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EDITOR'S NOTE



I grew up here in Central Vermont. After leaving to go to school and raise a family, I returned in 2007 to find that so much had changed. But, really, so much had stayed the same.

The things I grew up loving remain an integral part of the quality of life my family and friends share today. We go on hikes, take day trips, explore back roads and visit local sites.

As a young person growing up here, I took for granted the history and natural beauty of the region. Now, through the eyes of young people and with the long view of old timers, I have a greater appreciation for this corner of the world.

The granite industry surrounds us, literally and figuratively. You see the beauty of granite in architecture, art and in local cemeteries. Some of the most gifted carvers and sculptors have made their homes here, which has yielded world-class handiwork and staggering quality. But behind all of that hard work, there is a rich history based on immigration, culture, traditions and the bold protection of the rights for the blue-collar class that made this the Granite Capital of the World. Writer Peter Cobb takes us into some of that history, and shows us how the past is being both celebrated and integrated into a 21st century landscape and economy.

There is much to celebrate.

There are the old standbys, a few of which are closed because of the pandemic but whose directors are eager to see reopen to the public. They include our magnificent state capitol building. The State House is stunning inside and out, and is a compact museum in its own right. When COVID's restrictions are lifted, there are

plenty of Vermonters of all ages who are eager to visit and enjoy.

The Old Labor Hall in Barre finds its roots in the heyday of the granite industry of Central Vermont. It, too, awaits a day when it can be opened, enjoyed and used as a venue for events. It tells an important piece of the Socialist history of Vermont (and the nation), and is a gem as a national treasure.

On these pages, we feature several spots – indoors and out – that Central Vermonters like me have grown to love. What you will find in Explore Central Vermont are reminders of places we enjoy, and a growing list of places we need to visit.

Our cover story, by Kathryn Threlkeld, keeps or focus outdoors, to bodies of water and trail systems near them. There is no better time to experience Vermont's outdoors than the explosively colorful autumn. And, truth be known, Kate only scratched the surface of what is available in this beautiful region of Vermont.

We are proud to share some of these explorations with you. And we look forward to hearing about where you've been and what you have done this autumn.

I take great pride in the local history of this area, and our state. If my remote working would allow me to do it from the top of Worcester Mountain, or from Wrightsville Reservoir, I would do so gladly.

This is one of the most beautiful places there is to explore. Enjoy.

Steven Pappas
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Explore
Central Vermont

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On the Cover

Photographing autumn foliage in Groton State Forest by Jeb Wallace-Brodeur.

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Bringing **Vermont's past** to life

By Kathryn Threlkeld

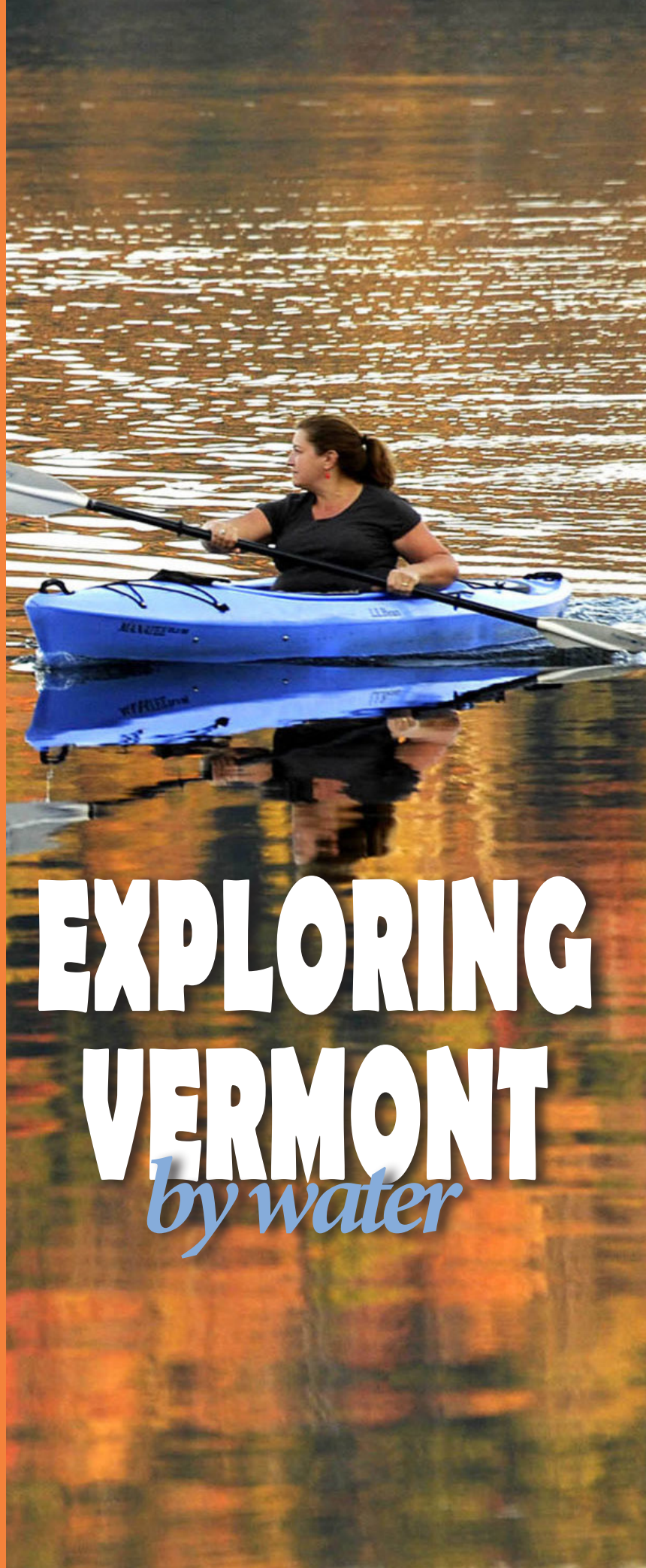
When you live in a place like Vermont, it can be surprisingly easy to relegate the beauty seen day-in and day-out to merely the background; the setting in front of which today's minutiae of human existence play out. It can be easy to forget that others routinely seek out a visit here to escape their settings, in order to experience and find joy in those very same everyday scenes.

In 2008, when gas prices soared and most of us felt the pinch of an economic recession, the term 'staycation' (or 'holistay' or 'daycation' or 'staytrip,' take your pick) dominated tourism marketing. Defined as "a period in which an individual or family stays home and participates in leisure activities within day trip distance of their home and does not require overnight accommodation" or more simply, "a vacation spent at home or nearby," it is often a fraction of the price of a traditional out-of-state vacation and what money is spent is more likely to stay in the local economy.

Many thought its origins were from 2005, but since entering this 'new' word into their Online Dictionary in 2009, Merriam-Webster has now tracked it back to at least 1944, when it appeared in a beer advert as part of a list of "Red-White-And-Blue Reminders" for the month of July in the Cincinnati Enquirer. (This list also included the importance of growing Victory gardens and writing to the soldiers on the front.)

Whatever your feelings about the portmanteau, it is applicable and ubiquitous once again as COVID-19 has brought hunkering down, canceled plans, disruption and worse to 2020. But we are fortunate that our cup of budget-friendly (often free!) and socially distant staycation options runneth over in this Brave Little State. If COVID blues is the diagnosis, recreation in central Vermont is surely a refreshing tonic — there is an ever-growing body of evidence supporting the association between experiencing nature and increased psychological well-being.

