

THE North Star MONTHLY

Every Small Town's Newspaper

DANVILLE, VERMONT

GOOD FOR THE WHOLE MONTH

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Volume 22, Number 9



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The end or the beginning?

By NATHANIEL TRIPP

How it does snow, and how the wind blows, as I go off to the barn again. Why do I do it; tossing down hay, which I worked so hard to toss up, hauling buckets, even bumping my head in the same place I've bumped it a thousand times before?

The last people to really farm here called the place "Endolane" because the road ended here in the barnyard, but after only a few years it was the end of the road for them, too. Hardly anybody could get by with a 12-cow farm, and that was 50 years ago. I keep sheep, and I do it because I love it although there are times such as this, when I'm stag-

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Soup's on...

Mustard Seed Soup Kitchen is making a difference in St. Johnsbury

By Michelle Arnosky Sherburne

With the economy on the downside and people struggling to make ends meet, a little help is a welcome thing. Second-hand and clothing consignment stores are very busy in recent times with rapid product turnover. Connect With Kids Thrift Store on Eastern Avenue has grown by leaps and bounds but it is more than just a store. This February, it opens the third branch of their mission: the Mustard Seed Soup Kitchen.

Four years ago, a small group of individuals had two things in common: they attended the same St. Johnsbury church and all had a burden to help people in the St. Johnsbury area. They got together and decided to start a youth mentoring program to help children who needed a father figure or maternal influence in their lives ... kids who needed someone to hang out with, talk to and care.

Connect With Kids, Inc. was established as a Christian-based, non-profit, 501(c)3 corporation run by a board of directors. They are Rick Knight, president; Gary Chamberlin, vice president; Chuck Perkins, secretary; Curt Geiger, treasurer; and Frank Rothe, executive director.

To support the mentoring program, Connect With Kids opened

the Thrift Store four years ago on Eastern Avenue with Rothe running the store. The thrift store appeals to everyone and is packed with clothes, books, accessories, and collectibles. The thrift store donates clothing and items to whoever needs it, i.e., fire victims, homeless individuals, destitutes, etc.

They added used furniture, which has been so popular they had to rent a second space in the former pizzeria building next door to house the furniture store. The thrift store itself is overflowing in its present space, and in the near future they will have to find a larger space.

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FROM THE EDITOR

some things never change

By the time this edition of the North Star makes its way in front of readers, Ginni and I will have spent the better part of a month renovating our new house. I've often been told that building a house, and to a lesser extent, renovating a house, can be a very trying experience.

"It's amazing how much my father didn't know when I was 16 and how much he'd learned by the time I was 26."

While our process has not been completely void of stress, most of the pressure has centered on trying to spend as much time on the project as we can. It's not easy when you factor in two kids and two full-time jobs. All that aside, things appear to be on schedule.

We are luckier than most people to have my father serving as our project leader. Without his help and 20 years of experience, we never would have been able to undertake a renovation of this scale. As I expected from the beginning, my role in this process has been construction "apprentice," though the project leader has a handful of other titles he likes to use, perhaps a few new ones when he finds out I wrote about him.

I must say the process, thus far, has been rewarding, and not just for the obvious "sweat equity" reasons. Since the day I graduated college and waited on my last table, I've been writing; traveling from place to place, talking with interesting people. I've been working like many others these days, sitting in front of a computer typing away. Not only did I welcome the chance to work with my hands instead of my fingertips, when we were house shopping, I looked for it. And I have not been disappointed in that decision.

Until this month, I never spent much time working with my father. It's even possible I spent more time as my grandfather's "apprentice" after he took me in the woods and taught me the fine art of brush piling. For the better part of the 90s, my father and I spent far too much time testing each other's limits and finding them all too often. Because of that, I'm sure many who know us had doubts about us working together. As a young parent myself, it's comforting to know that I'm likely to change as much as my kids over time, even if I stay exactly the same.

As the project leader likes to say, "It's amazing how much my father didn't know when I was 16 and how much he'd learned by the time I was 26."

Some things never change.

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

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

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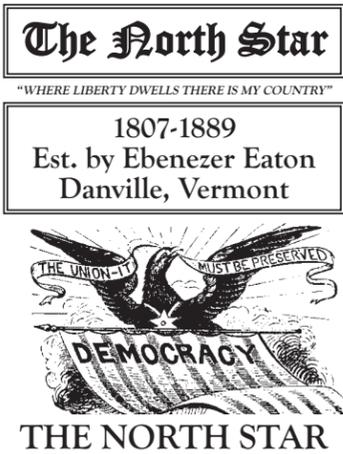
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A severe accident at the St. Johnsbury Granite Works, Capt. John Gray battles bears in newly settled Ryegate



February 7, 1879

Fire in Hardwick - The dwelling house of Carlos C. French, a well to do farmer in Hardwick, was discovered on fire at 2 a.m. last week. Little help being present, the house and shed, together with nearly all their contents were destroyed. This is the second house Mr. French has lost on the same night.

February 14, 1879

Consumption - Mr. Guy Staples of North Danville is very low with consumption. He has been very sick for a long time with lung trouble. By the time this paper is published, he may have passed away.

Peacham - Last week, diphtheria was prevailing in town. Some ten cases has appeared in the village, with one death, the child of Mr. Ashe, the blacksmith. It is very noticeable that every person who had any care of the Ashe child has the diphtheria after-

wards, including Mr. and Mrs. William Ricker, who rendered neighborhood kindness. Last week, Mrs. Ricker was reported very sick with diphtheria and fever.

School Record - The winter term of school in district number seven (West Danville) closed last week. The names of those having no absent marks are Ellen Merrill, Ida Haviland, Frankie Choate, Harry Choate, Eleanor Farrington and Willie Choate. Those not marked tardy were Ellen Merrill, Ida Haviland, Flora Porter, Harry Choate, Eliza Merrill, Hattie Ellis, John Brickett, Payson Hawkins, Frank Peck and Charley Porter.

Granite Works - C.T. Turner met with a severe accident at the St. Johnsbury Granite Works last week. He was caught by the back of a frock by a revolving shaft and wound up upon and revolving until someone went some 20 yards to the wheel house and shut off the machinery. Turner's right ankle was badly crushed and will require amputation. Otherwise it is hoped he is not seriously injured. Mr. Turner is a man some 55 years old with a large family. He came here from Maine last summer.

February 21, 1879

Store Closed - Gilchrist & Perry of McIndoes, have been put into insolvency by their creditors. Sheriff Sulloway has their goods in custody. The hearing was had at the Probate office in St. Johnsbury.

Anti-Chinese - The most important news from Congress is, that last week the Senate passed a House Bill restricting the further immigration of Chinese to this country. Its main feature is that no vessel shall at any time import more than 15 Chinese under heavy penalties and fines for the officers of the ship. This is a virtual shutting out of all Chinese immigration and directly conflicts with our international treaty with China. Senators Edmund and Morrill of Vermont voted against the bill. The Senate did include a small amendment and the bill is on its way back to the House, which is expected to concur. We will know in time whether or not the President will sign it.

Notable bear fight - When Ryegate was first settled, which was before the Revolutionary War, the settlers were much annoyed by bears and other wild animals. It was usual for the men when they went about their work to take their guns for defense. One day Capt. John Gray was attacked by a bear which had two cubs. He fired at the mother, only wounding her, when she came to close quarters they had a hand to paw conflict. With the butt of his gun, Capt. Gray was able to drive the bear off but not before he had broken the stock off. Some 10 years ago, while cutting wood near the place of this conflict, there was found imbedded in a large maple tree, a piece of lead, flattened out, which was evidently once a bullet. It is believed that

this is veritably the bullet with which Capt. Gray shot the bear. This relic is now in possession of Mr. William Henderson of Peacham, a descendent of Capt. Gray, the hero of the bear fight.

North Craftsbury - Fire broke out in the Academy building a week ago. An alarm was given but too late to save the building, which was burned, together with the Masonic Hall and the old tavern stand, better known as the Gen. Hidden place, with most of the contents. By the prompt action of Dr. Charles Dustin and a gentlemen from Coventry, the residence of Dr. Norris was saved, though somewhat damaged. The flames were first discovered by Mr. Alvah Miller. The buildings were insured, but not to their full value.

Farmers Meeting - The Farmers meeting was held in the Town Hall of this village last week. It was organized by the election of Charles Wilson of Danville as chairman, and Charles D. Brainerd, of the same place, as secretary. A committee of three, consisting of Jason Cole of Danville, Charles Bell of Walden, and Harvey Burbank of West Danville, was chosen to present subjects of discussion. The three topics were the best method for spreading manure, raising stock for dairy purposes and beef and grass and grain culture. On the topic of raising stock for dairy purposes, Jason Cole said he took the best care of his cows he knew how with a warm stable, feed and

water twice a day. He said he feeds them two quarts of bran and one quart of corn and cob meal mixed twice a day. Mr. Kinerson did not take any stock in a statement that he knew a man made a short time ago that if half the cows in the State were killed and thrown to the hogs the State would be better off, but believed there should be a thorough weeding out. If every man would find out what each of his cows was doing, they would be very much surprised. Some cows they thought were good ones they would discover are not paying their keeping and others not considered very good were extra good. He tried this himself and found that some of his cows would make a pound of butter from 16 pounds of milk and others would take anywhere from 20 to 32 pounds of milk to make a pound of butter. He believes a cow is a machine and farmers need to figure out whether or not they have a good machine. Mr. Wilson would not recommend any particular breed, but he did recommend trying each cow separately, keep the good ones and shut off the bad ones, but not confine himself to any particular breed. Keep selling your poor cows and buying good ones until you have all good ones.

Too much candy - A little daughter of M.W. Ainger of St. Johnsbury is said to have become paralyzed from eating colored candy, a habit in which she has greatly indulged.

THE North Star MONTHLY



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February Snow

Come February, snow addles the brain!
 Fantasies, weird and wonderful, crowd the mind.
 The trees along Main Street are up to their armpits in snow.
 They must be used to it by now!
 Do they feel naked when the plow comes at night
 and takes it all away?

Roadside snow banks
 are an illustrated lesson in geology.
 The stratum of each snowfall plain to see
 where the snowplow took a bite.
 Synclines and anticlines, faults, and "fossils,"
 in forms that need no description!

- Isobel P. Swartz

Women's health care 101

By ISOBEL P. SWARTZ

It always amazes me how a series of incidents or actions can come together simultaneously to move me to write about a particular topic. This time it was the House and Senate debates on Health Insurance reform; a Christmas gift of a book from my husband, and the poorly-timed release of new guidelines for a couple of women's health tests. I was also intrigued by an eye-catching headline on a political blog-site that I visit, that read, "Top Army Commander Rescinds Controversial Order Criminalizing Pregnancy". Wow, that's a relief!

Women's health care is very important to me as a mother of three daughters, a grandmother of two little girls, and as a woman who worked for more than thirty years in that field. I am disturbed by two major things concerning this: ignorance on the part of both women and men about the health needs of women, and the health care restrictions imposed on women that often stem from the same ignorance or outdated social norms based on paternalism or domination.

These attitudes are easy for us to recognize when we read about developing countries, especially those with fundamental religious influence in secular life: lack of education for women, poor maternal care, preferential health care and nutrition provided male infants and even female infanticide. In the U.S., too, there are issues that negatively impact women's health, and we need to wake up and pay attention to them because they can and do bring hardship to many American women.

My Christmas gift was the book, *Half the Sky*, by Nicholas Kristof and his wife Sheryl WuDunn. Readers of the *New York Times* are familiar with Kristof's writings about women's health issues in the developing world. The title of the book comes from a Chinese proverb, "Women hold up half the sky", but reading the stories of women world-wide who suffer incredible hardships, impoverishment, oppression, sexual and economic enslavement, it is difficult to imagine that most of the world believes this.

One quotation from Kristof's book, from a paper on maternal health in a well-respected British medical journal, the *Lancet*, (Oct 13, 2007) gives one important reason why there is often a lack of investment in maternal health. "The neglect of women's health issues... does reflect some level of unconscious bias against women at every level, from the community to high-level decision makers... While we may ignore it, maternal health does involve sex and sexuality; it is bloody and messy; and I think many men (not all of course) have a visceral antipathy for dealing with it." I have thought a lot about this quotation in reference to women's health care in the U.S.

Women's basic health needs are so much more complex and more expensive to maintain than men's because of the reasons mentioned above. Here are a few of the health-related expenses: basic monthly health supplies; birth control; mammogram; pap test; pregnancy test; miscarriage or therapeutic abortion; pregnancy care; labor and delivery; possible Cesarean birth; breast pump and breast feeding support;

post partum care; maternity leave; menopause support and medications; breast, ovarian and uterine cancer treatments. All of these are specific to women except breast cancer that does occur in a few men.

It is easy for the uninformed to misunderstand the need for certain types of care. No wonder that Senator Ben Nelson (D. Neb.) and Representative Bart Stupak (D. Mich.) both felt that they could barter away an aspect of women's health care — federal funding for abortion — in exchange for their votes in support of health insurance reform. There are so many other needs for this procedure than the simplistic issue of "lack of birth control" that is the basis for controversy. This abuse of their power to satisfy their own consciences, and bolster their political careers, without thought of the financial, physical and emotional hardships their political deal making will create for many women, is surely a insult to all women.

Women's health care also seems to be an easy target for some money-saving. No wonder a task force appointed by the department of Health and Human Services thought it a bright idea to raise the age at which annual mammograms are recommended. The timing of the release of this report, on the eve of the House debate on health insurance reform, outraged many women. These women knew that as soon as a statement like this is released, health insurers will have an excuse to stop paying for those treatments before the recommended age, regardless of individual circumstances. Health and Human Services Secretary Kathleen Sebelius was engulfed in a firestorm of angry reaction, and had to state that the recommendation was not official policy and that insurance coverage will not change.

Lack of this preventive care, like others I listed above, can impact a whole family and a community if a mother is sick or dies. For another example, the cost to society of caring for premature or sick infants is far beyond the cost of providing prenatal care to all uninsured pregnant women. Such prenatal care would significantly reduce the number of premature births. The U.S. has a long way to go to catch up to the other industrial countries of the world in this one aspect of health care alone.

This is not the time to think of cutting costs based on women's health. I challenge all the women of this country to speak out to maintain or expand the level of health care that we have now, and to make sure that this care is available and affordable for all women in this country. A healthy society depends on this.

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Thoughts on aging

By JOHN DOWNS

When I recently became 90, it soon occurred to me – as it must have to many others who reached that milestone – that I was entering the last decade of my life. It was a shock that still troubles me.

I am half way between being an atheist and an agnostic – if that is possible – so when death comes, there is nothing more, spiritually as well as physically. It's over! So what to do, sit back and roll with whatever punches life throws my way, or resolve to have as active and meaningful a life as possible, with all that implies? I am fortunate to be quite healthy, with good family genes, and have a wonderful wife to keep me healthy and well. My mother lived to be 96 and my grandmother to 91.

Virginia and I were in New York City over New Years for a family reunion – we happily joined daughter Margaret and Henry Zachary, her soon-to-be-husband, son Peter and wife Debra with their son Evan and daughter Ava, and son Tom and wife Jennifer with their sons Rob and Joe. I well realize that, as Virginia's

several newspapers during the 25 years of my retirement. At this moment, while writing this column, I intend to write columns for as long as the publishers of the North Star and Caledonian-Record will accept them. The effort is good for my brain cells, and is really the only way I have to try to influence people's thinking on important domestic and foreign issues – something that I like to do.

Common sense, as well as good doctors, tells us that we need a minimum of exercise to help maintain good health. This is where I have a problem; I am basically a procrastinator and lazy, almost a couch potato. My balance is terrible, and I fall more often than is good for me. I don't know what I will do in the future – but I must decide on doing something.

My daily "household duties" are important

Something in the back of my mind keeps telling me that there is more to be relished and enjoyed during the rest of my life. It is urgent and important to decide what to do with that time.

partner in their creation, these were very significant accomplishments, and that I could be proud of my life if I do nothing more.

Something in the back of my mind keeps telling me that there is more to be relished and enjoyed during the rest of my life. It is urgent and important to decide what to do with that time. I was fortunate to have 14 uninterrupted hours to mull things over on Amtrak between White River Junction and New York City for our family reunion.

I started by making a five-page inventory of "where I am at," so to speak. The first item was an eye-opener – analyzing the material I try to read during each day or month (but rarely do). The list of what I hope to continue to read includes the New York Times and Truthout on line, Caledonian-Record, North Star, Newsweek, New Yorker, Harpers, Russian Life, Harvard Law Bulletin, and Yale Magazine. See what I mean? Even thinking about keeping current with these is ridiculous, to say nothing about expecting to read them! In the meantime, reading current books for pleasure is a favorite pastime.

But look at the other magazines that I will no longer read. Their subscriptions will automatically expire – Time, Mother Jones, Nation, Arms Control, Consumers Union, Smithsonian, National Geographic, and Harvard Magazine. If there was ever an expensive activity out of control, this was it.

I have enjoyed writing regular columns for

because whatever I do is less that Virginia has to think about. By listing them, I learned, somewhat to my surprise, that I am a pretty good helpmate. I put out the foods for breakfast, make the coffee, set the table and load the dirty dishes in the washer three times a day; I make sure not to interfere with the chef.

Making the bed is one of my duties, as are feeding Lily, our adorable cat, making drinks, and often driving three miles to get the daily mail. The only way to avoid these duties is to do away with them! We have given some thought to moving to a retirement community; this would be the only way to avoid most of those duties.

There are other activities that I have yet to address constructively in terms of possibly eliminating or at least reducing, their demands on my time. I have offices at home and in my former law office in St. Johnsbury in which to work and write. Thanks to the computer, I have a fairly extensive correspondence.

I am still involved in some business activities that could be curtailed. I haven't even mentioned leisure activities. Where is the time?

After reviewing what I have written so far, I am mentally exhausted and somewhat overwhelmed. I am going to suspend this for now, and continue it next month, with the publisher's approval.

