and can speak English. The Afghans drive trucks for trash-collecting, SSTs and other sanitation type vehicles, donated by the German government with their purpose painted in German on the outside.

The kitchen workers are a mixture of Afghan males and robust, black southern women who always make you feel like they cooked the meal just for you. The only exception is the 'grill master,' a retired NCO who grills food to perfection.

The two dining facilities in the camp have distinct personalities. One with outdoor tables and umbrellas is a place for social gathering, and for eating in the shade of pomegranate trees. It is home to Drew, the grill master, and his team, known for their Friday one-pound hamburger lunches and Friday night porterhouse steaks. The atmosphere is much like any outdoor café. People sit about conversing, laughing and putting the war far from their minds.

The other dining facility is much more quiet and refined. The cooks in the morning will prepare eggs to your liking or make an omelet with the freshest of ingredients. The room off to the side provides a wide selection of fruit, muffins, bagels, waffles, pancakes and an assortment of various other breakfast delights, to including pie.

Soldiers, as well as civilians, who like to stay physically fit in the limited space of the camp, find the fully equipped Warrior Gym is a nice place to work out. Two young Afghan men, who speak English, take care of the facility. They take great pride in keeping the gym clean and its equipment in perfect condition. One of the men, born in Kabul, enjoys conversing with the patrons, making them feel welcome. Besides working at the gym, he acts as a translator, teaches an English class, and works on his IT credentials. He wants to join the U.S. Army.

There are businesses and restaurants in the camp; they range from stores offering jewelry, clothes, and barbershop. On Fridays, local merchants come to the camps with their wares. One gun dealer brings old Enfields, souvenirs of British colonial rule. Two restaurants overlook the gardens; one is Thai and the other Italian. There is also a coffee shop,

more of an austere Starbucks, but which serves excellent coffee and desserts. It even has Wi-Fi, couches and a patio.

In the square by the coffee shop there is a recreation building with a library of DVD movies, Internet service and pool tables. An entertainment shell located across from the coffee shop has nightly events including standup comedy, camp pick up bands, the camp gospel choir and occasional fashion shows. The lively scene in the open square, draws in young people who have come from all over the world and are anxious to make new friends.

The citizenry of this three block community is as diverse as New York City. Everyone lives in close proximity. The residences have taken on creative names given by their tenants. I have living quarters in Hotel California, which is 36 containers, 18 to a row, stacked two high, providing all the comforts anyone could need on a long camping trip, including indoor plumbing and air conditioning. Other places are named after European towns, mountains in Afghanistan and even after a Marine base in Virginia – Henderson Hall. Then there are other places named in memory of fallen comrades who have died in this conflict, including the camp's namesake, Capt. Eggers.

The post, according to some of our translators from this area, was once an upscale neighborhood in its time. Several of the houses are still owned by members of the Afghanistan government and military but rented to the U.S. government. Several of the houses have quaint gardens around back and sitting areas out of the mainstream foot traffic. One house even had a pool but it was filled in and used as a base for a temporary building. I was surprised to see one house with beautiful blue tile on the outside. Another had a detailed iron railing coming down from the outside balcony.

The generals work in a two-story building called the Ark. It looks like any temporary office space found on major construction sites in the U.S. A main road, called Gator Alley, passes in front of the Ark. The name comes from the small vehicles known as Gators, used to move supplies around the camp.

On the other side of the road from the Ark are 24 flags of the countries involved in the conflict known as Operation Enduring Freedom. Each country is contributing its sons and daughters to the cause. When one of our allies' loses a comrade in battle, the flag of that country is lowered to half mast to remind everyone of their sacrifice. Last week, four countries had their flags at half mast. The display will soon be changing to 64 flags when the camp becomes a NATO headquarters and expands to accommodate the new contributors.

In preparation for the growth, three other surrounding large plots of land have been leased. One property has a mosque on it and surprisingly belongs to a woman who lives in Virginia. This will provide more space to store

equipment, moving it off the main camp proper but also provide a place for local Muslim workers to pray.

Among all the buildings and containers are bunkers with sandbags. Cement structures with a bench inside and sandbags built up on all sides and covering the tops. These low culvert-like structures are tucked next to every permanent and temporary building. You notice them at first but after a week or two they almost blend into the scenery. A few nights ago I had to grab my flak jacket and helmet and run for cover as rockets came down near the compound.

Despite the bunkers, towers and the other force protection devices in place, the birds still come. Every morning there are doves that coo in the garden. It is a very soothing sound early in the morning. Occasionally, other smaller birds also join in the singing. In the past few days the night sky has become clearer as the sand-whipping winds have greatly diminished. With the clear sky, the stars and recently the full moon have been visible. Last night, at almost full moon, the planet Venus was clearly visible just below the moon. The stars are clearly visible at night since there isn't any artificial light from the city of Kabul and very little ambient light from the camp. The clearing weather revealed the snow-capped mountains in the morning.

As time goes by, the work here seems like a home town, and the people here with us feel like family. I was pleased to find a University of Vermont classmate here as well as several other Army friends. There's even a soldier from Lyndonville. We find comfort in being together. We share our concerns and interests. That caring extends to the long lines of brave Afghans who thumbed their noses at the Taliban threats and went to the polls to vote. It extends to the young man in our gym, whose best friend was just killed in Helmand Province. What we all have in common is a strong desire to support our Service members in the fight, and build the Afghanistan National Security Forces' capability as quickly as possible

so they can defend their own country. It's no wonder we all work 15 plus hours a day without a complaint.

» Part II. Outside the Gates «

My job as an Army Analyst requires planning and funding for the Afghanistan National Security Force. It could be done from a desk in the Pentagon, but as in all things Army, accountability requires direct observation. I had to meet with a command at another site in order to coordinate issues on a contract. With our full body-armor, helmets, weapons and ammunition, we were loaded into a highly fortified SUV. Traveling outside the gate on that day revealed little evidence that a war was being waged in this country. Children of all ages were going to school in their uniforms with backpacks. Mothers in burkas and no burkas were crossing the roads to walk their kids to school. Everyone was busily attending to his or her life in a city that looked like any other in this part of the world. In many ways it has retained some of it the British ways with some of the cars' steering wheels on the right but everyone driving on the right. There were men dressed in very European business dress waiting for transportation while merchants were arranging their goods and others were pulling their goods in a cart either drawn by a donkey or themselves. (The joke is, if you see a man pulling his own cart it was a hard winter and he ate his donkey.)

As we drove through the city, past the U.S. embassy and Soviet-style government buildings, it first appears as a dull city. Everything is light gray stone with a film on it from the sand that blows all summer long. What makes the exteriors interesting though, are the colorful



"Hotel California," above left, at Camp Eggers was built by welding 36 shipping containers together.

banners and signs that are outside, as well as the flowers. Amazingly, there are many flowers and trees along the city streets in Kabul. The traffic circle has beautiful rose bushes around it. The fountain is not working but still is a nice site. The traffic cop keeps everyone moving by waving his white paddle. As we headed towards the next camp, I noticed that many of the store signs were in English. There was everything from wireless phone dealers, to computer learning centers, to cafes. There was even Gold's Gym with a very large sign of a Caucasian male, rather buff, and without a shirt, flexing in the picture. The sign must have been over 12 feet tall.

As we moved to the outskirts of the town it became more industrial with cement factories, lots with large earth moving equipment, and places with various building materials. But the most prominent business I noticed was motorcycle repair and sales places. Every young male seems to be on some sort of motorcycle. Most appear to be around 125cc but, occasionally, we saw a true Harley Davidson hog with saddlebags and handle bar ribbons driven by a male dressed like he just came from the US. Then as we drove further outside the city there were more motorcycle parts than mo-

torcycles. They were hanging like meat in a meat market or stacked neatly in a row. The myriad of parts hinted that just about anything could be assembled and some motorcycles passing us on the road looked as if that had been done.

As in any large city there were many taxis flying by us. There never seemed to be just one person in the vehicle, rather every bit of the vehicle's space was occupied. In one taxi that went by there were seven women in burkas all crammed in the car. The male driver did not even seem crowded even though he had three women plus a child up front with him. Then there are the minivan taxis. These are Toyotas, as is almost every vehicle on the road. The Toyota vans had so many people packed into them that it was impossible to do a count. The side door was open and all we could see were people crammed inside but always the same gender. I did not see any vehicle in which there were males and females mixed and a male always drove vehicles with females. This was a bit odd since the city seemed full of both modern dresses as well as traditional but driving seemed to be the one area where there is a clear division between genders.

We returned without encoun-

tering any problems.

On the way back to our camp the kids from the German high school, located about one city block from Camp Eggers, were leaving from a day of school. Mothers were outside to meet their younger children; the older children dressed in their school uniforms of white shirt and dark blue pants, both on bikes and on foot gathered, obviously planning afternoon events, and teachers were departing with their arms full of work and books. The sign over the entrance into the school was in German and English as was the sign next to the security booth. The school was very typical German architecture seen in Europe. I am not sure if the school was a donation to expand education opportunities but it seemed well attended. Providing a safe environment for kids to learn will bring stability and opportunities to this country.

I witnessed the last oddity of my outside the camp adventure as we got out of our fortified vehicle. It was an advertisement blimp floating over the city. I am not sure what it was advertising but its intent was obvious. Marketers will use any gimmick to get the word out and techniques don't seem to change from country to country.

Kinney Pike
Kinney Pike Insurance, Inc.

Protecting Families & Businesses in Vermont and New Hampshire for over 100 years

970 Memorial Drive
St. Johnsbury, VT 05819
802.748.1010
800.639.1010
www.kinneypike.com

Call our local team of experts

Best Practices | Assurex | Trusted Choice

STRENGTH AND TRAINING EQUIPMENT • HORIZONTAL BICYCLES • TROTTER TREADMILL • INDOOR HEATED POOL

Experience the **Comfort Inn** our new health and fitness center.

Only the best. Working out was never *this* comfortable. Indulge yourself or bring the family for luxury, privacy, state-of-the-art equipment, and convenience. Finish off with a sauna, swim or soak.

NEW punch cards now available!

For information call **802 748-1500**

Individual & Family memberships available.

NEW punch cards are also available!

St. Johnsbury, Vermont
US ROUTE 5 SOUTH AT I-91 AND I-93

GAME ROOM • STRENGTH AND TRAINING EQUIPMENT • HORIZONTAL BICYCLES • TROTTER TREADMILL • INDOOR HEATED POOL • SAUNA • SUN DECK • GAME ROOM • STRENGTH AND TRAINING EQUIPMENT

People & Places

The Emperor's Gout

By DICK BOERA

Since the popular comic strip, *The Katzenjammer Kids*, ran in many of the country's newspapers from around 1906 to at least 1972, it's likely that many of our readers will recall the ill-tempered Captain who suffered the painful effects of the gout...as well as the humor-provoking situations created by the "Kids," Hans and Fritz.

The last time we came across any reference to gout was in connection with Richard Nixon's case, seeing his foot elevated and an occasional wince while the former president was being interviewed.

The Mayo Clinic provides this description:

"You wake up in the middle of the night, and your big toe feels as if it's on fire. It's hot, swollen and so tender that even the weight of a sheet on it seems intolerable. These problems could indicate an acute attack of gout — or gouty arthritis — a form of arthritis that's characterized by sudden, severe attacks of pain, redness and tenderness in joints."

What do these introductory lines have to do with the title of this article? We'll get to that in a round-about way. Bear with me...

In his book *Iberia*, James Michener wrote: "When I was a young professor, I used to daydream about what I would do if placed in charge of a college whose only responsibility was to provide a select group of students the best possible education. I would naturally sponsor only a general humanities pro-



gram, language, literature, science, philosophy, the fine arts and history. Regarding a history program, I would ask the student to spend a year, n studying one brief segment of history, but there has always been one period that which has stood preeminent (to my mind). If I were now forced to educate myself anew, it would be to this period that I would direct myself, the period when more notable men were in power and more ideas in conflict than at any other time in world history.

"It would be sometime in the 1530s, when Catholic Spain (under Carlos I, from 1519 to 1556) and France (Francis I, from 1515 to 1547), Protestant England (Henry VIII, 1509-1547) and Muslim Turkey (Suleiman, 1520-1566) were contesting the leadership of Europe, when Hindu India was preparing itself for the advent of Akbar the Great, and Orthodox Russia was beginning its consolida-

tion under Ivan the Terrible." Martin Luther was part of this mix.

I'd like to writetalk more about one of these titans, King Charles I of Spain, simultaneously the Holy Roman Emperor Charles V, under whom an ancestor (Don Miguel de Boera) served as 'Capitán-General de Galeras' (Commander-in-Chief of the Mediterranean Fleet). This grandson of Isabella as well as Habsburg grandson of the Holy Roman Emperor Maximilian I, inherited — at the age of 19 the domains of half of Europe, consolidated power, earned glory, and retired quietly to the monastery of Yuste in the mountains of Extremadura after nearly 40 years of battling the elements, the Cortes, Francis, Henry, the Muslims, the popes, Martin Luther, Barbarossa...and gout! This crippling arthritis obliged him to abdicate the throne of Spain (including the Netherlands and Italy) to his son, Philip II, and the Holy Roman



(Austrian) Empire to his brother Ferdinand.

In 1998, I had a set travel plan to head for Helsinki, Finland, where I'd join a tour group (of six) to St. Petersburg, Russia, arranged through FinnSov Tours, a company I found on the Internet. After this venture, the plan was to follow the train tracks, exploring places in Europe — via Eurail — that I hadn't yet been able to visit via military air transport. Somewhere in between, I hoped to see son Michael and his family in Germany and to visit my Spanish cousin, Maryl6. That excursion eventually took me to 13 countries. (A Eurail pass is a great investment, particularly when not every conductor takes the trouble to punch out a day on the ticket.)

While visiting my cousin in Barcelona near the end of these meanderings, I happened to mention my long-harbored desire to visit Yuste. One day I went out to pay my respects to my great, great,

great great...grandfather, the above-mentioned Don Miguel, whose sepulcher was enshrined at the Maritime Museum close to the port. (It has since been restored to its original resting place in the Church of Santa Ana at a re-consecration ceremony attended by a representative of King Juan Carlos, a descendant of the last Habsburg emperor, and the Bishop of his hometown, as well as our family.)

Our illustrious ancestor, Don Miguel, also served in Italy during the reign of King Ferdinand and Queen Isabella, under Ramon de Cardona, Viceroy of Naples. He participated in the conquests of North Africa in 1510-11 (Tripoli, Bugia, Oran and Mazalquivir) and in the following year he fought in the celebrated Battle of Ravenna against the army of the Duke of Nemours. During the reign of Emperor Charles V (King Charles I of Spain) he was put in command of the galleries (warships) in Italy as

Zutano
Clothes unique as your baby.

Visit us at the corner of route 2 and Hill St. in Danville VT

tuesday thru saturday 10 a.m. to 6 p.m.

802 684.9900

© Zutano Inc. 2009

The DOLEBLOCK

Amish Made

Furniture • Quilts • Nonperishable Food Items
Toys • Candles • Blankets & More

Special Order Catalogs Available

The DOLEBLOCK

stop by and see katie at the corner of route 2 and Hill Street in Danville VT • 802.684.9900
open: tuesday - saturday 10 a.m. - 6 p.m.

Captain-General. Returning to Catalunya, he was made general in charge of the forces which guarded the French frontier against the invasion from Roussillon in 1543. For his services to the crown, he was made a "caballero de la Orden del Toison de Oro" (Knight of the Order of the Golden Fleece) by the

usually rising on a hillside except for those towns that sprouted up along the railroad's right-of-way. A few castle ruins are spotted on ridges of ever higher hills. Poppies alongside the tracks sporadically for hundreds of miles as well as goldenrod-type plants and some cacti. More tunnels. Beautiful landscaping as we

which ends it. Drop off to sleep looking forward to the morrow...

Friday, May 8

"Up at 8:30, breakfast at 9:00 (much better fare). Toni arrives right on time at 10:00 to take me on the 16 km. drive to Yuste. First we stop at Cuacos de Yuste, an historic

Reign of Charles V and Stirling's 1853 tome, The Cloister Life of the Emperor Charles the Fifth, as well as encouraged by Michener's Iberia account of his pilgrimage to this spot, I'm not at all disappointed by the isolation and forlorn appearance of the royal refuge I find here. This is a real highlight of the trip, second only to visiting the galleries of the Hermitage and the Uffizi. It is enough to simply be here...to pay my respects to Carlos Quinto - once the most powerful monarch in the world; to walk around the garden and lake he had built beneath his window so that he could fish for trout from his living room; to walk among his furnishings such as his canopied bed, the special "lazy-boy" device which was constructed to relieve the gout that plagued him, and the sedan chair in which he was borne over the mountains - with a retinue of over 100 attendants - to this retirement home, to gaze at Titian's painting (albeit a reproduction) of the beloved empress Isabel who predeceased him; to kneel in his chapel; to gaze at the leather-covered coffin which was his resting place for six years before his remains were "translated" to their final home in the royal pantheon of El Escorial, the massive edifice built by Philip II to memorialize his father.

"Just before I take leave, after I take a repeat tour (puzzling the guide) and rest in the gardens, a busload of German tourists arrives...camcorders "at the ready"

and less concerned about the history that transpired here than finding souvenirs to take home and/or refreshments, neither of which are to be found. Tonio picks me up at 12:30, wondering how I could be content to remain so long...it is beyond explaining even if we could communicate that well...and we drive to another colorful pueblo, Garganta de Olla. Buildings here are dated 1573, 1678, 1749, etc.; most are at least 150 years old and the weathered faces of the inhabitants make them appear to be nearly that age also. We stop off at a bar in the town square where we join Tonio's buddies for beer and grilled jamon sandwiches, then head back to Jarandilla and the parador. I learn that most of the kings and queens of Spain have lodged at this place, as well as Charles de Gaulle and other notables, on pilgrimages to the monastery."

The rest of the journey - after bidding "Adios" to my new chauffeur friend - was routine...or saved for another article. Once again, serendipity is key to enjoyment of the road traveled. But now you know...why the title, and why I have to smile whenever I come across the word gout in a story or report. In the future, you, too, might conjure up images of that diverse trio - a Captain, a President, and my favorite Emperor! ★

When you come to a fork in the road, take it!

- Yogi Berra

Emperor.

During the time I was downtown on my pilgrimage, my cousin's ever-efficient daughter took the (generous) initiative of purchasing train tickets to the town of Naval-moral del Mata, the town closest to Yuste on the other side of the country, arranging a taxi from the station to a nearby "hotel" (a parador in an old castle), taxi to and from Yuste the following day, and train back to Madrid, then express to Seville, from where she knew I'd be heading home. Since I could use my Eurail pass for the train travel, I was able to return the tickets to Maryló for a refund, but I wouldn't have known how to take care of all the other arrangements. 'Que familia!

Here's the rest of the story, excerpted from my trip log:

Thursday, May 7

"Off to Madrid and points west at 8:30 a.m...on another gorgeous day. Pass through Tarragona, Lleida, Zaragoza and Guadalajara. Pleasant woman's voice announces stops in Catalan, Castilian and English, clearly enunciating every word. The countryside looks a bit more prosperous than when Michael and I drove through this territory nearly twenty years ago, probably because there is more irrigation of the land. Autos on the heavily trafficked autopista look newer, people are dressed smartly, villages look neater and streets seem cleaner. Something I've never noticed before - storks' nests atop several unused tall chimneys in town, each with two sizable storks standing aloft. Passing through a rugged area now, with groves of dull greenish-gray olive trees in valleys. A single church dominates the skyline in each town,

approach Madrid...surprising; a lot of buildings, yet many flowers. Snow-capped mountains of the Sierra de Guadarrama loom prominently to the north around the great metropolis, Spain's modern capital. Change trains at Madrid-Atocha. Passing into the Extremadura region, it's a bit less sandy and somewhat greener; violet wildflowers blend nicely with the orange-red poppies.

"Arriving at 5:15 p.m. at Naval-moral - a town amid dairy cattle, goat and sheep farms - I'm met by taxi driver (An)tonio (holding placard with my name spelled out - almost accurately - with magic marker) and driven 33 km. to the 15th-century castle, El Parador Nacional Carlos V in Jarandilla de la Vera. These ancient quarters, restored and renovated by the government in recent times, were actually occupied by the Emperor for nearly three months in 1556 - following his abdication - while he was waiting for his new cloister to be readied at the monastery.