As autumn approaches and the lush greens of summer transition to the vibrant hues of fall, take a walk, a hike, a ride, fish (or weather- and site-permitting, a swim) around any of these favorite spots. Whether for a few hours, or the day, get out there to slow down, de-stress, explore and apprecia-state.



EXPLORING VERMONT *by water*

JEB WALLACE-BRODEUR / STAFF FILE PHOTO
Cara Herring of Berlin paddles on Wrightsville Reservoir in Middlesex as autumn foliage is reflected on the placid water on Tuesday evening.

HERE ARE SOME LOCAL OPTIONS

Barre Town Woods, Graniteville

This network of multi-use, public trails is set amidst 370 acres of abandoned quarries and Vermont history. Dating back to 1790 the quarried areas have been out-of-use for over a century, the scattered remnants of that work overtaken by the natural world. The bodies of water left behind dot the hillside with a peaceful beauty, and some great reflection photo opportunities (note that swimming/jumping/diving is not allowed). Get up high at various lookouts — be sure to check out Lover's Lookout off the Holy Ghost trail — and you are rewarded with Vermont's beautiful ridge lines, great views of Camel's Hump and sweeping vistas of Barre and the surrounding areas. Open Dawn to Dusk, the park is free for walkers and hikers — those on four paws need to be leashed. Mountain Bikers are required to have a day pass or a Millstone Trails Association membership. Trails are maintained by the Millstone Trail Association and the Barre Town Thunder Chickens Snowmobile Club. If you're interested in volunteering, just fill out a contact form at millstonetrails.org

Maps are available at the town office, online and posted at the parking areas located at 44 Brook St., Websterville and 111 Barclay Quarry Road, Graniteville.

Day passes available for purchase at: East Barre Antique Mall, Graniteville General Store (cash only), Morgan's East Barre Market, Lawson's Store (cash only), Vermont Bicycle Shop or online.

JEB WALLACE-BRODEUR / STAFF FILE PHOTO



Kayaking past the floating bridge in Brookfield.

Sunset Lake/Floating Bridge-Allis State Park- Baker Pond, Brookfield

From its humble beginnings of lashed logs to the latest innovative and modern iteration of fiber reinforced polymer, the floating bridge over Sunset Lake in Brookfield has been a unique and fun feature of this picturesque, small town since the early 1800s. It's a pleasant getaway spot for a picnic, a leisurely paddle or swim, or for fishing. Anglers enjoy this spot for largemouth and smallmouth bass as well as yellow perch and trout (mostly in spring). Vermont Fish and Wildlife notes that casting from the bridge can be easier for kids who are learning or have difficulty doing so. Autumn is a great time for fishing in Vermont; as the water temperatures fall, the fish, like many species of wildlife, are increasing feeding and are more active in the lead-up to winter. There is limited parking near the bridge, but visitors can also park in the lot across the road from the Old Town Hall, which is a short walk away.

For a longer explore in the area, drive across the reconstructed floating bridge and up to Allis State Park, Vermont's second developed state park. The park is open through Labor Day weekend (after which you can park carefully at the gate and walk the access road in). The Bear Hill Nature Trail is an easy 3/4-mile loop, and a climb up the nearby fire tower brings beautiful 360-degree views on a clear day. Day-use is free and the park is open 10 a.m. to sunset.

Also in Brookfield, Baker Pond is a short drive away on Vermont Route 12. Vermont Fish and Wildlife owns the

pond, which has 35 acres of lake area with plenty of places to fish from the shore, or you can launch a small boat. There are brook trout (best in spring), bullhead, largemouth bass, panfish and yellow perch.

From the Barre-Montpelier area take I-89 south to Exit 5 Northfield/Williamstown, turn left onto VT-64 heading east for half a mile, then right onto Stone Road for about nine miles, Stone Road will bring you right into Pond Village, the floating bridge will be on your right. Cross the floating bridge and turn left at the the 'Y' to stay on VT-65/ West Street, and take your first right to again stay on VT-65, bear right at the 'Y' intersection with Bear Hill Road, and Allis State Park Road will be on the left.

If you're trip home includes hopping on I-89, consider heading back through Pond Village and taking a detour via the Ridge Road to VT-66 (Exit 4's access road). From the floating bridge head southeast and take a right onto Ridge Road just before the First Congregational Church (VT-65 will continue down to VT-14). The drive through central Vermont's working pastoral landscapes with southern views of Killington and Pico in the distance is worth the extra time. (Make a right at the end of Ridge Road to join VT-66 and follow signs at the next intersection for a right down the hill to the interstate). Alternatively, take VT-65 east to VT-14 north and drive through the Williamstown Gulf. It's a snaky, fun drive along the river (sometimes mere feet away from your tires) and the walls of green on either side burst into "flames" in leaf-peeping season.

Wrightsville Beach/ Reservoir-Shady Rill, Middlesex

Originally constructed in the 1930s as a Civilian Conservation Corps project without any recreation in mind, Wrightsville Reservoir and Beach on Route 12 in Middlesex is a great spot for swimming, paddling, boating, fishing, disc golfing, biking and walking. With ample parking, a large beach area and five miles of multi-use trails, it is easy to achieve social distancing while enjoying a day of recreation. As an added bonus, for 2020, use of the 18-hole disc golf course is included with the park entrance fee, and disc rentals are available.

Kayaks, paddleboards, a paddle boat, and canoes are also available to rent (life vests and paddles included), with



JEB WALLACE-BRODEUR / STAFF FILE PHOTO
Marc Eagle, of East Montpelier, rows his single scull across the reflective waters of Wrightsville Reservoir in Middlesex.

cleaning and disinfection measures followed between rentals.

Tuesday rentals (and any rental returned before 11 am) are 25 percent off; residents of Montpelier, East Montpelier, Middlesex, or Worcester enjoy a 25 percent discount on boat rentals and discounts can be combined up to 50 percent off.

Open through Oct. 3, hours are noon to 7 p.m. weekdays and 11 a.m. to 7 p.m. on weekends, with limited services).

Dogs are not allowed in the park until after Labor Day, when they must be leashed and pay the child entrance rate for the dog.

For those with their own boats, there is a boat launch a half mile south of the beach and recreation entrance; motorized boats are permitted, but only in the designated area.

The nearby Shady Rill Picnic Area is part of the 500-plus acres owned by the Vermont Department of Environmental Conservation around the Wrightsville Reservoir, and is located just off Shady Rill Road along Martins Brook — the mile-long tributary that meets the North Branch of the Winooski River just above the Wrightsville Reservoir. Though smaller and first-come, first-serve, stream access and picnic sites are a draw.

Take VT-12/Elm St north from Montpelier for just under five and a half miles, Wrightsville Beach Recreation Area is on the right. Shady Rill Park is half a mile away down Shady Rill Road (a left shortly before the beach entrance if you're headed north on VT-12). The park will be on your right.