There is more that I should write to justify my ultimate conclusions about what is required to live "a good life" for the next few years.

In the Silence of Early Morning

Bright and early starts the day at the campground.

The silence in the early morning and its fresh air.

Birds chirping, Morning doves coo-coo-cooing and at a distance a tap-tap-tapping of a woodpecker.

A car goes by slowly, one by one, sounding different than the regular traffic of the day.

Than silence

The clear cool air, sunshine, blue sky

A white cloud drifting, here and there, just beautiful.

Fog rising off the still, smooth lake.

In the middle, spears of grass are showing.

Low water brings a fisherman to the spot.

He sits in silence, than a nibble on his line.

He pulls in a fish that wiggles and wiggles.

His catch of the day.

In the silence of early morning

Smoke slowly rising from the ashes of a camp fire, enjoyed the night before.

People sleeping

Not even a dog barking

What a relaxing atmosphere, sitting in front of the camper at the Campground.

In the silence of early morning

- Ida Manning

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Bending the twig

Photos & Article By Bill Amos

“People shouldn’t have to do that,” a six-year-old boy thought to himself. Eighty-three years later he still feels the same way.

It is generally believed—and surely is true—that early childhood experiences help shape a person’s later life. As the twig is bent, so grows the tree...

In the spring of 1927 my father, a master teacher, was considering two offers: one to chair the Classics Department at Phillips Academy in Andover, Massachusetts, the other to accept the headmastership of a boarding school on the other side of the world, Brent School in the Philippine mountain town of Baguio.

He was certain the New England school would be the better choice for his young family and was close to accepting the offer, but my mother was an adventuresome spirit for whom an exotic world was a powerful attraction. She was certain her little son would benefit. Guess who won?

So began a life for which I’ve been forever grateful, often astonished at the turn of events.

Most memories (if they exist) of leaving the United States at such a young age are fragmentary and trivial; only a few remain in sharp focus.

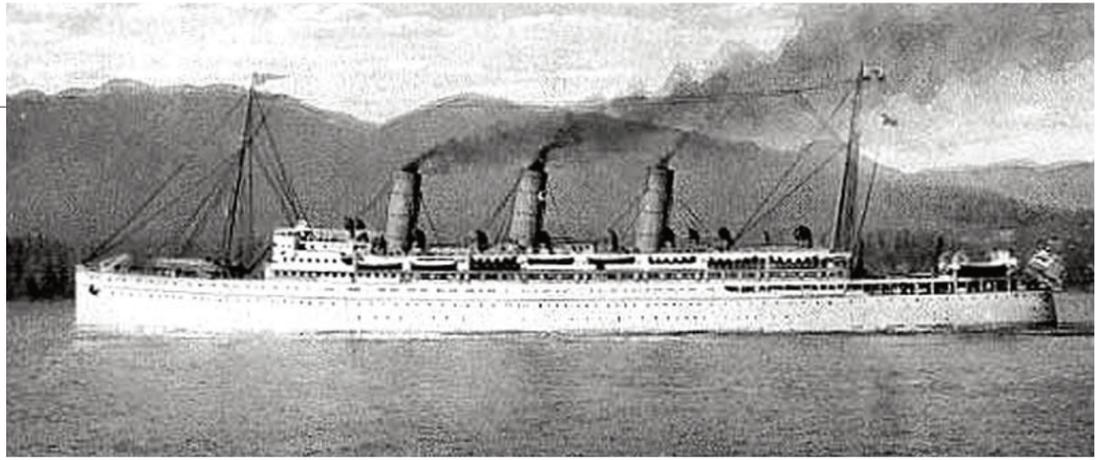
In early summer of 1927 we traveled by train from New York City to Montreal, but by which route? I vaguely remember the train stopping briefly at a town whose name was spelled out in white-

washed stones on a bank near the station. Could it have been St. Johnsbury? This town once had such a marker and archival photographs showing it are oddly familiar.

Over many years in the Far East we occasionally returned to the U.S. for a month or so, always traveling by Canadian Pacific ship and transcontinental train between Montreal and Vancouver. C.P. liners, gleaming white with tan funnels, were favored in the Pacific, although the American Dollar Line and Japan’s NYK liners were close in size and comfort.

Sailing from Vancouver, our initial voyage was aboard the RMS Empress of Asia, one of two coal-burning sister ships built in Scotland for Canadian Pacific in 1912. Our First Class cabin was Victorian in décor, dark with a single porthole. The first days at sea I remember being seasick and finding small comfort in my gleaming brass bed. Later I ate in the children’s dining room under the supervision of a governess and played in the children’s playroom under similar watchful eyes.

Before reaching Manila, the usual ports of call after Victoria, B.C., were Yokohama, Kobe, Shanghai and Hong Kong. Unremarkable memories exist from repeated visits to each over the years, but certain scenes from that first



The Canadian Pacific’s coal-burning RMS Empress of Asia, built in 1912, shows the usual dense smoke emerging from funnels.

trip remain emphatically clear.

Long before atmospheric pollution was a matter of concern, coal-burning ships like the Empress of Asia spewed thick black clouds into ocean skies. Down in the ship’s bowels 150 Chinese, Malay and Hindu crewmen labored day and night stoking the fires to maintain pressure in the big boilers, working non-stop under the supervision of British and Canadian officers. After ten days at sea (the time it took to go from Vancouver to Yokohama), the coal supply ran low and refueling was necessary.

This first leg was a long haul and Yokohama had no coaling facilities, nor did Kobe, the next stop. Nearby Nagasaki did, however, so after the usual traveler-oriented visit to Kobe with time ashore for sight-seeing, the ship moved 50 miles to Nagasaki where passengers were not allowed to get off. It was there during a pause in the three-week trip to Manila that a scene was permanently etched in my mind.

The Empress of Asia tied up to a huge barge from which two long plank gangways reached into a pair of open doorways low in the ship’s

hull. The barge itself seemed to be a floating mountain of coal.

We passengers went to the promenade deck to look down on what went on.

The swaying, rail-less gangways supported an uninterrupted stream of men, each bent almost double from the weight of an enormous basket heaped with coal. The basket’s weight was partly supported by the sharp curve of a man’s back and partly held in place by a broad headband around his forehead. The men lurched up the flexing planks murmuring and gasping until they disappeared inside the ship. Relieved of their loads, they trotted back down the other gangway with empty baskets to be filled again.

Under floodlights at night it was a surreal scene. Each man, utterly black with the coal dust that covered him, followed his predecessor with hardly any space between them. They formed a silent procession like an unbroken column of black ants.

Until my bedtime, I kept returning to the promenade deck. Looking down, I grew puzzled and disturbed, seeing what I’d never experienced or imagined in my short American life. How could men be required to do such work, I wondered; why did they want to, or have to? I remember thinking over and over: “Men should not have to do that.” With a child’s uncertainty, I hoped I never would.

I did not mention this to my parents, but kept inside the belief that humans should be more than ants under the command of overseers who yelled at every stumble and error slowing the pace.

How this affected my later years, I don’t know. But early on I realized humans possess an innate dignity that servitude must not suppress.

I never again saw this process in real time, although a few years ago while watching a television program containing archival footage from the past, a brief scene showed a ship being coaled in just such a fashion in some other Far Eastern port. During a century of steam, refueling in one form or another had been necessary throughout the world wherever large coal-burning ships put in. In stentorian tones, the television commentator expressed his outrage that such human exploitation could have been possible. And yet, at an early age I was witness to this very thing.

Another distressing memory from that first trip, experienced again during my early travels to different Chinese cities, was a shameful situation existing in Shanghai. Colonial privilege was common and expected throughout the Orient in those days, but it could be carried too far.

After the Boxer Rebellion was suppressed in 1901 by a large coalition army from many nations (led by the Japanese) the eastern portion of China came under the control of a dozen different countries. Various European nations, Russia, and Japan were awarded “concessions” of territory and cities throughout China (these were in addition to other concessions granted Great Britain and France a half century earlier). Because Shanghai was a

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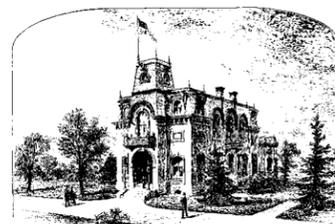


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Ethel Amos and son, Bill, looking over side of Empress liner.

major port, concessions in that city were especially well known to the outside world. The United States did not have its own concession, but along with Great Britain and a few others jointly managed the International Concession, which seemed, however, to be more British than anything else.

To visit friends in the International Concession we passed Huang Pu Park with its polo grounds near which I was told a sign had once proclaimed that Chinese and dogs were not allowed entry without permission. How could this be, I wondered? Weren't we in China? (The story behind this sign is convoluted in both fact and legend.)

Another vivid recollection during our first visit to Shanghai: as we left the pier, a British aircraft carrier, HMS Hermes (one of the first in the world, commissioned in 1923, therefore only four years old), started backing astern and almost collided with our ship. Alarms rang and officers rushed us to the opposite side. Apparently the two vessels missed one another by only a few yards. Before this happened, I had a chance to get a good look at the Hermes, a strange sight to a boy with its lopsided superstructure and elevated flight deck hanging over the stern. Many years later while serving in Naval Intelligence during World War II, I came across a dispatch saying the Hermes had been sunk off Ceylon by the Japanese carriers Soryu and Hiryu. She couldn't have put up much of a fight with her thin skin and antiquated Swordfish biplanes.

To get anywhere conveniently in a Chinese city one took a rickshaw pulled by a man (often bare-foot) trotting between hand bars, for taxis were few, and cars weren't commonly available to non-residents. In Shanghai's International Concession most of the police

force consisted of Sikhs from India: bearded, turbaned, fierce-looking men armed with stout truncheons. When a Caucasian rode in a man-pulled rickshaw, the Sikhs beat Chinese pedestrians out of the path, usually aiming at heads. When I first saw this as a little boy, I was terrified. In subsequent years I remained deeply distressed by such mindless brutality.

The same policing didn't occur in Hong Kong, a British Crown Colony. Nevertheless the colonial situation impressed me. My parents became friends with an English couple who lived on The Peak, a mountain enclave reserved for the elite. They had three sons in my father's boarding school in the Philippines, no doubt the chief reason we were invited to their luxurious villa. We were met at the dock by their special rickshaw, unlike any other I have seen. It was huge with six-foot wheels and seated three or four abreast in the high padded seat. To climb aboard, you had to use a couple of built-in steps. The vehicle was pulled by a team of four Chinese in blue and white livery (they were known as "coolies"), with a relief team of four others in uniform running alongside. The mountain road was steep and teams had to change without breaking stride. Out in front a head member of the team shouted to make way and, I think, rang a bell as he did so. Pedestrians scattered with our approach, but no heads were broken.

Hong Kong was memorable in another way. Over the years whenever we stopped in Hong Kong en route to Manila aboard a Canadian Pacific liner, armed Royal Marines boarded the ship and were posted on bridge, bow and stern 24 hours a day. In 1927 they were the first armed men I had ever seen. They were on guard against attacks by Moro pirates who, despite sailing in fast outrigger vintas, had success-

fully boarded steamships. The marines stayed aboard when we reached Manila and returned to Hong Kong where they debarked to wait for the next ship of British registry.

In subsequent years ambivalent and conflicting views emerged in this American youngster trying to make sense of a Far Eastern world that was now his home. In the 1920s and 30s, the United States was emerging from a brief colonial past that later was referred to as our empire-building phase. My father's school, closely affiliated with the Episcopal Church, had as chairman of the Board of Trustees the American bishop of the Philippines. Diocesan affairs between the native and American divisions were ethnically and racially separate. Brent School's student body and faculty were exclusively either American or British, while grounds crew and kitchen staff were Filipinos and Chinese. No Asians of any kind were enrolled as students or employed as faculty. While this was accepted as de facto and was the rule to play by, it never affected my father; he remained as egalitarian in outlook as when we first arrived. His acceptance and befriending of others, no matter their race or eth-

nicity, at times was viewed askance by the American Old Guard.

But what did this state of affairs mean to me?

The twig was being bent in ways I later came to regret. The years we lived in the Philippines I grew up in a society defined by class. Economically and politically dominant (but generally beneficent) Caucasians lived apart from the Filipinos and other Asians. My playmates were white middle class Americans—others of different origin or ethnic background were absent in this remote mountain town of Baguio.

Not long before both the Chinese and Filipinos had been at war with the Western world. In China it had been the Boxer Rebellion, in the islands it was the fierce Philippine War, a four-year Vietnam-like conflict that Americans at home learned little about, preferring not to know its cost in lives and matériel. Both these Asian peoples had been defeated and for the time being both were subservient to Western dominance.

I won't get ahead in my story here, saying only that later when we moved from the Philippines to Imperial Japan, I had an instant come-uppance as it became apparent that at best we were tolerated as



Courtesy Photo

Pulled by one man, a typical convertible rickshaw usually carried only a single passenger.

"guests" in a society that considered itself superior to anything we could offer. At the worst, we were gaijin, or barbaric foreigners. We American youths were looked upon with degrees of amusement and irritation, sometimes downright hostility. We weren't anywhere near the top of the totem pole.

The tactless bend in the twig from earlier days soon straightened out—although a kink remained as an uncomfortable reminder of unwitting bias in the past. But the better values that came to a boy in his formative years endured.



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Howard Coffin challenges Danville

'Let's honor Thaddeus Stevens in our statehouse'

BY SHARON LAKEY

On January 10, Howard Coffin rose to expectant applause after the first annual meeting of the Danville Historical Society held at the newly-renovated Historical House.

Coffin, a well-known writer on Vermont and the Civil War, had been in Danville during the summer, speaking on what he called "a magical night at the Old North Church." His presence was also an appropriate precursor of the coming sesquicentennial (150 years) celebration and remembrance of the War between the States, which will begin in 2011.

He held a sheaf of papers in his hand when he approached the lectern and, with the light from the fireplace behind him, began to speak about the sacrifices the small town of Danville made during America's Civil War. "According to Keegan, author of the most recent book I've read on the Civil War," said Coffin, "it was the third bloodiest war per capita ever fought in the world." The sheaf of papers in his hand were of some of the 194 individuals from Danville who had served, and he began a slow march through them. The papers were statements of fact, leaving the listeners to fill in gaps with the aching human story that went with every one of them.

The listing began with Danville's most famous soldier, Addison Preston. "A man whose body the infamous Custer leaned over on the battlefield and said, 'there lies the best fighting Colonel in the Cavalry Corps,'" said Coffin. Pre-



Howard Coffin read the names and back story of some of the men from Danville who served in the Civil War.

ston's widow would not allow a military funeral, but the local funeral procession included many from afar and stretched from the Village center to the grave site. Name after name Coffin read aloud from his pages, many of them surnames you still hear today in Danville. One of the most memorable facts for this listener was about a young man from West Danville whose death upon returning home was attributed to eating too much. He had just been released from Andersonville. That prisoner-of-war camp was often mentioned on the pages he held. Of the 44,000 Union soldiers held there for less than a year, 13,000 died, most from starvation and disease.

For 47 years, a week a year, Coffin has visited America's Civil War sites. "Remarkable things happen when you search for history at those places," said Coffin, and he shared a few of them with the audience. He walked the path of Pick-

ett's charge at Gettysburg, and just as he reached Cemetery Ridge, where the southern line met a blistering northern barrage, a thunderstorm arose and showered Coffin with hail the size of musket balls. Another time, he stood gazing up at Little Round Top, where the 20th Maine under Chamberlain saved the union line from breaking by mounting a heroic bayonet charge downslope. "Suddenly hundreds of lights appeared," said Coffin, "and in waves they came down the slopes. On the flat, they swirled around me before disappearing -- fireflies!" And on the night of May 2, 1988, he walked the hills where Stonewall Jackson battled to rejoin the Union army. "A full moon rose and I heard the haunting sound of whippoorwills, the same sound Confederate soldiers wrote back home had made them so homesick." On a walk up Chin Ridge, "I saw a mental image of a Confederate soldier pass me, so vivid that I still see his face today, disgusted at the failure of the second battle of Bull Run."

At this point, Coffin seemed to switch topics, but assured us, "don't worry, I'm going to tie this together." He then began speaking with emotion about Thaddeus Stevens, who was born in Danville, graduated from Peacham Academy and attended the University of Vermont for two years before transferring to Dartmouth. "You never know where you're going to find Bethlehem," he said. "From humble beginnings arose this man, in truth, who dwarfs all the Civil War heroes."

This summer, Mary Prior escorted him along the Thaddeus Stevens trail, including a possible



From left to right, Bernadette Chouinard, Paul Chourinard and Dave Huston listen to the presentation.

cellar hole of the place of his birth. "He was reverent there", shared Mary. "It can be argued," said Coffin, "that Stevens rivaled Lincoln." He is credited for the drafting and dogged determination to pass the 13th, 14th and 15th amendments to the Constitution during Reconstruction. These amendments guaranteed equality for all American citizens under the law.

"He was a man before his time," said Coffin. And then he laid before the audience a challenge. "We have a golden opportunity here, and I throw it out to you today. There is no sculpture or portrait of Stevens, one of our native sons, in our Statehouse. Why not?"

After the meeting, a light supper was served, and much interest was generated by displays that in-

cluded artifacts of Addison Preston's, most of them passed down to the Historical Society by Preston's widow. Coffin stayed as well, and many were able to shake his hand in thanks and share thoughts on how Thaddeus Stevens might best be honored.

This writer was able to tell him how much she enjoyed hearing about the strange events he had experienced while stalking history. "There are many more," he confided quietly. "Some of them are so strange, I don't repeat them. People might think I'm crazy." When pressed, he shared just one more. Someday, if you have the chance to speak with Howard Coffin, ask him about the time he saw John Brown on a lonely, wintry Vermont highway.

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Up on the Farm Early

CRACKERS AND MILK

BY LORNA QUIMBY

The other night Dick said, "When Jim and I were growing up we used to have crackers and milk Sunday night for supper."