"Walk around town, mostly closed up tight, stopping in for a beer at bar to watch bullfights on TV, along with friendly aficionados. The events, being broadcast from Seville's Maestranza, are messy affairs but great watching; the beer is cheap but good. Upon returning to the parador, I find a choral group - staying here tonight - is rehearsing in the courtyard. Go in to comedor (dining room) for light supper...lasagna with layers of salmon. Thank God for bread and wine since the lasagna "binding" is like glue; the main course of non-descript meat smothered in heavy gravy (a different "glue") isn't much more palatable. The best part of the meal is the carajillo of brandy

and quaint little town about halfway to our destination. On a hilly side street is the one-time home of Juan de Asturias, the Emperor's (illegitimate) son, who distinguished himself in later years in command of the Spanish galleons against the Turks in the celebrated Battle of Lepanto. Further down the hillside is the town square and fountain, with city hall (ayuntamiento) dominating one side of the square. Finally, we drive up the winding road in the mountains to the monastery, and it looks like I'm the only visitor this morning. For the admission fee of 100 pesetas (about 60¢ in pre-Euro currency) I get a half-hour guided tour with a full explanation of everything in every room in (Castilian) Spanish...which is so concise and clearly enunciated that I can almost understand it all...particularly since I know the story fairly well.

Having digested my 1874 copy of Robertson's History of the

David Toll, M.D.
Pediatrics
1394 Main Street
St. Johnsbury, VT 05819
(802) 748-2348

Gauthier's Pharmacy, Inc.
Only Independent Pharmacy in St. Johnsbury
"Dedicated to your good health"

OCTOBER 2009 Mark your calendar

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

✦ Breast Cancer Awareness Month
✦ AIDS Awareness Month

✦ October 19-23 National Business Women's Week

415 Railroad St. • St. Johnsbury, VT 05819 • (802) 748-3122

CASH FOR CLUNKERS! 

Trade in ANY used Couch, Recliner, Mattress, Table, Chair, Bookcase, Rocker, Lamp, Desk, Bureau, Bar Stool, Cabinet, Book Case or Bed Frame...
Receive cash towards a new furniture purchase WITH THESE COUPONS!

TRADE YOUR ITEM FOR: \$100 TOWARDS A NEW SOFA Priced \$599 & Up. EXP: 10/31/09	TRADE YOUR ITEM FOR: \$200 TOWARDS A BEDROOM SET Priced \$1499 & Up. EXP: 10/31/09	TRADE YOUR ITEM FOR: \$100 TOWARDS A BEDROOM SET Priced \$999 & Up. EXP: 10/31/09
TRADE YOUR ITEM FOR: \$100 FOR A QUEEN MATTRESS SET Priced \$599 & Up. EXP: 10/31/09	TRADE YOUR ITEM FOR: \$150 FOR A KING MATTRESS SET Priced \$699 & Up. EXP: 10/31/09	TRADE YOUR ITEM FOR: \$75 FOR A FULL MATTRESS SET Priced \$549 & Up. EXP: 10/31/09
TRADE YOUR ITEM FOR: \$50 FOR A TWIN MATTRESS SET Priced \$449 & Up. EXP: 10/31/09	TRADE YOUR ITEM FOR: \$50 TOWARDS A NEW RECLINER Priced \$399 & Up. EXP: 10/31/09	TRADE YOUR ITEM FOR: \$100 FOR A NEW DINING ROOM SET Priced \$999 & Up. EXP: 10/31/09

Bring it in or we'll pick up your old furniture when we deliver your purchase!
Expires 10/31/09 • Limit one coupon per item purchased.

Modern Furniture TWO GREAT LOCATIONS!
& Mattress Shops

Exit 23 Off I-91 • Rt. 5
Lyndonville, VT
Mon.- Sat. 8:30-6, Sun. 10-4
802-626-3273

103 Coventry St.
Newport, VT
Mon.- Sat. 8:30-6
802-334-5616

No Sales Tax on New Hampshire Deliveries!





Fall season allows us to look back

Market Musings with Jane Woodhouse

Fall is in the market air as cool foggy mornings give way to warm, dry sun. I pause to reflect on this year's unique and challenging season. Each season is its own. We remember the year for successful or failed harvests.

Five months ago summer vegetables were not a foregone conclusion. We needed rain but when it came it didn't stop, not until the end of summer when true summer weather began, and hayfields were harvested in about 2 weeks. The featured crop changes position each year as the weather places its favor on this or that fruit or vegetable. It's a farmer's lottery as one takes a chance on an early planting or a large planting of what is hoped

to be the next jackpot. An early planting to get the corn to market first or an unusual heirloom to corner a share of the market; all plans are made in the deep of winter when growing produce is merely speculation.

On this later end of the season, pronouncements are made on this summer's successes and failures. Cool weather crops were highly successful. Field grown tomatoes fell to the Late Blight - - stopped dead in their tracks while greenhouse tomatoes saved the day. Potatoes doomed to the blight appeared to sneak past it and make a grand appearance at market. Corn was better late than never and was enjoyed well into September. Apple crops were abundant and continue as late varieties are harvested. Root

crops gain in stature as they bulk for a more prominent place in the upcoming winter diet. Baby beets and carrots are faint memories. Their mature relatives are so earthy in flavor and satisfy an appetite for hardy foods appearing roasted, in stews and substantial salads.

Even the flowers of fall radiate strength as they outlast their fragile cousins. Sunflowers now bred for bouquets still hint of their wild sized past. Zinnias are classic and reliable. Chrysanthemums fill many pots in Amanda's space at market as a rich carpet of fall color. It is our last chance to hang onto the season's bloom.

A trip around the St. Johnsbury market in mid-September offers a rich visual record of this

year's season. Peaking inside one shopper's tote offers a commentary on a season of success. Tucked away with a secured looseness, the vegetables present as a modern epicurean still life.

Fall fruits are strong. Wild blackberries are the last berries of the season. Their deep rich flavor is more robust than their cultivated cousin, the raspberry. They are delicious eaten fresh, but can produce very satisfying pies or crisps in combination with apples. Apples are everywhere this year. It's difficult to find a tree that is not full, and the market has a list of varieties to choose from. Perhaps the most passionate apple grower is Tom Cantin from Biz A Bee Farm. He offers a lesson in apple culture, making it very clear as to his reasons for picking each variety-disease resistance. He wants to use no and low spray options to produce good healthy apples for

market. He grows newer varieties such as Prima, Pristine, Redfree, Dayton, and Liberts. He also told me about Murray, which is a disease resistant Mac.

Fall brassicas grow into the cooler and even colder weather. Jill Rebillard's cabbages are well formed and colorful. Her large flattened green cabbages come with a recommendation for making sauerkraut. A good crisp cabbage is essential to kraut success. Kale from Little Way Farm will become sweeter and more flavorful as the temperatures drop. Protected kale can be picked all winter.

Potatoes that escaped the Late Blight were found at Wood's Edge Farm from Greensboro Bend. A bowl of garlic on the table indicates another success as many harvests were ruined by mold, another casualty of the rain this summer. The beet display offers respect

Life changes. Make sure your insurance keeps up.



The road from "single with no worries" to "married with three kids, two cars, a house and a growing business" is shorter than you think. With each of life's milestones comes new responsibilities, and Sawyer & Ritchie can help make sure your insurance meets your changing needs. From home to auto, life, commercial and more, we'll be there with the coverage you need. No matter what life brings you.

John Blackmore
George Coppenrath
Sam Kempton



198 Route 2
W. Danville, VT
P.O. Box 196
802-684-3411
nwjinsurance.com

A DIVISION OF NOYLE W. JOHNSON, INC.



Model RHFE-201

Stay warm with Rinnai

Direct-Vent Wall Furnace

- Energy-efficient and economical zone or whole-house heating.
- Thermistor enables unit to register and quickly adapt to small temperature changes.
- Heat supplied only as needed; effectively circulated through living space.



LS Series Tankless Water Heaters

- Heat water only when you need it!
- Never run out of hot water.
- Space-saving design.
- Improved performance & longevity.



Appalachian Supply Inc.

4581 Memorial Drive, St. Johnsbury, VT 970 Meadow Street, Littleton, NH
(802) 748-4513 (603) 444-6336



STOCK UP NOW!!

WOOD PELLETS STRAW • WOOD SHAVINGS

TRAILER LOADS IN STOCK

**Woven & Welded Wire Fencing
NOW ON SALE**

MORRISON'S FEED BAG

1186 Memorial Drive • St. Johnsbury, Vermont
Monday-Friday 8:30-5:30 • Saturday 8:30-1:00

802-748-0010 www.morrisonfeeds.com



Danville Restaurant & Inn

CASUAL DINING & LODGING
FULLY LICENSED

<p>FRIDAY NIGHT SPECIAL Chicken Pie Buffet.....\$9.95</p>	<p>SATURDAY NIGHT Smorgasbord.....\$11.95</p>
--	--

Seatings are at 5:00 & 6:30 p.m. Dinner Reservations are suggested.

<p>BREAKFAST Tuesday - Saturday 7 - 10:45 a.m.</p>	<p>LUNCH Tuesday - Friday 11 a.m. - 1:00 p.m.</p>
---	--

Main Street, Danville Vermont
Steve A. Cobb, Owner & Justice of the Peace / Notary Public
Weddings / Civil Unions / By appointment or by chance
802-684-3484

for a simple food.

Jim Wilson was spotted buying some of the summer's last corn at Too Little Farm, West Barnet. The season for corn was late. Getting a decent start was not easy. Corn likes warm soil and seed will rot in cool, wet conditions. It took persistence to get it up and growing. The farm's display of sunflowers reminds us of the flower's elegance.

Mary and Eric Skousted at Joe's Brook Farm, Barnet have presented the market with lush tomatoes due to persistence and dedication. Mary has spoken about her vigilance in destroying blight stricken plants and her passion for producing high quality tomatoes. It is worth noting that it was the only stand at market, when I visited, that had winter squash.

The Many Colors of Green, Barnet arrange their display from a painterly perspective. Each and every vegetable is placed as though a work of art. Multi-colored carrots, colorful varieties of peppers and green cabbages tinged in purple make this a visual feast.

Late zinnias sway in the breeze as we hold on to the last flowers. Trillium June Flower Farm in Plainfield delivers flowers every week to market. This week we see a small container of

zinnias and smile. There is something that never gets old about zinnias.

Winding up the tour I found two stands that said fall is near and in one case so is winter. Eleanor Léger from the Eden Ice Cider Company in West Charleston, Vermont serves samples of ice cider, a sweet dessert wine made from apples that are pressed, frozen and fermented. The season for making the cider is specific and I suspect short. But the process is local and follows the local pattern of a cold winter for freezing the apple juice.

The tour ends at the table of Kate Abrams a prolific knitter and a vendor with a long history at the Caledonia market. Only in the last week or so has Kate been at market. Her wool sweaters and accessories are well recognized. A display of hats and mittens tells us that it is highly likely that history will repeat itself and winter will be cold.

Traveling the market each week is a tour of the culture and agriculture of the Northeast Kingdom. Our farms are diverse in their interests and skills resulting in food offerings that are complex in reflecting the personality of each farm. Our food tells a story complete and rich in detail. ★

Fundamentally Vermont

New exhibition opens at the guild

Many visitors to Vermont come looking for what can be increasingly difficult to find – an authentic experience of the “old Vermont,” something deeper down than brilliant fall color.

“Fundamentally Vermont,” a new exhibition opening Oct. 2 at the Northeast Kingdom Artisans Guild, is one place to sample the treasures of Vermont's past through special lenses, the camera of Richard W. Brown, and through the vernacular pine furniture of Cookeville Woodworking. More in-

formation about the artists may be found on their respective Websites, www.rwbrownphotography.com and www.cookevillewoodworking.com.

Cookeville Woodworking in Corinth has been producing hand-crafted furniture and accessories in Vermont since 1989. Richard Brown, of Barnet, also has given concrete form to his appreciation of Vermont and its history. Brown had the vision to photograph the vanishing Vermont of hill farms and country ways commencing some thirty-five years ago. His ob-

servations fill a number of treasured books on Vermont and other New England locales.

The exhibition will run from Oct. 2 through Nov. 20, 2009 at the Guild. A reception to honor the artists' work will be held there on Saturday, Oct. 10, from 3 to 5 p.m. Open hours at the Guild are between 10:30 a.m. and 5:30 p.m., Monday through Saturday. For more information visit the Northeast Kingdom Artisans Guild at 430 Railroad Street, St. Johnsbury, on its Web site, www.nekguild.com, or by telephone (802) 748-0158.

Unspoiled CROSS COUNTRY SKIING

in vermont's NORTHEAST KINGDOM

Never Crowded ♦ Stunning Views ♦ Greensboro/Craftsbury Snowbelt
50K Groomed Trails ♦ Delightful Lodging and Delicious Meals



HIGHLAND LODGE & SKI TOURING CENTER

Caspian Lake / Greensboro, Vermont
802-533-2647 / fax: 802-533-7494

www.highlandlodge.com / info@highlandlodge.com

"Your Clear Choice in Auto Glass Replacement"
Windshield World
"We Come to You"

- ♦FREE COURTESY CAR OR MOBILE SERVICE
- ♦INSURANCE APPROVED FOR DIRECT BILLING
- ♦WRITTEN WARRANTY
- ♦ORIGINAL EQUIPMENT SAFETY GLASS
- ♦LOCALLY OWNED & OPERATED

BARRE 479-0666
HARDWICK 472-5554
WHITE RIVER JCT. 295-9903
NEWPORT 334-1348
GORHAM, NH 752-1414

DIAL TOLL FREE
800-639-0666
"PROMPT FRIENDLY SERVICE"

ST. JOHNSBURY
371 Memorial Drive • 748-3310

GREEN MOUNTAIN BOOKS

Public Readings

Authors of Poetry,
Fiction & Non-Fiction

October 2 & 30, 6-9pm
All are welcome!

Broad Street, Lyndonville, VT 05851
(802) 626-5051 Open M-F 10-6; Sat 9-5

Annual Harvest Concert
...and community pot luck

When: 5:00 PM Sunday October 25, 2009
Where: Danville Congregational Church

Featuring:
The Danville Town Band Under the direction of Phil Brown
&
Community Church Choirs

Admission by Donation

Community Pot Luck to Follow. Band members will provide beverages and desert. Please bring a dish to share. The ovens will be on to keep your hot dishes hot! Please come and enjoy this ecumenical community event and time of fellowship.

Proceeds to benefit the Band's new music fund.

For more information please contact Dave Hare at 684-3986 or daveh@vtlink.net

Are You Having Trouble Affording the Prescription Drugs You Need?

Our Health Centers May Be Able to Help

Our offices offer discounts on many of the most common prescription drugs. This discount is available to all our patients. In addition, for those with limited incomes, we apply an additional discount if you qualify for our sliding fee program. For more information, call for an appointment.

Concord Health Center (802) 695-2512

Sarah Berrian, MD (Pediatric, Adult and Obstetrical Care)
Susan Taney, Nurse Practitioner (Adult Care)
Jeniane L. Daniels, Physician Assistant-Certified
Donna Ransmeier, Behavioral Health Counseling

Danville Health Center (802) 684-2275

Tim Tanner, MD (Pediatric and Adult Care)
Sharon Fine, MD (Pediatric and Adult Care)
Mariel Hess, Nurse Practitioner (Pediatric and Adult Care)
Jeniane L. Daniels, Physician Assistant-certified

Caledonia Internal Medicine (802) 748-5174

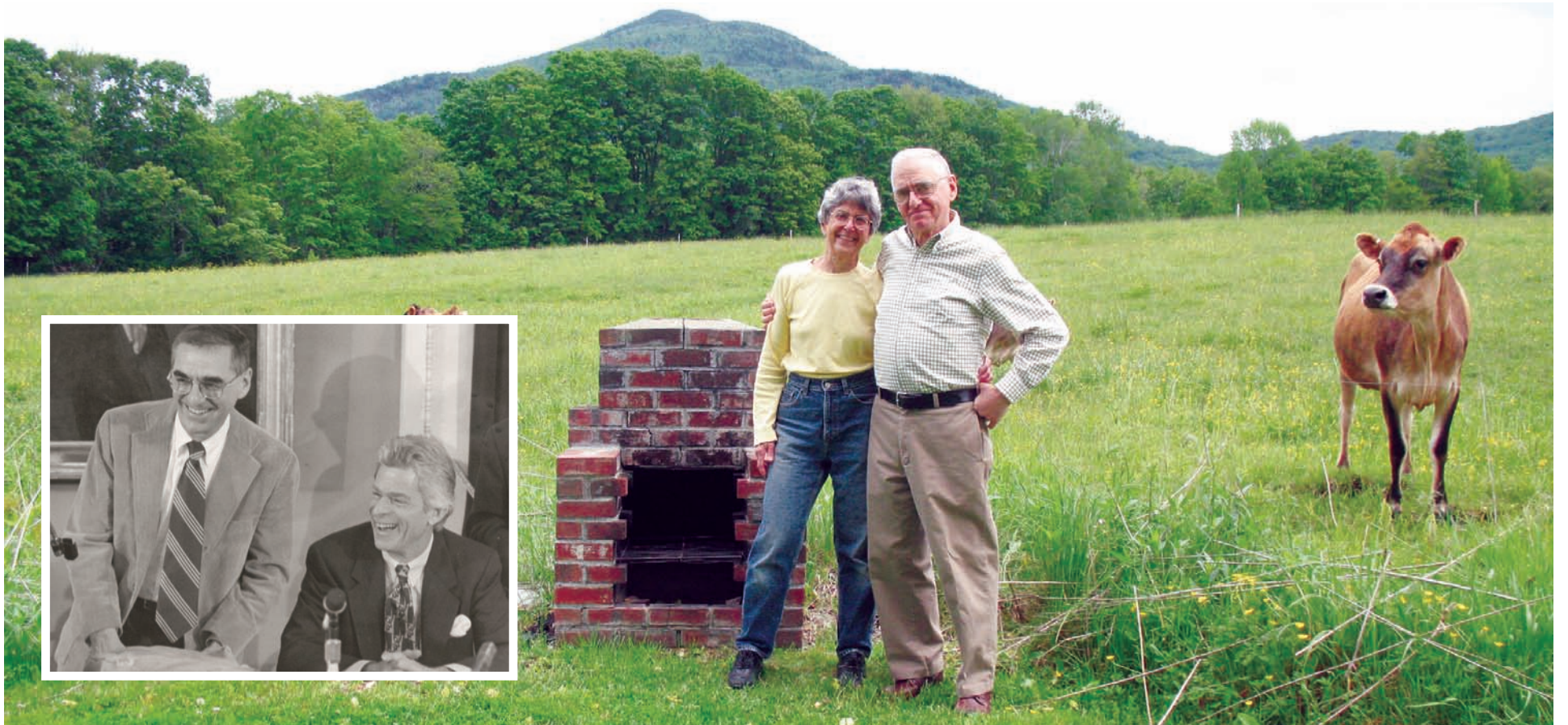
Frank Meierdiercks, MD (Internal Medicine)
Thomas Ziobrowski, MD (Internal Medicine)
Claudia Lee, MD (Internal Medicine)
Elaine Robinson, Nurse Practitioner
Betsy Fowler, Behavioral Health Counseling

St. Johnsbury Family Health Center (802) 748-5041

Dana Kraus, MD (Family Medicine and Obstetrical Care)
John Ajamie, MD (Family Medicine)
Cathleen Besch, Nurse Practitioner
Carey Brodzinski, Nurse Practitioner
Diane E. Matthews, Nurse Practitioner (Adult Care)
Betsy Fowler, Behavioral Health Counseling

These Health Centers are units of
Northern Counties Health Care, Inc. - established in 1976
to bring health services to those in need in the Northeast Kingdom.





Inset, attending the 30th anniversary of the founding of the American Civil Liberties Foundation of Vermont in September of 1997 were the Gensburgs, sitting next to Frank Kochman of Burlington who had served on a legal panel assisting Bob in preparation of the Brigham case the previous February. Photo by Jim Landon. Above, the Gensburgs on their property in Lyndonville.

Bob Gensburg: defender of civil rights

by Virginia Downs

Like many Vermont lawyers, Bob Gensburg has taken on many pro bono cases during his years of practice. He is one of three Vermont lawyers who represent Guantanamo clients along with David Sleigh, whose law office is in the same building as Bob's in St. Johnsbury, and Robert Rachlin of Downs-Rachlin-Martin's Burlington office are the others.