Peacham Bog, Boulder Beach, Stillwater Park, Ricker Pond in Groton State Forest, Groton

With over 26,000 acres spanning three counties and seven towns, Groton State Forest is filled with seemingly endless outdoor exploration opportunities. Here you can find seven state parks, the Groton Nature Center, eight lakes and ponds, and several designated natural areas, including the Peacham Bog, one of the largest bogs in Vermont. Rising above its surroundings, it is referred to as a dome or raised bog. The Peacham Bog Loop is a four and a half mile trail, moderate in difficulty, which begins with Little Loop trail at the corner of the Nature Center parking lot. Pay close attention to signage (it will cross the Coldwater Brook trail) and stay on the trail, the vegetation is fragile

COVID-19 NOTES

Vermont State Parks which normally offer restroom facilities, boat or gear rentals, concessions, and/or the use of picnic tables, have suspended these amenities for the 2020 season; be prepared to pack everything you need for the day's enjoyment (including water and hand sanitizer, seating and snacks, etc., but don't forget to pack everything out and leave nothing but footprints). Some parking areas will have limits posted; for those that don't, if quite full, use your judgment as it may be difficult to social distance. Face-coverings are mandated in public spaces, wear them if traveling or recreating with anyone outside of your household, or anytime you know others will be present. Stay home if you are not feeling well or have been exposed to COVID-19. Be responsible and plan your trip. If you are looking for an overnight experience, where available, remote shelters and overnight sites are not staffed; they are first come, first served and are not being cleaned. Unless otherwise posted, Vermont State Park day-use fees are \$4 per adult (ages 14+), \$2 per child (ages four-13) and free for kids three and under. Vermont residents who are honorably discharged veterans from active duty in US armed services and Vermont residents aged 62 and older are eligible for a Green Mountain Passport, a lifetime day entry pass to the parks. More information is available on the Vermont State Parks website.

TRAILFINDER

The new TrailFinder.info is a great resource, managed by the Upper Valley Trails Alliance in collaboration with the Center for Community GIS; Vermont Department of Forests, Parks and Recreation; UNH Cooperative Extension; and the National Park Service Rivers, Trails and Conservation Assistance Program. Find trail maps, detailed descriptions, directions, area amenities and services, and even create an account to keep track of your outings and submit photos, comments and feedback. The interactive site is continually growing and benefits greatly from user input.

JEB WALLACE-BRODEUR / STAFF FILE PHOTO

Hiking in Groton State Forest.

and sensitive to errant trodding. Three hundred acres of this natural area are considered Class 1 protected wetlands, home to lots of rare, threatened, or endangered species. Be on the lookout for pitcher plants, bog rosemary and several orchid varieties. After the bog viewing platform, take a right onto the dirt road, which will turn to a trail again and then reconnect to Coldwater Brook trail, then turn right to return to the first trail intersection. Plan for about three and half hours to make the loop, and add time if stopping for a trailside lunch or snack.

Entry to one of the seven parks within the Groton State Forest is entry to all. Nearby day-use Boulder Beach State Park is within walking distance of the Groton Nature Center and has access to the Coldwater Brook multi-use trail. On the shores of the 423-acre Lake Groton, this spot has 200 feet of beach (peppered with its eponymous glacier-dropped boulders), a car-top boat launch, 75 picnic sites and is a delight to swimmers and kayakers, as well as anglers, who can expect bass, bullhead, perch and pickerel.

Another great paddle spot is Ricker Pond, which is just a short drive away down VT-232. Please note that the boat launch/swimming area is for campers only. A straight shot across the pond from the launch area is a spot to pull up the kayak on the rocks and go for a swim or have a snack or picnic lunch. The whole pond is a nice, easy paddle, relaxing and pleasant with many spots to cruise by and explore. From the peninsula that sticks out into the water there is a walking trail which connects to the Montpelier-Wells River Rail Trail/Cross Vermont Trail, 11 miles of easy walking, biking or horseback riding. These trails also connect with the more than 17 miles of hiking trails and 20-plus miles of multi-use gravel roads and trails within Groton State Forest. Ricker Pond is open through Oct.12.

From the Barre area: take US-302 east for about 15 miles to VT-232, left onto VT-232/State Forest Road (be alert on this road as it is not only a winding road, but there are multiple trail crossings and active wildlife) stay on VT-232 for about five and a half miles, turn right onto

Boulder Beach Road, the Groton Nature Center is just over one and a half miles on the left (the signage is pretty good all throughout the Groton area to indicate park directions and locations).

Marshfield Dam Reservoir/Molly's Falls Pond, Cabot

A popular spot for boaters and fishing-enthusiasts alike, Molly's Falls Pond is a 400-plus acre reservoir, with two shore fishing platforms and a concrete ramp boat launch. There are a variety of fish including brown and rainbow trout, bullhead, northern pike, pickerel, panfish, smallmouth bass, and yellow perch. Swimming is also allowed from the shore (but not the boat launch) and there are plenty of scenic spots for picnicking, including some remote sites tucked around the lake. It's a great place to bring a kayak and have a relaxing paddle day. A spruce and fir wetland lies along the southern shore, and wildlife abounds. The reservoir became an official state park in 2015. Leashed pets are welcome.



photo by ben carpenter

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JEB WALLACE-BRODEUR / STAFF FILE PHOTO
Above, a float on Number 10 Pond.
Below, Paddling on Nelson Pond.

Follow directions for Marshfield Dam Reservoir, head east on US-2 through Plainfield to Marshfield, pass VT-232 (New Discovery Road), access and parking are a right-hand turn after dead-end Porter road (you'll see the water before the turn).

No. 10 Pond/Mirror Lake, Nelson Pond/Forest Lake, North Calais and Woodbury

It got an upgrade to lake status in the 1960s, but most locals know and refer to Mirror Lake as Number 10 pond. At over one hundred feet at its deepest the 'pond' moniker doesn't really do it justice. Anglers know this reservoir well, and many will tell you that the chances of a bite here are good and there are a variety of fish species present, including bullhead, pickerel, smelt, lake trout, rainbow trout, smallmouth bass and perch. There is a parking area and concrete plank launch for small boats, just off Nelson Pond Road. Though there is no public swimming access per se, it is a well-know swimming spot.

No. 10's companion, also got a status upgrade to Forest Lake (it is nearly 100 feet deep), but stubbornly retains its 'pond' name, too: Nelson Pond. There is a gravel ramp in the northwest corner just

TRY iNATURALIST

If you are exploring with a smartphone, consider downloading the iNaturalist and/or Seek by iNaturalist apps, these allow you to use your smartphone's camera for identifying plant and animal species around you. You can also post your photos and observations, see data and information about your observations, and contribute to biodiversity data collections, which help scientists and resource managers in your area.

off Nelson Pond Road for small boat access. Known fish species here include brown trout, bullhead, chain pickerel, lake trout, panfish, rainbow trout, smallmouth bass, yellow perch. Both lakes are satisfying paddles in settings rich with wildlife and beauty, be sure to keep your ears and eyes peeled for the many bird species that nest, hunt and pass through these areas.

Take VT-14 north through East Montpelier and Calais to Pekin Brook Road, then take Jack Hill Road to Nelson Pond Road, parking area is on the right. Nelson Pond Boat Launch is on the right about one and a half miles up Nelson Pond Road.