Back on the farm we did, too. A bowl of crackers and milk gave us a satisfying full feeling.

We are not talking of saltines or Ritz crackers. Our crackers were the old fashioned St. Johnsbury crackers made by the Cross Baking Company in the town of the same name. An 1874 business directory shows Cross and Bradley operating in St. Johnsbury. Cross went out of business years ago. There's a cracker on the market that purports to be the same, but you know how that goes.

The crackers we remember were round, about two and a half or three inches in diameter and were hollow. The hollowness is important, for that is what you filled with butter and covered with jam or peanut butter for a light afternoon snack. For crackers and milk, you took several crackers and crushed them between your palms until you had a cereal bowl full. Then you poured milk over the bits until they were nearly covered.

The milk we used was not the pasteurized, homogenized, 2 percent fat fluid you find in today's su-

permarkets. No, what we poured on our crackers was milk fresh from the cow that morning. Dad brought in the day's milk when he came to breakfast. He'd pour it into gallon jars for Maw to use during the day. We always had fresh milk for our cereal. By evening the cream had risen to the top. Maw might skim it off for coffee, but usually she stirred the cream into the milk so all of us could enjoy it.

A heaping bowl of St. Johnsbury crackers, topped by good Jersey milk, made a meal we all enjoyed, Maw especially, for she didn't have to cook anything. Maw was not a Sabbatarian. She prepared Sunday dinners, which we had in the middle of the day, but on Sunday night she could rest and be thankful.

We were encouraged to crumble crackers in to our soup, too. I remember Maw's homemade soups and they were some good. There was one she called mock oyster stew. It was a blend of shredded cabbage, onions and carrots, cooked to a fare-thee-well, over which she poured a generous

amount of milk. A bowl of that soup, with crackers mixed in, took care of our ravenous appetites. Even Dad would be full after two bowls of soup with crackers, a piece or two of pie and a couple of cookies to fill in the corners.

Cross or St. Johnsbury crackers go back before 1874. In the store section of the Peacham Historical House, we have a barrel, a real cracker barrel. There's even a label, which reads "St. Johnsbury Crackers" on the side. These were the barrels that sat open in the stores. When members of the "store court" got hungry, they could cut off a slice of rat cheese in the keeper, grab a cracker and have a sustaining snack.

Dick's grandfather, Robert Craig, had 10 children, the first, born in 1892 and the last, in 1914. His third daughter, Daphne Craig Quimby, remembered his buying St. Johnsbury crackers by the barrel. They were seconds and what cheaper way could the poor man have found to fill the empty stomachs around his table. I have Grandma Craig's cast iron soup kettle, which dwarfs my eight-quart pot. The bottom has a section that sets over the fire in an old wood-burning cook stove. Mother Quimby told me that her mother made her Scotch broth in it, but she would never give me the recipe. You don't need a recipe for soup, but I wanted some idea of how

many quarts of mutton broth, or plain water even, how many onions, how many carrots and so on you had to cook to feed ten or a dozen people at a meal. Even if I'd put in a lot of barley, I'm sure I'd have encouraged everyone to crumble lots of those nice, if somewhat damaged, crackers into their soup.

For several years, in a jar on the counter in the country store display at the Historical House, I had some of the modern crackers for people to sample. Usually I had to sweep up bits of cracker people had surreptitiously dropped. Somehow, without the rat cheese, real milk and butter, plus the appetites we had in those days, St. Johnsbury crackers aren't the treat they used to be.

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Walden Hill Journal *with Jeff & Ellen Gold*

Feb. 1, 2009

We're starting out February seeing the minus sign on the thermometer and a few snow flurries. The sun made its 4:00 appearance just in time to liven up the sky for sunset. I continued opening up the snowshoe loop while I could still discern the faint ridges from where the path had been. It was quite an aerobic workout. Future trips will be easier walking unless we get another big dump. Fortunately the snow is fluffy and doesn't stick to the snowshoes. There was enough resistance just from the sheer depth of the snow. I filled the bird feeder before heading in. Those flocks of redpolls sure siphon down the feeder. We estimated around 50 "birds of a feather, flocking together".

Feb. 3, 2009

Tracks indicate more activity in the woods. There were small rodent trails (with and without tails), grouse chains and the usual multitude of snowshoe hare tracks. Our sunflower seeds have attracted some less seen northern birds. Six snow buntings were hanging around yesterday, blending against the snowy white background, especially while perched on the utility wires. Their russet orange markings were more well defined as they gathered by the feeder. A pair of pine grosbeaks were ground feeding several days ago. Both birds tend to venture "south" only when conditions in Canada

prove too troublesome. Redpolls flock down at the first severe signs of winter but the buntings and grosbeaks are an indication that the deep freeze has made conditions up north too difficult even for them.

Feb. 8, 2009

After a week's respite from snow, we're getting a fresh cover. The snow was beginning to look a bit tired and ready for a new coat. Birds must have sensed the approaching storm and were stocking up at the feeder. Joining the multitudes of redpolls were a lone pine grosbeak and his formally attired cousin the evening grosbeak. Meanwhile it's been a good week for snowshoeing. I even blazed a secondary loop to extend my daily walk in the snow. It's a good warm-up before making the longer climb to the top of the woods. Today looks like more of an indoor day. Once Jeff finishes cleaning out the stove pipe, we can get the fire going.

Feb. 12, 2009

We saw a high of 49° yesterday and a steady rainfall in the afternoon which is continuing into today. The driveway is showing a bit of gravel with some bare ground at the edges. Snowshoeing is a bit on the slushy side but our well-trodden path remains firm. According to the weather report, the thaw will be a brief one but enough to cause some possible

ice dams and flooding. Meanwhile it's a dreary, foggy and very wet day.

Feb. 16, 2009

The recent rain and subsequent ice building up has left a firm secondary base on top of several feet of snow. It's easy footing venturing off the path. We did a bit of exploring and wound up at the higher beaver pond which has been abandoned for years. The lodge still remains but a huge hole in the main dam confirms my theory of why the active beaver pond below washed out last summer, flooding Kittredge Road. Once the higher dam gave way, the force of the water from the rapidly draining pond caused a breach in the dam below. The huge volume of water from both ponds did considerable damage to the road and resculpted the once gentle stream that led from the pond. Today it's a very peaceful snow-covered scene. Paired tracks showed where a fisher cat had ventured on to what's left of the frozen pond.

Feb. 23, 2009

Record-breaking snowfall is finally winding down. The "hanging" suet feeder is imbedded in the snow and the tube feeder just barely above the ground. Heavy blustery winds have created huge drifts and the snowplow has created quite a wall blocking both drives. The wind is whistling and whining down the chimney,

adding a chilling note to the big storm. Until it dies down, we'll have to stay put. The town plow is crawling along Kittredge Road, pushing a huge mound of snow ahead of it. Whew, it was a slow hour and a half dig out, with drifts over 40 inches. I needed to dig down a depth of 5 shovels full before hitting ground level. Unfortunately the wind hasn't let up so we'll be at it again tomorrow. No lack of exercise this winter. This is the first time I can remember needing to don snowshoes for shoveling.

Feb. 26, 2009

47° this afternoon; downright balmy. A beautiful day to be out on the snowshoes. Fortunately the neighbors had been out blazing trail and Jeff had packed that down and extended it a bit before I ventured out. The snow is deep, slushy and very heavy as it sticks onto the snowshoes. Beautiful, long shadows lay on the wind-sculpted snow field. Pussy willows are starting to break out of their brown husks, showing a slight hint of fuzzy gray. Chickadees are trying out their spring voice with the occasional short trill between squawks. A raven was croaking loudly as he circled the trees. Days continue to lengthen; an added bonus as we leave the longest short month of February and slowly progress towards spring.

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Follow the Money

POSTCARDS FROM THE LEDGE

BY RACHEL SIEGEL



Red, white, and gold, sandstone and limestone layered, the Grand Canyon deepens by one inch every century and widens by one every decade: creative destruction at its geological best. From the air, Phoenix is curlicues of cul-de-sacs, each house with its own blue dot of a pool, sprinkled amid lush green golf courses.

On the ground, it is clearer that the newer developments are largely abandoned, unfinished, or unaffordable for the now long-term unemployed.

Arizona is perfect for economies of scale as well as grandeur of scene, and we explored them pretty much at the same time. As technology industrialized food production and resource mining in the 19th century, and mass production created the wealth that afforded tourism and retirement in the 20th, Arizona was the frontier.

First, the endless horizon and limitless acres for grazing offset the scarcity of vegetation and water. Then, since the heaving of a restless earth left minerals close to the surface, mining boomed. Railroads brought the first trickle of tourists, which grew into a torrent with the long, flat stretches and miles of visibility perfect for automobiles. With the advent of air conditioning, those highways brought retirees, and the shopping and health care that cater to them. An abundance of still-cheap land brought builders and the mass production of housing.

The older mining town clings to the mountainside. The mine is long abandoned, shut down after demand for copper boomed with the world wars. The town itself was abandoned as miners' families walked away from flimsy

wooden shacks sliding down the steep slag left behind. About thirty or so stuck it out, until the 1970s brought artists (cheap housing), the 1980s brought tourists (cheap art), the 1990s brought retirees (cheap sunshine), and the realtors followed.

And all of them pushed up real estate values, until the artists and their galleries could no longer afford the rents on the town's one street. As the recession has slowed the flow of tourists and retirees, profitability and, with it, the town's rickety tax base became more precarious. The state's own drop in tax revenues has closed the local state park, the restored "honeymoon cottage" of a long-gone mine owner. With one less reason to detour off the highway, the town's tourist trappers suffer too.

The town in the valley below was settled later, built around the smelting plant that shut down only about a generation ago. The country was more settled then, and in the Victorian spirit of stewardship, the owners built company housing, an opera house, and a library around a town green, complete with bandstand, that would fit anywhere in New England.

A bit further north, where the rocks that frame the sky are a bit more exotic, the wealthy have settled. The shops carry luxury goods, the physicians and bro-

kerage offices are more numerous, and the pickups give way to luxury cars. But upheavals in investment markets have revealed just how shallow the veins of wealth can be, and even there the wealthier and those who service them are much less secure.

Arizona is a map of our eco-

nomie development writ large: an abundance of resources, especially space to expand, that encouraged scale, and an abundance of beauty and tempered climate to absorb the growing wealth and leisure that it created. It accommodates our sense of spread; even the speed limits are more generous.

Natural beauty, space, light, and quiet, attracts artists, and perhaps the intellectuals who like to be among them, and those of wealth and leisure who can afford to enjoy the view, but livings must be made. We often worry that, with manufacturing cheaper elsewhere, our economy doesn't "make" anything anymore, but in Arizona we manufactured lifestyle and leisure for those who were wealthy or old enough and jobs for those who service them. In a desert, we built pools and golf courses around air-conditioned homes. With inex-

haustible resources, we built excesses of scale with economies of scale.

Standing on a rim of the Grand Canyon, you can see mountains so many miles away, and rocks so many millennia in the making, that the potential of raw creation indeed seems endless. But there is also an obvious fragility, even in that commanding wilderness. In the spirit of stewardship, the park that preserves it tries to make it accessible but not exploitable. Perhaps we now need to think about mining our economic resources, our markets, our wealth, our labor, in a similar vein.

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

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- »Invictus/The Maid (2/19 - 2/28)
- »Nine/Girl on the Train (2/26 - 3/4)

<<Live Performances>>

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- »SUN.21: Jazz on a Sunday Afternoon, 4 p.m.
- »SAT.27: Special Screening - Emperor of the North, 3 p.m.
- »SAT.23: Cabaret Music Series - Ricky Golden, 8 p.m.
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- »SUN.31: National Theatre Encore - Nation, 2 p.m.

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February aggression and romance



No Small Potatoes *with Vanna Guldenschub*

The month of February gives us a chance to recognize both the aggressive and romantic sides of our personalities with two special days – Super Bowl Sunday and Valentine’s Day. Although these days certainly call for very different foods to properly observe them, this year I opt to celebrate them both with beef. One is enjoyed with a hearty chili and the other with a shared tenderloin roast. Have fun in the kitchen on both days!

Gridiron Chili

This chili stands up to any football crowd. It is serious meat chili – no beans and no tomatoes! Take the time to do all the little extras (making the ancho puree, sautéing all the vegetables till soft and browning the meat) before you even put the chili together and you will serve a dish that will be remembered long after the game is over. Make some cornbread and coleslaw as side dishes and gain those extra yards.

You can make this chili the day before and heat it up just before service. The flavors really meld together. It also freezes very well – so double the recipe if you like for an encore performance later in the winter.

- 4 lbs beef (I like chuck) cut into medium sized cubes
- 3 cloves garlic - chopped
- 2 large onions – chopped
- 2 ribs celery – finely chopped
- 3 red peppers – chopped
- 1 cup flour
- 3-4 tablespoons good dark chili powder
- 2 tablespoons cumin
- 2 tablespoons dried basil
- 2 teaspoons dried oregano
- 6-8 dried ancho chiles – seeded and stemmed (if you want some heat – leave the seeds in one of them)
- 3 cups beef broth (the boxed variety is fine)
- 1 bottle beer – I like a dark beer but you can use your favorite brand
- Salt and pepper to taste
- Olive oil

Make the Ancho Chile Puree

The ancho chile is a dried poblano pepper. It is a dark red mahogany color and has a slight amount of heat to it. They are not searing hot chiles but have a great flavor. To make a flavorful puree, seed and stem about 6 to 8 anchos. If you desire more heat leave the seeds in one or two of them. Cover the prepared anchos with 4 cups of

water in a small saucepan and simmer until they are soft. This usually takes about 10 minutes. Blend the anchos and the water in a food processor until very smooth. Pass this mix through a medium strainer. Add more water if it is too thick to pass through the strainer. Discard what is left in the strainer. It is really worth the trouble to add this vibrantly colored puree to the chili you are making. It gives it an incredible depth of flavor.

Make the Chili

Heat olive oil in a large stockpot or Dutch oven and brown the garlic until just colored. Stir in the onions and cook until they are soft and almost transparent. Add the celery and peppers and cook till they are soft. Set the whole pot

aside. Mix the flour with one teaspoon basil, 1 tablespoon chili powder and salt and pepper to flavor. Put the cubes of meat in a large bowl and pour the flour over it. Toss it a few times to cover the meat. Then put the floured meat in a large mesh strainer and shake all the excess flour off the meat. This is an important step to assure the meat will brown well and the chili will not be too thick. Set



the floured meat aside.

Pour ¼ cup olive oil in a large frying pan. When the oil is hot it is time to brown the meat. Put each piece in the pan separately – none of them should touch each other in order to brown properly. Turn each piece over to get them nice and brown on all sides. It will take a couple of pans full to finish the task. This step is well worth the time and effort. It sears the outside of each piece of meat and keeps it flavorful throughout the cooking process.

Put the well browned meat and pan drippings into the large pot along with the cooked vegetables. Add the ancho puree, chili powder, cumin, basil and oregano. Pour in 2 to 3 cups of the beef stock and the beer. Let this mix simmer for about 1 hour on low heat. Test the pieces of meat during the cooking process to see when they are fall apart tender. I taste the liquid in the pot as well to see if it is seasoned properly. It might need some extra chili powder, spice or salt. Stir occasionally so

it does not stick. If you need more liquid during the cooking process add more of the beef stock or water.

Let the chili sit about one half hour before serving with cornbread and coleslaw. You can make this chili a day ahead and reheat when ready to serve.

Chateaubriand

This dish was created for Francois-Ren de Chateaubriand, a politician and the founder of Romanticism in French literature. It truly seems a perfect entrée for a romantic Valentine’s Day dinner. It is a simple dish that requires an outstanding cut of meat. Chateaubriand is made from the center cut of the tenderloin steak – about 12- 14 ounces. You will probably have to ask the butcher to cut this piece especially for you – so plan in advance. It is an expensive enterprise and you want to cook it properly. This cut of meat is best served rare to medium rare. If you or your Valentine like well done meat you might want to opt for an-



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other type of steak.

Serve simple sautéed vegetables on the side with parsley red potatoes. A chocolate dessert is always a winner on Valentine's Day. Someone served me a chocolate cream pie the other day that was incredible – so find a good chocolate recipe and you can create a truly memorable meal for you and your Valentine.

1 (12-14 ounce) center cut tenderloin steak
2 tablespoons olive oil
4-6 tablespoons butter
2 shallots (can substitute a small onion) peeled and chopped
1 tablespoon kosher salt
2 teaspoons sugar
2 teaspoons coarse ground pepper
1 teaspoon dried thyme
1 cup red wine

Preheat the oven to 450 degrees.

Mix the kosher salt, coarse ground pepper, thyme and sugar in a small bowl. Rub the tenderloin with this mix.

In a heavy bottomed skillet, heat the olive oil and 2 tablespoons butter until hot but not smoking and brown the meat on all sides. You are not cooking the meat but giving it a nice dark brown searing. Save this pan to make the demi-glace.

Transfer the meat into a lightly oiled open sided pan and place in the oven (uncovered) and roast until the internal temperature is just under 130 degrees (for rare). This usually takes 10 to 15 minutes. It is not a long time to have a roast in the oven – so make sure you set a timer and don't overcook your

tenderloin. Overcooking is really the only mistake you can make with this recipe. Remove the pan from the oven and set aside. Place a piece of foil lightly over the top of the meat.

While the roast is in the oven, heat the skillet you used to brown the meat on medium heat and deglaze it with the wine. In another sauce pan sauté the shallots in butter until they are lightly browned. Strain the wine liquid into the shallots. There are usually a lot of browned bits in the deglazed pan that will not look good in your sauce and the straining takes care of that. Reduce the wine and shallots over low heat until syrupy. Turn off the heat and whisk in a tablespoon or two of the butter.

Carve the meat into thick pieces and drizzle the sauce over the meat.