Bob spoke with me about what led him to practice law in Vermont and what it's like to be a part of an international controversy.

"My client is Abdul Zahir, of

Hessarak Village in Afghanistan," Bob explains. "I have met him only once. They brought him from his cell in Guantanamo to a meeting room, and because he didn't speak English I had an interpreter. He told me he had acted as a translator for a person coordinating Arabs fighting against the Northern Alliance in the civil war in Afghanistan before September 11, 2001. He was accused of riding in a grenade car carrying three Canadian journalists near his home. The government has not disclosed any evidence that he participated in the above attack. He is 37 years old now."

His client has been in Guantanamo since 2002 and was held in solitary confinement for three years. Bob says many prisoners do

not want to see lawyers. "We have been singularly unsuccessful in getting people out of there. I think they may see us as useless appendages hovering around their misery."

What prompted Bob to take on a Guantanamo prisoner as one of his pro bono clients? It came about when he and his wife Leslie drove to Chatham, New York, the summer of 2005 to attend an annual family reunion arranged by Bob's younger sister, Lenore and a friend. "I met one of Lenore's close friends, Franklin Siegel, who is on the board of directors in New York City of an organization called 'The Center for Constitutional Rights' and teaches law at Brooklyn and Columbia Law Schools. He said to me, 'Would you like to work

with the Guantanamo prisoners?' I said yes, and that's how I got involved. He signed me up as a prospective attorney."

That same year he met his client in the Guantanamo prison.

"People like Abdul are extraordinarily poor," he continues. "We Americans have no concept of the poverty of these people's lives. He was a small farmer, doing odd jobs. He has three kids, the third who was born after he was captured, so he has never seen him. He graduated from an Afghan high school and is very intelligent - speaks Arabic, Farsi, and Dari, and was beginning to learn English."

When asked what made him decide to represent a detainee, Bob replied, "I believe first and foremost in the rule of law. Professor

Fritz Stern, history professor at Columbia University, writes that you cannot have a decent society without the rule of law. That is why I went to law school - I learned in college that Stern was right and wanted to be part of that system. Guantanamo violates the rule of law and important American constitutional values. That includes suspension of habeas corpus, cruel and unusual punishment, deprivation of liberty without any process of law, using torture, and more."

I wondered what he felt should have been done with the so-called "enemy combatants."

"Imprisonment without an opportunity to be heard by a neutral decision-maker is unconstitutional and morally wrong. All I have been trying to obtain for my client is a

Conveniently located on the Red Village Road

Hopkins Oil | **bournes energy** Fueling the future

Propane - Oil - Kerosene - On & Off Road Diesel
810 Red Village Road
 Lyndonville, VT • 802-626-9859 • www.bournes.net

Homemade Ice Cream

Located on Route 302 (Bath RD.) in Woodsville, NH. 03785

Our Dip Shop will be closing Columbus Day weekend on October 12th.

But you don't have to wait until next season to enjoy your favorite Slick's flavors.

We now offer 32oz. quarts at these fine retailers:

<p><u>In New Hampshire</u></p> <p>Aldrich General Store Northrops Littleton Co-Op Swiftwater Way Station Wilson's Shoppe</p>	<p>&</p> <p><u>In Vermont</u></p> <p>Marty's 1st Stop Newbury Village Barnet Village Store W. Barnet Quick Stop Derby Village Store Holy Mackerel</p>
---	---

For Dip Shop hours or questions
Please call (603) 747-2008

hearing before a neutral decision-maker. The military commissions created by President Bush, and then the Congress, violate the third and fourth Geneva Conventions, and they are fundamentally flawed, anyway. My client should have a habeas corpus hearing, or be charged and tried in criminal court, or be tried by court martial, all traditional and effective ways of sorting out the truth of the claims our government makes against him."

Lawyers representing Guantanamo clients communicate by mail. "I send Abdul letters, often reporting on his family. I keep in touch with them regularly. I can't send him mail. I have to send it to the Justice Department. It takes three or four weeks for a letter

tions to decide these cases efficiently, fairly and in accordance with accepted legal procedures. Second, that the Congress has abdicated the role the founders created for it to jealously resist executive branch encroachments on fundamental rights. This is not surprising. I think some of the founders were somewhat naïve to believe that a popularly elected legislature would always be true to fundamental principles. Fourth, that the military justice system is great. I have learned to admire it for its fairness and the real vigor Judge Advocate General officers bring to their work. I

and met each other in their teens. Leslie attended the University of Vermont and Bob the University of Pennsylvania, followed by Albany Law School, graduating in 1967. They were married in 1962.

"We loaded up the U-Haul truck, I walked to law school to take my last exam, and when I walked back, Leslie had our two-year-old son William in the car, ready to go," Bob recalled. "We had both decided we wanted to live in Vermont, especially after we took a trip though the state my second year of law school so I could see what it was like."

Bob and Leslie looked amused as they thought back to that day they boarded their truck on May 26th. "The sun was out and the leaves on the trees," Bob

Talk about the rule of law. If I had to guess, I would say that the phone is still tapped, but that they have gotten better at it.

from me to get to Abdul and vice versa. He writes in Farsi and I have a person in D.C who translates it for me. It would be a god-send if they were moved to the United States, so I could see him. There seems to be an unwarranted block about moving them to such a place as the small community in Montana that has offered its prison, for instance. Our prisons have retained terrorists with no incident."

Does he find it difficult as an American to defend a suspected terrorist? His reply was, "It may sound corny, but when I defend a suspected terrorist or an American criminal, I'm defending the rule of law. I have no compunction about defending either. I took an oath of office to do just that. It is my duty as a lawyer to provide a zealous defense for any person accused of committing bad acts."

I asked him if he been criticized for taking the case?

"I have not had a single adverse comment other than from right wingers on the Internet. Other than being very time-consuming, the case has not had any adverse effect on my personal life or that of my family. Complete strangers have thanked me (and the other lawyers doing the same work) for taking this on."

A few years ago, Bob made local headlines when he discovered his office phone had been tapped, most likely related to his work with Abdul Zahir.

"This – the phone tapping – is where the right wingers attacked me on the internet. My computer was invaded, too, and my Guantanamo files downloaded from it at the same time we discovered the phone tap. Talk about the rule of law. If I had to guess I would say that the phone is still tapped, but that they have gotten better at it."

What has this experience taught him?

"This is very important – first and most important to me as a lawyer. We cannot trust the courts to carry out the role assigned to them by the constitution. The district and federal appeals courts have failed miserably their obliga-

had military co-counsel in this case, Lt. Col. Tom Bogar, and I have the greatest admiration for his skill as a lawyer and his devotion to our client's cause. And, for the Army for requiring him to defend our client to the best of his ability."

This type of work is not new to Bob. Several years ago, Bob and Leslie became active members of the American Civil Liberties Union of Vermont, an organization of Vermonters dedicated to the defense of individual liberties guaranteed by both the U.S. and Vermont Constitutions. A dramatic proof of its strength came in 1994 when Ernie Broadwater of Burke asked ACLU to challenge Vermont's education system. The issue was unequal local education funding in Vermont.

The upshot was that the ACLU chose Bob to serve as lead counsel in the class action suit of Amanda Brigham et al. v. State of Vermont. Six attorneys served with him. Amanda was an eight-year-old daughter of Carol Brigham, a school board member of the small town of Whiting whose school facilities were very inadequate for a good education.

In December of 1996, the Vermont Supreme Court heard oral arguments, and subsequently issued its opinion that the system of funding education through local property taxes was illegal. It directed the legislature to craft a law that would guarantee equal opportunity for all Vermont schoolchildren without regard to their town of residence. On June of 1997, the legislature passed Act 60, the Equal Opportunity Act. Bob and his six legal teammates breathed deep sighs of relief.

As I interviewed Bob and his wife, Leslie, on a perfect summer day in Vermont. Burke Mountain loomed dramatically in the distance beyond farm fields, grazed by a neighbor's cows. It was the perfect setting to hear the story of their trip in May of 1967 to make their home in Vermont.

The Gensburgs had grown up 20 miles from each other, Bob in Westerly, Rhode Island, and Leslie in New London, Connecticut,

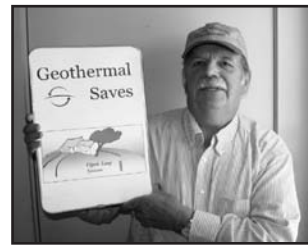
reminisces. "When we reached Whitehall the sky was grey, and in Fair Haven it was grey and cloudy. Barre was foggy and the plows were out in the streets. In Lyndon Corner, where we were renting an apartment, there were six inches of snow on the ground. We were too young to stop and think what we might find," he said with a laugh.

Leslie taught English for three years at the St. Johnsbury Trade school until it closed. Meanwhile, their opportunity to buy a farm in West Danville came a year later and she taught three years in Danville High School.

Bob started his legal career in St. Johnsbury in John Swainbank's firm, where he did some litigation, that involved a broad variety of insurance defense work while completing his six month clerkship to satisfy Vermont's regulations before taking the bar exam. He served on the board of bar examiners, as a proctor and for 11 years wrote questions for the exam.

In 1973, the Gensburgs bought property in Lyndon that had been in the Hunter family as a farm since 1834. "We were supposed to move the day of the '73 flood but had to wait a week," Bob says. A large barn provides storage they need and an upstairs floor is home to Leslie's large flock of hens. She also raises chickens for the family's consumption. Along with a thriving vegetable garden to care for, summers are a busy time.

Leslie and Bob have enjoyed being part of Lyndon. For several years Leslie has been a justice of the peace, trustee of the Cobleigh Public Library, local coordinator for the Fresh Air Fund, County Democratic Chairperson, and one of the founders of the Northeast Kingdom Classical Series. Bob has served as a member of Lyndon's Planning and Zoning Board and for ten years was town attorney. He laughs at what he calls, "the myth of the silent, reserved Vermonter. I always felt welcome from the first day we moved here. This is a very friendly town." ★



Geothermal Heating provides space heating by taking thermal energy from groundwater with a heat pump.

How much does it cost to heat your home?

Fuel Oil.....	\$22.87
Kerosene.....	\$28.64
Propane.....	\$37.95
Natural Gas.....	\$22.13
Coal.....	\$19.79
Electricity.....	\$41.35
GEOTHERMAL.....	\$10.34
Wood (green).....	\$14.39
Pellets.....	\$19.59

* Comparisons per million BTUs by VT DPS Feb. 2009

For analysis, costs and benefits for your home, contact Jim Ashley:

Green Mountain Geothermal LLC
PO Box 222 W. Danville VT 05873
(802) 684-3491 www.vermontgeo.com

“LEAF PEEPERS”
Welcome to the Northeast Kingdom!
Be sure to stop in and try our Vermont Maple Chicken or Scallops

Hours: M, W-Sat 4-9, Sun. Lunch on the Deck 11:30-8
59 Parker Road, Danville VT • 684-4249

Peter Hopkins
13 Raymond Street
Lyndonville, VT
05851

Phone (802) 626-5555
Night (802) 626-8042

SUPPLIES

HAWKINS DENTAL GROUP

Here to make you smile
General Dentistry for your entire family

We emphasize a caring staff with professional dental treatment ... seeing our patients at their appointed time.

New Patients Welcomed

Hubert Hawkins, DDS
Sheila Amadon, RDH • Bonnie Johnson, RDH
Janice Phelps, OM • Katya Khomenko, TDA
1350 Main Street • Suite 1 • St. Johnsbury VT
(802) 748-2325

Follow the Money

THEN AND NOW

BY RACHEL SIEGEL



In July 2001, the stock markets were recovering from the tech bubble that had burst in 2000, with the Dow trading around 10,500 and the NASDAQ around 1,400. The gross national debt was ca. 57% of the gross domestic product—we owed about half the value of what we produced—while unemployment was 4.6%. The prime rate was at 6.75%. Home heating oil averaged \$1.28/gallon and the average price of a new home was \$209,300. That was then.

This is now. The markets are recovering from the real estate bubble that began to burst in 2007; the Dow is trading around 9,500 and the NASDAQ around 2,050. The gross national debt is estimated to be about 90% of our gross domestic product this year.

Unemployment is ca. 9.6% and the prime rate is 3.25%: jobs are dearer, but money is cheaper. Home heating oil is averaging \$2.49 this season, and the average price of a new home is \$269,200.

Between then and now, we've changed Fed chairs, Treasury secretaries, and presidents. Argentina went bankrupt and we went to war. China got the Olympics, India got Jaguar, and Zimbabwe got cholera.

Oil prices, housing prices, commodities prices, and stock prices rose and fell. Interest rates fell and fell. The federal government has gotten into the auto, insurance, mortgage, and banking business, has flooded the credit markets with cash, and has arranged shotgun corporate marriages. Even so, consumers have stopped spending and businesses have failed. Unemployment rose but the trade deficit fell. Education and health care have become the growth sectors in our

economy.

The Fed turned 90, Social Security turned 70, the IMF and the World Bank turned 60, and "Atlas Shrugged" turned 50. Milton Friedman, Ronald Reagan, and Phil Rizzuto died, as did the franc, the mark, and the lira.

We argued about changing Social Security and about taxing consumption instead of income. We wondered about the morality of the corporation, the viability of accounting rules, and the availability of health care. We questioned the sanity of borrowers and lenders, the greed of entrusted brokers and experts, and the wisdom of crowds.

We worried that the dollar would be replaced as the reserve currency. We worried about debts, deficits, and inflation; about exporting jobs and importing labor; about the demise of manufacturing and labor unions, pensions and benefits; about wealth, income disparity, corporate bonuses, executive pay, and minimum wage.

We ruminated on the nature of markets, capitalism, corporations, taxes, and human behavior, and on their roles in an economy. We contemplated the value of liquidity and

the cost of debt, and their roles in an economy and in our lives. We imagined what Karl Marx and Adam Smith would say.

Long after the apparent disgrace of communism, we've worried about socializing losses and privatizing profits, about socializing health care and privatizing retirement, and about supporting education.

Our personal concerns remain: providing for the material comforts and pleasures that make the struggle to do so seem at all reasonable and rational, hedging against the risks in our lives and weathering their consequences, and saving for our futures or for our future generations. Material comforts have taken a back seat as that struggle has become more wearying with less hope of changing jobs, less security in any job, and more benefits paid out of pocket. We are arguing harder about how involved the government should be in hedging against the hedgers, in guarding us from markets and markets from speculation. Saving seems more and more a luxury, as does any—never mind earlier—retirement.

Some of our most cherished beliefs have been cast, perhaps

rightfully, into doubt: that assets appreciate, that debt finances consumption, that risk pays off, or that anyone is smarter about finance. We have learned that the long run doesn't apply to mere mortals, because stuff happens.

Stuff has happened, and we've thought, worried, and learned about it, yet "we beat on, boats against the current." Just last week, the Wall Street Journal reported bankers' plans to securitize and market the very toxic assets that so critically poisoned our markets and our finances just a few months ago, confident that they'll have no problem selling them.

After the crash of 1929, Groucho Marx reflected: "I would have lost more, but that was all I had." But it was Chico who got the best line of all: "There's no such thing as a sanity clause."

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; this is the 100th column.

Peacham Library

Monday, Wednesday, Friday and Saturday
10 a.m. - Noon

Tuesday and Thursday
1 - 7 p.m.



Fenoff & Hale Construction Inc.

For all your Construction Needs Large or Small

Custom Homes • Remodeling • Addition • Roofing • Siding • Decks
Painting - Interior or Exterior, No Matter What Size • Fully Insured

1085 Rte 2 East, Danville, VT 05828 • 802-684-9955
Trent Cell 802-535-9108 • Nate Cell 802-535-7303 • Fax 802-684-3414

Sanderson's Wooden Bowls



Perfect for that Special Gift
Each Bowl is Hand-turned
from Native Vermont Hard-
wood

www.vtbowls.com

Sam & Weeza Sanderson
2902 VT RT 114 East Burke, VT, (802) 626-9622

Visitors Always Welcome

ANTIQUES

Old Friends Shop

35 South Main St., Hardwick, Vermont 05836.
Antiques and Collectibles, Art, Prints, Books, Pottery. Games and Toys, Jewelry and lots of Housewares. Upscale Clothing (gently used), and our famous backroom Yardsale! Open Monday through Friday 11 a.m. to 5 p.m. and Saturday 10 a.m. to 3 p.m.

Cobwebs & Collectibles

Lawrence & Kathleen Simpson
I-91, Exit 23, US 5 South and 2.5 miles from US 5 on the South Wheelock Road.
(802) 626-9778

Antiques, books, collectibles, furniture, glass, tools. Selling and buying. We'd love for you to stop in and see us while you're out viewing the awesome fall colors of Vermont. Wednesday through Saturday 10 a.m. to 5 p.m. or by chance.

Saranac Street Antiques

141 Main Street, Littleton, New Hampshire 03561
(603) 444-4888
Proprietors John Hale and Pam Cavanaugh. We feature a very large selection of fine antique furniture at our new location (the former Masonic Temple). We now fill three floors with primitives, White Mountain art, tools, country pieces and exceptional glass and china. Consider us a "must see" on your antiquing list. Open Wednesday through Sunday 10 a.m. to 5 p.m.

Antiques & Emporium

182 South Wheelock Road, Lyndonville, Vermont 05851
(802) 626-3500
Our large bright shop is loaded with antiques, glassware, jewelry, furniture, clocks, paintings and prints, collectibles, hand made rugs and much, much more. We have something for everyone, and there is ample parking.
Open Daily 10 a.m. - 5 p.m. Closed Tuesdays. Always buying ~ especially gold, silver and costume jewelry.

Route 5 Antiques & Collectibles

US Route 5, Lyndonville, Vermont 05851
(802) 626-5430
A multi-dealer shop with antiques and merchandise arriving each week. Featuring coins, clocks, furniture, oil lamps, glassware and most anything else you might be searching for. Buying one item or a complete household. Ample parking. Open Daily 10 a.m. - 5 p.m. Closed Tuesdays.

RTD Antiques & Collectibles

37 Depot Street, Lyndonville, Vermont 05851
(802) 626-3465
Proprietors Blaine and Aryn Holloway. A multi-dealer shop containing everything from A-Z. If you need it (or even if you don't) we probably have it! Country and primitive decor, linens, tools, furniture, glassware, Native American items, sterling silver, costume jewelry and vintage clothing & books. Hours are Wednesday - Saturday 10 a.m. to 5 p.m. and Sunday 11 a.m. to 4 p.m. We are located right in the heart of Lyndonville on Route 5 ~ come see us.

>> Page 1

hours than two men could do in a day with axes, hand saws and a horse. Or at least it seems that way to me, I've never tried it and can only imagine what the work was like before the internal combustion engine took over.

When I first began cutting up on this ridge it was mostly pole wood; maple, ash and poplar that was just about thirty-five years old and in serious need of thinning. The hurricane of 1938 had flattened this high place where the soil is thin, leaving only a few broken remnants of the former forest behind. I could easily read this story in the annual growth rings of the trees I cut, and 1938 seemed like ancient history to my young mind. Now 70 years have passed since that event, just twice that time, and I suppose that makes me ancient history, too, but some of the trees I've left standing here are magnificent now, highly marketable as saw logs or veneer. Not only that but we've heated our home for those thirty-five years while improving

the stand, with a better mixture of ages and types of trees, and a lush undergrowth of ferns and shrubs such as moosewood which simply wasn't there before.

About 20 years ago there was considerable worry on the part of Vermont foresters about the future of our forest. Nobody was talking about climate change yet, but acid rain was taking a heavy toll especially on the high places, and other syndromes such as "maple decline", beech necrosis, and frequent insect infestations had them worried. I became one of many participants in the "Take-a-plot" program, in which I carefully measured and assessed the health of every tree in a plot, which was then compiled by the state to create a data base. But real change comes to a forest so slowly that most everyone became bored and by a few years ago there was only me and one other person in all of Vermont still doing it. So the state cancelled the "take-a-plot" pro-

gram.


There is another spot in my forest you should know about. It is a small hardwood swamp where nobody has cut a stick of wood in at least a hundred years. It's too wet, with a spring oozing up out of the sweet calcareous soil, and it's low, too, sheltered from the hurricane of 1938. Here, maple and ash tower a hundred feet tall upon long, clear columns amidst chest high ferns. Here, the deep time of the forest prevails, where lifetimes are measured in many hundreds of years if not thousands. It's hard to tell, looking at the massive root flares, exactly where earth ends and tree begins amidst the

wooly growth; ferns grow in handy crevices on the lower trunk while moss and lichen ascend all the way to the crown. It is a sight as evocative as the sound of geese flying overhead.