Little River State Park, Waterbury Reservoir, Waterbury

Rich in fascinating history, the trails through the abandoned Ricker basin in Little River State Park can at times feel like stumbling into a secret, forgotten place, despite being in one of the

most popular Vermont state parks. An active settlement from the late-1700s through the early 1900s, the area now holds only the traces and detritus of the rugged farmers, sawyers and their families who cleared the land and eked out a living on the hillside long ago. Throughout the park you'll find interpretative signs about the people who used to live here and their way of life. The Dalley Loop trail is just over three and a half miles of moderate hiking or, if so inclined, trail running; most of this loop is also approved for mountain bike use. There are several miles of walking/hiking and multi-use trails criss-crossing

the area, affording plenty of opportunities to explore and picnic.

There is also a boat launch for the Waterbury Reservoir a mile before the park entrance. It is a popular spot for motorboats in the summer, especially on weekends, but with two no-wake zones and the 200-foot no-wake corridor along the shore, there are quiet areas to be found if you are paddling (please try to stay in the quiet areas, and be aware of motorized boat users, especially near Elephant Rock). The reservoir is a fabulous fish and bird habitat, and with 860 acres of lake area there are so many nooks, crannies and coves to explore you won't be disappointed.

From the junction of VT-100 and US 2 in Waterbury, go one and a half miles west on Route 2. Turn right on Little River Road, and follow it for three and a half miles (two and a half miles for the boat launch area). The park is open through Oct. 25.





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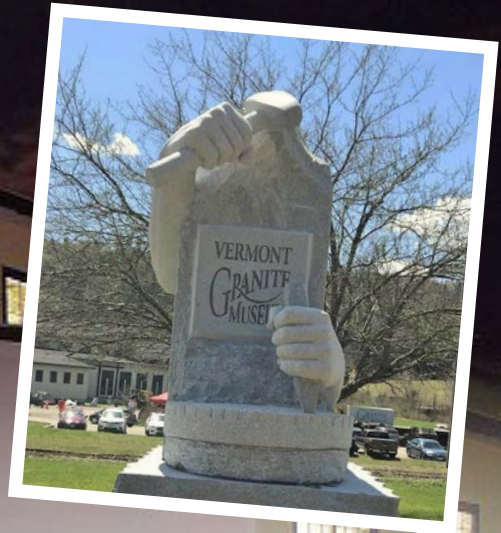
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ROCK SOLID HISTORY

at the Vermont Granite Museum

By Peter Cobb



The Vermont Granite Museum in Barre has an important and fascinating story to tell, even during a pandemic.

The museum was founded in 1994 as way to preserve the story and memories of Central Vermont's granite industry. Located in the old Jones Brothers manufacturing plant, which is listed on the National Register of Historic Places, the museum is open Tuesday through Saturday from 9 a.m. to 5 p.m.

According to Museum Director Scott McLaughlin, the vision of the museum is to

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create a vibrant gathering place that promotes the understanding of and respect for the people, cultures, skills and businesses that were (and remain) involved in Vermont's granite industry through hands-on experience, outreach and education.

The COVID-19 pandemic forced several changes at the museum including removing the interactive exhibits, and canceling events and art classes. The blacksmith shop is not open and artist Chris Miller, the sculptor of Ceres, the Roman goddess of agriculture and fertility that stands atop of State House dome, is not using the facility for his work.

“Here at the museum, although we may not have all of our interactive stations and our outdoor games, what we do have are the exhibits on the history of the granite industry and also an art show that was done earlier this spring by the



JEB WALLACE-BRODEUR / STAFF FILE PHOTO

Paletteers of Vermont. This art show is unique because it contains the window frames from the museum that were taken out in 2000 and what the Paletteers did was paint a landscape and put it behind the window frames,” McLaughlin said.

Many of the members of the Paletteers are designers in the granite industry.

The exhibits open to the

public include information on cutting, polishing and shaping stone; the science of granite; a sculptors’ gallery; several works by Giuliano Cecchinelli — a master sculptor from Barre; a section about powering the industry; information on quarrying, etching and sandblasting, and a three-quarter mile walking trail along the Stephen’s Branch.

Visitors to the museum also can get the information on the Barre Granite Sculpture Quest, which is a road map and guide to the sculptures in Barre, as well as information about the sculptures in the Green Mount, Hope and Elmwood cemeteries. There is also information about the Millstone Trails system that snakes through some of the old quarries in Barre Town.

According to McLaughlin, prior to the pandemic, the museum had hoped to have 12,000 visitors this year, which would have been a record.

“What concerns us right now is what will next year bring.” McLaughlin said. But if all goes well, many of the events scheduled for this year will take place next year.

For more information on the Vermont Granite Museum in Barre, go to <https://www.vtgranitemuseum.org/>

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Slow Cooker Applesauce

By Gayle Alexander

Fall is here! The leaves need raking and you still want to have a special treat for dinner. Slow Cooker Applesauce is a quick, easy, versatile, and fuss free choice. It's apple pie without the crust!

Start this in the AM and enjoy the wonderful aroma all day long!

YOU WILL NEED:

- A slow cooker...any size is fine.
- 3 lbs. apples... Macintosh, Cortland or even from that old apple tree down the lane.
- Sugar
- Flour
- Cinnamon
- Butter (optional)

Core and rough chop the apples, enough to fill your slow cooker. This recipe will reduce by half...so make lots!

ADD TO TOP OF APPLES:

- $\frac{3}{4}$ cup sugar. Depending on how tart your apples are you may need to add more before serving.
- 1 or 2 tablespoons flour for slight thickening
- Cinnamon to taste...at least 2 teaspoons. I use close to 2 tablespoons...I like cinnamon!

- $\frac{1}{2}$ cup water
- No need to stir, just shake from side to side to allow everything to begin to drop through the apples.
- Set on low for 8 hours and go enjoy your day!



Slow Cooking

From [USDA.gov](https://www.usda.gov)

In today's multitasking world, there's nothing like having dinner cooked for you while you go about your day. That's the beauty of a slow cooker. As you take advantage of this time-saving wonder, here are tips for keeping your "crock o' dinner" safe.

• **HOW SLOW COOKERS WORK:** As the name implies, the countertop "slow cooker" cooks foods slowly and at a low temperature — generally between 170 and 280°F.

- The direct heat from the pot, lengthy cooking time, and steam created within the tightly covered container work in combination to destroy bacteria and make the slow cooker a safe process for cooking foods.
- While food is cooking and once it's done, food will stay safe as long as the cooker is operating.

• **PREPARATION:** Since the slow cooker may take several hours to reach a safe bacteria-killing temperature, keep perishable ingredients refrigerated right up until preparation time. This keeps bacteria from getting a "head start."

- Always defrost meat or poultry before putting it into a slow cooker.
- If you cut up meat and vegetables in advance, store them separately in the refrigerator.
- Keep the lid in place, removing

only to stir the food or check for doneness.

• **CHOOSE APPROPRIATE RECIPES:**

- Prepare foods with a high moisture content such as chili, soup, stew, or spaghetti sauce.
- If using a commercially frozen slow-cooker meal, prepare according to manufacturer's instructions.
- Fill the cooker to between half full and two-thirds full.

• **SLOW-COOKER LEFTOVERS:** Store leftovers in shallow, covered containers and refrigerate within 2 hours after cooking is finished. Reheating leftovers in a slow cooker is not recommended. However, cooked food can be brought to steaming on the stove top or in a microwave oven and then put into a preheated slow cooker to keep hot for serving.