I like to serve this roast with green beans and julienned carrots. They can be prepared ahead of time – I steam them, stop the cooking in a cold water bath when they are done and then drizzle a little olive oil and sprinkle some salt on them and set aside. These vegetables are good at room temperature or can be heated at the very last with a short minute in the microwave. Parsley red potatoes are pretty on the plate as well. They can also be made ahead and reheated in the microwave – just don't put them in the refrigerator – keep them at room temperature until you are ready for them.

>> Page 1

gering about in the barn basement, when I wonder about my sanity. Adding to the generally grim ambiance down there are the brindled yellow and brown icicles of frozen urine from the stalls upstairs. For my own safety and hygiene I should be wearing a helmet. A Viking helmet would suit me well on an evening like this, when I'm reminded of the lost colonies of Greenland.

The popular image of the Vikings is that of the warrior but they were also avid farmers who loved their cows enough to wear cow horns on their helmets, and twelve hundred years ago, during a spell of unusually warm climate in the sub arctic, they set about farming in a few sheltered fiords in Greenland. There was plenty of grass and even a few trees grew in the microclimates of those fiords. The settlements prospered, but then the climate cooled again. Surely they hoped it was a temporary setback; farmers are accustomed to those. But the cold persisted and the seas became choked with summer ice. Resupply became impossible and the few dispatches that emerged were increasingly grim. In the deepening winters they were reduced to actually living in their stone barns with the cows, sharing body heat and

sleeping on the growing piles of manure. They force fed the cows seaweed when the hay ran out, which gave the cows the runs. Then they had to physically carry the cows out to pasture in the spring because the cows themselves were blinded by the constant darkness and too weak to walk.

I've seen some old farmers right here in Vermont reduced to heroic extremes, but nothing like that. At least I have plenty of hay, and I'm glad I don't have to sleep with my sheep. Sheep, unlike cows, are so well insulated themselves they don't give off much heat. But there have been times, especially when the barn water has frozen and I've been hauling it from the house, and the temperature was thirty below, when I have wondered if I was kidding myself about the future of my venture, just as the lost colonists of Greenland had. Only here's the thing: winters like that don't happen much anymore. Spring comes earlier and fall lingers late. It's just the opposite of what happened to the Vikings.

Spring never really came at all for them and eventually all the cows died. The Vikings ate the dead cows and some suggest they may have eaten a few of each other, too, before the last of them rejoined the cows in Valhalla, al-

though it may have taken a while. There are poignant reports from mariners a hundred years later of figures waving desperately from the ice bound shore. The great irony is that there were Eskimos right next door, who did fine, but the Vikings had not been nice to the Eskimos, nor would they adopt their ways. That stubborn Scandinavian nature had not served them well, but what about us? Is there hope in the face of similarly drastic climate change?

Here is mine. It will come down to the farmer, and he won't be growing corn to feed automobiles, or even cows if the climate changes the way so many predict. The big farmers that still have enough water will have their hands full feeding people. Meat will become scarcer, more locally produced and grass fed. The "Victory Garden" of World War II will come back. Suburban lawns will become cabbage patches, while catfish fatten in backyard swimming pools. We'll become healthier due to better diets and more exercise. We'll learn to collaborate and get by on less, to produce instead of consume. We'll become happier, because humans are not naturally as selfish as advertisers would have us. We will reconnect spiritually with ourselves and with nature. We will eat more lamb.

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CQ...CQ... Larry Filby stays in touch

By DONNA M. GARFIELD

As I travel up the road, I can see the antennas sticking up above the roofs of the nearby houses.

I recognize antennas such as these. For a moment it takes me back to my childhood when my father had similar antennas on our house. I remember as he listened to radios that carried voices of people from all over the world. My father was an SWL, or short wave listener, on ham radios. The person I am about to visit is much more than a listener, and radios have been a part of his life since he was a boy.

I arrive at the North Danville home of Larry and Ann Filby, which they share with Trixie, their

Pomeranian. There is an array of equipment in the yard – two towers, five beam antennas, two wire antennas, and several receiving antennas. Larry has been an amateur radio operator; also known as a “ham operator,” for 50 years. His call letters are K1LPS.

With all the technology we have today, such as cell phones, Blackberries, and videoconferencing, it feels like stepping back into another world to discuss ham radios. Sitting at Larry’s desk, I survey the environment of his “ham shack” basement – radios, antenna tuners, keyers, microphones, rotors, computer, co-axial cables, maps, award plaques, and QSL cards. It’s easy to appreciate his comment when he says, “Ham ra-

dios are an extremely complex hobby.”

Amateur radios have been around since the early 1900s. The radios are called amateur radios because they are not for profit. No one knows how they came to be called ham radios. The operators have a language all their own. CQ means “calling all long-distance stations;” XYL means “ex-young lady;” QSL means “confirmation;” QSB means “signal fading;” QSO means “contact;” and QRT means “stop transmitting and off the air.” The list goes on and on. It is a foreign language to those who do not know it.

There are three different modes of communication – voice, digital (teletype), and CW (Morse

code). Larry learned Morse code before he joined the Navy. He was required to send 12 words a minute. Today, he is comfortable sending 30 words a minute. It used to be a requirement to learn Morse code in order to get a ham license. That changed in 2007 when the Federal Communications Commission decided that Morse code would no longer be a requirement for U.S. amateur radio licenses. Still, many ham operators enjoy sending messages by Morse code.

Larry was 10 years old when he first became fascinated with radios. He learned on his own and built his first radio. In October 1959, he passed his test to become a licensed ham radio operator. Since then he has added to his knowl-

edge until today he has an Extra class license and is one of the most well-known amateur radio operators in northeastern Vermont. He believes there are 40-50 ham operators in this area and “out of those, there might be six or seven that have systems capable of worldwide communications on a routine basis.” Larry is one of those people.

Larry was an aviation electronics technician for 20 years in the Navy, working on radio communications, radar, and electronic equipment on airplanes. He was stationed in many locations – Florida, Iceland, England, Scotland, Spain, Italy, and Guam. His knowledge of radios in general increased with his training. He could



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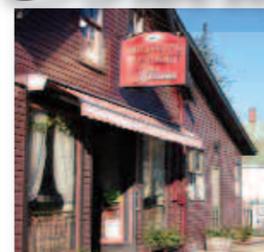
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not use his ham radio while overseas because they were banned in World War II from the time of the bombing of Pearl Harbor until the end of the war. The U.S. government would not allow their use in case someone was passing information to the enemy by radio. Larry said, "I spent 20 years in the Navy, without ever serving aboard a ship of any kind." In 1962, he was assigned to St. Johnsbury as a Navy recruiter. After his retirement from the Navy in 1975, he stayed in the northeastern part of Vermont.

Larry then worked for the Vermont Department of Public Safety for 24 years. He worked in electronics and communications and maintained radio equipment for the Vermont State Police, Fish and Wildlife, Corrections, Forests & Parks, and other state agencies. He was assigned to St. Johnsbury. He had a shop at the State Police barracks fixing radios. It also meant that some of his work was on Burke Mountain and Jay Peak as the State of Vermont maintained communications sites in those areas. There were 11 people in the State of Vermont at that time trained to do this particular work.

Larry related one of his most interesting stories. "I certainly had my share of adventures in 20 years with the military. But the Navy had nothing on the Radio Division for the State of Vermont for adventures. You haven't had an adventure until you've muscled a snowmobile up an unbroken trail into a remote communications site, through two and three-foot snowdrifts with 65 pounds of test equipment, at one o'clock in the morning in mid-February. That didn't happen every day, but often enough."

When Larry went up Burke Mountain on a snowmobile in the middle of the night, he went alone.

He would haul a snowmobile up to the mountain with him, get it off the trailer by himself, and then make the trip up the mountain on the Toll Road. At night, he said "It would be easy to make a wrong turn - like over a cliff." He never met any wild animals during the night although sometimes when he had to go up during the day, he would see moose. It took 20 to 30 minutes to go up Burke Mountain by snowmobile in the middle of the night.

He said, "Places like Jay Peak could be much more interesting because it didn't have a road. Sometimes we could get a ride up with the snowmaking crew. They usually finished about midnight so if you had to go after that, you had to go alone." It makes one pause to reflect on how little we know about the people behind the scenes who keep our lives running and in order. The adventures up the mountains ended in 1999 when he retired.

After spending so many years working with radios as a profession, Larry still finds enjoyment in his free time in making contact with others around the world. With his Extra class license, he has the ability to broadcast on all bands. There are two other classes of licenses: Technician and General. Each class enables the user to work different meter bands. The Extra class license is the highest and Larry earned his in 1984.

Most ham operators use QSL cards. This card gives information such as the call letters and address of the operator. There are many variations of the QSL card - sometimes the operator's base station is used as a background. Other times, the background is scenery relative to the area in which the operator lives. When ham operators make contact with other hams in different parts of the United States or in

other countries, they exchange cards. Larry has over 20,000 QSL cards that he has collected since 1968. His rarest card is from Macquarie Island, located in the Pacific Ocean about halfway between New Zealand and Antarctica. Other treasures include cards from King Hussein of Jordan, The Vatican, Pratas Island and Scarborough Reef (both located in the South China Sea), and Kure Atoll (located in the North Pacific Ocean).

Contests are a big part of Larry's adventures with ham radio. Contacts can be made during the day or at night as time zones are different all over the world. He does not mind getting up in the middle of the night to make that one last contact he needs to win an award or to help someone else who may need Vermont as a contact. Vermont and Delaware are the two hardest states for others to contact. He has won several awards, some of which are WAS (worked all states of the United States), WAC (Worked All Continents), Triple Play (worked all 50 states on three different modes), DXCC (worked 100 countries), and WAZ (worked all zones). He is aiming to work all 338 countries in the world. They are not all "official" countries but Larry explains that they "have been designated as such for the purposes of the countries award." Larry is nearing the end of that quest as he has now confirmed 324 countries. The last few will be the hardest. He is most proud of 5BDXCC (worked 100 countries on five bands). He is one of few people who have this award.

How does one receive credit for awards? QSL cards are mailed back and forth between contacts. If

Larry is working toward a specific award, he keeps track of the QSL cards he receives. When he has all the cards relevant to a specific award, he sends them to the American Radio Relay League (ARRL) to prove that the conditions for earning the award have been met. They in turn notify him if he has met the requirements.

In the age of the Internet, things have been simplified in that computers and electronic QSL cards are now used. Information can be transmitted to "Logbook of the World" located at ARRL headquarters in Connecticut enabling operators to upload logs and get an electronic verification. For some operators, it is exciting to see the varied and beautiful cards created by other operators. However, it can be quite costly to mail cards. For some, the electronic version is the easiest.

Hamfests are a way for ham operators to get together and socialize as well as trade, buy, and sell equipment. There is usually one held in Burlington in February. A hamfest is held twice a year in Deerfield, New Hampshire. Larry finds that it is a great way to meet some of the people he has spoken with over the radio.

Among his other achievements, Larry was featured on the cover of "QST Magazine" in March 1990 during a ham radio microwave operation on Jay Peak. Larry also wrote articles for "73 Magazine" (no longer in print) and for "RTTY Journal".

Ham radios are not all about contests, though. Operators can apply to programs such as MARS (Military Affiliate Radio System). Larry has been a part of this pro-

gram. If operators are approved, they receive special training and then can help in specific situations. In one instance, military personnel stationed in other countries can send messages to their families back home in the United States via ham operators. Once the message is received in the states, it is passed along to the ham operator closest to where the message needs to be delivered. The last operator then calls the family and gives them the message from their relative stationed overseas. A return message can also be sent. This program was especially useful before e-mail when families had to wait several weeks for letters to arrive. Ham radios are also immensely useful in the event of an emergency or crisis. When regular modes of communication no longer work, ham radios can be used with batteries or generators.

A love for radios in general has been a big part of Larry's life, whether work related or as a hobby. He enjoys making contacts with other people in various parts of the world and likes the challenge of a contest. Larry says, "There's always another challenge out there to meet. I hope to be in it for many years yet to come."

For more information about amateur radios, go to: www.arrl.org



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2/5/10	(H) RANDOLPH	5:30/ 7	2/4/10	at Montpelier	6/ 7:30
2/8/10	at U-32	5:30/ 7	2/9/10	(H) HARWOOD	5:30/ 7
2/10/10	at Thetford	6/ 7:30	2/11/10	(H) U-32	5:30/ 7
2/17/10	(H) HARWOOD	5:30/ 7			
2/19/10	at Oxbow	6/ 7:30			

ICE HOCKEY		
2/3/10	(H) U-32	7:00
2/6/10	at Northfield	4:00
2/10/10	(H) WOODSTOCK	6:00
2/13/10	at St. Johnsbury	6:00

FROSH BASKETBALL Boys		
2/1/2010	(H) LAKE REGION	7:00
2/4/10	(H) HAZEN	7:00

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After three years of getting to know the needs of regular customers, soup kitchen owner Frank Rothe and others realized another need: meals.

>> Page 1

present space, and in the near future they will have to find a larger space.

Connect With Kids, Inc. targets the “invisible poverty level” that exists in our own backyard. People are in need right here in Vermont, right in St. Johnsbury. Rothe said, “There’s the guy who lives in an apartment on a side street and only has a mattress and a chair for furniture. Or the single mom with six kids living in a trailer off Route 5 who needs help keeping clothes on growing kids. We wanted to help them. We want to make people aware of needs that are right in front of them.”

“When we first opened the store, we didn’t know the dynamics of the town. But it turns out that our location is great because

the majority of our customers walk here,” said Rothe. “In St. Johnsbury alone, there are 500 households without transportation.”

After three years of getting to know the needs of regular customers, Rothe said, he, board members, and store volunteers realized another need: meals. “We thought of a soup kitchen, a place for people to come in and get a hot meal.” There are meal sites at three community churches three days a week, and the board wondered what do those people do the rest of the week?

The Mustard Seed Soup Kitchen concept was born. When the thrift store held a huge clothing giveaway in the old pizzeria building last year, Rothe said the board realized the potential of that space. A year ago they had the

concept, and then the place, but there was a long road to travel before the soup kitchen could open.

In addition to being executive director, Rothe was commissioned as a missionary by the North American Mission Board of the Southern Baptist Conference in 2008. It is through that affiliation that the soup kitchen came to fruition.

The Southern Baptist Conference sends all-volunteer mission teams all over the United States to help with community and church construction projects and outreach. Connect With Kids applied for assistance with the soup kitchen project.

The North Carolina Baptist Association is part of the Southern Baptist Conference and has worked in the area before. Rothe said, “The North Carolina division

sends about 100 mission teams a year to Vermont.” In September, the first of three teams arrived at Eastern Avenue. While in Vermont, the teams stayed at the Barnett Presbyterian Church retreat.

Rothe said, “They were unbelievable. Each team worked one week. Volunteers are retired contractors and carpenters and the average age was 72! They saved us a year of work!”

The teams brought tools, supplies, building materials, and equipment. At the worksite, they began gutting out the site. Thanks to the three teams, they completed the renovation phases from demolition to finish work. They transformed the dark, dingy rundown restaurant space to a bright, open dining hall and fully equipped kitchen.

The only work that Connect

With Kids had to farm out were the plumbing and propane hookup to licensed Vermont professionals.

Not only did they complete the renovation but they brought donations of large items as well. “The North Carolina teams showed up with not only building materials, but sinks, countertops, a large kitchen hood and chairs.” Rothe said one crew member made a personal mission of lighting the soup kitchen. He raised the funds and even pitched in his own money and donated \$750 worth of fluorescent ceiling lights.

Area businesses were very generous and helped to make the soup kitchen happen. Locally, Wal-Mart donated \$1,000; All-Around Rental donated staging and tools; Appalachian Supply, Aldrich Fabrication and Home Depot gave



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donations. Myer Container Service out of Burlington provided a 30-yard dumpster no charge during the renovation process that the teams filled twice. The large cook-stove, the central component of the kitchen, was donated by Jessie Davidson and individuals donated tables and shelving.

The Vermont Food Bank received grant money to help food shelves and meal sites, and Mustard Seed Soup Kitchen was given a large freezer.

The soup kitchen is targeted to open this month. Rothe will be running the kitchen along with local volunteers. They plan on pro-

viding noontime meals on Tuesdays and Thursdays. Rothe said they would like to try being open in the mornings for coffee. The menu will include soups, stews, chowders, and casseroles. The board wanted to provide a one-pot meal with bread and dessert. It will be free of charge, but donations will be accepted.

"We can hold 70 in here and we plan on serving the people, not setting up a buffet style." They have a large dining room and a smaller eating area in the front that will be designated a family area.

The soup kitchen space will also be used for the mentoring

program. He envisions cooking projects, pizza parties and a good place to meet in the winter.

The food will come from Vermont Food Bank and local donations as well as support from the Thrift Store.

Rothe said, "We are just here to help those people who need help." The ministry is funded by people who want to see this effort work. They do have two main supporters, the New Beginnings Church in St. Johnsbury and Newbury Bible Church in Rothe's hometown of Newbury.

Connect With Kids has been able to help three tiers of demo-

graphics in the St. Johnsbury area: children, adults with families and elderly.

The freezer is full and Rothe is testing soup and chowder recipes. Soon the dining hall will be full of people. That's what they want to see.

They have come a full circle: the mentoring project, the thrift store, and now the soup kitchen. Volunteers on community service programs or members of the community help at the thrift store. The thrift store funds the mentoring program to help area children. Volunteers and donors make the soup kitchen a reality. The soup kitchen will feed people during the

week with the help of volunteers and donations.

Needs are met. People are being helped. Connect With Kids is all about connecting with people in need and making a difference in Vermonters' lives.

Connect With Kids Thrift Store is open Mondays 9 am to 4 pm; Tuesday-Friday 9 am to 5 pm; Saturdays 10 am to 2 pm. Check out their Facebook page under Connect With Kids, Inc., St. Johnsbury, Vt., The Mustard Seed Soup Kitchen is scheduled to be open Tuesdays and Thursdays at noon. Call 802-748-9870 for more information.