Deep time. More than one logger has attempted to convince me that all this is going to waste, that I'm losing money and these trees need to be cut before they become completely worthless. Their voices sounded like chainsaws, strident and appalled. But this is where deep time lives, time that goes back beyond the time of chainsaws and even crosscut saws. Cheap oil, which is the quick harvest of even deeper time than that, is but a moment flashing past in

the life of the forest, not to mention the planet.

Standing in this place, I can witness life's balance in the delicate interplay of light and earth and air. This is where interdependency and co-evolution dominate like the crowns so high above my head. For the moment, my trees seem to be enjoying their extra breath of CO2. I'm still measuring them, which is more an act of vanity than science, but I'm more worried about the future of the planet than before. We need to evolve as a species, too, and do it quickly. If we fail, life's balance will still surely return but that will take deep time, and will likely happen without us. ★




RAILROAD STREET PRESS

WWW.RAILROADSTREETPRESS.COM

- BOOK PUBLISHING
- PRINT ON DEMAND
- WORLDWIDE DISTRIBUTION
- EDITORIAL SERVICES

What Gutenberg did for Europe in the 15th Century, the Espresso Book Machine will do for St. Johnsbury, and the World on October 9th.



Local, Truly Affordable, Environmentally Responsible publishing and printing with worldwide distribution of work.

Join us for author seminars every Friday evening at 6pm through October 23rd at 6:00 at the Boxcar & Caboose in St. Johnsbury.

394 Railroad Street, Suite 2 St. Johnsbury, Vermont 05819
802 748 3551 fax 802 473 7436 www.railroadstreetpress.com

A division of the Boxcar & Caboose Bookshop and Café

Fall into a World of Better Hearing.



Free View of Your Ear Canal and Free Hearing Screenings

Call For Your Appointment Today.



ARMSTRONG'S
Better Hearing Service, Ltd.
198 Eastern Avenue St. Johnsbury, VT 05819
(802) 748-4852 (800) 838-4327
Hours: Monday, Tuesday and Wednesday 9-4



America's Largest Hearing Instrument Manufacturer
To learn more, visit www.starkey.com

Sandra Day, BC-HIS
Rebecca Armstrong
Isabelle Armstrong




"It's the right kind of car for the times."
- MotorTrend.com

"Ford isn't aiming at best in class here, they're aiming at **'best in world.'**"
- Jalopnik.com


"...the SHO accelerates into triple digits as if it were raised in Germany."
- Car and Driver, September 2009

"Car of the Year."
- Esquire Magazine




THE MOST INNOVATIVE CAR IN AMERICA.*

Clearly, others have experienced everything we've put into the all-new Taurus. Like radar that monitors and alerts you when sensors detect vehicles in front of you, behind you and in your blind spots.** And SYNC** hands-free, voice-activated communications and entertainment. Now? It's your turn. We speak car. We speak the all-new Ford Taurus.



GILMOUR FORD - LINCOLN - MERCURY
8 Memorial Drive, St. Johnsbury, VT 05819
Call Us Now: (802) 748-4444

INTRODUCING THE ALL-NEW **TAURUS**



Drive one.
fordvehicles.com

*Class is five-passenger large cars equipped with standard and optional driver-centric features. **Available features. †Optional. Driving while distracted can result in loss of vehicle control. Only use mobile phones and other devices, even with voice commands, when it is safe to do so.

visit us at: www.gilmourford.com



Fair well to summer

Scenes from the the 2009 Caledonia County Fair held Aug. 26-29 at Mountain View Park in Lyndonville

Photos by Jim Ashley

REPRINTS: These photos and more are available for reprint by visiting www.northstarmonthly.com. Choose from thousands of photos from the following events:

- »Fourth of July
- »Danville Fair
- »Caledonian County Fair
- ...and more!

NEXT MONTH: Scenes from the 2009 Autumn on the Green, Oct. 4 on the Danville Green.





Fall colors emerge

Walden Hill Journal *with Jeff & Ellen Gold*

» Oct. 2, 2008

We've turned the calendar to more rain. It's been a week since we've seen Mt. Moosilauke. Fortunately the colorful trees have been there to fill in the view. Birds have been brightening the morning as well. I opened the quilts and was greeted by a delicate yellow warbler feeding near the bushes. Flocks of several different sparrows soon joined in, the most striking being the white crowned sparrow. Flickers have been flocking too as they join forces to migrate south. They flash their white tail patches as they take flight. Chickadees have returned to the feeder as have a nuthatch and colorful rose breasted grosbeak. So while the sky is gray and the weather dreary, the fall leaves and flocking birds (including the turkeys) brighten the day.

» Oct. 3, 2008

Took a chance on the weather today for our annual foliage back road exploration. We had full sunshine, rain and everything in be-

tween. Very gusty winds kept the weather in motion. We headed west on Rte. 2, made a brief stop at Molly's Pond, then took Danville Hill Road across to Cabot. The view en route was quite spectacular, especially once we crested the hill and were viewing the near valleys. We continued through town to Lower Cabot where we ventured up West Hill Road to West Hill Pond and from there across the Woodbury/Cabot Road to Woodbury. It's a well-traveled road but very intimate and picturesque as well as colorful with old maples lining the road. In Woodbury we crossed over Rte. 14 to the wetlands, then headed north into Hardwick. We made a snack stop at Buffalo Mountain Co-op and picked up some Grafton maple-smoked cheddar and rosemary flatbread. From Hardwick we continued West on Rte. 15 to the North Wolcott Road. We found this paved road too open and busy so cut in west for some meandering back roads. We joined up with Rte. 14 and climbed the Post Road into Craftsbury Com-



Cabot - Woodbury Rd



Fall leaves

mon. A little very scenic late afternoon meandering and backtracking finally brought us into East Craftsbury. From there we headed to Greensboro Bend, then through Coles Pond area to hook up with the Noyestar Road in North Walden. Cobb Road led us across Walden Hill and back home. We discovered many nearby scenic roads and enjoyed peak foliage along the way. Jeff has it all well-documented photographically.


» Oct. 6, 2008

I'm writing my journal as I sit beside the woodstove, attending our first fire of the season. It's been a chilly weekend. Autumn on the Green stayed mostly dry but the temperature never made it much above 50°. Lack of sun and brisk winds dictated serious layering.

Warm clothes, hats and mittens prevailed on the milling crowds. St. Jay Band braved the cold and played its final gazebo concert of the season. Today it's mostly cloudy again. Rain, textured rain and hail are falling along with the temperature. Heavy frost is in the forecast for tonight.

» Oct. 12, 2008

Our once red and orange twilight glow has faded down to a more subdued golden brown. Poplars are beginning to change, one of the last leaves on Walden Hill to give up the green. It's been a magnificently clear and sunny weekend, highlighting the remaining color against rich, blue, autumnal skies. I dug carrots today since the deer have begun grazing on the tops. The basil has succumbed to

 **Wool Away!**
presents a


Yarn Tasting Extravaganza

**SATURDAY
OCTOBER 17
9:30 a.m. - 5 p.m.**
443 Railroad Street
#2 St. Johnsbury


Come sample a buffet of the finest in yarns and needles.


**no calories
no charge!**

for more information
Call (802) 748-WOOL (9665)




Insulate Now and Save

 **GUARDIAN BUILDING PRODUCTS**
FIBERGLASS INSULATION



We Carry Insulation for:

- Walls
- Attics
- Floors
- Ceilings

 WE SELL ENERGY STAR

LARRABEE'S
BUILDING SUPPLY

1410 RT2 WEST | WEST DANVILLE, VT 05873
MON-FRI 7-5, SAT 8-1 | (802) 684-3622 | FAX (802) 684-3697

Visit us online:
northstarmonthly.com
articles • directory • photos • advertising • circulation • subscriptions • promotions

 **SAMADHI STORE**

Unique Gifts • Elegant Jewelry
Home Decor • Incense
Greeting Cards
Accessories for Body and Mind
And our Signature Cushions for Meditation and Yoga

Mon. to Fri.: 9-5
Saturday: 10-4

802.633.4440
800.331.7751
www.samadhistore.com

30 CHURCH ST., BARNET, VT 05821

the frost and no longer produces the rich smell that deters the deer. Except for one row of chard and kale, the garden is harvested and tilled. 8 more spuds turned up with the soil. Most of the garden produced well this year. The only disappointment was the low yielding squash. I'm certainly not going to lose any sleep over less zucchini.

» Oct. 18, 2008

Hard frost overnight with the thermometer dipping down to 28°. Full morning sun is gradually erasing the thick white coating on the ground. Hills continue thinning, widening our valley view. Reds and oranges have given way to the final golds of Autumn. Shimmering golden poplars and flaming tamarack candles stand alone in an otherwise graying landscape. Beech leaves remain a rich brown and oaks at lower elevations hang on with their shiny maroon leaves.

» Oct. 22, 2008

A light dusting of snow this morning is our wakeup call that winter is fast approaching. We've been cutting back the flower beds but still need to spread our accumulated compost and start gathering kindling. We've taken down all of the window screens and cleaned

them for storage. So now we have a much clearer view of the snow. The woodstove is in winter mode although sunny days have kept our fires minimal. Jeff hopes to get the snow thrower in for service today. We need to accelerate finishing up our last minute chores before snuggling in for a long Vermont winter.

» Oct. 24, 2008

The thermometer has been dropping into the low 20's overnight but fortunately the sun has been out to chase Jack Frost away. It's a late-rising sun though, not cresting the trees until 7:30. Sunrise is near Mt. Washington, a considerable ways downhill from summer risings. We're taking advantage of clear days to complete more outdoor chores. The compost bin has been emptied on the garden, the porch swing is stored in the bulkhead, 3 boxes of kindling are gathered for use and the snowblower is serviced and ready for action. Tobey the cat is sitting in the window soaking up the morning sun. That's her task for the day. We learned at the vet's yesterday that



she's developed a heart murmur. We'll have to monitor her and see what develops. For now, she's still chasing up and down the stairs and bounding into the loft with considerable vigor and certainly shows no signs of distress.

» Oct. 29, 2008

Came home yesterday in the driving rain and woke up this morning to snow. It's been flurrying off and on all day in between intermittent visits from the sun. There's only about 2 inches of snow accumulation, just a tiny pre-

lude to winter. I heeded the winter advisory forecast and harvested the kale. It was a good indoor day for cooking up a batch of Portuguese kale and sausage soup. A couple of garden spuds went into the pot as well. There are several servings in the freezer and enough for dinner tonight. An Ezekial Flatbread should top off the meal nicely.

» Oct. 31, 2008

The deer have been out "trick or treating", leaving trails of tracks in the snow. They found the kale and chard I had left for them in the

Danville Hill Rd

garden and pawed under the snow to uncover the remains. It looks like they then headed out back to the cedars to nibble on the lower branches. Bright sunshine is ending the month of October and making waste of the snow cover that has persisted for the last two days. I'm hoping for bare ground over the weekend to continue work outdoors. Turning the calendar over to November adds a new sense of urgency to finishing those final chores. ★

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 you love one another, as I have loved you."
John 15:12

Rev. Henry E. Cheney Sunday Worship
684-3389 office and Fellowship 9:30 a.m.
Sunday School During Worship Service

Benjamin Moore
The Leader in Paint & Color™



J.B. Colton
Main St. • Orleans, Vt.
802-754-6600

Hours: Mon.-Fri. 7 a.m.-5 p.m.;
Sat. 7 a.m.-3 p.m.; Closed Sunday

LYNDONVILLE HARDWARE SERVICE • SELECTION • VALUE
802-626-5461
Broad St. • Route 5
Lyndonville, Vt.
Mon.-Thu. & Sat., 7 a.m.-5:30 p.m.,
Fri. 'til 6 p.m., Sun. 9 a.m.-1 p.m.



Dussault's Heating

Sales
Service
Installation

- ♦Thermo Pride Furnaces
- ♦Peerless Boilers



Box 301
St. Johnsbury, VT 05819
(802) 748-4945
24 hour service

BROWN'S MARKET

Bistro



"BYOB" RESTAURANT

in Groton Village, VT
Open every evening except Monday
from 4:30 to 9 p.m.

"Local Food, Local Music
and Lots of Fun."

RESERVATIONS SUGGESTED
802-584-4124

Do you have a chronic health condition that is affecting your life?



Would you like to change your life for the better?

Healthier Living Workshop

A **FREE** PROGRAM FOR PEOPLE WITH CHRONIC CONDITIONS

You will learn:

- how to deal with frustration, pain, fatigue, and isolation
- exercise techniques for maintaining and improving strength, flexibility, and endurance; use of medications
- how to communicate with health professionals, family, and friends
- nutrition and healthy lifestyles... and more!

And you will receive:

- A 300-page booklet and relaxation audio tape.



We treat you like family

NORTHEASTERN VERMONT REGIONAL HOSPITAL



Healthier Living Workshop

A **FREE** PROGRAM FOR PEOPLE WITH CHRONIC CONDITIONS

NAME _____

ADDRESS _____

PHONE _____

TO ENROLL CALL 802 **748-7590** OR MAIL THIS TO:
LAURAL RUGGLES NVRH, PO BOX 905, ST. JOHNSBURY, VT 05819



An epilogue

Dolly was a Morgan mare

By LOIS FIELD-WHITE

“August 13, 1912: For pasturing Dolly and her colt (C. Way), \$1.00”

This phrase leapt out at me as I read Russell Bickford Kinerson's account ledger late one evening recently.

I had been trying to trace the lineage of our Morgan mare, Dolly, for several years. My mother, Jean Kinerson Field, owned, rode and drove Dolly in the 1920s, and Dolly was still on our Peacham farm in the mid-1940s. Jean's grandfather, James Richardson Kinerson, owned registered Morgans but I had never been able to make a connection be-

tween his mares and Dolly. My Kinerson cousins remembered Dolly but not her origins; they described the Kinerson Morgans as “feisty little critters.”

Russell Bickford Kinerson was the second son of James Richardson Kinerson and Emily Bickford Kinerson and inherited the family farm one mile north of Peacham Corner. He apparently carried on the breeding of Morgans begun there by his grandfather and father. Russell's 1911 and 1912 ledgers contained the following notations of payments:

June 10, 1911: Pasturing colts, to C. H. Way, \$8.00

May 17, 1912: Cutting colt's feet (trimming hooves), .10

August 7, 1912: Service fee

for colt, to Charlie Houghton, \$10.00

August 13, 1912: Pasturing Dolly and her colt, to C. Way, \$1.00

I now believe that our mare Dolly was the daughter of one of the Morgans described in my March 2007 North Star Monthly article entitled “Dolly Was a Morgan Mare.” Those registered Morgans were owned by my great-grandfather James Richardson Kinerson and his neighbor James L. Allen and were listed in Volume III of the American Morgan Horse Register. Roxy (Kinerson's), foaled 1902, is described on Page 601 of the Register; Barbara, foaled 1908, is described on Page 423 of the Register, and Winona (Allen's), foaled 1909, is described on Page 630 of the Register.

That one notation in Russell Bickford Kinerson's 1912 ledger, “Pasturing Dolly and her colt, to C. Way, \$1.00” provides the missing link. I now think

that Russell acquired Dolly from either his father or neighbor James L. Allen, kept her for a few years for riding, driving and breeding purposes, then sold her to his brother, my

house, farm and sugaring operation, hired help and for shoeing “Kitty”, his mare.

Russell's one mention of his mare Dolly and her colt in August of 1912 led me to his other

People kept ledgers, account books, detailing incomes and expenses in those days.

grandfather, Charles F. Kinerson, who then gave Dolly to his daughter, Jean Kinerson Field, my mother. Hallelujah! I was ecstatic.

People kept ledgers, account books, detailing incomes and expenses in those days. Russell kept ledgers from 1904 to 1913. He noted his income from sales of cream to the South Peacham Cooperative Creamery and sales of eggs, maple sugar, apples, heifers and hogs. He also set down his cash expenditures, often in cents, for groceries, clothing, and supplies for the

notations for trimming of the colt's hooves, pasturing colts and the service fee he paid to Charlie Houghton, who apparently owned the stallion who sired Dolly's colt. Russell's notes established for me the probability that Dolly was the daughter of one of the registered Morgan mares Roxy, (Kinerson's), Barbara or Winona (Allen's), and was descended from my great-grandfather's Morgans. And I owe it to the careful records kept by my great-uncle Russell Bickford Kinerson a century ago.



beauty / strength / performance

TAX CREDIT
up to
\$1500
ask us for details


Lifetime Warranty
for as long as you own your house.
Service & parts are free!

Compare Paradigm's U Values and see why paradigm is your BEST CHOICE IN WINDOWS


Timson Building Siding Inc. (T.B.S.I.)
Bernard Timson, president
1062 Railroad Street, St. Johnsbury / 802-748-3769
Specializing in WINDOWS & DOORS (new & reconstruction) 30+ Years of Experience



Window Solutions For Life.
Authorized Dealer




THE NEOLITHIC WORLD of STONE
Presented by the Vermont Humanities Council
Speaker **Bob Manning**, art historian, painter and college professor from Ryegate, VT



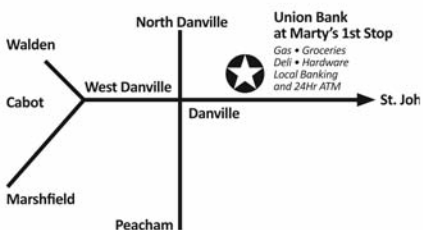
In 1987, having obtained permission from the London authorities, Bob Manning stood alone in the center circle of Stonehenge and witnessed a spectacular sunrise? “My brain hasn't been the same since.” sums up his reaction to the experience. Who built Stonehenge and why? When and how was it constructed? At various times in history, Stonehenge was thought to be the work of Phoenicians, Vikings, Saxons, Romans, Merlin the Magician, or even aliens from outer space. Manning will be addressing these questions as well as other related matters in this lecture illustrated with slides of Stonehenge, as well as Newgrange, Avebury, Orkney, Callanish and Cornwall.

Wednesday ~ Oct. 14, 2009 7:00 p.m.
North Danville Community Building

Elizabeth Syzmanik, Librarian 748-4423
Library Hours: Mon., Wed., Fri. 2-4 p.m. Wednesday Evenings 6-8 p.m.
FREE and open to the public, Handicapped Accessible



We can help you get there.




Union Bank
Banking. Simplified. www.unionbankvt.com Member FDIC

Equal Housing Lender • Equal Opportunity Employer • 1-866-862-1891

Tapas ~ Beer ~ Wine

5th Annual
Aprés Foliage Fest

With
Silent Auction & Music

Presented by
The Davies Memorial Library
Lower Waterford

Sunday
November 1st
3-6 pm
Rabbit Hill Inn
\$30 per person

Tickets by Advance Purchase Only
Limited Space Available



Offerings by Fine Local Restaurants

Alburritos Mexican Restaurant	Tim-Bir Alley
Beal House Inn	Dylan's Café
Adair Country Inn	Millers Café
Rabbit Hill Inn	Bailiwicks
Trout River Brewery	Elements

Tickets available from the Rabbit Hill Inn 748-5168



Up on the Farm Early

GRANNY STAKES

BY LORNA QUIMBY

I've a big handicap in the "Granny Stakes." I was 29 when Dick and I had our first child. One more girl baby completed our family. When you start with such a limited base, you can't begin to compete with those women who started early and kept producing babies year after year. Our girls did not marry right after high school nor did they start their families immediately after their marriages. I was over 60 before our first grandchildren were born. Being a grandparent is a wonderful experience that we've been grateful for. And who cares about the Granny Stakes anyway!

When I consider some of her contemporaries and their progeny, Maw was a piker in the Granny race. She stopped at five girls. But family gatherings, after her 12 grandchildren "came to town," were an impressive sight. Five girls, plus their husbands, plus the 12 grandchildren, crowded around the dining table and overflowed to

an auxiliary table in the kitchen. And because Maw and Dad spread their children over 18 years, one great-grandchild arrived the same year as the two last grandchildren.