• **IF THE POWER GOES OUT:**

- If you are not at home and the power goes out, throw away the food even if it looks done.
- If you are at home, finish cooking the ingredients immediately by some other means: on a gas stove, on the outdoor grill, or at a house where the power is on. If the food was completely cooked before the power went out, the food should remain safe up to 2 hours in the cooker with the power off.

Note: If you are not a fan of apple skin feel free to peel them.

TO SERVE: just stir and serve over ice cream, or biscuits, or alone as a comforting side to a hearty dinner.

Enjoy!

Gayle Alexander 🍃

COOKING



*Apple
recipes*

Apple Crisp

Grease a 13x9 baking dish. Pre-heat oven to 350 degrees. Peel, core and slice between 4-6 apples (depending on how deep your dish is) and pour apple slices into the dish.

In a bowl mix the following ingredients then pour over apples and coat them:

- 1 c. sugar
- 1 tsp. cinnamon
- ½ tsp. nutmeg

Topping:

- 1 ½ c. br. Sugar
- 1 ½ c. flour
- 1 ½ c. Old Fashioned Rolled Oats
- ½ tsp. baking soda
- ½ tsp. baking powder
- 1 ½ sticks melted butter or margarine

Mix above thoroughly and sprinkle over apple mixture. Bake for 50-60 minutes.

Apple Bread

- ½ c. shortening
- 1 c. sugar
- 2 eggs, beaten
- 2 Tbsp. sour milk
- 1 tsp. vanilla extract
- 2 c. flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- ¼ tsp. salt
- 3 Granny Smith apples, finely chopped
- 1/3 c. walnuts, chopped

Stir together all the dry ingredients in mixing bowl then add the wet ingredients, mix. Add apples and walnuts. Beat for approx.. 1 minute. Pour into greased loaf pan, bake in pre-heated 350 degree oven for 60-90 mins. Check after 60 mins. but depending on loaf pan size it could take up to 90 mins.

Apple Coffee Cake

- 2 c. flour
- 1 1/4 c. sugar
- 2 tsp. baking powder
- ½ tsp. salt
- ¼ c. shortening
- 1 egg
- 2/3 c. milk
- 2 c. thinly sliced apples (set aside)

Mix below ingredients together for crumb topping :

- ½ c. br. Sugar
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- 1/3 c. butter, melted (set aside)

Mix dry ingredients together in mixing bowl, add the egg, shortening and milk (barely mix). Pour into either a 9" round or 8" square greased baking dish. Lay apples on top of batter. Then sprinkle topping mixture over the apples, pour melted butter over that. Bake 400 degrees for 25 mins.



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ART

ART

in cemeteries and Central Vermont downtowns



By Peter Cobb

You're interested in great art but you're reluctant to visit an indoor museum right now?

Don't fret. Some of the best carvings in the world are on display at cemeteries and sidewalks throughout Vermont. Fall is a perfect time to go on a sculpture quest.

Three great places to start are Green Mount Cemetery in Montpelier, and Elmwood and Hope cemeteries in Barre.

"The three local cemeteries have been showcases for the granite industry for the better part of a century," said Scott McLaughlin, executive director of the Vermont Granite Museum in Barre.

"The Barre granite industry, especially from 1890 to 1910, drew some of the best stone carvers in the

Fantoni, an immigrant Italian artist whose notable sculptures include: "The Power of Nature Harnessed By Man" in Montana. He also carved panels depicting the life of Martin Luther King Jr. that are on display in Albany.

The art on display in the Green Mount Cemetery on Route 2 in Montpelier features equally dynamic carvings especially the statue of seven-year-old Margaret Pitkin, who died in 1899. Many people leave necklaces or pennies on her monument for good luck.

Elmwood Cemetery on Hill Street in downtown Barre, the smallest of the three, is worth a visit just to see the statue of the pensive woman at the Levi Bolster gravesite. The cemetery also features several

world and their work in on display at the three local cemeteries," said Dan Barlow, of Barre, whose affection for cemetery art is infectious.

Each year visitors from around the world tour Hope Cemetery on Maple Street in Barre.

The cemetery features dozens of incredible carvings including a replica of Michelangelo's "Pieta" by Barre artist Alcide

dramatic obelisks, the most notable at the Azro Morse grave.

Great art isn't limited to these three cemeteries as there is great art in most of the cemeteries in Vermont, according to Barlow, who has visited 500 Vermont cemeteries. The grave carvings in the 18th century tend to be dark covered with skulls and crossbones, Barlow said. But by the mid-19th century, cemetery art was more positive and uplifting.

Also of interest is the Barre Granite Sculpture Quest in downtown Barre and the Grand Lookout trail at the Millstone trails in Barre Town.

The Barre Granite Sculpture Quest is a two-mile walk through downtown Barre that features a dozen granite sculptures including the "Italian-American Stonecutter" that was designed by Elmo Peduzzi and carved by Philip Painsi from a model created by Giuliano Cecchinelli.

Other notable carvings include the tribute to the Boy Scouts (the first American Boy Scout troop was in Barre), the Youth Triumphant statue in the center of downtown, and Mr. Pickwick in front of the Aldrich Public Library. Both the Boy Scout memorial and Mr. Pickwick were carved by Cecchinelli.

The Grand Lookout Trail at Millstone features several intricate carvings on the rock ledges on the side of the trail. The challenge is to find all of the carvings along the path.

For more information, go to <https://barrerocksolid.com/hike-through-history-in-barre-vermont/>

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On a WING and a PRAYER

Story by Lou Varricchio



"They will not have died in vain if their remembrance can lead us from the long, long time of war to the time for peace."

- Herman Wouk from "War and Remembrance"

World War II U.S. Army Air Forces veteran Roger Layn celebrates his 100th birthday on June 5. The military aviator and lifelong Monkton, Vermont, dairy farmer, who remains physically active and mentally agile at 100 years, has vivid memories of mortal aerial combat over Nazi Germany and as a prisoner of war in the notorious Stalag Luft-1 POW camp.

While Layn is proud of his service during World War II, it's understandable that a quiet diffidence circumscribes what he's willing to talk about.

Today, Layn is a rugged survivor of the Greatest Generation. He is a widower yet still smiles when he reflects upon his sweetheart and Bristol High School classmate, Helen. As a lieutenant, she served as a nurse in the U.S. Army in the European Theater; the two kept in touch by letter writing. Helen would become Roger's wife after the war. Later, the couple raised their children; they still live near the Monkton family farm.

As the first lieutenant co-pilot of the B-17 Flying Fortress nicknamed "My Prayer", Layn and his crewmates flew their bomber from the United States to England to become part of the U.S. Army Air Forces 91st Bomb Group. The 91st soon became a key component of the first fearsome, double-strike air raids on the industrial German cities of Schweinfurt and Regensburg on Aug. 17, 1943.



Helen Layn in uniform.

Photo courtesy of Roger Layn

Records show that 376 B-17s took part in the raids on the two cities involved in the production of industrial ball bearings and fighter aircraft for the Nazi war machine.

The Allies' idea was to knock out both Regensburg's Messerschmitt aircraft factory complex and Schweinfurt's ball-bearing production works. But why did Allied planners focus on ball bearing manufacturing as an ideal target? Amazingly, the little, precision-made, stainless-steel spheres were the technological underpinning of the Nazi ability to make war.

But the now legendary air raids didn't go exactly as first planned.