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El Gran Viaje

By Dick Boera

It had been awhile since I'd visited my Spanish cousin Maryló. I thought I could rent a car and make a "grand tour" of España. I could visit the places I've missed in a half-dozen past visits to the land of my ancestors. I would especially like to make a pilgrimage to Spain's (and Christendom's) religious shrine, the sanctuary at Santiago de Compostela. I could also go to Burgos, birthplace of El Cid, to pay homage to the leg-

Since my nine-page trip log, that resulted from this wishful thinking, doesn't lend itself to a condensation of all travel details - military flights to the U.S. Naval Station, Rota, at the southern tip of Spain, an auto rental to drive across the country for the reunion with my cousin, and the daily itinerary of the resulting drive-around - I'll limit myself to just some highlights, hoping they will prove interesting enough to hold the reader. Come back with me to April 2000.

Friday, April 28

From Rota, I contact my cousin's daughter to update her on my timetable. I learn that I won't have to drive all the way up to Barcelona because the family is coming down to Villa Dolores, one of their homes-away-from-home in Castellon de la Plana along the Mediterranean coast, to celebrate Easter there a week late.

It's noon before I obtain all the passes and permits the Spanish authorities require for me to leave the naval base and return. I have difficulty finding my way through congested Puerto de Santa Maria, but finally I'm on my way east along the coastline - through Algeciras, Tarifa, past Gibraltar - and on to Torremolinos, just west of Malaga, the resort setting for much of James Michener's novel of the hippie Sixties, *The Drifters*. The Autovia del Mediterraneo, a toll road, passes through a very green area of Andalucia, with many farms and endless groves of olive trees covering the gently rolling hills. It becomes a bit more mountainous near Tarifa, and the sight of thousands of windmill generators dotting the skyline is awesome. From a lofty scenic viewpoint nearby, Morocco and a vast stretch of the African coastline is clearly visible, just 15 miles across the Strait.

Arriving in Torremolinos late in the afternoon, I find a nice

hotel in a central part of town and go down to the beach. Although it is early in the season here on the "Costa del Sol Occidental," the beach promenade is already crowded with tourists. I climb up a winding stairway, lined with souvenir stalls, to Calle San Miguel which has many exquisite gift and souvenir shops, mostly jewelry and leather goods. It stays light until late because the area is on the western side of the time zone. I have traveled only 289 kilometers (180 miles) today, but it's a start.

Saturday, April 29

Leaving town at 9:30 am, I drive quickly through overdeveloped Malaga -and on to the "Costa del Sol Oriental." It's very slow-going from Almuñecar to Almería, along a one-lane highway with only an occasional passing lane on the hills. After Almería it's clear sailing along Autopista A-7 at over 100 mph yet passed by other cars as if I'm standing still! The route through Murcia, and Alicante and on to Valencia is generally no longer a green landscape; much of it is absolutely desolate...sand, clay, rocks, dry bushes. My first stop for gasoline is a learning experience, but I have a friendly instructor; I should always look for the sin plombo (without lead) sign, and the price - which I discover is uniform for all brands throughout the country - is about \$3.00 per gallon. However, the Renault is economical, averaging close to 50 miles per gallon.

April 30th to May 2nd is spent with the family at the ancestral masia (family homestead) in Castellon. Sunday includes an egg hunt in which even the adults participate.

Monday, May 1

It's a holiday - Spain's Labor Day - so the family is still in the area. Everyone seems to be sleeping in late, so I have a great breakfast prepared by Mári, the

family's maid for the past 40 years, including a tall glass of fresh-squeezed jugo de naranja (orange juice), sweet pan y café con leche after which I stroll out into the restful garden. The screened-in gazebo is quiet, a perfect place for reading *The Bridge Across Forever* by the sometimes whimsical, sometimes inspiring, Richard Bach. By 11:00 am the household is astir. Javier takes me on a drive out to his orange groves, a 500-acre farm in the hills outside the city that his father purchased in 1984, and which he now actively manages. Back to the masia for another big spread: cannelloni with tomato sauce, fish, wine, and cantaloupe.

Tuesday, May 2

I'm off early on my planned gran viaje heading back south a bit to Sagunto before I can start north for Teruel where I will be looking for Los Amantes de Teruel commemorated by Michener in his monumental book, *Iberia*.

The first part is recited by Michener's guide, a native of Teruel, who just happened to be the town's director of publicity:

The year was 1217, Don Domingo Celada being judge of Teruel. In his city were two noble and influential families, Segura and Marcilla. Daughter of the first was the beautiful Isabel. Son of the second was the brave Diego. From the days when they played together as children they loved each other, but Diego's family had fallen on hard times and was poor, wherefore Isabel's father, the richest man in town, forbade their union.

However, Diego sought and obtained an agreement whereby he would leave Teruel and for five years try to build his fortune in the world, at the end of which time, if he succeeded, he would return and wed Isabel. With the fire of youth he left the city, and since no one heard from him for the next five years, at the expira-



tion of the term the head of the Segura family forced his daughter to marry the very rich Don Pedro de Azagra of the nearby hill town of Albarracín.

The wedding was convened. The couples were married, but as the bells ceased ringing, there was a clatter at the Zaragoza gate and watchmen ran to advise the townspeople that Diego Marcilla had returned from his five years' exile with great riches, ready to marry his beloved. Diego had not counted in his five years' grace that first day on which he had fled Teruel. Isabel's family had.

The young man ran to Isabel and pleaded with her to marry him, but she pointed out that this was impossible as she already had a husband. Diego then begged her to give him one kiss which he could bear with him as he wandered the world. This, too, Isabel refused, whereupon Diego was not able to bear the anguish and tension of his enforced departure, and with a sigh died from pain at her feet.

Next day, at the church of San Pedro his funeral services were held, to which Isabel came, dressed in her wedding gown. Silently she walked down the nave and advanced to the bier, where she knelt in order to give Diego the kiss which in life she had denied him, but as she did so, she died, falling prostrate upon the corpse of her beloved.

The two deaths from love, something never before heard of, so impressed Teruel that the

citizens demanded that Isabel and Diego be buried side by side in the church, and it is surprising to find that the church authorities acceded to this improper demand. Throughout Spain and the medieval world sped the fame of the Lovers of Teruel, and during repairs made to the church in 1560, the graves of the couple were uncovered and their mummies translated to the spot where they now rest.

In more recent years Teruel, aware that it had on its hands one of the top attractions in Spain, enclosed the mummies in a reverent new chapel and engaged the sculptor Juan de Avalos to fashion two new tombs. In doing so, he created a masterpiece of popular art. The caskets are made of grained marble and emblazoned with shields of the Segura and Marcilla families, but it is the lids that draw the crowds. On the Marcilla casket Diego lies, very tall, barefooted, sallow-cheeked and handsome. His hand reaches out across the open space separating the two and almost touches Isabel's, but not quite; religious propriety would not permit him to do so since Isabel was already married. Isabel's figure, draped in a loose-flowing gown, her fair head resting on two pillows, is one of the most charming portraits carved in recent years, and what is surprising, one of the sexiest. Indubitably she is a woman; indubitably she is lovely.

How could I pass by this town?! It is quite charming, con-

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trary to cousin Maryló's opinion. Hidden off a back street I finally find the church and its chapel, empty but for souvenir vendor/guide and one tourist couple inside; I'm entranced. It has lived up to expectations, and the visit is well worth the search.

After a short walk around the shopping center, which is in the older section of the town, I find my way back to the car and take off on Route 234 which will take me all the way to Burgos. It's a beautiful day for traveling, traffic is generally light on this route, and I have time to stop to take some photos of the picturesque towns along the way, each dominated by its church tower. What I believe to be a bale of hay placed by a prankster atop a church steeple in one town is a sight repeated in many other towns until I finally realize that the "bales" are storks' nests when I see two of the birds glide in for a landing on their lofty perch. Fascinating! After Catalunya there's no truck traffic whatsoever, the landscape has turned green again, herds of sheep are a more common sight, and there are now snow-capped mountains in the distance up north.

A black cloud hovers over the highway approaching Burgos, and it rains for about 15 minutes, then the sun is back in all its glory. It's late afternoon when I pull into the heart of the city, finding a nice hotel close to everything I want to see. It was in this city, adjacent to the site of El Cid's statue, that Christopher Columbus was received by Ferdinand and Isabella on his return from his second voyage to the Americas.

It's just a short walk past the statue, along the shaded walkway, and through the Santa Maria Arch to the impressive thirteenth-century Cathedral.

I'm not too late for a tour of its altar area where Spain's legendary warrior, El Cid Campeador (The Lord Champion), is interred at the side of his courageous wife, Ximena. The leather-bound coffin which originally housed the remains of this medieval hero is preserved in the cathedral's museum. I spend a pleasant half-hour in the nearby Plaza Mayor, a broad open expanse bordered by shops and cafes, where children romp and couples parade while old men are engrossed in games of chess at marble tables. A statue of King Charles III presides over the scene, his bronze wig embellished with droppings of the pigeons perched on his head - no respect for nobility. Astonishingly, in over sixteen visits to Spain, Michener appears to have missed these historically significant sites, devoting a scant six lines to Burgos in the 818-page Iberia.

Wednesday, May 3

I am up and out early, but unfortunately there is a parking ticket on my Renault. I had wondered why it was so easy to find overnight parking so close to the hotel. I now learn - from talking with taxi drivers - that I should have looked for the ticket machine in the middle of the block, paid for the planned parking time, and displayed the ticket on my windshield. When I ask where I should pay the multa (fine), the consensus among the taxi men is to ignore the fine since I'm just passing through. Although unconvinced, I take their advice. Heading west to Leon the weather is again idyllic. Leon is just a short distance, and I'm prepared to explore it, but it's "for the birds," too industrial, too confusing, too much traffic, and no visible attractions. I exit as soon as I can find my



way out of the city. The route to Santiago is pleasant, part Autovia, some regular highway, through towns about every five miles. The countryside is all green, some parts even resembling Vermont. There are snow-capped sierras on both sides of the route now, beautiful, like the White Mountains.

Since Burgos, I've noticed peregrinos hiking along the highway, mostly young backpackers, but interspersed are many viejos (old ones), true pilgrims making their way along "El Camino de Santiago." The wide path bordering the highway is well-maintained and there are hostels established along the route for rest stops and overnight accommodations. These pilgrimages across the north of Spain, some originating

in France, have been going on for centuries. Many walk for hundreds of miles, others start their journeys closer to their goal. Actress Shirley MacLaine tells of her physical and spiritual challenge on this grueling route - by walking 600 miles of it - in her book *The Camino: A Journey of the Spirit*, published the same year as this trip.

On a downgrade nearing a town fifty miles short of Santiago, I speed to get out of the way of two approaching motorcycles, and the lanes converge before I can ease back into the single lane. I realize too late that the motorcyclists are uniformed members of the Guardia Civil. When the sirens sound and the lights flash, I take the hint and pull over, thinking surely that I'm in for a stiff multa for

speeding. Instead, I gather that my offense is going over the solid line, but these patrolmen have a heart for an antiguo and a foreigner with a military pass; I'm on my way with a warning.

The signs with a silhouette of the Cathedral guide me to its location in Santiago. Parking space is impossible to find anywhere near the church, so I finally park illegally (and on the sidewalk) in an adjacent narrow street. On one side of the plaza leading to the massive Cathedral is a former palace constructed for visiting royalty, now a luxurious parador. The Cathedral's exterior is encrusted with the grime of centuries of exposure to acid rain and harsh winters. Its interior is magnificent - in de-

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sign, magnitude, and ornateness. With a modest donation to the attending priest, I'm able to climb the steps behind the awesome high altar to embrace the golden statue of Santo Iago/Iacob/Jaime (St. James) and take photos.

Under the altar is the shrine that is the goal of the pilgrimage, the silver casket housing the bones of this apostle of Christ, Santiago. Fortunately, the church and its sanctuary are not crowded today, and I'm able to spend some contemplative time here examining the statues, carvings, organs, porticos, nave, carved columns, and radiating chapels about which one can only marvel in admiration. Unfortunately, I don't have the opportunity to witness a mass and the spectacle of the pendulous swinging butafumiero (incense burner) for which the cathedral is also famous. I also miss out on the cloisters and the library - closed for renovations - and find the museum a bit underwhelming in comparison with the other attractions. There are four plazas

surrounding the Cathedral, all of which I hastily explore before heading out to window shop in the side streets and finally back to the car, happily unticketed.

It's just mid-afternoon when I take leave of this impressive city and head south to Vigo. On the map, it appears to be a small municipality; it turns out to be almost as large as Barcelona or Madrid but is a ridiculous, chaotic maze of poorly designed arteries and misleading signage. I lose almost an hour in this forgettable city before escaping inland. Then comes the deluge! For an hour, through the winding mountain roads, it's raining cats, dogs and baseballs. Lightning in the mountains is jolting! As the downpour is letting up, I finally pull off the highway into the little town of Verin. The receptionist at the small hotel is very helpful and the friendly bartender, Carlos, a 20-year old high school student who aspires to be an engineer, is a good conversationalist, pleased to be able to practice his English. He suggests a nearby restaurant for a supper

"The more I traveled, the more I realized that fear makes strangers of people who should be friends."

- Shirley MacLaine

snack washed down with Estrella Galicia, a "berry good" local beer. A final copa of anisette back at the hotel caps this eventful day. The odometer indicates that my trusty little Renault and I covered 830 km. (about 520 miles) today...basta!

Thursday, May 4

The wake-up call at 7:00 am must have been programmed by a previous occupant of the room, but I'm glad to get an early start. After my regular breakfast: jugo, sweet bun, café con leche, I head east to Zamora and then south to Salamanca - closely paralleling the nearby border of Portugal; for awhile I'm driving above or into the clouds. The mountains are green here - no hint of snow cover - and the farmland soil is rich in this part of the country. I'm so accustomed to seeing sand, clay, and rocks in eastern Spain that it's hard to get used to this. Part of this region again resembles Vermont, although many dilapidated castles capping the hillsides along the way remind me that this is not Vermont.

Salamanca, endowed with its renowned ancient University - once the world's most prominent center of learning - its exquisite Cathedral, Plaza Mayor, and classic Roman aqueduct, is well-worth this leg of the trip. There's no alternative but to park illegally again, a narrow alley in the heart of the University complex. Take some time to stroll around this old section of the city, inspecting its wares and soaking up the flavor of a city with such a rich history.

It's easy to find my way out of town, but I park at a vantage point across the river to look

back and take a photo of the panorama that I have just left behind. Now it's down to Caceres and on to Merida, where I find the renowned aqueducts but can't locate the Roman theater and amphitheatre and don't have time to linger for exploration; I'd like to reach Córdoba tonight. The intermittent light rain and frequent delays behind trucks don't help matters; however, I'm able to reach my destination while it's still daylight. Today the wheels roll close to 800 km., or 500 miles.

Friday, May 5

I have an early breakfast at the hotel and drive downtown to find a parking spot as close to the Mosque as I can get, which is accomplished by backing into a one-way street near the river. Quite a few tourists are already streaming in as the ticket booths open (finally) at 10:00 a.m., but we're all still well ahead of any tour bus arrivals. The exterior of La Mezquita isn't imposing - acid rain has done its damage - but I'm unprepared for the sight that assaults the senses upon entering this superb example of Moorish architecture. Only the postcard views can begin to do justice to the wondrous workmanship that produced these sculpted arches, columns and filigreed ceilings. Maravilloso! And only by standing inside the edifice can one appreciate the culture that was lost when the Moors were driven from Spain in 1492. Reluctant to leave, I remain inside the mosque for over an hour, meandering through it again and again. But it's time to move on; Seville is just 60 miles to the southwest.

I had forgotten that this is

the week of Feria in Sevilla, but I soon become aware of it as I drive into the city and encounter all the gaily decorated carriages parading up and down the tree-lined avenue leading to the Plaza de España, their passengers decked out in holiday finery. The men are in formal riding habit - fine tight-fitting jackets, dark riding trousers, white ruffled shirts and flat, wide-brimmed hats, a study in black and charcoal gray. The women are in colorful, ruffled gypsy costumes - yellow, red and blue predominantly. Whole families participate and a circus-like atmosphere grips this part of the city. Crowds are gathered near the Plaza to promenade in their costumes or to watch the promenade. Nearby there actually is a circus and hundreds are streaming toward this annual extravaganza. All seem to have left their cares behind, at least for this one week, and it's a delight to see such a smiling populace. What a time to run out of film!

Since I really haven't planned to spend too much time here, having done my sightseeing on previous visits, I now reluctantly take the Autovia back to Puerto de Santa Maria and Rota, arriving on base just after sundown. Added close to 200 miles to the odometer today, 2300 miles overall on this "grand tour." Fortunately, I'm able to get billeting and rest up before checking out return flights for tomorrow. Once more "serendipity" prevails, as I'm able to "hitch a ride" on a military C-5 Galaxy back across the Atlantic the very next day to Norfolk NAS, VA. Another auto rental gets me back to Chicopee, MA and Westover Air Reserve

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Swiss Army Gadgets

The wondrous capabilities of electronic doodads intrigue me. Santa's elves continually dream up new chores for silicon and pack more functions into ever-smaller boxes at lower prices.

The new smart phones are Swiss Army Knives crammed full of blades for every imaginable need and a few extra that nobody understands. Too many uses crammed into in one package may lead to unforeseen outcomes.

Small black boxes have tiny buttons. As a result, kids have more thumb dexterity than in my youth. Back in the day, someone who was "all thumbs" was clumsy. At most, thumbing might mean hitching a ride. Today Thumbelina might be a multi-tasking speed demon texting messages to friends while driving, checking the smart phone's GPS for directions, selecting music to download and inhaling fast food.

I admit I don't buy most of the hot new gizmos. I became wary of cell phones some years ago, before they doubled as digital cameras and Internet search en-

gines. There were fewer cell towers in Vermont then; driving through the Green Mountains meant many calls faded in and out until they vanished.

"Hello."

"Hi Pete, it's Joe, I'm running late. I have to tell (static). It's really urgent that" (Buzz, crackle, squawk)

"Hello, hello?"