The number of Maw's descendants doesn't begin to compete with that of an English woman whose picture I saw in *Life in the English Country House* by Mark Girouard (Penguin Books, 1980). Louisa, Duchess of Abercorn, is shown with 103 of her descendants. The year was 1894. Now, if Louisa were competing in the Granny Stakes, she'd win hands down.

I first became aware of the Stakes while reading Angela Thirkell's novels. Thirkell cast a satirical eye on the interplay be-

tween women of a certain age, their "lust for granny fodder" and their totally prejudiced view of the same. When I examined my fellow grandmothers, I, too, observed the phenomena.

The players at the poker tables in Las Vegas are in earnest. Card playing there is serious business. The contestants display few emotions while they ante up, raise their stakes, place their bets and rake in the pot. On the other hand, players in the Granny Stakes are relaxed and all smiles and chuckles as they automatically compete.

You know how it goes. If I say, "I have one granddaughter and two grandsons," you raise the ante by saying, "How interesting," (or "How nice"), then telling me the impressive number of grandchildren your sons and daughters have dropped on the planet. When we get to school performance, an honor student is topped

by an athletic one (or vice versa). Both are thrown off the table by the grandmother of one of those all-around whizzes who shines in all aspects of school life.

By the time the kids go to college, the stakes are even higher. There are majors that bring extra points, especially if they involve public service, and there are those ho-hum courses that may bring a lot of satisfaction to the student but which don't give his grandma many bragging rights. Membership in sororities or fraternities may or may not count points. Study abroad, on the other hand, is always good to drop casually on the table. Going to a third-world country wins over a European university in the present market.

Entrance in the Granny Stakes is automatic. You need no coaching from Hoyle as to the plays. Beware of the grandmother who is modest about her grandchild.

She's bluffing! You may think she has a lot to be modest about, but if you let down your guard, she'll lay some endearing trait on the table and scoop the board. Little grandson or granddaughter walked early, or late, talked early, or waited until he burst forth in full sentences, devoured books at four or didn't give up chewing on the pages until he started kindergarten. As you can see, everything is grist for the Granny Stakes.

Dick's mother prided herself on her liberal views. She thought of herself as unbiased, color-blind and broad-minded. When it came to her grandchildren, however, Grammy Quimby, as our girls called her, forgot all about being tolerant. So I told Mother I thought that all grandmothers thought their grandchildren extraordinary.

Mother's reply was, "But mine are!"

NORTHEASTERN VERMONT REGIONAL HOSPITAL



We treat you like family.

Celebrate the opening of NVRH's new GREGORY RUBIN REYNOLDS DAY SURGERY CENTER

Part of the
Pride>Progress>People
Campaign

OPEN HOUSE

NVRH
Day
Surgery
Center

Friday
Oct 2, 2009
5-7 pm

DINNER AND MUSIC AT 5 PM
DEDICATION CEREMONY AT 5:45 PM
TOURS AT 6:15 PM

Free and open to the public



NORTHEASTERN VERMONT REGIONAL HOSPITAL | HOSPITAL DRIVE, ST. JOHNSBURY, VERMONT | 802 748-8141 | WWW.NVRH.ORG



OLD FRIENDS SHOP

Visit Old Friends during the foliage season!

- Clothing
- Antiques
- Jewelry
- Housewares

35 South Main,
Hardwick, VT
Mon - Fri 11-5, Sat 10-3



The Creamery Restaurant

Come join us for the annual Halloween Party on Oct. 31!

Celebrating 32 Years of Fine Dining and Libations

Finding Time and Space for Yourself in Vermont



Brian S. Ward offers Holistic Coaching and Meditation Instruction in life transition as well as coaching and counseling for tobacco cessation, weight management, bereavement and caregiving. *Private insurance accepted, Medicaid accepted.*

(802) 684-3636 or www.consciousconsultingandcoaching.com

WESTERN AVENUE STATION

"your friendly full service station"



Specializing in
♦ Exhaust systems
♦ Brakes
"See Dan the Muffler Man"
Danny Lapierre,
Mechanic



13 Western Ave. ♦ St. Johnsbury, VT 05819 ♦ (802) 748-2339

DANVILLE SERVICE CENTER

Route 2, Danville Village 684-3481



♦ Foreign & Domestic Auto Repair ♦ State Inspections ♦ Exhaust Work ♦ Batteries ♦ 2 & 4 Wheel Computer Alignment ♦ Shocks & Struts

Ask Us About Tires



Mon, Tues, Thurs & Fri: 7-5 ♦ Wed: 7-9 ♦ Closed Weekends

WHEELER True Value Building Materials

29 Church Street
Lyndonville, VT 05851
(802) 626-5102
or 626-5040

Wheeler Sports Team Sports Products

Images Of Vermont
Silkscreening and Embroidery
246 Church Street
Lyndonville, VT 05851
(802) 626-8235
Fax: (802) 626-6180
Email: wheel56@together.net

Lyndon Institute Athletic Events ~ Fall 2009

VARSITY FOOTBALL

10/03/09	(H) COLCHESTER	1:00
10/09/09	at Middlebury	7:00
10/17/09	(H) MILTON	1:00
10/24/09	(H) MMU	1:00
10/31/09	(H) ST. JOHNSBURY	1:00

FIELD HOCKEY

10/01/09	at U-32	4:00
10/03/09	at MVU	11:00
10/07/09	(H) MONTPELIER	4:00
10/09/09	at North Country	4:00
10/13/09	at Spaulding	4:00
10/15/09	(H) MILTON	4:00

JUNIOR VARSITY FOOTBALL

10/05/09	at Essex	5:00
10/12/09	(H) NORTH COUNTRY	4:00
10/19/09	(H) ST. JOHNSBURY	4:00
10/26/09	at Hartford	4:00

VARSITY & JV GIRLS SOCCER

10/03/09	(H) HARWOOD	11:00
10/07/09	at Montpelier	4:00
10/10/09	at Peoples	1:00
10/13/09	at St. Johnsbury	4:00
10/15/09	(H) NORTHFIELD	4:00
10/21/09	at Spaulding	4:00
10/23/09	(H) THETFORD	4:00

FROSHMAN FOOTBALL

10/07/09	at BFA	5:00
10/14/09	at St. Johnsbury	4:00
10/21/09	(H) NORTH COUNTRY	4:00
10/28/09	(H) HARTFORD	4:00

VARSITY & JV BOYS SOCCER

10/02/09	at U-32	4:00
10/06/09	at Northfield	4:00
10/10/09	at Peoples	4:00
10/14/09	(H) STOWE	4:00
10/16/09	at Spaulding	4:00
10/20/09	(H) HARWOOD	4:00
10/24/09	at Thetford	11:00

CROSS COUNTRY

10/03/09	at Thetford Invite	10:00
10/06/09	at U-32	4:00
10/10/09	at Peoples Invite	10:00
10/13/09	(H) KINGDOM TRAILS	4:00
10/19/09	at Lake Region Relays	4:00
10/24/09	at U-32 League Champ	10:00
10/31/09	at Thetford STATES	10:00

GOOD LUCK VIKINGS
Paul Wheeler, Athletic Director

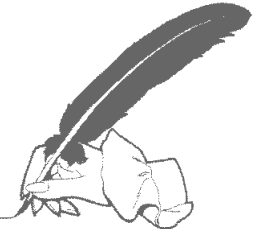


Peacham native Julian Walbridge Rix at the time of his graduation from the Peacham Academy, 1868. Tintype from Sargeant Photograph Album, gift of Beatrice Blanchard Freeland to Peacham Historical Association.

Letters from the Past

When writing was a necessity and an art

By Lynn A. Bonfield



The 1906 San Francisco earthquake and fire destroyed more than four square miles of homes and businesses, and killed more than three thousand people.

Of course, this wasn't the first major earthquake in the area. An earlier one, less disastrous, occurred in 1868, just weeks after a Peacham native moved to San Francisco. Eighteen-year-old Julian W. Rix left his home on the Watts farm in East Part and retraced his footsteps, or to be exact, waterways, taken in 1853 when he was only two years old. On that earlier trip, Julian accompanied his mother, Chastina Walbridge Rix, who went to join his father, Alfred S. Rix, one of the Caledonia County men who rushed to the gold fields in the early 1850s. Failing in the mines, Alfred decided to remain in the golden state and had his wife and son travel to join him. The family settled in San Francisco where Alfred taught school and then practiced law, and Chastina took in laundry, sewing, and boarders. A second son, Edward, was born in 1855. Tragically, Chastina died in 1857, and Alfred sent six-year-old Julian back to Peacham where he could be educated in the good New England schools and properly brought up by his grandmother, Roxana Walbridge Watts. After graduating from the Peacham Academy in 1868, Julian returned alone to California and took up residence with his father and stepmother.

Within weeks of his arrival, San Francisco experienced a major earthquake, the largest tremblor the city would suffer until 1906. In the letter printed here addressed to Peacham, Julian wrote to his aunt, Alice Watts (born 1845), more like a sister to him than an aunt, describing the event. In a later letter he wrote to Alice's younger sister, Ella (born 1847), that he "never hopes to be so frightened again. You can't imagine till you have felt one—how it feels. I was not afraid to die, but what bothered me was how I would feel buried up in the ruins." As with many natural disasters that result in little personal suffering, young Julian's life went on as before. In fact, shortly after the quake, he joined the Republicans in a political parade for the upcoming presidential election. Many people from the southern states had moved to California and were against the Republican party and threw stones at the paraders.

Julian wrote at his desk in an office in San Francisco where his father arranged a job for him copying documents, hour after hour. After years of working outdoors on his grandfather's farm, he disliked the tedium of office work. He dreamed of more exciting work, like clerking in a store in Illinois, far from the earthquakes of California. He did like the pay, however, and enjoyed having his own money, perhaps for the first time in his life. Within a few years, Julian began working as a sign painter, and it was then his career as a landscape artist took off. Today Julian W. Rix's engravings and paintings are in many American museums from the Corcoran Gallery in Washington, DC to the Oakland Museum in California. This Peacham son is recognized as among the best scenic painters in the late nineteenth century, painting both western and New England scenes.

San Francisco Oct 30 1868.

Dear Alice

There has been so many things going on here lately that I hardly know how to begin. We are all well as usual and have been since I last wrote to you. Havnt been to Aunts [Clara Walbridge Rogers 1830-1918] for a while but Ned [his brother, Edward A. Rix] has,—for since the Earthquake there has'nt been any school on account of the damage it did to the building. I never want to experiance another Shake as we did for it is'nt so altogether funny as you might suppose. I can say with a clear conscience that I never was so scared or run so fast in my life. . . . It is very unpleasant to walk the streets now, especially in the lower parts of the City—where I am—for most two thirds of the buildings need repairing—and the streets are blocked up with bricks and Great piles of mortar and every once in awhile you run against a rope streched across the side walk with a big placard written on it Danger so see we have reminders of what was, I think in about all we had 25 diffrent shakes and shouldnt you think that was enough for once

But for all the Earthquake the other night we had the biggest Torchlight procession ever on the Pacific Coast. I went in and marched about 2 hours steady over cobble stones,—and concluded it did'nt pay—and left. There has been quite an excitement caused cheifly by the Democrats throwing cobble stones in to the procession when it was passing and lots were severly hurt. I expect we will have a lively time Election day, and I believe they have appointed 500 extra policemen to keep order. . . .

Now you may think this [letter] is rather hasty and it is, for—It is [written] before the bosses come and now days [I] havnt any time to write . . . in a week or so I will write about some private matters and a good long letter about things here in general

[Sideways in margins of first page:] You ask me if I ever wish I was back [in Vermont], if you want me to tell you the truth Yes—, but I couldnt make as much as here, unless I went out west, and since the Earthquake I have thought that if Ike [his uncle, Isaac N. Watts, born 1843, who at the time was visiting relatives in Illinois] opened that big store in Montecello I would like to clerk it for him,— and another thing, it is so immoral out here [in San Francisco], it is enough to spoil a minister but, for all that I try to keep straight, Give my love to all, and remember sometimes—

Felix [Julian's nickname]

remember me to Lizzie Mary Jane & the rest [Peacham neighbors, the Ways] write soon—

[Sideways in margin of last page:] I have written this in about 15 minutes, and as my time is up must close, so you must excuse all mistakes

The original of this letter remains in private hands. Letters in this series are written with no corrections of spelling, punctuation, or capitalization. Eclipses denote words left out and brackets indicate information added by the editor.



Gerald F. (Hap) Hutchins

Sept. 2, 1924 - Dec. 30, 2008

There were so many reasons
Why we Loved this guy.
I can't begin to tell you
All the reasons why.

His adult life started
With a trip overseas.
Being in the service Is never a
breeze.

He was always happy
To do what he could.
But to do it again
I don't think he would.

He soon took over the farm
on the hill,
For 17 years it was special to him.
He'd rather make hay
Then to the gym.

To look over those hills,
When the grass was green.
The most beautiful view
You have ever seen.

It was up in the morning
Before the rooster crows.
What the day brings
No one knows.

Life was not easy
Back in those days.
It was darn hard work
Without much praise.

Betty was always there
To do everything she could.
She helped to make hay
And maybe even split some wood

Hap had been thinking
A family would be nice.
But all those things
Come with a price.

After some time Barbie arrived
He had no idea what joy she
would bring.
Taking naps behind
the stove with her
Oh such a pleasure, not compara-
ble to anything.

She was his shadow
From Morning till night
Trying to help Dad
Do everything right.

After four years a little guy named
Brent arrived.
That was what he had prayed for.
How he enjoyed watching him
play with his trucks and trains,
And who could want
for anything more.

He saved his pennies for many,
many days.
Then went to town
to buy loaf of bread,
Gosh all heck
wouldn't you know he
Came home with a brand new
truck instead!

It was a pretty shiny green,

The nicest truck he'd ever seen.
He enjoyed that baby
for years to come
It was a long time getting another
one.

They went over the mountain
For a picnic one day.
And bought a camp
Along the way.

What a special place
To have some fun,
And sit and enjoy
The summer sun.

As time went by
And the kids got grown
It was time for a change
And buy new home.

They found a house
In the village to buy,
Well why not?
Lets give it a try!

It took lots of planning
For many days
It was a big change
In many ways.

He drove the school bus
For 36 years
Listened to many stories
Through Laughter and tears.

Those kids were real special,
He knew them all by name.
He'd sit and wait patiently
While they played a game.

He worked at Fairbanks And also
for St. Jay Town,
Everyone knew him
From miles around.

The time came for his children to
leave the nest This is when Gary
and Cyndy came into his life
They were so special to him, no
one need to tell us.
Gary married his little girl, and
Cyndy became Brent's wife.

You can't ask for better people.
They were there
with each new day
Ready to help
In every possible way.

He walked many miles.
In his walking days
7 or 8 miles he would go
To Danville or St. Jay.

He was always there as a Dad
and a Friend, When we needed
someone,
From the very beginning,
To the very end.

Till we met again.

Written by Joyce Bennett
Barbara H. Fontaine

Outdoor Adventures

Dracula in my house

By TONY SMITH

My cousin called me a month ago frantic on the phone.

"Tony you have to come over quick, there's the biggest bat in my house I have ever seen. Can you come get it out?"

Of course I said yes. That kind of stuff is always an adventure and I've had my rabies shots making it safer for me to get it out of the house than her. Since this wasn't my first bat rodeo, I knew what two items I would need to capture it alive and set it free: a bucket and a large piece of cardboard or other thin item to put over the top of the bucket. A good fish net works too, but can be a pain to maneuver inside a house.

My fiancé accompanied me over to the house because she too likes a good adventure. We get there and my cousin and her boyfriend are outside waiting. I like to think they were out there just to greet us, but instead they were afraid of the bat because it was so big.

There are nine species of bats in Vermont: little brown bat (brown), northern long-eared bat (brown), Indiana bat (brown), Small-footed bat (yellow-brown), Big brown bat (brown), Eastern pipistrelle (yellow-brown), Silver-haired bat (black-brown), red bat (rusty/white tips), and hoary bat (yellow-brown/white tips). One of the more common

species is the little brown bat, which I expected this to be.

They told me it was flying around when they came out, so I expected to see it still flying around when I went in.

But it wasn't.

In fact, we looked around for an hour and didn't find it. Usually they hide behind curtains, shades or something else high. We shook all the curtains, looked in the closets, bathroom, everywhere. I thought if we turn all the lights off it would feel more comfortable and come out.

It didn't.

Finally my cousin said, "It must have gotten out." Now I know it didn't, but I said, "If that will help you sleep better tonight, then yes, it must have gotten out."

Just as I got to the door to leave, I hear a shrilling scream, not from my female cousin or my fiancé, but my cousin's boyfriend.

I'm pretty sure he's not going to read this article, so I can say it sounded like a screech owl going through a wood chipper.

It was the loudest shriek I've ever heard, especially coming from a man's mouth. Out from behind the curtain came the bat. We checked there at least three times and it never moved when we shook it. Now I could see why they said it was the biggest bat they had ever seen.



Bat house

Heck, it may have been the biggest I had ever seen. It looked like an eagle flying through the living room, around in circles down the hall into the last room in the house.

At least we knew where it was now.

We got into the room and saw it sitting on the wood paneling on the wall. I figured this next part was either going to go real well or be a disaster. It turns out it went well. The bat just sat on the wall while I walked up to it, put the bucket over it and covered the top with the cardboard. I went outside and let it go with no problems.

You are probably wondering why anybody should be so concerned with saving such an ugly, non-charismatic animal.

The fact is bats are a huge part

>> Page 27

Are You Having Trouble Affording the Prescription Drugs You Need?

Our Health Centers May Be Able to Help

Our offices offer discounts on many of the most common prescription drugs. This discount is available to all our patients. In addition, for those with limited incomes, we apply an additional discount if you qualify for our sliding fee program. For more information, call for an appointment.

Concord Health Center (802) 695-2512

Sarah Berrian, MD (Pediatric, Adult and Obstetrical Care)
Susan Taney, Nurse Practitioner (Adult Care)
Jeniane L. Daniels, Physician Assistant-Certified
Donna Ransmeier, Behavioral Health Counseling

Danville Health Center (802) 684-2275

Tim Tanner, MD (Pediatric and Adult Care)
Sharon Fine, MD (Pediatric and Adult Care)
Mariel Hess, Nurse Practitioner (Pediatric and Adult Care)
Jeniane L. Daniels, Physician Assistant-certified

Caledonia Internal Medicine (802) 748-5174

Frank Meierdiercks, MD (Internal Medicine)
Thomas Ziobrowski, MD (Internal Medicine)
Claudia Lee, MD (Internal Medicine)
Elaine Robinson, Nurse Practitioner
Betsy Fowler, Behavioral Health Counseling

St. Johnsbury Family Health Center (802) 748-5041

Dana Kraus, MD (Family Medicine and Obstetrical Care)
John Ajamie, MD (Family Medicine)
Cathleen Besch, Nurse Practitioner
Carey Brodzinski, Nurse Practitioner
Diane E. Matthews, Nurse Practitioner (Adult Care)
Betsy Fowler, Behavioral Health Counseling

These Health Centers are units of
Northern Counties Health Care, Inc. - established in 1976
to bring health services to those in need in the Northeast Kingdom.



Trick or Treat?

Happy Halloween!
from
Tasty Treats Candies
"One of life's little pleasures."

NOTICE TO DANVILLE TAXPAYERS

Town of Danville taxes are due and payable on or before **October 26, 2009**. If not paid by that date, an 8% penalty plus 1% per month interest will be charged by the Delinquent Tax Collector.

Taxes must be in the hands of the Treasurer on due date or bear a **LEGIBLE** postmark date of no later than October 26, 2009. Postdated checks are not accepted.

Office Hours: 8:00 a.m. - 4:00 p.m.
Monday through Friday.

Office will be open until 6:00 p.m. on Monday, October 26, 2009.

WENDY M. SOMERS, Treasurer

When you think insurance...

Caledonia Insurance AGENCY, INC.