Allied losses, due to bigger-than-expected German air support and anti-aircraft batteries, were heavy. Of the 376 B17s involved in the raids, 55 were lost with 552 crewmen killed or missing in action, according to Layn.

As part of the USAAF 91st's Schweinfurt attack group, Layn was co-pilot alongside pilot Jim Judy in the cockpit of the "My Prayer". The other crewmates that day included flight engineer/top turret gunner Earl Cherry, navigator Ed DeCoster, bombardier Lewis Allen, radio operator Virgil Faust, ball-turret gunner Chas Baiano, waist gunner Ray Tarbell, waist gunner Vince Lala, and tail gunner Paul Burton.



The crew of the B-17 "My Prayer" in the U.S. before being assigned to the 91st Bomb Group in England.

Photo courtesy of Roger Layn

"My Prayer" may have been a typical World War 2-era B-17 bomber, but there would be nothing typical about the Schweinfurt-Regensburg bombing raids.

BOMBING RAID OVER SCHWEINFURT

"We flew through heavy flak sent up by anti-aircraft guns around the industrial city of Schweinfurt (Germany)," according to World War II veteran Roger Layn. The Monkton resident was the co-pilot of "My Prayer" a Boeing B-17 bomber flying out of a USAAF airbase in southeastern England. "And there were Luffwaffe fighter attacks, too. It was a terrible day."

At roughly 3 p.m. on Aug. 17, 1943, when it reached the target area, "My Prayer" bombardier Lewis Allen let loose the B17's load of powerful incendiary bombs over Schweinfurt, Germany. Other planes of the 91st followed the lead of "My Prayer". From just under 17,000 feet above sea level, Layn and his crewmates could see the firestorm down below.

Schweinfurt's two largest factories took 80 direct hits. Nearly 380,000 square feet of factory buildings were destroyed. The incendiaries ignited machine oil used in the ball-bearing manufacturing process and helped fuel the inferno down below.

"On our way home is when things got really dicey," Layn said. "Seven of the crew



On a good day, Allied POWs pose at Stalag Luft 1 in Germany during the 1940s.

Photo courtesy of 392nd Bomb Group

bailed out (under the captain's orders) when it looked like we'd lose the ship. We had severe flak damage (with something like over 500 holes) in the fuselage."

With its heavy battle damage, it was clear to Layn and prime pilot Jim Judy that "My Prayer" couldn't make it back to the U.S. Army Air Forces' 91st Bomb Group's airbase at Bassingbourn, England. Three of the crew stayed aboard, not even sure if they could wrestle the wounded Fortress safely home, across the English Channel.

"We managed to get across and on to the Royal Air Force (RAF) Manson station (near Kent) without the landing gear down; we crashed on our belly," Layn said. Fortunately, the three crew members aboard got out on to terra firma.

And thanks to a quick-thinking RAF cameraman, the crash landing of "My Prayer" is now immortalized on 16mm film. The belly landing appears in many documentaries about the USAAF's European bombing missions during the war you can view on YouTube today (see: <https://www.youtube.com/watch?v=jbpcwyWAv28>.)

STALAG LUFT-1

On a later bombing mission over Germany, Layn's plane was shot down. And while he parachuted to safety, he was captured. As a prisoner of war (POW) he was transported to Stalag Luft-1 POW camp in German Pomerania. There he sat out the rest of the war until Soviet Russian soldiers liberated the camp in April 1945.

According to an U.S. Army history of the camp, the Soviet troops treated German civilians in the area badly, but American and Commonwealth personnel were treated with respect. Layn also said he and fellow Allied POWs wore armbands on which their nationality was written in Russian. From May 13-15, the camp was evacuated by USAAF aircraft in "Operation Revival".

Layn and his fellow liberated American

POWs were sent to Camp Lucky Strike, northeast of Le Havre, France, before being shipped home to the United States.

According to Layn's recollections, he was never ill treated but most POWs made an effort to escape if they could. They even had forged documents ready to use if they ever escaped. Prior to 1944, treatment was considered fairly good, he said. But following a meeting of the Axis Powers, the German attitude towards POWs became more severe.

Today, on his 100th birthday, Layn has vivid memories of the 1940s war-in-the-air. He maintains a strong interest in aviation even though he hasn't flown a private aircraft since the 1970s. He fondly recalls when he was made an honorary co-pilot of a Green Mountain Boys' F-15 fighter jet, courtesy of the Vermont National Guard, one day in the 1980s.

Layn told the Eagle that he hopes young people will have a better understanding of the causes of the war and the high price paid by veterans so that all humanity will find freedom and a lasting peace. ■



World War II veteran Frank Layn at home in Monkton, Vermont.

Photo by Lou Varricchio

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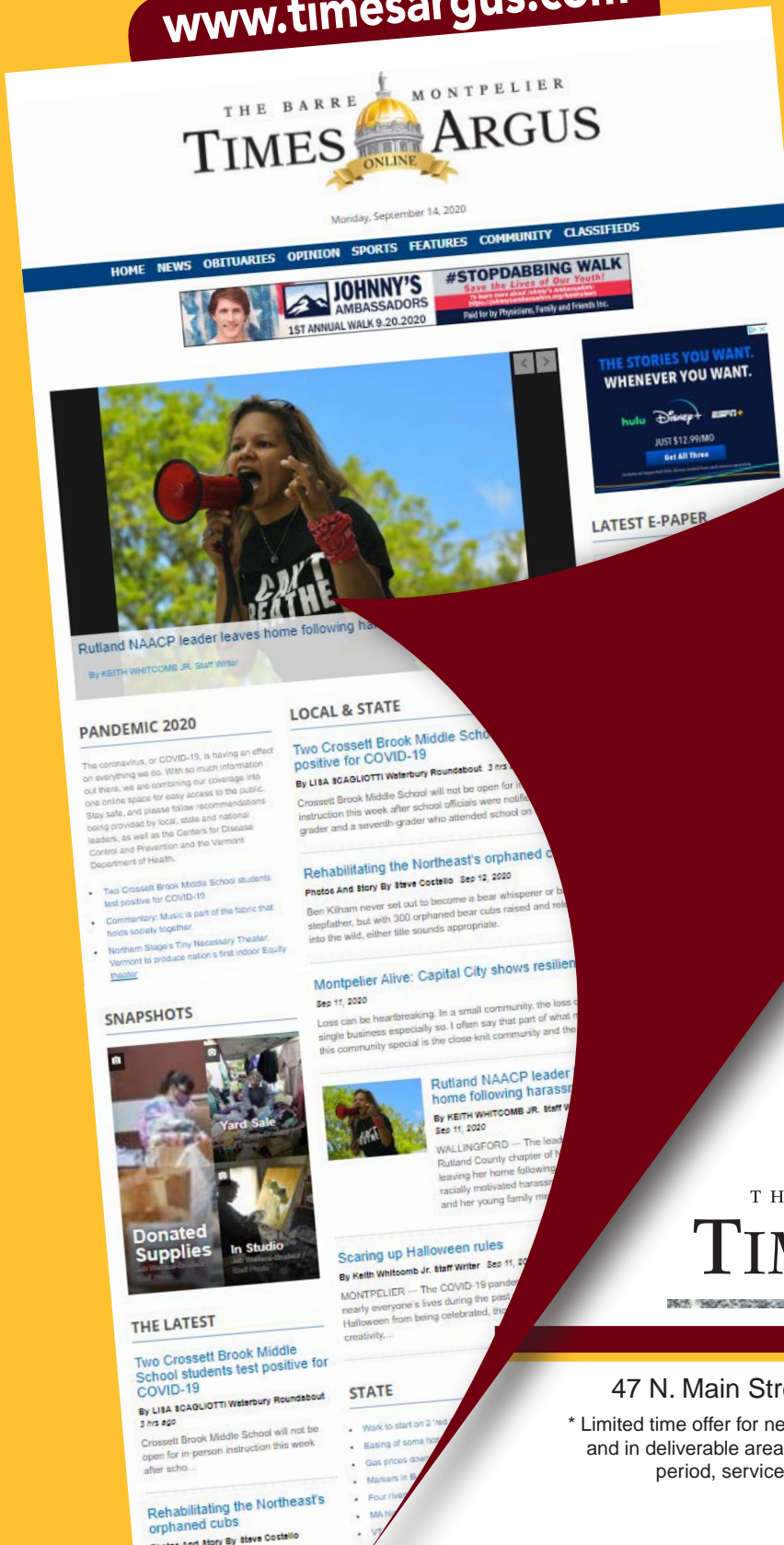
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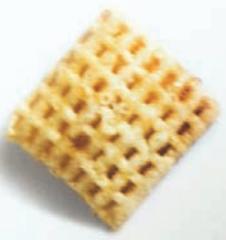
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HOMEMADE PARTY MIX FOR A CROWD