I still puzzle out directions with paper maps, some of which are museum pieces that I got free at gas stations. They're hard to re-fold, but don't direct me down a class four summer road in the midst of a February nor'easter.

I have to remember where I parked my car and crank down its window to guess the temperature and weather. If I slide into a ditch, I rely on the kindness of passersby; my jalopy won't phone anyone for help. In fact, I don't

have a phone in my car. I confess; I'm an anachronism.

We did get a new phone when our old one died, but not a cell phone. The base set plugs into the jack in the wall. It has three slave handsets and several dozen features that I need the three-language, sixty-page manual to decipher. One trick is talking caller ID. It rings twice and then announces, on all three handsets, "Call from ..."

Occasionally that's handy. It would be even better if the nerds who programmed the voice chip were not native speakers of Ancient Sanskrit. The phone's English diction leaves much to the imagination.

I got a call from "Stu Johnsby, Vet." I wondered why an unknown veterinary was phoning, while I looked for the nearest handset. Its video display told me

the call was from ST JOHNSBY VT. The voice chip doesn't do abbreviations well.

I get quite a few calls that seem to be from the military. The phone says, "Call from private." It never tells me which private; that may be a national security safeguard. I got one call from a higher rank, General Electra. She wanted to sell me a warranty for my microwave oven. It says something about low military pay when generals need commission phone sales to eke out a living.

The chip truncates long names and flips a coin, when doubtful about vowels. My wife's cousin, whose last name is Hutchinson, became "Hoochy Sun." It announced a call from "Isenderthe" that was from The Eye Center. It uses last name first order, just like phone book listings.

Phone books will be gone soon. Years ago, France put directory assistance on video display phones. Printing and

distribution costs, coupled with declining yellow pages ad revenues will make a similar change appealing in the US. The plus will be listings that are more up to date. The drawback will be small displays that are hard to read, computerized voices that are hard to understand and myriad minuscule button combinations that are hard to remember. To be prepared, I'll order Ancient Sanskrit language lessons.

I too will succumb to the modern tide, when my old toys die. Repairs to electronics are hard to get and replacements for old-fashioned contraptions disappear from store shelves. Short of dumpster diving, we all must go with the flow, even at the cost of blinking timers that can never be set correctly.

I could gripe some more, but I have to close. The phone says Glarsupolix is calling.

New Year's resolutions for you and your pet

From the staff at the Danville Animal Hospital

Here are some suggestions for starting out the New Year in a healthy happy way for you and your pet:

Weight Loss: Can you feel your dog's ribs? Does he have a discernable waist (a nice "hourglass" figure)? Or does he more likely resemble a sausage?! He's not alone. 45% of pets are overweight in this country and those extra pounds can lead to some serious medical issues. Ask your veterinarian for advice on what to feed and how much. There are also diet pet foods that work really well. Stop in and pick up a free sample, get your pet

weighed and we'll help you with a diet plan. Your pet will live longer and be healthier for it!

Dental Care: Does your dog have a serious case of bad breath? Does the smell knock you over from 20 feet away?! Chances are it's his teeth. Imagine what yours would be like if you didn't brush for years. Dental infections are the most common health issue in pets, affecting 70 to 80% of cats and dogs. If not addressed dental infections can lead to serious health conditions like kidney and heart disease. Your veterinarian can best assess your pet's teeth and guide you to a treatment

plan. Brushing your pet's teeth with special doggy/kitty toothpaste is the best prevention but there are also special dental diets that help scrub away the tarter. Stop in for a free sample, pick up some pet toothpaste and we'll be happy to give a demonstration of how to brush your pet's teeth.

Heartworm: Imagine long spaghetti-like worms in your dog's heart..gross huh? That's what happens in Heartworm Disease which can lead to congestive heart failure. Heartworm has long been considered a problem in southern states and not a threat up here in the frozen north. But that has changed with

the recent diagnosis of a heartworm positive dog in this area. Since heartworm is transmitted by mosquitoes, there's no escape. We recommend all puppies be put on a monthly preventative and all dogs not currently on prevention be tested before starting. If we don't test we won't know as the symptoms of heartworm take years to show up. Get your dog tested now before major damage is done.

Lyme Disease: As for other creepy crawly things, ticks have become a serious problem here in the past few years particularly since they carry Lyme Disease. We diagnosed over 40 cases of

Lyme in dogs in 2009. The test we run for Heartworm also tests for Lyme and two other tick borne diseases, another good reason to get your dogs tested. There is a vaccine for Lyme Disease but it's not 100% effective. Better to use a monthly flea and tick preventative like Frontline Plus. It will not prevent your pet from getting ticks but will help decrease the chance of the tick transmitting Lyme. Now's the time to stock up on your flea and tick preventatives so to be ready when spring gets here.

Intestinal Parasites (or the
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Getting warm on a cold Sunday

BY VAN PARKER

Center Church is really a nickname for the First Church of Christ in Hartford, but it accurately describes the location of what has become our winter church home. It could not be more in the center of Hartford, Conn. Located across the street from the headquarters of the Travelers Insurance Company and a large museum named the Wadsworth Athenaeum, Center Church looks rather modest amid the surrounding skyscrapers. In its long history it has seen many changes.

January 3rd was a Sunday morning. The temperature was in the teens, and a brisk wind made it feel even colder. Along with several other people we arrived at church early.

It was our turn to get the coffee perked, heat up water for hot chocolate, gather several boxes of nutritional candy bars and set up outside on the church portico. Some of us stayed there serving the people who came by for coffee. One

man kept extra pots going in the church basement. That day the hot chocolate was especially popular.

Our "customers" were mostly homeless men.

They were white, black, Hispanic. All of them wore heavy coats with hoods and sometimes hats as well. They were uniformly polite, thanking us for the coffee or hot chocolate. Most had beards. A few seemed quite young. Several gathered under the protection of the church portico. "They know each other" one of our group said: "They came from a shelter and will go for breakfast to a nearby soup kitchen, then to the library where they can stay warm."

There were other people as well, both men and women. A few were waiting at the bus stop in front of the church.

One woman timed her stop at our table very closely. She came by, got a cup of coffee and saw almost immediately that her bus was about to leave.

Coffee in one hand she ran back down the church steps signaling the bus to wait for her. The bus had started but had to stop at a light. Apparently not spilling any coffee the women finally got the attention of the bus driver, who opened the doors and let her on. Our little group cheered and clapped as she went on her way.

After forty minutes or so it was time to pack up our stand, put everything away and go inside for the church service. As far as I could see none of the folks who stopped by outside came for the service. Sometimes one or two do come through the doors. There never seem to be more than that number. They tend to sit near the back of the church. Sometimes they will fall asleep, or get up and leave part way through the service. At times they appear to be praying. The "coffee ministry," as we call it, is not meant to lure people in. It is an effort to go out and be with some of our neighbors. For about three years it's been going on every Sunday, every season of the year.

When our little group went back into the warm church that Sunday, I dare say we felt warmed in other ways.

Perhaps we felt more connections both to the words of the service and to people who had stopped by outside.

Love thy neighbor

BY BETS PARKER ALBRIGHT

The Bible says "Love thy neighbor," but growing up in city apartments did not invest these words with any special meaning. I rode up and down in the elevator with other people who lived in our building. We would sometimes exchange pleasantries briefly before emerging onto our street and going our separate ways.

Once I made friends with a girl who lived on our floor. I invited her over and we played happily with our dolls. I was excited to have a 'friend.' But, sadly, she and her family moved away and I was alone again. This was the pattern of city life.

As I grew up and went off to school and college, I returned briefly for vacations, often to a different apartment, perhaps to a new friend, perhaps not. My school chums lived in different places, and occasionally I would go off to visit them, but neighborhoods were not a part of my life.

It was marriage and the eventual settling down in a rural community that taught me that those who lived nearby could be a vital part of our lives. I found myself living at the end of a dirt road. We had decided to become farmers, in an area where life centered upon our house, our barn, our family and animals and, in time, our friends. We had a lovely big red barn and it soon contained some cows who demanded a lot of attention. Though I was busy with small children, I helped whenever I could with the animals, once I learned about their needs.

But there was something missing. One day I walked the mile down the road to the four corners with my young son. I knew there was a farm up to the left, but we hadn't met the family that ran it. I decided it was time to do so. At the top of the short hill was a farmhouse, similar to ours. A young woman was hanging up clothes on her line and a boy played with clothes pins at her feet.

I swallowed my shyness and approached, holding my son's hand and smiling. "I'm Bets, and

this is Alan. Our family has bought the Ward farm." The woman replied with a smile, "I'm Polly Patterson and my husband is called Pat. He's up in the barn right now." I said, "Our boys look about the same age - maybe they could be friends. Alan gets lonesome when the older ones go off to school." Polly said, "This little guy would love to have a friend. Why don't you come in for a cup of coffee and they can get to know each other."

We did just that, and 'neighbor' became a reality. Roy and Alan went off to play. We soon got to know Pat, who was equally friendly. They had bought their farm only about three years before, but in that time they had become infinitely more experienced and knowledgeable than we were. Pat was endlessly helpful and always ready to steer us through the many aspects of farm life that cropped up, presenting us with unfamiliar and daunting situations. It might be a cow who wouldn't 'give up' her milk, a horse who kept running away, pigs who wouldn't stay in their pen or who had to be loaded reluctantly onto the truck to go to market. It was almost uncanny how often Pat would turn up at just the right time to help us out.

It was great for my husband to have Pat nearby to give the cheerful and excellent advice that we needed so badly. Pat might wonder why we thought we could run a farm with so little experience, but he never made us feel inadequate (which we were!). He wanted us to succeed and knew how to give unstintingly from his experience of Vermont farm life. We didn't become experienced farmers all at once, but we worked hard, and with help from Pat and Polly and others we got along and adapted to our new life.

The kind of neighborliness that exists among farm folk is not really alive in city or suburban life - at least not in anything like the same way. Here it is more solid and unchanging, and akin to the Bible's approach to friendship. Over our years in Vermont I have come to treasure country friendship, and I give endless thanks that we gave up that other life so long ago!

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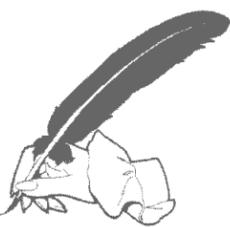
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Letters from the Past

When writing was a necessity and an art

By Lynn A. Bonfield



American westward expansion and subsequent migration emerge as primary themes of nineteenth century. As more and more families separated, with the older generation remaining in New England and the younger moving west, correspondence became the main means of communication.

Since most Americans by this time were literate, letter writing was increasingly common, although irregular postal service, lack of paper, demands of farm work, and many other duties kept family members—often women took up this chore—from fulfilling this task.

In spring 1855, when John S. Way moved his Vermont family west of the Mississippi, a lively correspondence ensued between his wife, Sarah, and her mother, Roxana, in Peacham. The main subjects in these letters were health, weather, and activities of family members and neighbors. Ever optimistic of her children's work, Roxana described the wheelwright business in St. Johnsbury of her sons, Augustus and Dustan. She never hesitated to give her opinion of others, even when it was a poor one. She wrote of a relative of John's, who seemed to have told her ailing husband to "be off;" and of another relative with a sick wife whose disposition was "a thorn in the flesh" of her husband. Of her own mother, Roxana joked that the ninety-two-year-old was "fixing," a term used for young women preparing for marriage by making clothes and quilts.

Like most mothers, Roxana was anxious to learn when her wandering children, her daughter Clara in San Francisco, and Sarah in Minnesota, would be coming home for a visit. Sarah did return to Peacham during the 1861 summer and enjoyed a long stay with her mother. In the fall of the following year, Roxana Brown Walbridge Watts died at age sixty, weeks after the death of her mother, Olive Lamb Brown.

Peacham Feb 2 1861

Dear Sarah,

Yours of the 6 Jan came to hand in due time, and I have thought every day since that I would answer it but something has prevented it until now. I was glad to hear of your general good health and prosperity. We are all enjoying comfortable health at present. We have had a cold winter and a great quantity of snow it being more than 3 feet deep and there has not been a day since the first of Dec

that it has thawed any at all until to day [when] it has commenced raining and is thawing quite rapidly, and you can judge what the roads will be for the week.

Augustus came home this week and has not gone back yet He and Dustan have hired a shop on Railroad street St Johnsbury and will go to work there some time in the spring Dustan will keep house and Augustus board with him. Since the trouble at the South there does not seem to be so much demand for any thing in their line of buisness as heretofore yet I think they can make something at St Johnsbury as there will be a good deal of repairs to be done in such a place, but they sometimes get a littl touch of the Blues.

I have not had a letter from Clara for 4 months. . . . I sometimes think she will surprise us before long by coming home yet she has never said much about it but she told Augustus in her last letter that she hoped to see him soon and I expect from that that she thought of coming this spring. If she does come she has probably been to work with her Sewing Machine to get money to come with. Poor girl I fear she has a hard fortune yet . . . [do] you think of coming home next summer I hope you will yet I dare not make up my mind that you will either of you come. I have been so many times disappointed. . . .

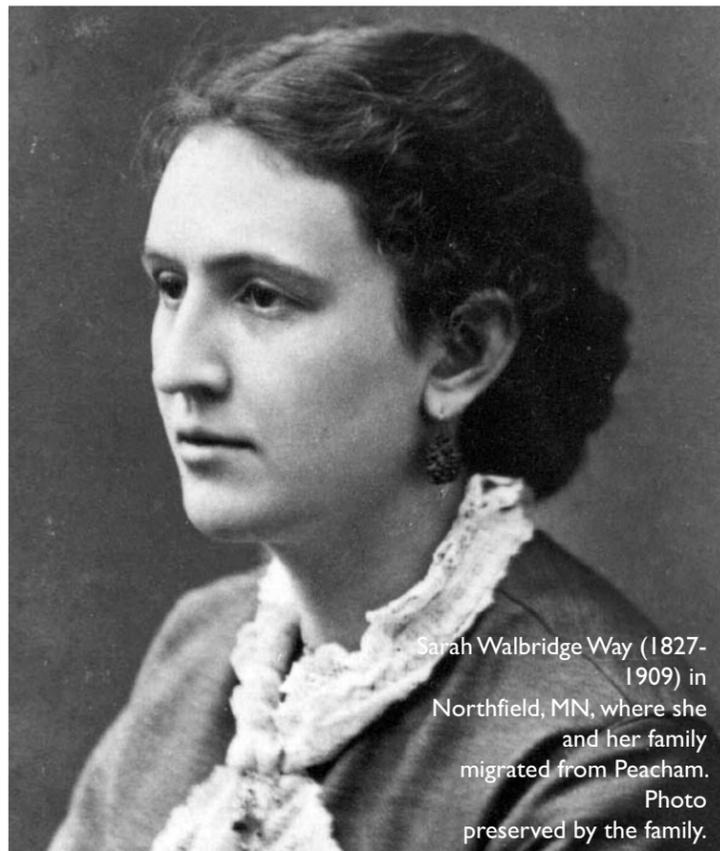
Elvira Sargent was married this week to Aaron Wesson one of Moses Wessons sons he lives near to Mrs Curriers and is a first rate yound [young] man Elijahs folks are all very much pleased with [the] match . . . Uncl Lyman [Way] got back safe [from Minnesota] but not very sound I should think by the appearance of his leg he stayed to Jakes [Way] about 3 weeks and then one of the boys carried him to Wheelock. his reception was not very cordial after he had been there a little while his wife asked him what was the matter with his old shin he told her it was a fever sore. Well said she you may stay long enough for me to cure up your old shin, and then be off she accordingly went to poulticing it and in about 4 weeks he came back all

cured so that he has thrashed Jakes oats and helped him get up his wood. . . .

Monday evening Feb 4

Since I wrote the above, Lyman Way has been here and I talked with him some about his affairs out in Minnesota. I asked him if he thought he should ever go back there and he says if he lives he shall go back next spring or summer. He says that Smith his Brother will go with him . . . I dont blame Smith for wanting to go somewhere for I never see a man that has had so hard a time as he has for the last four years. His wife has been sick all the time besides being a complete thorn in the flesh I could not begin to tell you one half of the trouble he has had with her, aside from her being sick, if I should write a week but if you ever see Lime he can tell it Smith would mak a good citizen but I should hate to have his wife a neighbour to me.

Tell John that his old uncle Jephthah Woodard was 100 years old the 15 of January he is very feebly but can see and hear a little yet and sit up long enough to have his



Sarah Walbridge Way (1827-1909) in Northfield, MN, where she and her family migrated from Peacham. Photo preserved by the family.

bed made your Grandmother is smart yet she has just got 2 new dresses and has begun to piece her a quilt. Your Father says she is fixing . . .

My health has been very good for nearly a year you will probably think so when I tell you that I have had but one washing done in my house for more than a year except what I have done myself. I think some times that I am almost used up with hard work and seems as if I ought to rest a little but there is just as much to do as ever and I dont see any place to Shirk . . .

I should like to see you all very

much If you mak up your mind to come home let me know when you shal come fo[r] we are going to have some repairs done to our house and we will try and hurry up and get it done. Goodbye. Your Mother

Sarah write to us soon again.

The original of this letter is in private hands. Letters in this series are transcribed as written with no corrections of spelling, punctuation, or capitalization. Brackets indicate editor's additions; ellipses show when words were purposely left out of the transcription.

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General Health Services for all ages. Open M-F. Mariel Hess, N.P.; Tim Tanner, M.D.; and Sharon Fine, M.D.; Jeniane Daniels, PA-C; 26 Cedar Lane, Danville, VT 05828. (802) 684-2275. (800) 489-2275 (VT).

>Lyndonville Family Chiropractic

Contributing to the health of the community for over 17 years. Offering a holistic approach to healthcare utilizing chiropractic, acupuncture, nutrition and massage therapy. Karson Clark, D.C.; Stacey Clark, D.C. 11 Hill Street, Lyndonville, VT 05851. (802) 626-5866.