663 Old Center Road, St. Johnsbury, Vermont 05819
(802) 748-8797 Fax (802) 748-8609

Union Bank
www.unionbankvt.com Member FDIC

St. Johnsbury Academy
Fall 2009 Sports Schedule
Athletic Director: Tom Conte - CAA
Headmaster: Tom Lovett

Boys Soccer Varsity and Junior Varsity		Girls Soccer Varsity and Junior Varsity	
10/3 Stowe	10:00	10/2 Peoples	4:00
10/6 Peoples	4:00	10/7 Harwood	4:00
10/8 Harwood	4:00	10/9 North Country	4:00/7
10/14 Spaulding	4:00	10/13 Lyndon	4:00
10/16 Montpelier	4:00	10/15 Montpelier	4:00
10/20 Thetford	4:00	10/21 Stowe	4:00
		10/23 Randolph	4:00
Coaches: Richard McCarthy JV - Adam Kennedy		Coaches: Tracy Verge, Frank Leaf JV - Greg Roberts	
Cross Country		Football Varsity	
10/3 Thetford Inv.	10:00	10/3 Hartford	1:00
10/6 U-32	4:00	10/9 BFA	7:00
10/10 Peoples Inv.	10:00	10/16 Essex	7:00
10/14 North Country	4:00	10/24 Burlington	1:00
10/19 Relays @ Lake Region	4:00	10/31 Lyndon	1:00
10/24 NVAC Champ. @ U-32	11:00		
10/31 State Champs @ Thetford	10:00		
Coaches: Chip Langmaid, Tara Hemon and Richard Boisseau		Coaches: Shawn Murphy, Craig Racenet & Hank Van Orman	
Girls Field Hockey Varsity and Junior Varsity All JV Games Follow Varsity Games		Junior Varsity	
10/1 Montpelier	4:00	10/5 Hartford	4:00
10/3 Milton	10:00	10/12 U-32	4:00
10/7 Missisquoi	4:00	10/19 Lyndon	4:00
10/13 Harwood	4:00	10/26 North Country	4:00
10/15 Rice	4:00		
Coach: Fran Cone, JV - Paula Bystrzycki		Coaches: Mike Bugbee, Frank Trebilcock	
Girls Field Hockey		Freshman	
		10/7 Spaulding	4:00
		10/14 Lyndon	4:00
		10/21 Essex	4:00
		10/28 North Country	6:00
		Coaches: James Bentley & Joe Tomaselli	

To the point

Accupuncture: can it help?



BY DONNA GARFIELD

Acupuncture – even the word sounds painful. Why would anyone lie on a table and let someone insert needles into various parts of their body? In November 2006 I decided to find out. I was experiencing severe anxiety attacks and depression in addition to battling chronic fatigue syndrome. I was under a doctor's care but searching for something in addition to traditional treatments.

After reading about acupuncture and the benefits it could offer, I called Stacey Clark at Lyndonville Family Chiropractic Health Center. The practice is owned by Stacey and Karson Clark, a husband and wife team of chiropractors who moved to Vermont in 2004. Stacey is also certified as an acupuncturist. I met with her for an hour-long consultation to ask questions about acupuncture and try to determine if it could help me. I decided to try it.

At my first appointment, I changed into a johnny and lay down on a massage table. The drapes were drawn. I could hear a fountain in the corner of the room with water trickling over rocks. Candles were available if I wanted them lit. Stacey inserted needles into my toes, lower calves, arms, chest, and one in my head. Once Stacey completed inserting the needles, she left the room but I could call her if I needed her. The light was left on in the room, and I listened to a meditation tape. I laid there the entire time thinking, "Why am I here? This is just not me." I am very conservative in my thinking so this was really stepping outside the box. After the session, I decided I would not come back again. I had experienced something new, but it was not for me. When asked if I would like to schedule another appointment, I surprisingly said yes. Before I knew

The room itself is meant to induce calm. There are no telephones, fax machines, or cell phones to interrupt my solitude.

it, I was walking to my car, shaking my head, and wondering what made me say I would come back. I decided that since I had made another appointment, I might as well go back and try it again.

The second time things went much better. I was more relaxed about what would happen. Stacey is gracious and caring, so once I entered the room the stress level went down considerably. The room itself is meant to induce calm. There are no telephones, fax machines, or cell phones to interrupt my solitude. I have focused mainly on anxiety and chronic fatigue, but sometimes I have been treated for joint pain. I have found my comfort zone – no candles, the waterfall is soothing, the light is now out, and each time I listen to a meditation tape for 30 to 40 minutes. In the last year I have fallen asleep four times during the session. I wake up as soon as Stacey returns to remove the needles. My mood is relaxed and serene. The rest of the evening I am very mellow and that calmness can continue for days.

What is acupuncture? It is believed that acupuncture began in China about 2,500 years ago and is still prevalent there. Stacey says, "Acupuncture is based on the theory that there is energy flowing through your body in 12 pathways called meridians. Imbalance or blockage in the meridians lead to stagnation, inflammation, and pain that often leads to illness or disease. Acupuncture works by restoring the balance of energy flow or removing the blockage to restore health." The meridians are also called energy channels. The bladder meridian is the longest in the

body and goes from the head to the toes. The lung meridian is the shortest and goes from the neck to the thumb of either hand. The acupuncturist inserts a needle at certain acupuncture points in a meridian.

The thought of needles bothers most people. There are many sizes and shapes to acupuncture needles. Stacey explains, "I use Chinese-style needles that are 0.25mm gauge in diameter and one inch in length, made of sterile disposable, surgical stainless steel." I was surprised at how thin the needles were. They come in single-use packages and are regulated by the FDA. The top of the needle has a one-inch long handle for the practitioner to hang onto while inserting the needle into the skin. The needles are biohazard waste products, disposed of accordingly, and may not be used again. The acupuncturist inserts each needle until she feels the meridian and then carefully twists the needle to start the flow of energy. In my last session, I was experiencing joint problems in my left knee and left thumb. Stacey treated the joint pain as well as anxiety by using 32 needles at various acupuncture points. She always places one needle in the top of my head saying, "It will clear your mind."

Stacey commented that she has had success with treating "fatigue, depression, anxiety, fibromyalgia, migraines, gall bladder and kidney dysfunctions, stomach pain, joint problems, bedwetting, and back, neck, and shoulder pain." The primary problem for people coming to her for help is dealing with stress and anxiety. She practices symptom-based

acupuncture. People ask if it is a matter of believing in your mind that acupuncture will work. She says, "Acupuncture is physiological, so it can work whether you believe in it or not." Not all people tolerate acupuncture well. She says, "After six sessions, if I do not feel that I can help a patient, I tell that person."

Stacey is a Christian and feels that God has given her the ability to help others feel better by using acupuncture. Stacey works two days per week. Half of each day is spent on chiropractic care and the other half on acupuncture care. Her acupuncture patients have ranged in age from six to 85 years old. Stacey treats approximately 16-20 patients a week for acupuncture and has been providing this care for about five years.

When is acupuncture unsafe? Can organs be punctured by accident? Stacey responds that "Meridians are close to the surface so needles are not inserted very far. The lungs and esophagus are places where a needle could do serious damage." Near the lungs, she does not even go 1/2 inch deep. Acupuncturists study the body and know where and how to place the needles. Stacey says,

"The most common side effects are sometimes turning black and blue where a needle was inserted, a welt that may last for a day, crying (that can have a healing effect), feeling tired, or feeling energized."

Stacey was born in Newport. She and Karson moved to Davenport, Iowa to attend Palmer College of Chiropractic where they graduated with doctorates in chiropractic. It was while she was living in Iowa that she became interested in acupuncture. She was dealing with her own illness and found that traditional medicine was not helping. Acupuncture helped her and she wanted to be able to do the same for others. In reflecting upon her study of acupuncture, Stacey says, "I studied under two licensed acupuncturists, Dr. Richard Lu from Taiwan and Dr. John Amara." She studied under Dr. Lu for five years in Davenport and then studied under Dr. Amara in Chicago. A search on the Internet for Dr. Amara shows a myriad of articles he has written and research he has done. He is well known internationally and is also a lecturer.

Acupuncturists must be certified. The best way to see if someone is certified is by checking with the American Academy

of Medical Acupuncture or with the Secretary of State. In Stacey's situation, she is considered a physician in Vermont so she added a certification for acupuncture under her chiropractic license. She must have 24 continuing education credits every two years to be a chiropractor and then takes extra classes and seminars to stay up to date on acupuncture.

Stacey has seen a trend of more doctors recommending acupuncture in conjunction with traditional medicine. She would encourage more cooperation and would like to help people avoid surgery or other invasive procedures if acupuncture can be used instead. Acupuncture is widely used in China during surgery. Stacey would like to see that happen in the United States. One problem is that few health care insurance companies will pay for the treatment.

I am very satisfied with what acupuncture has done for me. Now I go once a month for maintenance. Stacey remembers me as an ill woman who came to see her in 2006. Even she is amazed at the level of health I have attained by adding acupuncture to my health regimen. ★

>> Page 25

of our ecosystem. They can eat up to 1,000 mosquitoes an hour. In Texas, one huge colony of Mexican free-tailed bats reportedly can eat a quarter million pounds of insects each night. That many insects weigh as much as 125 cars. Unfortunately they are on the decline dramatically due to a recently discovered disease called, "White Nose Syndrome." The disease gets its name from the white fungus that grows on its nose and face. It was first discovered in a cave in New York State in 2006, but has rapidly spread to several other caves killing millions of bats in its path. With a 90 percent mortality rate, few survive. Many endangered and threatened bats in the U.S. are getting to critical levels and could be extinct within a few years. Just imagine a world with 1,000 more mosquitoes and hour in it, per dead bat! I'm not sure I want to. The fungus wakes the bat up early in its hibernation period using up its fat reserves too early in the season. Bats have been seen flying around in

February and March looking for insects that aren't there. Eventually they starve or freeze to death.

There are ways you can help! You can put up bat boxes around your house, which not only gives bats a place to roost and live for the summer, but also keeps your house free of that many more mosquitoes each night. Otherwise bats roost under bark of large dead or dying trees. Bat boxes are meant to simulate this habitat. You can also choose to save each bat you find in your house instead of taking the easy way out and hitting it to death with a broom. Below is a link to help "bat proof" your house and show you how to release them alive. Also, there is a picture of a bat box. You can buy these online or make your own.

www.vtfishandwildlife.com/library/factsheets/nongame_and_Natural_Heritage/Bats_in_Your_House.pdf ★

The Northeast Kingdom's Full-Service Bicycle and Outdoor Store

- Personal, Quality Service On All Makes and Models Of Bikes
- We rent quality Mountain Bikes to ride on Kingdom Trails



(802) 626-3215
Rt. 114
East Burke, VT

OPEN 7 DAYS A WEEK

Check out our clothing by



Authorized Dealer
TREK USA
SANTACRUZ
SantaCruzBicycles.com



Uniquity

"Close to Home, but Far from Ordinary!"

Vermont Crafts Baskets Maple Products Wind Chimes Lamps & Shades Cards & Calendars Clocks & Weather Instruments Kitchen Linens	Pottery Doll Clothes Puzzles Soaps Candles	Jewelry Quilts Books & Journals
---	--	---------------------------------------

Prints & Custom Framing

(802) 748-1912 443 Railroad St., St. Johnsbury, VT

Marty's 1st Stop

US Route 2 ▶ Danville, VT ▶ (802) 684-2574

Mon.-Thurs. 5:30 a.m.-8:30 p.m.
Fri. & Sat. 7 a.m.-9 p.m.
Sun. 7 a.m.-8 p.m.

DELI

PIZZA served everyday

Megabucks Tickets
Mobil Speed Pass

DANVILLE SCHOOL

2009 Schedule
Athletic Director: Merlyn Courser CAA

Boys High School Soccer

October			
2	Friday	BFA Fairfax @ Danville	4:00
6	Tuesday	Danville @ Enosburg	4:00
8	Thursday	Winooski @ Danville	B/G 4:00
14	Wednesday	Hazen @ Danville	4:00
16	Friday	Danville @ Oxbow	4:00
20	Tuesday	Richford @ Danville	4:00

Girls High School Soccer

October			
7	Wednesday	Danville @ Oxbow	4:00
9	Friday	Danville @ Hazen	4:00
13	Friday	Danville @ Lake Region	4:00
15	Thursday	Danville @ BFA Fairfax	4:00
21	Thursday	Winooski @ Danville	4:00
23	Thursday	Danville @ Richford	4:00


Boys & Girls Middle School Soccer

October			
1	Thursday	Danville @ Concord	4:30 G/B
5	Monday	Lyndon @ Danville	4:30 G/B
8	Thursday	Danville @ Barnet	4:00 Coed
12	Monday	Danville @ St. J Rec.	4:00 girls/5:00 boys
15	Thursday	Cabot @ Danville	4:00 Coed
19	Monday	Hazen @ Danville	4:00 G/B

High & Middle School Field Hockey

October			
3	Saturday	Danville @ Harwood	11:00 Round Robin


Dr. Richard Leven
Dr. Stephen Feltus
Dr. Andrew Ishak
Dr. Robin Vance-Ishak



Annual
\$99*
Eyewear
Event

- \$99 Package:**
 - Single vision plastic lenses
- \$129 Lined Bi-Focal Package & \$199 No-Line Bi-Focal Package**
 - Plus FREE one year limited warranty with all packages
 - Frames ~ choose from a large group of stylish frames

* Some restrictions apply. This eyewear event does not include eye exam. Offer Expires October 31, 2009



Green Mountain Mall
US 5, St. Johnsbury Center
802 748-3536

What's happening at town hall

Barnet

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

September 14, 2009

Boat Access – Lake Harvey Association members Jan Sherman, Wayne Berge, and Karla Cornelius appeared to discuss concern regarding Harvey's Lake public boat access at Sunny Beach Lane next to the property of Robert and Jane Perrin. They said money and energy was spent on preventing milfoil at the Roy Mountain Road access will be wasted if milfoil enters the lake at another access point. They suggested either closing the access altogether or putting up saw-

horses with signs informing about milfoil prevention. After brief discussion, the Board agreed to pursue the approach of putting up a chained entry to this access with signage attached. The chain will not be locked. LHA agreed to procure signage.

Harvey's Lake - Mr. Zita appeared to discuss any end-of-season Beach matters and to discuss the concluding season in general. Faris said the only concern he was aware of was a request by James MacDonald that a fence be put up in the water between Beach property and his property. No such fence was erected in 2009. Zita brought up a concern regarding erosion along the beach-line, which is causing the potentially dangerous exposure of tree roots and a steep embankment between the grass and sand shoreline of the beach. Bunnell will arrange a meeting with Zita to look at the site and evaluate.

Spring Issue - Mr. & Mrs. Donaghy appeared to state a concern regarding a spring supplying water to their home on Comerford Dam Road. The Donaghy's said a recent reconfiguration of the road brought the road to within one foot of the spring, creating a road hazard and rendering their water undrinkable. Faris explained that the Donaghy's have expressed this concern before and he has viewed the site. Faris said in the past, a situation like this would have been resolved by the Town paying to replace the spring. However, current State regulations may render this ap-

proach complicated. The Board agreed that Bunnell will go to view the site and give a recommendation.

Transfer Station – Members reviewed the current fee schedule for tire collection at the transfer station as compared with that of K-N-S Tire Recycling, the Town's new vendor for tire removal. The Board found that the Town's fees leave the Town in a slight deficit in terms of revenue generated versus funds spent for removal. After brief discussion the Board agreed to increase Transfer Station fees by \$0.25 per tire on all sizes of tires, effective immediately.

Passumpsic Village Store – The Board read a cover letter and reviewed report detailing the most recent groundwater testing for contamination at the site of the former Passumpsic Village Store. The report stated decreased contamination and recommended changing testing to an annual rather than semiannual basis.

High Speed Internet – The Board read correspondence informing the Town of Barnet of Northern Community Investment Council's federal grant awards for planned projects to construct high-speed internet poles on the properties of Arthur and Debra Roy and John and Cynthia Bogie.

Danville

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

September 3, 2009

ATVs - Craig Vance representing NEK Wheelers ATV Club, was

present to answer the letter of concern the Board had sent him after last meeting. The concern was with ATV traffic particularly on the Wheelock and McDowell Roads. Vance stated that the club, with assistance from the VASA the state ATV association, funded nine hours of sheriff patrol to determine the type of traffic that may be using the roads and to determine if any are not following the rules. He also informed the board that the club has built a connector trail from Webster Hill to Marty's.

Historical Society - A letter presented by Mary Prior as president of the Historical Society requested four items of consideration from the Board. The first item was assistance to helping preserve the development radius around the Old North Church. After some discussion the board concluded that they had no simple solution to this request. Some land has been donated to the Historical Society, but the remaining land has a value to the owners. There are no town funds available at the present time that have been set aside for the purchase of property or development rights. Any other funds, if appropriated, would have to be approved at a Town Meeting. They encouraged Mary to work with the Conservation Commission, to try to find any funds or solutions that may be available from outside agencies, for land preservation. Second, the Board did not have support for requiring all historic sites to bear markers stating such and requiring them to meet special requirements for alterations and use. They have no objections for anyone voluntarily subscribing to such an agreement, but they feel that should be up to the individual property owners.

Third they were in agreement that the balance of the book account of approximately \$2,456 could be used to reprint additional copies of the town history book. Fourth the tree fund specifies use only for plantings on town property. The Mason's building is not town property and was not considered for any plantings. The final item requested a Board member to become an ex-officio member of the Historical Society and the North Danville School Association. The Board felt that each organization is independent, and does not require a member of the Board to attend their board meetings as a member. They would appreciate a copy of any minutes generated.

The Green - The Board sent invitations to various VTrans and Arts Council representatives to attend activities on the Green. The following were able to attend at various times; Ken Robie, Gary Santee, Stuart Menard, Michele Bailey, Alex Aldrich, and Tom Brady. All visitations were met by Merton and various Selectboard members, assisted by Ken Linsley. The following changes were proposed for the Green Area.

1. Remove white spruce trees from the front of green. While these trees were added for lowering noise, the concern is they will block vision and take up space.
2. Remove the sidewalk from the East side of Peacham Road and add slopped curbs around the Green wherever there is not sidewalk, for better access to the Green.
3. Remove cross walk from Diamond Hill to Peacham Road Sidewalk. The crosswalk as designed would be in right turn on red lane of the traffic light.
4. Make crosswalk at Town Hall,



Open

Monday - Saturday
9 a.m. - 5 p.m.
Sunday 1 - 5 p.m.

Planetarium shows:
Saturday & Sunday at 1:30



Pints & Pizza
Open Friday & Saturday
4 - 9 p.m.

Trout River Brewing
Route 5, Lyndonville, VT
(802) 626-9396

S.A. FISHBURN INC.

- Window Restoration
- Plaster Preservation
- Custom Cabinetry
- Architectural Millwork

Historic Preservation and Design

(802) 684-2524
safishburn@gmail.com
www.safishburn.net



MICHAEL K. WALSH & SON, Builders

Custom Homes • Finish Work • Remodeling
Additions • Roofing • Siding • Decks
Painting • Wallpapering & More

Small or Large Projects
Reasonable Rates
Quality Workmanship

Serving Danville and the surrounding areas for 25 years.

Danville, VT • 802-684-3977 • Call now for Spring Projects!



PHOTO REPRINTS
are at
YOUR FINGERTIPS...

Visit
northstarmonthly.com

to order online
and have the print
**SHIPPED TO
YOUR DOOR**

Many different
print sizes are
available.

PHOTOS FROM:
Danville Fair
Caledonia
County Fair
Fourth of July
Celebrations
**SHOP ONLINE
TODAY!!**

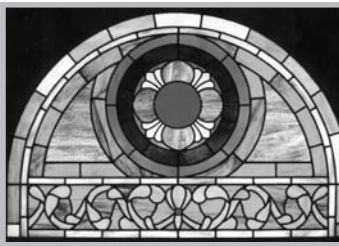


HEART OF VERMONT™ CHAMBER OF COMMERCE

FALL FOLIAGE CRAFT FAIR
Featuring jewelry, candles, quilts, pottery and other fine arts and crafts.

October 3-4
Saturday 10-4 ~ Sunday 10-3
Hardwick Elementary School
S. Main St. ~ Hardwick, VT
PRIZES ~ FOOD ~ FUN

Also, at The Daniels Building lower parking lot:
Saturday 10 ~ 2
BLACKSMITH DEMONSTRATION & SALE
Antique Car Display ~ Bring yours & share the fun.
Horse drawn hayrides - \$3.00/person

**Danville
Congregational
Church**

United Church of Christ
An Open and Affirming Congregation

**Rev. Douglas Carter
Pastor**

Please Join Us
for Worship at 10 a.m.
**Bring your family.
Child care provided.**

(802) 684-1151
www.danville-ucc.org

the main Route #2 cross walk to Park St. The sidewalk will go all around outside of green and across the front. This crosswalk is now generally used as the main crosswalk for Green functions.