Party Mix is my go snack of choice. I never cared for wheat squares cereal so I use rice and corn hexagons along with the rice squares. There is a brand name that comes to mind when you read the name of this recipe! I find the name brand has a better consistency. Feel free to add other ingredients, I even made it with just cereal and pretzels for someone with a nut allergy.

It is quick, easy and I make it using the full containers of cereal and nuts in the microwave! This makes a lot! I store it in a 37 cup airtight container. If this is too much, the recipe easily cuts in thirds. Also: This can be salty, so try to reduce salt where you can; nuts, pretzels, butter.

GATHER THE INGREDIENTS:

- 1 box 12 ounces rice squares cereal
- 1 large box 18 ounces corn and rice hexagon cereal
- 25 ounces or more premium mixed nuts (personal preference)
- 1 cup large Virginia Peanuts (optional)
- 2/3 pound pretzel sticks (break them up and try to knock off the salt or buy an unsalted variety)
- 2 sticks plus 2 tablespoons unsalted butter (18 tablespoons)
- 1 tablespoon seasoned salt
- 4 tablespoons Worcestershire sauce

A microwave safe bowl large enough to hold all the ingredients.

Line two baking sheets with a double layer of paper towels, set aside.

In the microwave: start by melting the butter in the bottom of bowl, stir in

seasoned salt and Worcestershire sauce. Pour in the nuts and pretzels, allow them to soak for a moment, then add the cereal. Stir well to coat. Microwave on high 2 minutes then stir bringing the coated pieces up from the bottom, try not to break up the cereal. Return to the microwave for 2 more minutes on high, then stir again bringing the coated pieces up from the bottom, try not to break up the cereal. Return to the microwave for 2 more minutes on high, then stir again bringing the coated pieces up from the bottom, try not to break up the cereal.

Yes! That was a total of 6 minutes!

Dump everything out over the paper towels lined baking sheets and allow to cool to room temperature before storing in the air tight container. Stays fresh for at least 2-3 weeks. I have read you can freeze it too, but I never tried.

Enjoy!

Gayle Alexander 

READY IN UNDER
10 MINUTES!

TRAILS

Experience granite

up close on Millstone Trail

JEB WALLACE-BRODEUR / STAFF FILE PHOTO
Christosonthy Drellos and Matt Gilbertson biking the Millstone trails in Barre Town.



By Peter Cobb

The angry Millstone gnome is back, hiding somewhere along the 20 miles of trails in the Barre Town Forest and Rock of Ages quarry lands. He is four inches tall, is wearing a blue jacket, black pants and red hat, and has a thick, white beard.

If you find him, take his picture but be aware, he doesn't like skidders or skeeters, the members of the Millstone Trail Association aren't sure which of the two he grumbles most about.

The trails wind through old granite quarries, historic artifacts, sculptures, northern hardwood and coniferous forests and exposed granite spines and provide a perfect fall outing for walkers, runners, hikers, disc golfers, bikers of all levels, art lovers and history buffs.

"Anyone in Barre or Central Vermont should take the short walk to check out the views from the Grand Lookout, especially in foliage season. Keep an eye out for the artwork provided by sculptors along the way," said Pete Kopsco, president of the Millstone Trail Association.

MTA maintains the trails that weave through 1,500 acres of abandoned granite quarries.

The Grand Lookout, atop a towering granite grout pile (grout is the old Scottish word for waste granite), provides an expansive and dramatic view stretching from Lincoln Gap to Jay Peak and includes Camel's Hump and the state's highest peak, Mount Mansfield. On the way to the Grand Lookout, be sure to stop and take note of the sculptures carved by local area artists and sculptors. The challenge is to see how many carvings you can find.

Millstone Trails are open to everyone. Mountain bikers must purchase a day or season pass but the trails are free to all other non-motorized users such as hikers, runners, and horse-back riders and in the winter, walkers, cross-country and snowshoers. There is also a frisbee golf course in the town forest run by Quarries Disc Golf.

The trails network is divided into three main sections: Barre Town Forest, Gnome Man's Land, the Canyonlands. (Gnome Man's Land is closed this season but should reopen

next year.) Each of these three areas provides different recreational and scenic opportunities. The Barre Town Forest is home to the greatest diversity of trails in the Millstone network. Many of the BTF trails are excellent for all types of recreation including mountain biking, hiking, trail running, cross-country skiing and snowshoeing.

Gnome Man's Land has trails built for adventurous, white-knuckle, mountain biking including the Screamin' Demon trail. The Canyonlands has the quietest and most contemplative feel. All three sections area are connected and can be accessed with short road crossings.

For history buffs the trail network provides a glimpse of Barre's past including rusty mining equipment, old railroad beds and signs along the trails that tell about the quarries' history.

There trails are well marked and there are maps along the trails. A trail map is available online MTA website. Directions to the various trailheads also are online at <http://www.millstonetrails.org/>

COOKING... with kids!

By Mikaela Foster

When it smells like Autumn outside, it should smell like Autumn inside. Pumpkin pie can do that for you. It fills every room in my house with such a delicious seasonal aroma.

I love using pumpkins instead of canned pumpkin and I don't actually use pumpkin pie pumpkins. For many years, I used carving pumpkins. We'd carve them, set them out on the front porch for a couple days, then I'd process and freeze them. But life has been busy and we haven't carved a pumpkin in a few years, and come to think of it, I haven't made pumpkin pie in just as long. But this season, I was eager to make one and was lucky enough to have a can of pumpkin hiding in my pantry.

I like to use the same recipe every year, but funny enough, the pie never seems to turn out the same, so sometimes I do things differently on purpose. I was planning on sharing with you this recipe, but with directions to make it a double layer pie. One year I made my usual pumpkin pie for the guys at hunting camp but when we cut into it, it had two layers! One layer was like custard and the other was the usual texture I expected.