>HealthSource Chiropractic

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>Hardwick Chiropractic

BioGeometric Integration is a gentle, effective chiropractic approach that allows your system to heal and to become increasingly adept at correcting itself. Dr. Grace Johnstone, Dr. Rick Eschholz and Dr. Teri Dodge. 54 School Circle, East Hardwick, VT. (802) 472-3033. www.hardwickchiropractic.com

>Linda Sayers, Reiki Master

Reiki is an ancient, hands-on healing art, which supports the body's ability to heal itself. Reiki promotes deep relaxation and helps release physical and emotional blockages. Linda Sayers, Reiki Master Teacher and Lightwork Practitioner. 63 Norway Road, Greensboro Bend, VT 05842. (802) 533-2378.

>Dan Wyand, PT & Associates

Rehabilitation of Sports Injuries, Orthopedics and Neuromuscular Disorders. Sherman Dr., P.O. Box 68, St. Johnsbury, VT 05819. (802) 748-3722/1932. Lyndon, VT. (802) 745-1106.

>Thousand Hands Massage Therapy

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>Morrill & Guyer Associates

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>Century 21 Quatrini Real Estate

Susan S. Quatrini, GRI, Broker-Owner. 1111 Main Street. St. Johnsbury, VT 05819. (802) 748-9543 or (802) 748-3873. c21qre@sover.net

>David A. Lussier Real Estate

Farms, Acreage, Homes and Investment Properties. 540 Main Street, PO Box 872, Lyndonville, VT 05851. (802) 626-9541 or (802) 626-8482. Lussier@kingcon.com, www.lussierrealestateagency.com

>Begin Realty Associates

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>Century 21 Farm & Forest Realty Inc.

Nicholas Maclure, managing broker. Derby, VT Office: (802) 334-1200, Cell: (802) 673-8876, nick@farmandforest.com AND Annette Dalley, managing broker, East Burke, VT, Office: (802) 626-4222, Cell: (802) 467-3939, annette@farmandforest.com. Our goal is to help you find your "peace" of the Kingdom. www.farmandforest.com.

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>Reynolds Real Estate

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>Danville Animal Hospital

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Volunteers

>R.S.V.P.

Do you have some free time? Do you want to help an organization in the Northeast Kingdom as a volunteer? For information call the Retired and Senior Volunteer Program and the Volunteer Center at (802) 626-5135 or (802) 334-7047.

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New listings.

Route 14 June 1983

We drove home along the valley between
 Randolph Center and Chelsea, on Route Fourteen,
 By the farmsteads scattered here and there
 Between the range of hills. Small barns, bare
 Framework showing through neglected roof,
 Beside white painted houses, were proof
 That families once gained their living on these farms.
 The flat rich fields, whose dark green charms
 And rests the passerby, grew hay and corn
 To feed herds that filled the structures, now forlorn
 And crumbling toward the ground.
 The hand-hewn timbers, mortised tight and sound,
 Once raised with hope, with workman's pride,
 No longer hold the roof-top high. Beside
 The hay cribs where the cattle fed
 Stand oaken bureaus, an ancient bed,
 And other artifacts. A sign "Antiques" lures
 Tourists inside. This venture may procure
 A momentary stay in the barn's decay.
 A few farms we saw that day
 Had cattle feeding in the fields. Green bales of hay,
 Tall silos, tractors, machinery - a farm's untidiness -
 contrasted with the sterile neatness
 Of summer houses, with new-clipped lawn,
 And empty barns, their ancient use long gone.

Lorna Quimby



Sharon Smith Talbott submitted this photo of the class of 1945-1946 at the Morses Mills School. The picture came from her father, Gerald Smith, who was born in Cabot and raised in the Northeast Kingdom. Some of the students have not been identified and any help in that area would be appreciated. From left, Dexter Willson, Alfred Rivers, Martha Rivers, Murdo "Sonny" Smith, unknown, Joyce Smith Drummond, Unknown, Philip Delangie, Fred Smith, Gerald Smith, Roger Delangie, Evelyn Delangie, Dale Willson, unknown, unknown, Elaine Willson and Robert Joyce.

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PAY AT THE PUMP

>> Page 21

lowly worm!): The Center for Disease Control recently published some horrifying statistics: 14 percent of the human population is infected with Toxocara, (otherwise known as Roundworm), a parasite of dogs and cats that can be passed from animals to people. Yuck! All the more reason to make sure your dog and cat are worm-free. Take a fecal sample with you when you go for your pet's annual

check-up. Keeping your dog on Heartworm prevention will help take care of two different intestinal parasites, roundworm and hookworm, but there are more out there. If you have children it is especially important to make sure your pets are parasite free. Children are more at risk for picking up parasites as they aren't always as hygienic as we would like them to be!

Senior Wellness: If you have an older pet, (8 years and up is considered "old" in pet years), you may want to consider having a Senior Wellness exam and blood work. A lot of diseases that our old pets succumb to can be spotted early enough to counteract the disease progress. Diseases such as kidney disease can be checked early on and a special diet recommended to ease the work the kidneys do and can add years to your pet's life and life to your pet's years! Again

if we don't test we won't know and knowing can mean the difference in a long happy life for your pet.....or not.

Lastly, for all of us that do take good care of our pets and have the means to do so, please take some time to remember those pets that don't have homes or people who, in this bad economy, don't have the means to care for their pets. If possible please consider donating to your local humane society, shelter or animal rescue group to help care for pets in need. Or donate dog and cat food to the local food bank so that people in need can continue to care for their pets. The Agency on Aging also has a program that supplies pet food to those elderly people who are struggling in today's economy. Let's help those that are having trouble helping themselves and ensure a happy healthy 2010 for all!

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Snowshoes	Full Day \$17	Half Day \$12

Skis \$25.00
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Pope Notes

with Dee Palmer, Library Director

Our new book discussion series, Understanding Post-Colonial Africa begins on Wednesday, February 24 at 7pm.

We will discuss "Long Way Gone: Memoirs of a Boy Soldier" by Ishmael Beah with scholar Bob Johnson. This absorbing account by a young man who, as a boy of 12, gets swept up in Sierra Leone's civil war goes beyond even the best journalistic efforts in revealing the life and mind of a child abducted into the horrors of warfare. Beah's harrowing journey transforms him overnight from a child enthralled by American hip-hop music and dance to an internal refugee bereft of family, wandering from village to village in a country grown deeply divided by the indiscriminate atrocities of unruly, sociopathic rebel and army forces. Beah then finds himself in the army—in a drug-filled life of casual mass slaughter that lasts until he is 15, when he's brought to a rehabilitation center sponsored by UNICEF and partnering NGOs. Please join us to discuss this compelling story. Books and schedules are available at the library.

Check out our on-going book sale shelves – lots of new titles, both hardcover and paperbacks. Hardcover sell for \$3.00 and paperbacks for \$2.00.

Help our troops call home! We are still collecting cell phones for soldiers at the Pope. Cell Phones for Soldiers hope to collect 50,000 phones this year. Proceeds will be used to buy calling cards for our troops so they can stay connected with their families.

New at the Pope – Knitting Night! Blythe Webster, our YA coordinator will conduct knitting class on Wednesday, Feb. 10 from 6:30 – 8pm. This class is for all levels. We'll

start out knitting scarves or if you have another knitting project you're working on and need help – bring it! Also bring your own needles and yarn. Call the library for details. 684-2256.

Our newest book acquisitions are: Going Rogue by Palin, The Elephant Whisperer: My Life with the Herd by Anthony, Stones into Schools: Promoting Peace with Books by Mortensen, What the Dog Saw by Gladwell, Last Night in Twisted River by Irving, The Scarpetta Factor by Cornwell and U is for Undertow by Cornwell.

Town Meeting is fast approaching! Please support your library! Now that the Young Adult Program has resumed we will also be asking for a \$3,000.00 appropriation to continue. The library will again put on the delicious ham luncheon in the cafeteria during the noon break. Tickets will be on sale during Town Meeting and at the cafeteria entrance. \$8.00 for adults and \$4.00 for children. We will also have coffee and donuts for sale in the lobby during the meeting. We hope to see you there on Tuesday, March 2!

Children's Room

Both story hour and the after-school young adult program have resumed after the holiday break.

Join us for story hour on Monday mornings at 10am for books, songs, activities, snack and fun.

The young adult program meets on Wed. and Friday afternoons from 2:30 – 5pm. The students are supplied with healthy snacks and a place to do homework, use the computers or just hang out. This program is for grades 6, 7 and 8.

Learn a craft this winter

Catamount Arts offerings

Area residents looking to fill those long winter hours this season will find a broad range of choices in Catamount Art's upcoming Winter Semester of Hands On! Arts Education Classes.

Learning the Mali Weave for Drum making is a new skill for many people which can be learned in one of three individual workshops that will be offered from 7:00pm-8:30pm on Tuesday March 2, Tuesday March 9 and Tuesday March 16. Participants in the class will learn the Mali weave to revive African drums that they already own or they may learn the weave with the intention of making an African drum in the future. Some participants will find one workshop enough while others will want to attend additional sessions. Jon Green will be the instructor for the course.

Making an Album from Scratch will be offered for a six week session beginning Wednesday, March 3. The course will meet from 1:00pm – 2:30pm each Wednesday through April 7. The class will

focus on creating a unique handmade album to contain memorabilia, photographs, or a family history/memoir. This class will be ideal for those residents (especially grandmothers) who want to document their families in a personal way, and will also be valuable for artists who want to display photos of their work. Local artist Sharon Kenney Bidle will be the instructor for the course.

Japanese Calligraphy and Sumi-I will also be taught for a six week session beginning Wednesday, March 3. This popular offering will be held from 6:15pm – 7:45pm each Wednesday through April 7. Students in this class will be invited to learn the art of Japanese and Chinese brush painting. For this class, participants will be working primarily from natural objects such as branches and pine cones. Jack Stewart will be the instructor for this course.

Figure Drawing will also be offered, with classes running for six consecutive Tuesdays from March 23 through April 27. Each session will be from 7:00pm – 9:00pm. Figure

Drawing is open to anyone interested in learning how to draw the human figure in all of its perspectives. Live models will be used and this class will include a model charge as well as a course fee. Bill Tulp will be the instructor for the course.

A course in Needle Felting will also be offered during the winter semester with details to be announced soon.

All courses in Catamount's Hands On! Arts Education program will be taught downstairs in Catamount's community arts center on Eastern Avenue in St. Johnsbury and are open to the general public. Residents do not have to be members of Catamount to participate in the classes.

Students interested in any of these courses are asked to understand that, in addition to tuition costs, a small materials fee is also required to help defray the costs of presenting the class.

Residents looking for more information or wishing to register for any of these courses may contact Catamount Arts at 802-748-2600 ex. 106, or visit www.catamountarts.org.

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What's happening at town hall

Barnet

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

December 28, 2009

Emergency Generators - The Board briefly reviewed a letter informing the Town that Vermont Emergency Management has funds available to assist towns with emergency shelter generators, homeless shelter generators, and associated wiring costs. The letter also specifies application requirements and deadline. Board agreed to send this letter to the Barnet School Board, as the Barnet Elementary School is the only facility in Barnet that is certified as an emergency shelter.

Bridges - The Board reviewed reports documenting responsibilities, recommended actions, countermeasures needed and a plan of action for bridge monitoring and closure during high water events. Reports indicate three bridges that are rated as "scour critical." These bridges cross the South Peacham Brook, Stevens River, and the East Peacham Brook. After brief discussion, no action taken regarding this matter. **New Garage** - The total cost of construction of new garage to date is \$451,223.33 (not including land purchase).

Danville

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

January 7, 2010

Auditorium - Andrea Lawrence was present to request use of the town hall auditorium for a small

group of dancers on Tuesday afternoons. After some discussion in which the Board expressed their concerns of noise, parking, and setting of a precedent, they wished to take it under advisement and tabled it to next meeting.

Highway Budget - Merton Leonard reported that he and Kevin Gadapee have been setting up next years preliminary budget, with Wendy Somer's assistance. The budgets proposed are level funded resulting in the same tax rate as last year. The highway surplus and new equipment item is proposed to be used to rebuild as much of Hill Street as possible. The FEMA surplus is proposed to be used on replacing a culvert on Kittridge Road, that was damaged by the floods, but not replaced by FEMA. There is also money proposed to replace the roofing on the old town garage, repair the porch entry on the town hall, and repair the pylon support of the old railroad station. The Hill Street skating rink has been flooded and is ready to go.

January 14, 2010

Waste District - James Ashley was present to distribute and give a brief explanation of the 2010 Waste District budget. The final figures show that their overall budget as proposed is down by \$3,895 from last year and includes elimination of recycling collection charges from municipalities. This is attributed in part to reduction in personnel cost, and an increase in Waste Haulers surcharge.

Town Meeting - Barb Fontaine was present to inform the Board that she is circulating a petition to request the voters to change town meeting to voting by Australian Ballet. She was advised that the petitions are due at the Town Clerks Office by Jan. 21 to make them eligible for placement on

the Town Warning and vote at Town Meeting. If the petitioned vote is successful, the next Town Meeting would be run under Australian Ballot Rules.

Highway Budget - The Board next reviewed the town highway budget, discussing each item as they went through the budget line by line, trimming the cost from some of the items. The most discussion centered on the reconstruction of Hill Street and to the extent of the work that needs to be done. This led to a discussion on class 2 roads in general and the need for an overall capital plan on all class 2 roads.

Conservation - The Board noted that the Conservation Commission along with the Planning Commission, is holding a meeting on Jan. 20 at the Town Hall, with a representative of the State Fish and Game Department, Biologist Jens Hawkins-Hilke. He will provide information specific to how Zoning Regulations can be used to help protect local wildlife habitat.

Wage Increase - Steve Larrabee moved to increase the employees wages 2.5 percent across the board; Denise Briggs seconded the motion which was approved. Denise Briggs moved to appoint John Hall to the vacancy on the Budget Committee; Doug Pastula seconded the motion which was approved.

Lyndon

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

January 4, 2010

Kirby Road Decision - As discussed at the Board's last meeting, insurance would cover the Town while working on Kirby's

roads. Dan Hill will work up a rate that would be charged for chloriding Kirby's roads. The Board decided to proceed and offer the service to Kirby for 2010, pending the rate calculation.

Policing Agreement - The Board and Trustees discussed various funding options. Overall time split of the police department for 2009 (through November) was 54.6 percent in the Village and 45.4 percent in the Town. Motion made by Kevin Calkins, seconded by Kermit Fisher, to split the 2010 cost of the police department 55 percent Village and 45 percent Town. The Board approved.

January 13, 2010

Skate Park - As discussed at prior meetings of the Board, the Village Improvement Society Board has informed the Board they are not interested in having a skate park at Powers Park. Other possible locations are the Lyndon Outing Club and the ice arena. These options will be pursued.

Peacham

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

December 17, 2009

Power Lines - The Board and Ken McDonald, from Green Mountain Power discussed proposed work to replace and upgrade power lines around South Peacham including work in the town right of way. The Board approved.

Veterans Exemption - The Board and Martha Evangelista discussed the possibility of raising the veterans' exemption from the current \$20,000 to \$40,000 which is the maximum

allowed by state statute. This would allow the town to exempt \$40,000 of qualifying disabled veterans property value from taxation. All agreed that this issue would be placed on the warning for Town Meeting.

Conservation - McKay moved that Alex MacLean be appointed to the Conservation Commission. This term will expire in 3 years. Cochran seconded and it was unanimously approved.

St. Johnsbury

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

January 4, 2010

2010 Budget - Town Clerk/Treasurer Sandra P. Grenier reviewed the 2010 budget request for the Town Clerk/Treasurer's Office and Board of Civil Authority. The request is currently \$261,910. The BCA budget request is \$13,382. Gary Reis asked about the pension cost and if the increase is a result of underfunding in previous years. Town Manager Mike Welch said the Town has underfunded the recommended pension contribution in the past, but the large increase in the recommended contribution also reflects poor investment returns. Welch said

February 2010 Menu

West Barnet Senior Meal Site

Meals served at West Barnet Church. All meals served with a beverage. Reservations not required. Suggested donation of \$3.00 per meal is appreciated. Phone (802) 633-4068.

Feb. 3 - Chipped beef, egg gravy, boiled potatoes, spinach, biscuit and sliced pears.

Feb. 5 - Buffet

Feb. 10 - Macaroni & cheese, hot dog, stewed tomatoes, raisin bread, grape nut and pudding.

Feb. 12 - Roast pork, potatoes with gravy, apple sauce, peas and carrots, rolls and tropical fruit.

Feb. 17 - Chicken soup, crackers, sandwiches, cottage cheese, mixed fruit salad and jello.

Feb. 19 - Roast turkey, stuffing, gravy, potato, squash, cole slaw, cranberry sauce, bread, sliced peaches and cream.

Feb. 24 - Salmon pea wiggles, crackers, pickled beets, biscuit and chocolate pudding.

Feb. 26 - Baked fish, tartar sauce, potatoes, cole slaw, mixed veggies, home made bread and cake and ice cream.

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DANVILLE SCHOOL

2009-2010 Schedule

Athletic Director: Merlyn Courser CAA

Boys High School Basketball

February

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

Girls High School Basketball

February

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

Thank You

The Danville Food Shelf and Thrift Shop would like to thank the following for all their help and donations during the holidays: North Danville Baptist Church, Danville Congregational Church, Queen of Peace, West Danville Methodist Church, Danville Methodist Church, Peacham Congregational Church, Barnet Congregational Church, West Barnet Presbyterian Church, Danville Senior Meal Site, Knights of Columbus, St. Johnsbury Elks Club, Marty's First Stop, and all the families and individuals who made Thanksgiving and Christmas special.

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the Town has a new actuary for the Pension Plan and the recommended contribution for the 2009 actuarial report is 23 percent of payroll. Reis said this does not have to be funded all at once. Chair Daniel Kimbell asked about payroll services. Grenier said that has solicited proposals from payroll vendors in the past and she negotiates annually on fees. Kimbell suggested the Town Clerk investigate whether there would be reduced fees if all employees were required to have automatic deposit. Grenier said she would check those services. Reis recommended polling some of the larger businesses to make certain that the Town is getting the best deal for our payroll services contract.