5. Add two wheelchair access points to Park Street along with Handicap parking, to provide better handicap access to Green.

6. Add bushes or plantings where danger may be present with stone structures. Possibly stones 18 inches above ground, verses being level with ground. Michele was going to follow up with the details on the stone structure.

7. Bandstand to be continued as a replacement of the existing bandstand, except the Board would require the removal of the wrap around seating changed to access steps in front and a place to mount the veterans plaque. Bandstand to be rededicated to the veterans after reconstruction.

8. Final placement of granite post and other artist's enhancements to be adjusted to the best location at final placement after observing other completed constructions.

Lyndon

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

September 14, 2009

Cemetery Expansion - As discussed at a previous meeting, two bids have been received for the proposed project. The Board would like to look at further plans and gather more information about the boundary line. The

item was tabled.

Chimney Repairs - Only one bid has been received to date, that being for \$2,500 per chimney to repair the chimneys enough so that they will last another seven years or so. The Board accepted the bid.

Peacham

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

August 19, 2009

Mapping - John Reiss discussed the mapping and recording status of various Peacham roads and rights of way. Specifically, he reviewed the discontinued portion of Bailey Hazen Road and parts of Penny Street, which are referred to in town record book #60, page 205-208. The town record book indicates the roads as being legal trails. He requested the "Military Road" designation of the obscure southern portion of the Bayley Hazen Road be reinstated onto current maps. He stated that road discontinuance actions taken in 1955 had previously been instituted in 1883. The Board thanked Mr. Reiss for his investigative work.

Mowing - Joan Churchill and Bill Goss expressed their concerns regarding the quality of the recent roadside mowing project. Ann also mentioned a missing

warning sign and vehicles failing to stop on Academy Hill Road and Maple Street. The Board indicated that local law enforcement will be contacted. Goss also mentioned that Green Mountain Power should be maintaining their rights of way. The road foreman will be contacted regarding the mowing and rights of way issues. Comments were read by the Board from the road foreman indicating that all road side mowing is complete, Martin's Pond culvert work has begun and the road should be reopened next week. The comments also included discussion of the new truck body installation and the Board requested that a separate warrant for this purchase be produced when the financial transaction occurs.

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 Justice Center - Dinah Yessne, director of the Community Justice Center, stated she has contacted numerous property owners in St. Johnsbury to inquire about affordable office space for the Justice Center. Dinah said Doug Spates owns the

building that was formerly occupied by NEKCA on Cherry Street. She 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. The space is handicapped accessible and is a convenient location in the community. The Justice Center Grant period ends on June 30, 2010 - so the initial rental agreement will be for Oct. 1 through June 30, 2010. 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 Center, 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. The Board approved the rental of office space in the Spate's building on Cherry Street.

Walden

Town Clerk: Lina Smith
 Selectboard: Dave Brown, Doug Luther and Robert Bunnell.

August 25, 2009

Road Work - Road Foreman Robert Bell reported that the crew had replaced six culverts and expected to do three more. He noted they are ditching on Coles Pond Road right now. If landowners living in that area want some fill, they can call the town garage at 563-2504.

North Danville Rd. - The board asked the road foreman to look at the North Danville Road. There is concern that some culverts should be replaced. Brushing as soon as the weather cools down will also be done.

Bridges - The board discussed putting stay mat on each end of bridges to help with potholes. They will experiment with this as well as using some in bad spots. They also discussed the shortage of gravel. Putting up sand will begin Sept. 8.

New Computer - The Town Clerk reported that she had received a grant for a new computer for the town. She also updated the board on the status of delinquent taxes.

October 2009 Menu

West Barnet Senior Meal Site

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

- Oct. 2 - No meal.
- Oct. 7. Autumn stew, tossed salad, biscuits and bread pudding.
- Oct. 9 - Spaghetti, Italian bread, cole slaw and sliced peaches.
- Oct. 14 - Shepard's pie, spinach, three-bean salad, dark bread and apricots.
- Oct. 16 - Corned beef and cabbage, potatoes, turnip, carrots rolls and jello.
- Oct. 21 - Chile, tossed salad, corn bread and fresh fruit.
- Oct. 23 - Baked fish, oven potatoes, cole slaw, home made bread and tropical fruit.
- Oct. 28 - Meat loaf, mashed potatoes, winter squash, bread, vanilla pudding and mandarin oranges.
- Oct. 30 - Roast pork, potatoes and gravy, apple sauce, mixed veggies, rolls and cake and ice cream.

dinner~bar~parties

Dinner & a FREE movie

Have dinner and your movie afterwards at **Catamount Arts** is on us!

The fine print.
 Valid the same night as dinner for the 7p.m. show only.
 \$20/person dinner minimum.
 Nontransferable.




748.8400
 elementsfood.com

98 MILL ST ST JOHNSBURY VERMONT

Stuart V. Corso, D.M.D.

GENERAL AND FAMILY DENTISTRY

31 Mountain View Drive
 Danville, VT
(802) 684-1133

Little Mover
 Local & Regional Moving

Full Fleet of Moving Trucks, Vans & Trailers

KAP Enterprises, LLC
 U.S. DOT 458292

Keith A. Phelps
 838 Keyser Hill Rd.
 St. Johnsbury, VT

42 Years

Phone: 802.748.9112
 Cell: 802.793.7986
 jphelps@kingcon.com



DIAMOND HILL STORE

VERMONT LIQUOR OUTLET

in the heart of **DANVILLE**

Great Selection of Scotch
684-9797
 Monday - Saturday 10-6
 Sunday 10-4
 email: diamondh@charter.net

THE PIZZA MAN OF LYNDONVILLE

Pizza • Subs
 Salads • Calzones
 Dinners

802 • 626 • 4Roni
 802 • 626 • 4766

NOW ORDER ON-LINE AND RECEIVE **20% OFF** YOUR FIRST ORDER
 www.THEpizzamandelivers.com

WE DELIVER \$10 Minimum for Delivery

663 Broad Street
 Lyndonville, VT
 M-W 11-9 • Th-Sat 11-10
 Sun. 12-9

Vinyl Replacement WINDOWS

- Take Advantage of New Tax Incentive
- Free Upgrade on Harvey Windows Double Low-E Argon
- Easy Tilt-in Sashes
- 20-year Warranty on Glass
- Lifetime Warranty on Window
- Free Estimates

Give us a call or visit our showroom



MAYO'S GLASS ■ SERVICE

744 Portland Street, St. Johnsbury, VT
 (802) 748-8895 • (800) 286-6296
 www.mayoglass.com / info@mayoglass.com



Fall means time for winter squash



No Small Potatoes *with Vanna Guldenschuh*

Pumpkins, Turks Turbans, Butternuts, Buttercups, Acorns, Baby Blues, Hubbards. Just a few of the myriad of winter squashes to tempt us at this time of year. They come in all shapes and colors and I love the sight of a pile of them on a porch with a backdrop of fallen leaves and bright blue sky. Most of the winter squash are interchangeable in recipes, some are just easier to handle than others.

»**Sliced Squash** - Pumpkins or Butternut squash are the easiest to peel and slice. Hubbard squash is so large that you have to use a heavy chef's knife or cleaver to cut the squash into large pieces and slice away the meat. I have reverted to an ax with some especially large hubbards. The buttercup type squashes are best cut into large pieces and the flesh removed after cooking.

»**Pureed Squash** - I find the easiest way to puree squash is to cut any orange fleshed squash into large pieces (with or without the skin) and oven bake in a covered roast-

ing pan with a small amount of water in the bottom. Cook until tender and then scoop out the meat and mash or puree. This method leaves you with a less waterlogged product and allows you to add the liquid of your choice to flavor the squash.

»**Acorn Squash** - This beautiful bright green squash is best cut into quarters and rubbed with salt, pepper, butter and either sugar or maple syrup and baked in the oven until tender. Serve the quarter right on the dinner plate. It's so simple and so good.

»**Traditional Pureed Squash** - There are some new breeds of orange fleshed squashes available. One of them is ambercup. It is an orange skinned variety of the buttercup - very flavorful and sweet. 2 medium sized orange squash (red curry, butternut, hubbard or buttercup are all good substitutes)

- 1/2 cup maple syrup
- 1/2 cup new apple cider
- 2-4 tablespoons butter
- salt and pepper to taste

Cut the squash in quarters and place in a roasting pan with a small amount of water in the bottom. Cover tightly with foil and place in a 350 degree oven for about an hour or until the squash is very soft. Let cool to make it easier to handle. Scoop out the flesh into a medium sized mixing bowl and add butter, maple syrup, cider and salt and pepper to taste. Mash together with a hand beater or whisk.

»**Butternut Squash Soup**

This soup can be made with any orange fleshed winter squash or sweet potatoes. My favorite is the butternut. It is easy to peel and contains an amazing amount of 'meat' for this type of squash.

- 8 cups butternut squash - peeled in large chunks
- 4 onions - peeled and cut in quarters
- 8 cups beef stock - tinned or home-

made (have extra on hand in case you need to thin the soup)

- 1 cup cider
- 2 tablespoons butter
- 1 teaspoon cinnamon
- 1 tablespoon curry powder (curry powder varies in strength - you may need more)
- 1/2 cup maple syrup (can substitute 1/2 cup sugar)
- 1-2 cups heavy cream (heavy cream will not curdle the soup and I suggest you use it instead of milk or half and half)
- Salt and pepper to taste
- Pinch of cayenne pepper (optional)

In a large soup pot sauté the onions in butter until just soft and translucent. Add the squash, beef stock and water and cook until all is tender. Add more liquid (water or stock) if needed during the cooking process. Puree the cooked mixture in a food processor or blender and put back in the pot. If it is very thick you may have to add more stock or water. You will want this soup to be fairly thick so be careful not to burn the bottom. Add the cinnamon, curry powder, cayenne and maple syrup. Cook for about 20 minutes to meld the flavors together. Add the heavy cream and heat to below boiling. Serve with a dollop of unsweetened whipped cream on top.

»**Scalloped Butternut Squash**

This is a takeoff on an old winter favorite. Sweet potato can be substituted in this dish for an equally satisfying result.

- 8 to 12 cups butternut squash - sliced into thin rounds
- 3 large onions - peeled and thinly sliced
- 1 stick softened butter - almost melted
- 1 pint heavy cream
- 1 cup flour
- Salt and pepper
- 1/2 cup white sugar
- Salt and pepper
- 1/2 cup bread crumbs

Preheat oven to 375 degrees. Butter the bottom of a 9x13 inch baking dish. Put a layer of the squash slices in the dish and brush with the melted butter. Put some of the chopped onions on top. Sprinkle some of the salt, pepper and sugar over them (just enough to flavor the layer). Sprinkle with some flour and pour a little cream on top. Repeat this process (squash, butter, onions, salt, pepper, sugar, flour and cream) until the dish is filled. Sprinkle the top of the casserole, lightly, with bread crumbs and dot with butter and a few of the onions.

There should be liquid about 3/4 up the side of the pan - if there is not, add a little stock or cider to bring it up to snuff.

Bake in the oven for approximately 45 minutes to one hour. I usually cover this dish to start - about 30 minutes and then uncovered for the rest of the time. The squash should be tender and the casserole bubbling. I have had this take almost 1 1/2 hours to cook - so check it. Let set for about 15 minutes before serving.

»**Chunky Pumpkin Pie**

The concept of making a pumpkin pie like an apple pie is so simple; you will wonder why everyone doesn't cool one this time of year. Wait until you hear the comments from family and friends.

- Pastry for double crust pie
- 6 cups raw pumpkin - peeled and chunked (fairly small chunks)
- 3 cups sugar
- 4 teaspoons cinnamon
- 3 tablespoons flour
- 4 teaspoons butter
- 1/4 cup heavy cream

Preheat oven to 375 degrees. In a large mixing bowl combine the chunks of pumpkin, sugar, cinnamon and flour. Line the bottom of a 9inch-pie plate with piecrust and fill with the pumpkin mix. Dot with butter and pour the cream over all. Cover with the second crust and close the edges together. Slash several holes in the top and bake in the oven for approximately 45 minutes until bubbly and golden. Let cool completely. Serve with vanilla ice cream.



The North Danville Church (ABC)

Worship and Sunday School
9:30
Fellowship Hour
10:20 AM

Pastor: The Rev. Bob Sargent
Handicapped accessible!

The Lyndonville TRADING POST
Route 5, Lyndonville, VT

- Small engine service
- Repair and tune-ups on snowmobiles & snowblowers

Used snowblowers for sale
(802) 626-3435

DADS 4 BY TOOL & SUPPLY

Everything From Amish Built Dog Kennels to

- Logging Equipment
- Dewalt Power Tools
- WOOD PELLETS Order Now For the Season
- Trailer Hitches & Balls
- Tools
- and Welders

22 Memorial Drive, St. Johnsbury • 802-748-4208
10 Railroad Street, Wells River, VT • 802-757-2000

RAMUNTO'S BRICK OVEN PIZZA
A New York Pizza Family
THE BEST HAND-TOSSED NEW YORK PIZZA

COUPON SPECIAL
PURCHASE FROM OUR SICILIAN MENU AND RECEIVE
FREE
ONE 16" NY CHEESE PIZZA
EXPIRES 10/31/09

****NOW UNDER NEW MANAGEMENT****
Age 55+? Ask About Our Sunday 15% Discounts
GIFT CARDS AVAILABLE • WE DELIVER

Sun 12-8p.m. • Mon-Thurs 11a.m.-9p.m. • Fri & Sat 11a.m.-10p.m.
RAILROAD STREET • ST. JOHNSBURY, VT
802-751-8500 • 802-751-8525

CEDAR LUMBER

- A safe, local, natural alternative to pressure treated
- Custom sawing available
- Rough or surfaced
- Sawn to your specifications

Caledonia Lumber
754 Station Rd., Sutton VT
802.535.8643



Pope Notes

with Dee Palmer, Library Director

Autumn on the Green is just around the corner! Mark your calendars for October 4 for this wonderful fall festival of artisans, crafters, antiques, live music and food. The Creamery Restaurant once again will make a delicious chicken and biscuit dinner to benefit the Pope Library. The menu includes chicken and gravy over biscuits, cranberry sauce, peas, sweet potato casserole, beverage and dessert. Tickets are \$12.50 and may be purchased ahead of time at the library. To reserve tickets call the library, 684-2256 or Susan at 684-3836. All tickets must be paid for in advance of the dinner. We will serve from 11:30 -12:30. Tickets can also be purchased at the door, depending on availability.

Please join us for our October book discussion of *Night* by Elie Wiesel, part of the Vermont Humanities Council series: World War II: The Loss of the Age of Innocence. In Nobel laureate Elie Wiesel's memoir *Night*, a scholarly, pious teenager is wracked with guilt at having survived the horror of the Holocaust and the genocidal campaign that consumed his family. His memories of the nightmare world of the death camps present him with an intolerable question: how can the God he once so fervently believed in have allowed these monstrous events to occur? There are no easy answers in this harrowing book, which probes life's essential riddles with the lucid anguish only great literature achieves. It marks the crucial first step in Wiesel's lifelong project to bear witness for those who died. Scholar Suzi Wizowaty will lead the discussion on Wednesday, October 21 at 7pm. Books and schedules are available at the Pope.

The Pope Library is participating in the "Cell Phones for Soldiers" program. CPFS is calling on all Americans to support the troops by donating old cell phones. CPFS hopes to collect over 50,000 used cell phones this year. Proceeds will be used to purchase calling cards for our troops so they can stay connected with their families. For more information about this program go to the Cell Phones for Soldiers website.

Attention Francophones et Francophiles! Susannah Morlock has organized a French conversation group at the library to meet every 1st and 3rd Wednesday of the month. For more information call Susannah at 685-2524.

Our latest book acquisitions are: *That Old Cape Magic* by Russo, *The Lost Symbol* by Brown, *The Girl Who Played With Fire* by Larsson, *South of Broad* by Conroy, *Somebody*

Knows My Name by Hill, *The Last Song* by Sparks, *Let the Great World Spin* by McCann, *The Botany of Desire* by Pollan, *Strength in What Remains* by Kidder, *Animals Make Us Human* by Grandin and *Zeitoun* by Eggers. Come in and

Check them out!
From the Children's Room
 We are excited to announce the Young Adult Program will begin on Wednesday, September 23. The after school program will be available to students in grades 6, 7 and 8 on Wednesdays and

Fridays from 2:30 – 5:00. The YA program is free and is open first to students who return their Enrollment Form by September 23. Snacks and beverages will be available each day as well as activities shaped around the interest of the participants. Blythe Webster

is the new coordinator of the program. The library is happy to host this program and welcomes students to enjoy everything we have to offer. Participants in the program MUST be willing and able to RESPECT Library resources, policies and patrons.



Points North Real Estate
 802.745.1165
 56 Church Street
 St. Johnsbury VT 05819
 www.pointsnorthrealestategroup.com
 info@pnreg.com




Connie Sleath Kelly Donaghy

➤MLS # N2769558

Burke: Post and Beam home on open and wooded 5+/- Acre lot. Brook. 2 car garage with shop, barn, 3 bdrm, 1.5 bath, exposed beams and hearth. Established gardens. Close to Burke Mountain & direct access to Kingdom Trails.

\$430,900



LAND LISTINGS

MLS # N2779554
Peacham: Pretty piece of Peacham land with survey & septic design completed. Gentle sloping land offers private setting. 6.93 acres
\$55,000

MLS # N2786291
Waterford: 6+/- Acres. Two beautiful pieces of adjacent land w/ views of the CT River & White Mountains. The land is a combination of woods, stone walls and meadows. Power roadside. Choice of high schools. Picture perfect.
\$103,000

MLS # N2786289
Waterford: 4.1+/- Acres See Description Above
\$71,000

MLS # N2773177
Waterford: Midway between Littleton and St. Johnsbury this is a choice location. Great views of Moore Dam & the White Mountains. Build your dream home or vacation get away. High school choice.
\$85,000



MLS#2798970
 Danville! This log home, built by a local Danville Builder, is very private. It has a long curved drive. You won't be able to see another house. You can see the mountains. They come right into your living room. Ceiling to floor windows, two story fieldstone fireplace, custom made cupboards. Here's your cabin on the mountain top.
\$375,000



MLS#2796952
 West Danville! Just a stone's throw from Joe's Pond. Right on the VAST trail. Tucked away on three acres, just at the edge of the village. Nice views of the village. A great garden spot. Lots of lawn and flowers. A great BBQ deck. You may start here. You may retire here. This can be your vacation home. Or just live here. All the fun of the Kingdom is at your door step.
\$129,900



Danville! This double wide manufactured home has been very lightly used. It is a second home to the present owners. It is in mint condition. The back yard is fenced for your kids or the pets. The landscaping is gorgeous. You have two nice outbuildings for storage. There's enough space on the porches for settin' out. Nice views, too. The Kingdom is at your doorstep here, too.
\$124,900



Susan Aiken REAL ESTATE
 RESIDENTIAL - LAND - RECREATIONAL PROPERTIES



Call me at (802) 748-1145
 E-mail me at susan@aikencrest.com
or visit www.aikencrest.com

Hi friends, keep in mind Aikencrest can care for your property. As a rental, as a vacant property while you're away. If you have moved to another area and need property management, Aikencrest is available for your property's needs. We tailor our care to fit your purposes. Call us and we'll tell you all about it.

BEGIN REALTY ASSOCIATES



TWO STORY CAMP
ML2792132 This is your chance to live off the grid and enjoy million dollar views of the White Mountains. This 2-story camp sits on 43 acres in Danville and gives you complete privacy. Great area for hunting and snowmobiling. Wood stove hook up and propane appliances.
\$350,000

BEGIN REALTY ASSOCIATES



MUST SEE HOME
ML2775948 Spacious 4BR home w/farmer's porch sited on a 2-acre lot. Home features large eat-in kitchen, formal dining room, 1st floor laundry with 3/4 bath, brand new roof, siding and windows. The sun-room faces directly south and showcases spectacular 180 degrees mountain views.
Recently reduced to \$245,000

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

Start your search here.