Well, it was a fluke. I have tried to purposely recreate it in order to share with you how to do it but I can't figure out what I did. This major bummer got me thinking of pies past, and I remembered these minis I made one year that are perfect for little helping hands. So here we go!

MINI



PUMPKIN PIES

INGREDIENTS

- Pie Crust (see recipe)
- 2 large eggs
- 1/2 cup sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/8 teaspoon ground cloves
- 1 can (15 oz) pumpkin
- 1 can (12 oz) evaporated milk
- Whipped cream if desired
- 2 mini muffin tins (I used muffin tins years ago, but I actually used mini pie pans this time around - so just use what you have if you don't have these)

DIRECTIONS

1. Heat oven to 425°. Spray two mini muffin tins with baking spray, set aside.
2. Make pie crust (See recipe.)
3. Roll out pie dough on a baking mat or lightly floured surface. Using a 3" circle cookie cutter, cut out 24 pieces. (You could also place a drinking glass on the dough and trace around it to cut out the pieces.) Gently press into the wells of the prepared muffin tins. Put them in the refrigerator to chill.
4. In medium bowl, beat eggs slightly with wire whisk or hand beater. Beat in remaining ingredients except whipped cream.
5. Remove the tins from the refrigerator and fill each crust with the pie filling, but don't go all the way to the top. Gently tap the tins on the counter to create a smooth, even filling.
6. Bake 15 minutes. Reduce oven temperature to 350°. Bake about 45 minutes longer or until knife inserted in center comes out clean. Cool on wire rack two hours. Serve with sweetened whipped cream. After cooling, pies can remain at room temperature up to an additional 4 hours, then should be covered and refrigerated.

Note: Because these are mini pies, keep an eye on them in the oven. I started checking mine every so often after 30 minutes to ensure they wouldn't burn. (If you'd rather just make a full size pie, use these ingredients and directions with a regular sized pie pan.)

Involving the little ones: Get creative with how you divvy up the tasks. I would like to challenge you to use this as a learning, or a reinforce-learning activity. Baking presents opportunities to practice what kids have learned in school, depending on the ages and lessons. You can get as easy as "1,2,3" with the youngest, which is where I'm at. My toddler loves eggs right now and often counts, "Mama, one, 'do' eggs!" (I love watching him explore and learn in the kitchen. One time I let him crack an entire carton of eggs one by one. I just sat and watched, with probably the silliest grin on my face. I'm sure that won't be the last time.

HOMEMADE PIE CRUST



INGREDIENTS:

- 2 2/3 cups all purpose flour
- 1 1/2 sticks of well chilled butter (cube it)
- 1 tsp salt

DIRECTIONS:

1. Mix all ingredients until crumbly.
2. Sprinkle with well chilled water until everything sticks together by pinching.
3. Split into two balls; wrap in saran wrap and chill in freezer for 10 minutes.
4. Take one ball out, roll it out for the pie crust. Then repeat. *The process needs to be done quickly. 🍂

A HOUSE



By Peter Cobb

The Vermont State House often is called the “People’s House.” Although it is closed to the public due to COVID-19, in normal times it is open to all. Anyone interested can roam the halls, attend a committee hearing, listen to a floor debate in the State Senate and House of Representatives, or even attend a free concert on Farmers’ Night.

The grounds in front of the building are used frequently for events, demonstrations and large public gatherings.

Building Curator David Schutz, and the Friends of the State House – an all-volunteer organization dedicated to the restoration and conservation of the building -- are concerned the capitol does not speak to all Vermonters

To make sure the People’s House is inclusive, Schutz and a task force, working under the auspices of the Friends, with representation from a variety of populations, are crafting a new “interpretive plan” to guide the museum functions of the building.

“One of our goals with or interpretive plan is to identify what are the appropriate stories for the state house to tell regarding women, the indigenous people of Vermont, African Americans, people with disabilities, and the LGBTQ communities,” Schutz said.

The task force started work two years ago and expects to present its plan to the Legislature next March.

“The interpretive plan will guide the selection of art that is displayed, guide the volunteers and guide the technology we use. We are totally committed to the notion that the art and artifacts at the capital should be more representative of Vermont and all its people,” said Mary Leahy, of Marshfield, chair of the study committee. Legislators have final approval of what is displayed.

“The pandemic has given me, along with my assistant, a wonderful opportunity to design an interpretive planning

process that will yield a plan for story telling in the State House and determine who are the people who don’t feel that the state house is theirs and I am referring mostly to what would be termed the marginalized populations of Vermont, the minorities, the racial minorities, as well as women even though they are not a minority they still haven’t achieved complete parity.”

Part of the new thinking is featured in two recent exhibits, one is a celebration of 100 years of women suffrage and recognition that women have achieved significant positions of power in Vermont (currently all four money committee chairs, taxes and appropriations, and the Speaker of the House -- are women) and the second is a history of the Abenaki people, the first Vermonters.

“The Abenakis did not feel they had a presence in the building,” Schutz said.

“I am excited for the group to modernize the way we treat the state house collection, so it better reflects Vermont’s multicultural and multigenerational evolutions. This not only includes the historical figures and events we feature, but also how we feature them so that the collection is accessible, informative, meaningful and enjoyable,” said Xusana Davis, a task force member and Vermont’s first executive director of racial equity.

The Vermont State House, the third state house, with its distinctive gold dome and columned granite portico, built from 1857 to 1859, has three functions: it is the home of the Vermont General Assembly; it provides space for ceremonial and social activities for the governors and lawmakers; and it is a museum with



FOR ALL



JEB WALLACE-BRODEUR / STAFF FILE PHOTOS

more than 150,000 visitors a year.

Finding the sweet spot where the building serves both as museum and the seat of government is one of the biggest challenges facing the task force.

Schutz said the art and history exhibits should not be “exclusively dominated by the portraits of old White men,” but at the same time the museum needs to tell the story of Vermont’s government and, with exception of Gov. Madeleine Kunin, all Vermont governors have been men.

“I am hoping the State House will still read as this gorgeous, intimate but grand building but we will also have learning opportunities where the diversity of Vermont will be on display,” Schutz said.

The planned changes not only will include new stories but also new technology including greater use of smart phones and similar devices.

“The pandemic has been a difficult and challenging time. We need to limit the amount of touch points,” Schutz said, such as shared audio equipment.

The plan also will recognize that teaching children Vermont history is an important job of the museum.

“The State House gets a larger audience of school children than any other site in the state. Civics is part of our mission to help teachers and parents getting their kids to understand what government is, how they play a role, and what is that role beyond voting and telling them the story of democracy,” Schutz said.

Schutz came in to Vermont 1979 on a project funded by the National Endowment for the Arts to look at the feasibility of creating a museum at the State House. Even though thousands of tourists and students passed through the building every year, before the NEA study, few considered it a museum. The NEA study gave thumbs up to creating a state house museum. It took six years before that idea took hold.

“I was hired in 1986 as the first curator and I’m hoping I won’t be the last,” Schutz said.

Schutz and Nancy Price Graff are authors of “Intimate Grandeur,” which is both a history of the three state capitol buildings as well as a celebration of the restoration of the current building.

“You have this incredible building in the humble rural state,” Schutz said.

The State House will be closed for the rest of 2020. No decision has been made concerning next year. However, the grounds outside are still open to the public, however CDC guidelines and social distancing are required.

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