Elections – Grenier said she is uncertain about costs of elections with Australian ballot voting on budgets. She said it is also a primary year so there will be a primary and general election in 2010. Following discussion, members of the Board agreed to reduce printing from \$3,000 to \$2,500; and to reduce contracted services from \$5,000 to \$4,000. The BCA budget after these adjustments is \$11,885.

Dispatching Services – Mark Gilleland, dispatch supervisor, was present to review the 2010 budget request of \$191,191. It was recommended that overtime be reduced as only \$5,642 was spent in 2009. Gilleland said as long as he is able to maintain good part-time dispatchers, he is able to keep overtime costs down. Welch said the overtime expenses in the dispatch budget

have been reduced over the last several years. Gilleland said he will be able to reduce new equipment from \$5,000 to \$1,000. Following discussion, members of the Board agreed to reduce the overtime budget from \$7,500 to \$6,000; and reduce new equipment from \$5,000 to \$1,000. The Dispatch Budget after these adjustments is \$185,691.

Lister – Assessor Peter Whitney was present to review his 2010 budget request of \$53,885. Peter Whitney said the major expense for his department over the last couple of years has been the reappraisal process. This is now completed. A total of \$20,000 is included in the budget to raise funds for the next reappraisal, and for a regular rolling reappraisal. Whitney said he could eliminate the request for \$500 in training funds as there is state funding available for certain approved training. Board members asked about legal fees for reappraisal appeals. Whitney said the appeals taken to the state can be handled in house. Appeals taken to Superior Court will require the services of the Town Attorney. Welch said there are legal fees budgeted in the general fund and the Board set aside reserve funds for the reappraisal. The reserve balance will be applied to the reappraisal cost accounted for in the 2009 lister expense. Following discussion, members of the Board agreed to reduce the training budget from \$500 to \$0. The Lister budget following this adjustment is \$53,385.

Recreation Department – Recreation Director Joe Fox was present to review the 2010 Recreation Budget request of \$137,715. Fox said the majority of the increase in his budget is

due to 1,000 hour employee contribution to pension and insurance cost. He said the total request from the general fund to support the recreation operating budget is \$90,215. This is an increase of \$13,265 over the \$76,950 budgeted in 2009. Welch said the current draft of the 2010 budget includes \$35,510 that was raised by the voters for a three-year period to eliminate the recreation fund deficit. The recreation fund deficit remaining at the end of calendar year 2008 was \$50,183. This deficit will be further reduced by the \$35,510 raised in 2009 for an estimated recreation fund deficit balance of \$14,673. Fox said for 2009 the recreation fund should close out the year without a deficit. Following adjustments made by the Board the Recreation Fund expenditure budget is \$136,215.

Town Manager Budget – Welch reviewed the 2010 Town Manager budget request of \$149,960. A transfer from the Water/Sewer Fund of \$28,000 represents approximately 15 percent of the operating budget. Welch said it is likely more than 15 percent of staff time is committed to Water/Sewer Fund services. Following reduction in the postage account, the revised Town Manager budget is \$149,210.

January 18, 2010
2010 Police Budget - Chief Richard Leighton was present to review the proposed 2010 expenditure budget with the Board. The 2010 proposed budget for the Police Department is \$893,695 this is approximately 3.1 percent or \$26,740 higher than the approved 2009 budget. John Nutbrown asked how many full-time officers the

Department has and why Lyndonville, a college town, can perform the same work with 3 officers. Chief Leighton said St. Johnsbury currently has 10 officers with one vacant position and St. Johnsbury is a very active department with 24 hour coverage. Chief Leighton said that Lyndonville depends on the State Police for a portion of their coverage.

K-9 Program - Officer Justin Hoyt made a presentation to Board regarding the start-up of a K-9 program. Hoyt said start-up costs for the program are approximately \$5,437 and he believes that he can get the start-up costs and ongoing expenses covered by donations. It was pointed out that Fair Labor Standards require the K-9 handler be compensated 3.5 hours per week for taking care of the animal. In Burlington, handlers receive \$80 per week compensation. Hoyt said that there are several other Police Departments in Vermont that have K-9 programs including: Barre, Montpelier (considering), Burlington, Bennington, Lyndonville, and State Police. Following discussion, Daniel Kimbell recommended that members of the Board review the written report prepared by Hoyt and invite Officer Hoyt in for further discussion during a future meeting. Kimbell asked Justin Hoyt to get the Burlington contract language related to K-9 handlers.

Energy Audit - Joel Schwartz was present to update the Board on the status of the energy audit required for submission of the energy grant for the municipal building. Schwartz said that NVDA has agreed to pay \$2,000

from their funds for the energy audit, and he has a consultant lined up to perform the work. As part of the requirement for submission of an application, he will need to have an historic preservation consultant prepare a report related to the proposed improvements for the building, including storm windows, heating system upgrade, and replacement of overhead doors. Joel said that he has found a consultant who can perform the work, it is estimated to cost \$1,000 and the cost is not grant eligible. Board member Jim Rust said if the local match for this grant is \$10,000 and we have to spend another \$3,000 maybe it would make more sense to just spend that money on energy improvements without getting into all of the requirements that will come along with acceptance of the grant funds. Rust also expressed concerns in adequately sizing the heating system if an addition to the municipal building were made in the future. Joel said that he would have the energy audit back in time for the Board to review the recommendation before submitting a grant application – but we could not wait on the historic preservation consultant – if the Board has any interest in pursuing the grant application. The Board voted unanimously to move forward with the energy audit, paid for by NVDA grant funds, and contract with an historic preservation consultant for up to \$1,000, to prepare required historic preservation report.

February 2010 Menu

Danville Senior Action Center

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

Feb. 2 - Scrambled eggs, fresh veggies, french toast casserole, peaches, sausage, V-8 juice and birthday cake.

Feb. 4 - Meat loaf, tomatoes, peppers, onions, mashed potatoes, peas, carrots and rolls.

Feb. 9 - Crabcakes, penne, lobster sauce, zucchini bread, broccoli and carrots.

Feb. 11 - Chef salad, tomato bisque, slatines and pumpkin bread pudding.

Feb. 16 - Turkey breast tenderloin, mashed sweet potatoes, broccoli, sauteed kale, cranberry and muffins.

Feb. 18 - Chicken Parmesan, pasta marinara, garlic bread, carrots and juice.

Feb. 23 - Scalloped potatoes, ham, mixed veggies, cantaloupe and rolls.

Feb. 25 - Veggie quiche, pea soup, saltines and orange juice.

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St. Johnsbury Academy Winter 2009-2010 Sports Schedule

Boys Basketball
Varsity and Junior Varsity
Varsity Game follows JV Game

February			
2	Burlington (H)	5/6:30	
5	Spaulding (H)	5/6:30	
9	Mt. Mansfield (A)	5/6:30	
12	North Country (A)	5/6:30	
16	Burlington (A)	5/6:30	
19	South Burlington (H)	5/6:30	

Girls Basketball
Varsity and Junior Varsity
Varsity Game follows JV Game

February			
1	Essex (H)	5/6:45	
4	Champlain Valley (A)	5/6:45	
8	BFA St. Albans (H)	5/6:45	
13	Rice (H)	5/6:45	

Girls & Boys Basketball
Freshmen

February			
1	Hartford (H)	5/6:30	
6	Frosh Boys Tour. (A)	6/7:30	
8	St./BFA/Essex/BHS (A)	10/11:30	

Nordic Skiing

February			
10	Peoples Academy (A)	3:00	
17	North Country (A)	4:00	
20	BFAS/BHS (A)	10:30	
26	State Meet (A)	10:30	
March			
1	State Meet (A)	10:30	

Alpine Skiing

February			
5	Essex Invitational (A)		
6	Essex Invitational (A)		
10	NCU (A)		
16	Girls NVAC (A)		
18	Boys NVAC (A)		
March			
1	Boys State Meet (A)		
4	Girls State Meet (A)		

Hockey

February			
3	Stowe (L)(A)	5:00	
6	Peoples' Academy (L)(H)	6:00	
11	Mt. Mansfield (L)(A)	7:45	
13	Lyndon Institute (L)(H)	6:00	

Wrestling

February			
4	Middlebury (H)	6:00	
6	Jason Lowell (A)	10:00	
10	Colchester (A)	6:00	
20	JV States (Spaulding) (A)	10:00	
26	State Championships (A)	6:00	
27	State Championships (A)	6:00	
28	State Championships (A)	10:00	
March			
5	N.E. Championships	TBA	
6	N.E. Championships	TBA	

Gymnastics

February			
5	U-32 (A)	7:00	
13	State Meet (A)	2:00	

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Ongoing Events

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

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

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

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

1st & 3rd Mondays: "Six O'clock Prompt," Writers' Support Group, 6:30 p.m. Catamount Arts. (802) 633-2617.

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

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

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

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

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

Tuesdays in December: Baby/Toddler Storytime, Cobleigh Library, Lyndonville. 10 a.m. (802) 626-5475.

2nd Tuesdays: Caledonia Right to Life will meet at St John's Catholic Church Parish Hall, 1375 Main St, St Johnsbury, VT at 7:30 pm. All are welcome.

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

2nd & 4th Tuesday: Drop-in quilting at 1 p.m. at the Cobleigh Public Library, (802) 626-5475.

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

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

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

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

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

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.

Thursdays: Tutoring for GED and Adult Learning Programs, 1 p.m. to 3 p.m., Cobleigh Public Library.

Fridays: Friday Afternoon Tea Room at the North Danville Baptist Church, 2-4 p.m., through March. Call (802) 748-4096. Handicapped accessible.

1st Fridays: Contra Dance, 8 p.m. at Danville Town Hall. All levels welcome. (802) 563-3225 or samlyman@myfairpoint.net.

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

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

Saturdays: Winter Farmers Market in Lyndonville at the Breslin Community Center on Main Street from 10 a.m. to 2 p.m.

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

1st Saturday: St. Johnsbury Winter Farmers Market at the St. Johnsbury Welcome Center from 10 a.m. to 1 p.m.

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

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

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

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



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Events in the NEK

MON.1:
NEK Audubon informational and planning meeting. Meet at the Fairbanks Museum at 4:30 p.m. All are welcome. Call Laura at (802) 751-7671.

TUES.2:
Highland Lodge Family Style Dinner and post dinner talk about the history of the Lodge, 5:30 p.m., Japanese cuisine. Call for Reservations. (802) 533-2647. 1608 Craftsbury Road Greensboro. info@highlandlodge.com, www.highlandlodge.com

WED.3:
100 Years since Triangle - The Fire that Seared a Nation's Conscience - Lecture series at the St J Athenaeum, 7 p.m. Dartmouth Professor Annelise Orleck reflects on the March 25, 1911 fire at the Triangle Shirtwaist Factory in Greenwich Village, which killed 146 workers, most of them young immigrant Jewish and Italian women. St. Johnsbury Athenaeum, 1171 Main St. St. Johnsbury, VT. Email: inform@stjathenaeum.org Web: www.stjathenaeum.org

THURS.4:
Black, White, & Brilliant Color Exhibit at NEK Artisans Guild, 10:30 a.m. The Guild opens the new year with an exhibition of the brilliant colors of stained glass artist Fred Varney and the intricate, intriguing pen and ink drawings of Sarah Kinsella Waite. 430 Railroad Street, St., Johnsbury. www.nekartisansguild.com

SAT.6:
Ski Touring the Kingdom Series: Bald Mountain -Challenge your ski legs with a 1,415-foot, three-mile ascent of Bald Mountain and enjoy extensive views of the Green Mountain and Presidential ranges, 9 a.m. Bring lunch, snacks, water and layers. Meet at trailhead. (802) 723-6551.

Simon Boccanegra - Giuseppe Verdi The Metropolitan Opera's groundbreaking series: The Met: Live in HD premieres at Catamount this season with nine live broadcasts, 1 p.m. (802) 748-2600. 115 Eastern Ave., St. Johnsbury. www.catamountarts.org

SUN.7:
MSTF Scavenger Hunt Ski tour, 9 a.m., Skiing fun for all ages. (802) 334-7676. At the Ski Barn at Memphremagog Ski Touring Foundation, Darling Hill Road, Newport. Web: www.mstf.net

THURS.11:
End of Racism Tour - Speaking on Truth - with comedian, Preacher Moss, 9 a.m. The new comedian of these times and the times to come, writes for The Damon Wayans Show and Saturday Night Live. (802) 626-6363. Lyndon State College, Lyndonville. www.LyndonState.edu/arts

FRI.12:
Snowflake Festival 2010 - two weeks of family fun and activities in Lyndon. Events at Lyndon Outing Club, Burke Mountain and the Cobleigh Library. Look for the Chowder Cookoff, Corporate Cup Race, special contests and events for the younger set, awesome skiing and riding, a quilt show at the library and much more! (802) 626-9696, info@lyndonvermont.com, www.lyndonvermont.com.

The Great Backyard Bird Survey through Feb. 14. Report all the bird sightings at your home feeders this weekend. Call Tom for more information at (802) 626-9071.

SAT.13:
NEK Audubon field trip to the Victory Basin - snowshoe along the Damon's Crossing trail. We'll snowshoe along the Damon's Crossing trail. (802) 626-9071, blackpoll@myfairpoint.net, www.nekaudubon.org.

NEK Snowmobile Drag Racing in Lyndonville/East Burke, 10 a.m. The Lyndon Snocruisers partners with NEK Drag Racing to bring you head to head racing on a 660' track located on Route 114N. The track is accessible by VAST Corridor #52, www.lyndonsnocruisers.com

33rd Annual Dick Page Ride-In in Groton, 11 a.m. Chicken BBQ 11 a.m. until the last chicken is gone. Buckaroos of 302, Groton Garage, Route 302, Groton.

MON.15:
Adinkra Music and Dance Ensemble at Lyndon State College, 7:30 p.m. Tickets required. Namet Productions is a community-based cultural and educational agency to empower the youth with specialized, employable, skills in African Art Music Cosponsored with Catamount Arts, (802) 748-2600, Alexander Twilight Theatre, Lyndonville, www.lyndonstate.edu/arts.

TUES.16:
The Spoken Word - The community is invited to celebrate Black History month as Lyndon faculty and staff members read selections and share musical selections from notable African-Americans, 12:30 p.m. Samuel Read Hall Library, Lyndon State College, Lyndonville, www.lyndonstate.edu/arts.

WED.17:
Classics at Noon - music in the library at Lyndon State College, 12:30 p.m. Jean Charles on classical guitar.

FRI.19:
Island Pond Winter Carnival, snow sculptures, skating, fishing derby, sled races. Welcome Center is at the Intersection of Cross and Birch Streets, chamber@islandpondchamber.org, www.islandpondchamber.org.



Pope Library

Monday & Friday

10 a.m. - 5 p.m.

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

Saturday 9 a.m. - Noon.

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Downy Woodpecker



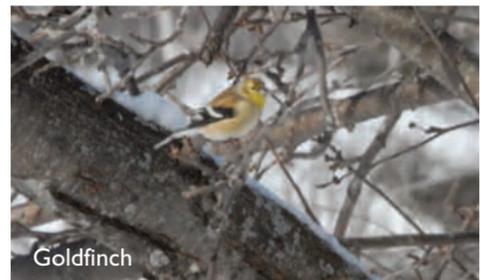
White Breasted Nuthatch



Hairy Woodpecker



White Breasted Nuthatch



Goldfinch



Chickadee



Wild Turkey

Audubon Christmas bird count

By JIM ASHLEY

Jean asked, "Have you heard from Charlie"? Yes, I had talked to him on the phone. It was right after Christmas, and we were waiting for our assignment of where to go on the 20th annual NEK Audubon's Christmas Bird Count on Jan. 1.

The National Audubon Society has been running Christmas Bird Counts for over 100 years. I had first participated nearly 60 years ago. The Northeast Kingdom Audubon Society does its count in a ten mile circle centered on Comerford Dam. They chose this circle to include not only woods and fields but also the open water along some of the Connecticut River. However, bird feeders are very important because they attract and concentrate birds. Sometimes we refer to the CBC as a chickadee roundup! Charlie Browne, our CBC coordinator had assigned Jean and I to check out the area around West Barnet.

"And look for snow buntings in the fields along Somerhill Road."

Jan. 1 arrived somewhat bleak with flurries; not too cold, not very windy, and not a great day for taking photos, which I like to do. Arriving in our assigned area, we took Stevenson Road out of East Peacham. Not much happening. Then just after going into Barnet and turning up the hill we hit one of our favorite locations. It is a big house on the left

with several bird feeders. There were seven morning doves, some chickadees and a big batch of goldfinches. In fact, goldfinches would turn out to be the bird of the day! Then on to West Barnet. We checked out a great feeder on West Main Street. Again we saw a big flock of goldfinches along with a few chickadees, blue jays, and a white breasted nuthatch. Harvey's Lake was pretty quiet, but then on Somerhill Road we came across a big flock of turkeys. We first saw three up in an ash tree eating ash seeds. Their brown wing coverings were nice to see. Then they flew down and joined about 20 other turkeys moving rapidly away from us. Our squeaky truck brakes had gotten them moving. Lots of flurries, so no usable photos. The accompanying photos are of birds frequently seen on the count. No ducks on the little pond as the cold December weather had frozen most of it up. No snow buntings either. Only seven species for the day, but still a fun day out.

At 4 p.m. many of the birding parties gathered over cheese and crackers at the Fairbanks Museum to report in. Did Edie Ann have her eagles? Yes. Anyone with pine grosbeaks, pine siskins, or crossbills? No, because it was not a big conifer seed year.

When everything was tallied up, 23 people participated and 41 species were seen on the count day and a couple more during the count week. We had missed the big storm, and we had the highest number of participants ever. Not a bad day.



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