309 Portland St., St. Johnsbury, VT 05819
(802) 748-2045
Providing Professional and Courteous Service
 www.beginrealty.com



SPECIAL PLACE TO CALL HOME
ML2794692 Clean and neat Danville property with over 4 acres of privacy. New mudroom entry w/tile floor, large deck to the backyard, eat-in kitchen area and large living room w/woodstove and access to covered front porch. There is a master bedroom suite, 2BRs and another full bath. The basement has a finished family room w/a corner office space, if needed. Detached workshop/garage for all your recreational toys or in-home business. Lots of storage places and a nice brook that meanders through the yard.
\$289,900



HUNTER'S PARADISE
ML2795185 Great hunting camp sitting on 50 acres and surrounded on 3 sides by Groton state forest. Great for snowmobiling too and just a few miles from Martin's Pond and Peacham Pond. Sleeps up to 18! Metal roof, gas lights and a gravity fed spring.
\$220,000

BEGIN REALTY ASSOCIATES

BEGIN REALTY ASSOCIATES

Ongoing Events

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

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

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

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

1st & 3rd Mondays: "Six O'clock Prompt," Writers' Support Group, 6 p.m.

St. Johnsbury Athenaeum. (802) 633-2617.

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

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

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

Tuesdays: Cribbage Tournaments, 6 p.m. Lake View Grange Hall, West 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.

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

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

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

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

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

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

Saturday & Sunday: Ben's Mill Museum in Barnet through October. (802) 748-8180.

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

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

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

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

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

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

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.

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



Shawn M. Timson
Owner

652 Railroad St
St. Johnsbury, VT 05819
802-748-5537 Phone
802-748-6791 Fax
horizonsdeli@myfairpoint.net

Bottle Redemption - Daily Lunch Specials - Lottery Tickets

Joe's Pond Craft Shop


Traditional Vermont Handcrafts



OPEN:
Tues.-Sat. 9:30-6
Sunday 9:30-1
Closed on Mondays

Intersection of Rt. 2 & 15
West Danville, Vermont

www.joespondercrafts.com
(802) 684-3648



Lyndonville

Imagine a home in the country with breathtaking views within 2 miles from school, baseball and the grocery store....well here it is. There is a 1965 manufactured home that is livable with a full basement, a spring and a septic and the 53+/- acres is spectacular. MLS# 2792040

Being offered at \$199,000



791 Broad Street
Lyndonville, VT 05851
(802) 626-9357
Fax (802) 626-6913

www.homeinthekingdom.com



AHEAD

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.

STORAGE


Short or Long Term
(not heated)
BOATS • AUTOS
BIKES • TRACTORS

THURSTON'S AUTO

1320 Memorial Drive
St. Johnsbury, VT
802-748-6373

DANVILLE MLS# 2789769


Imagine waking up every morning, looking out the window and seeing this gorgeous view! Newer cape has 3 - 4 bedrooms, 2 baths, an open living space with slate floors, a full walk-out basement and a deck that takes full advantage of the view of the White Mountains. All this on 37 acres!



New Price - \$267,000

WALDEN MLS# 2749832

If you've been looking for that get-away camp where you can jump on your snowmobile from the front door or if you need a place to just have peace and quiet, then you should check out this cottage. 2 bedrooms on the main floor plus an oversized loft. Open living space, Rennai heater, full basement, porch and a stone BBQ.



\$96,000



ML#2795202
One owner 2 bedroom ranch style home in very good condition with fireplaced living room, formal dining room, deck and attached 2-car garage. The home is situated on a spacious 2.45+/- acre lot with mature trees and perennial gardens. There is a finished basement with lots of storage, woodstove, plus family room and 3/4 bath.

\$175,000



www.VermontApron.com

The Ladies have taken over our Display Windows again, dressed in pretty yellow gingham. We've restocked; the Adult Bibs, Bib Aprons, Prairie Hats and Housedresses are sprinkling in for trial Come try one on!




QUATRINI Real Estate

1111 Main St. • St. Johnsbury, VT 05819 • email: c21qre@sover.net
website: quatrini.com • realtor.com
(802) 748-9543

PARKWAY REALTY ASSOCIATES

75 MT. PLEASANT ST.
ST. JOHNSBURY, VT 05819
802-748-8169 • 802-748-8855

223 MAIN ST.
LYNDONVILLE, VT 05851
802-626-8333 • 802-626-9342
www.parkwayrealtymt.com

Our Retail Store located at:
Downtown St.J, 10 Eastern Ave.
Corner of Routes 2 & 5.802-535-3332
Hours: **Tues-Fri: 12:30-5:30, Sat 9-2**
or shop online at
www.vermontapron.com

BUILDING LOTS

NEWARK: 1 +/- acre camp or building lot.....\$16,900


BURKE: 3 building lots: 1.185+/- acres\$35,000
 1.41+/- acres.....\$37,000
 2.396+/- acres.....\$49,900

LYNDON: 2 building lots: 1.6+/- acres.....\$38,000
 1.8+/- acres.....\$43,500

SUTTON: 10.1+/- camp lot, right of way to land.....\$29,900



David A. Lussier David Lussier.....(802) 626-8482
 Sherri Temple.....(802) 626-9947


Box 872, 854 Center St., Lyndonville, VT 05819 REAL ESTATE AGENCY
 FARMS/ACREAGE/HOMES/INVESTMENTS PROPERTIES
 lussier@kingcon.com / 802-626-9541 / fax 802-626-3716



WINN ASSOCIATES, REALTORS
 69 Meadow Street, Littleton, NH 03561
 Tel: 603-444-7781

om Joe's Pond, this property represents a great value. Softwood floors, ceiling fans,

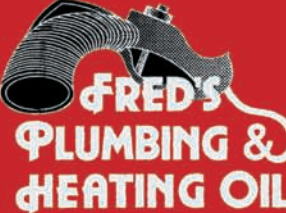





Get The Winning Formula ...

Fred's = Fuel Deliveries + 24 Hr. Repair Service

*“Make the Logical Choice
 Your Local Choice”*



**FRED'S
 PLUMBING & HEATING INC.
 HEATING OIL & PROPANE**

4920 Memorial Dr., Lyndonville, VT
 802-626-4588 • 1-888-499-9992
www.callfreds.com

THE PLACE FOR ALL YOUR HEATING NEEDS!



STOVE SHOP

ALTERNATIVE HEATING



TAYLOR RENTAL

<p>XXV Pellet Stove 50,000 BTUs! The quietest pellet stove ever. Automatic ignition, venting choices, automatic temperature control, a large ash pan that's easy to get to, and the convenience of super easy cleaning.</p>  	<p>Oakwood Cast-Iron Wood Stove For the homeowner who appreciates intricate detail and superb craftsmanship, the Harman Oakwood Cast Iron Wood Stove will be a pleasure to own.</p>  	<p>TL300 Wood Stove Brings a new level of convenience to wood burning. The top loading feature makes it easier to load more wood into the firebox for longer burns and more heat output. Super-sized ash pan. Can convert to an open fireplace.</p>  	<p>PF100 Hot Air Pellet Furnace Simply fill the hopper with pellets and set the temperature dial on the wall-mounted control to the desired setting. If heat is required, the fire will automatically light and burn at the proper rate to produce just the right amount of heat.</p>  
<p>Opel Fireplace The patented technologies used in the Opel give you the peace of mind that your fireplace burns a renewable energy source in a beautiful and environmentally responsible way.</p>  	<p>HI300 Wood Insert Installs easily into your existing fireplace and can deliver up to 75,000 BTU of high efficiency heat. Decrease your heating bills and increase the value of your home with an insert sized to fit your fireplace and your lifestyle.</p>  	<p>Accentra Pellet Insert Award-winning design and technology with the highest heat output of any pellet fireplace insert. Also better temperature control and higher level of convenience. Room sensor. Maintenance is minimal and cleaning is easy.</p>  	<p><i>We carry gas fireplace inserts, gas stoves, wood stoves, coal stoves, and Harman central heating systems.</i></p> <p style="font-weight: bold; font-size: 1.2em;">WE DELIVER WOOD PELLETS!</p>

3262 U.S. Rte. 5, Derby, VT 05829 • (802) 766-2714 • Mon.-Fri. 7 AM-5:30 PM, Sat. 7 AM-4 PM, closed Sun.








**WE ALSO
 INSTALL
 CHIMNEY LINERS
 AND CLASS A
 CHIMNEY
 SYSTEMS!**

THE 2010 EDITION OF:

COMING SOON: KINGDOM

A Northstar Publication *Guide*

visit: www.northstarmonthly.com for details

BUILDING LOTS


NEWARK: 1 +/- acre camp or building lot.....\$16,900


BURKE: 3 building lots: 1.185+/- acres\$35,000
 1.41+/- acres.....\$37,000
 2.396+/- acres.....\$49,900

LYNDON: 2 building lots: 1.6+/- acres.....\$38,000
 1.8+/- acres.....\$43,500

SUTTON: 10.1+/- camp lot, right of way to land.....\$29,900





David A. Lussier David Lussier.....(802) 626-8482
 Sherri Temple.....(802) 626-9947

Box 872, 854 Center St., Lyndonville, VT 05819 REAL ESTATE AGENCY
 FARMS/ACREAGE/HOMES/INVESTMENTS PROPERTIES
 lussier@kingcon.com / 802-626-9541 / fax 802-626-3716 



WINN ASSOCIATES, REALTORS
 69 Meadow Street, Littleton, NH 03561
 Tel: 603-444-7781

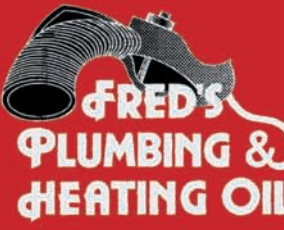
Situated midway between Montpelier, VT and Littleton, NH this beautiful well-maintained 4-bedroom home is now waiting for its next owner. On the corner of Rt#15 & Howard Road and just across from Joe's Pond, this property represents a great value. Softwood floors, ceiling fans, lots of closet space, French doors to small reading deck from Master Bedroom, great kitchen w/ large pantry & large 2 car attached garage with electric door openers are some of the special features. Offered exclusively by Century 21 Winn Associates, Littleton, NH 03561 Tel: 603-444-7781 Sales agent Clif Muller at 802-274-6306 MLS# 2791343 Price: \$159,500

Get The Winning Formula ...

Fred's = Fuel Deliveries + 24 Hr. Repair Service

*“Make the Logical Choice
Your Local Choice”*



**FRED'S
PLUMBING & HEATING INC.
HEATING OIL & PROPANE**

4920 Memorial Dr., Lyndonville, VT
 802-626-4588 • 1-888-499-9992
www.callfreds.com

THE PLACE FOR ALL YOUR HEATING NEEDS!



The STOVE SHOP

ALTERNATIVE HEATING



TAYLOR RENTAL

<p>XXV Pellet Stove 50,000 BTUs! The quietest pellet stove ever. Automatic ignition, venting choices, automatic temperature control, a large ash pan that's easy to get to, and the convenience of super easy cleaning.</p>  	<p>Oakwood Cast-Iron Wood Stove For the homeowner who appreciates intricate detail and superb craftsmanship, the Harman Oakwood Cast Iron Wood Stove will be a pleasure to own.</p>  	<p>TL300 Wood Stove Brings a new level of convenience to wood burning. The top loading feature makes it easier to load more wood into the firebox for longer burns and more heat output. Super-sized ash pan. Can convert to an open fireplace.</p>  	<p>PF100 Hot Air Pellet Furnace Simply fill the hopper with pellets and set the temperature dial on the wall-mounted control to the desired setting. If heat is required, the fire will automatically light and burn at the proper rate to produce just the right amount of heat.</p>  
<p>Opel Fireplace The patented technologies used in the Opel give you the peace of mind that your fireplace burns a renewable energy source in a beautiful and environmentally responsible way.</p>  	<p>HI300 Wood Insert Installs easily into your existing fireplace and can deliver up to 75,000 BTU of high efficiency heat. Decrease your heating bills and increase the value of your home with an insert sized to fit your fireplace and your lifestyle.</p>  	<p>Accentra Pellet Insert Award-winning design and technology with the highest heat output of any pellet fireplace insert. Also better temperature control and higher level of convenience. Room sensor. Maintenance is minimal and cleaning is easy.</p>  	<p><i>We carry gas fireplace inserts, gas stoves, wood stoves, coal stoves, and Harman central heating systems.</i></p> <p style="font-weight: bold; font-size: 1.2em;">WE DELIVER WOOD PELLETS!</p>

3262 U.S. Rte. 5, Derby, VT 05829 • (802) 766-2714 • Mon.-Fri. 7 AM-5:30 PM, Sat. 7 AM-4 PM, closed Sun.








WE ALSO INSTALL CHIMNEY LINERS AND CLASS A CHIMNEY SYSTEMS!

THE 2010 EDITION OF:

COMING SOON: KINGDOM

A Northstar Publication *Guide*

visit: www.northstarmonthly.com for details

Events in the NEK

THURS. 1:

» **Fall Foliage day in Peacham**, arts and crafts, book sale, ghost walk, blacksmith demo, bus tour, nature walk and more...9 a.m. to 6 p.m.

» **Catamount Arts** is proud to be a part of the National Theatre of London presentation of William Shakespeare's All's Well that Ends Well, 2 p.m. to 4 p.m.

» **Harvest Dinner** at Highland Lodge, 5:30 p.m. to 7:30 p.m. Please call to reserve (802) 533-2647. Highland Lodge, 1608 Craftsbury Rd., Greensboro, www.highlandlodge.com.

FRI. 2:

» **DEAD NORTH** - a haunted night of terror at the Great Vermont Corn Maze, 7:30 p.m. to 9:30 p.m., Tickets on sale beginning July 1 - get them before it sells out. Great Vermont Corn Maze, 1404 Wheelock Road, North Danville. Call (802) 748-1399 or visit vermontcornmaze.com.

» **Fall Foliage day in Barnet** - pancake breakfast, scenic bus tours, arts and crafts, ham dinner, and more...8 a.m. to 5 p.m.

SAT. 3:

» **Fall Foliage Craft Fair**, 10 - 4 p.m., Hardwick Elementary School sponsored by the Heart of Vermont Chamber of Commerce. For further information call 802-472-5906 or email chamber@heartofvt.com

SUN. 4:

» **Autumn on the Green** is an award-winning showcase for artisans, crafters, cottage industries and businesses amidst the spectacular views and color of autumn in Danville, 10 a.m. to 4 p.m.

» **Harvest Dinner**, noon to 1:30 p.m., Our Lady of Fatima Church, 21 Creek Road, Craftsbury. Live music with Bernie & Linda Lussier. Proceeds to Benefit Our Lady of Fatima Church. For more information, contact Jeannine at (802) 586-2899 (reflections@gmtmom.com)

SAT. 10:

» **March of Dimes**, Walk for Babies, 9 a.m. to 1 p.m., When you walk, you give hope to the families of babies born too soon or sick. The money you raise supports programs in your community that help moms have healthy, full-term pregnancies. Phone (802) 479-3265 or E-mail mcote@passumpsicbank or visit www.marchforbabies.org for more info. Father Lively Center 481 Summer St. St. Johnsbury, VT.

FRI. 18:

» Music from the Age of Exploration at the North Congregational Church, Main St., St. Johnsbury, 7:30 p.m. Lynnette Combs plays music from the 1600s on the pipe organ. This promises to be a wonderful concert and on one of the best organs in the state! Admission by donation.

SUN. 11:

» **Indoor Composting** with Red Wiggles and The Wacky Worm Sisters, 1 p.m. to 3 p.m. The Wacky Worm Sisters (real sisters Carol Schminke & Lynette Courtney), from Down To Earth Worm Farm of VT will demonstrate, step-by-step, how to set up a wooden worm bin, from bedding & feeding the worms, to harvesting their castings, which can be used to feed your potted or garden plants. Call (802) 533-9836 or E-mail newleaf@vtlink.net for more information. New Leaf Designs Eclectic Nursery/Down To Earth Worm Farm of VT, 281 The Bend Rd. Greensboro Bend.

SAT. 19:

» The Traditional Crafts at the Fairbanks Museum (in the building and around the surrounding grounds), 10 a.m. to 4 p.m.

TUES. 22:

» The Battle of Lake Champlain, 7 p.m., Woodbury Town Hall. On September 11, 1814 - 187 years before the attack on the World Trade Center - British Army and Royal Naval forces attacked a regular American army and navy at Cumberland Bay in Plattsburgh. Although backed by Vermont Militia, the Americans were outnumbered nearly four to one. A Vermont Humanities Council event, hosted by Woodbury Historical Society. Call Dan St. John for information (802) 456-1237.

SAT. 26:

» **The best chicken pie supper** in the NEK at the North Danville Baptist Church - eat in or take out! Tell your families, friends, and co-workers about this delicious chicken pie supper with all the fixin's and then some, 5 p.m! For tickets and/or take out call: Betty at (802) 684-2183 or Judy at (802) 748-8519.

SUN. 25:

» **Annual Harvest Concert and Pot Luck**, 5 p.m., at the Danville Congregational Church, Featuring the Danville Town Band and Community Church Choirs. Admission is by donation to benefit the Band's new music fund. For more information please contact Dave Hare at 684-3986 or daveh@vtlink.net



St. Johnsbury Athenaeum
 Winter Hours
 Monday - Friday
 10:00 to 5:30
 Saturday
 9:30 to 5:00
 For more information call 748-8291

SUN. 1:

» **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 at Catamount Arts, 8 p.m. to 9 p.m. Call (802) 748-2600 or visit soulstreetdance.com for more information.

SAT. 7:

» **Joel Fan**, pianist, performs in St. Johnsbury as part of the NEK Classical Series, 7:30 p.m. to 9:30 p.m. At the South Congregational Church, 1052 Main St. St. Johnsbury. Web: www.nekclassicalseries.org Call (802) 748-8012 for more information.

Limited Time Slots Available
 Open to all area kids through 8th Grade
RESERVATIONS REQUIRED
802-748-3785
 ADMISSION
 1 non-perishable FOOD ITEM

Sunday, November 1

at the **St. Johnsbury Elks Lodge**

FOR THE YOUNGER KIDS: COSTUME PARTY WITH ORGANIZED GAMES REFRESHMENTS & MILD HAUNTED HOUSE
 11:00 - 12:00 ♦ 12:30 - 1:30 ♦ 2:00 - 3:00

FOR THE OLDER KIDS: MUSIC & REFRESHMENTS & HORRIFYING HAUNTED HOUSE
 4:00 - 6:00 P.M.

Ad Sponsored by North Star Monthly

St. Johnsbury
ELKS LODGE
 118 Western Ave.

Call for reservations or more details
802-748-3785
 or email: tkeach.bpoe1343@charterinternet.com

DON'T MISS OUR FALL SUPER SALE! 25% OFF STOREWIDE

Some Restrictions apply (sale runs 10-8 through 10/12)

COME SEE OUR LINE OF MEN'S PENDLETON CLOTHING FOR FALL!

RUSTIC Elegance for Body, Home, Lodge, Camp & Cabin



Clothing for Men & Women

- IBEX
- ISIS
- Pendleton
- Outback
- Vera Bradley

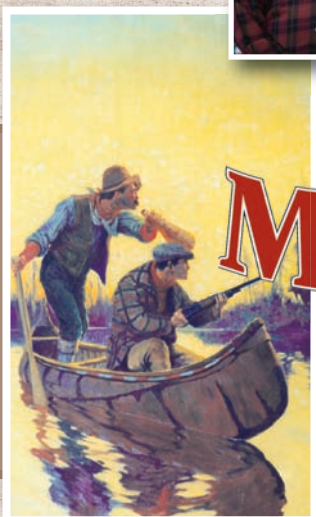


Visit our Wine Safe

- Delicious French Wine
- Champagne



- Hickory Furniture
- Pendleton Blankets
- Phillip Goodwin Prints
- Original Artwork
- Camp Decorations & Lamps
- Antlers • Taxidermy • Mooseheads



MOOSE RIVER
 Lake & Lodge Store

RAILROAD STREET / ST. JOHNSBURY, VT
 802 748-2423

VISIT OUR WEBSITE

jewelers

Diamonds
 Fine and Designer Jewelry
 Estate Jewelry
 Repair and Appraisals
 September Birthstone - Sapphire
 Fred Little, Jeweler

boutique

Eileen Fisher
 Natural Fibers
 Handbags, Wallets, Briefcases

gallery

Glassware and Art Glass
 Original Paintings
 Antiques and Collectibles
 Porcelain and Pottery
 Vintage & New Modernist Furniture

Lots of fun and great service
 great service!

sunshine

BOUTIQUE

17 Eastern Avenue
 Downtown St. Johnsbury
 802 748-2933