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CALENDAR/ALMANAC 2001



Augusta Country

This symbol  points to
Down on the Farm
chores of the month on
each calendar page

January 2001 Vol. 8, Issue 1

P.O. Box 51, Middlebrook, Va. 24459



Staunton woman pens
book of memories

Page 4

Draft student wins state
Farm Bureau award

Page 3



...plus a calendar complete
with gardening tips and
local events for 2001



Augusta Country DID NOT invent the almanac

What you hold in your hand is a first-effort by *Augusta Country* in an age-old tradition. I'm sure one of my historians could tell me — and probably will — when the first almanac was ever published. But this January 2001 issue is the first time *Augusta Country* has published a calendar/almanac. We want to make it perfectly clear that this is not an original idea. *Augusta Country* doesn't claim to have invented the almanac. This is just our version of what one can be.

Almanacs have a little bit of everything in them — some useful information, some not so useful, some downright silly and some completely useless. Almanacs — along with encyclopedias, the world

atlas, and dictionaries — might best be described as the hard-copy grandparents of the internet. In the days before we had access to information at a keystroke — this will be something we can say to our children or grandchildren, "When we were little we didn't have the internet. If we wanted to know something we had to look it up in a book!!! — we might have turned to an almanac, encyclopedia, atlas or dictionary for the information. At least these were good places to start.

Farmers have used almanacs for advice on planting and harvesting down through the years, long before farms were surveyed by computerized satellite tracking systems and long before there was

Doppler weather radar. We're not sure how the folks who publish almanacs go about determining what the weather is going to be a year from now, but often the almanac's predictions come closer than forecasters using streams of second-to-second computerized weather data. Maybe it just falls into the hands of probability — will it rain on a certain day or will it be sunny? Either prediction has a 50 per-

cent chance of being correct or a 50 percent chance of being inaccurate. We haven't found a way to include much of a weather forecast in this issue of *Augusta Country's* almanac. We encourage each person to use the same weather forecast method we use — look out the window and decide for yourself.

In our version of the almanac, you'll find some information. See *ALMANAC*, page 3

Augusta Country

is published 11 times each year by
See-KWA! Publishing

P.O. Box 51 Middlebrook, Va. 24459
Subscription rate: \$16 per year

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1/01

Draft student wins state Farm Bureau award

ROANOKE — Honor student Rachel Swortzel has been named the Virginia Farm Bureau Federation Young Farmers' Outstanding Agriculturalist for 2000.

The Stuarts Draft High School junior received the award Nov. 28 during the Young Farmers' Awards Breakfast at the VFBF's 75th Annual Convention in Roanoke.

Contest judges may have been impressed by the 16-year-old's passion for agriculture, which seemed obvious in her contest entry. In it she wrote that "agriculture has shaped my life since I was old

enough to sit on my father's lap when he drove the tractor." She added that she has chosen to make a place in her life for farming. "I can go anywhere and do anything, but somehow everything I do will be related to agriculture."

Miss Swortzel is the daughter of C. McCheyne and Karen Lee Swortzel of Greenville. This hard-working young woman has specific goals in mind for herself, including a possible run for state FFA office and, after pursuing a college education, a career as a sheep producer.

She works on her family's cattle and sheep farm, helping



RACHEL SWORTZEL

with all aspects of the operation, from calving, to sorting and vaccinating cows, to filling out registration paperwork. In the winter she helps

with lambing and bags wool at sheep-shearing time. She helps rake hay, build fences and move livestock to new pastures, and even chops firewood. Her father encourages her participation by taking her to farm conferences and events throughout the state.

Instead of being paid wages, Miss Swortzel is rewarded with livestock. Each year she "earns" two steers that she shows and sells at the Augusta County Market Animal Show, and sheep she uses to improve and increase her own small flock. She has participated in 4-H for seven years.

See *AWARD*, page 5

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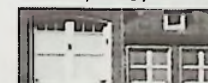
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Almanac

Continued from page 2

tion we hope will be useful to you. The calendar found on pages 6-29 includes information about some events in the area that may be of interest to you. This list is not all-inclusive by any means, but we've included information about events that we know are coming up in 2001. If your non-profit organization has an event it would like included on *Augusta Country's* 2002 calendar, just give us a call and we'll be glad to promote it for your group.

We hope you enjoy this calendar/almanac and will find it useful in 2001. *Augusta Country's* staff wishes you the best during the holiday season and in the coming new year.

Betty Jo Hamilton
Publisher & editor

Augusta Country almanac key

The symbols below correspond to information you will find throughout the almanac.



Gardening tips by Jenifer Bradford



Down on the Farm chores of the month by
Betty Jo Hamilton



Herb lore by Mollie Bryan

Staunton octogenarian keeps sampling life's choices

By NANCY SORRELLS

STAUNTON — Beryl Gutnick spent her 80th birthday on a three-hour tubing trip down the Shenandoah River. Those who know her are probably not surprised by this revelation. On her 69th birthday, for instance, she had to purchase a goat to be consumed at a festive party she threw for her friends and acquaintances in the Philippines where she was almost halfway through her stint in the Peace Corps. It was a birthday highlight in a lifetime of learning and new experiences.

Just over a decade later, Beryl decided to turn the story of her Peace Corps adventure into a book, *Later Maybe: A Taste of the Tropics*, which she has recently published through the local company of Lot's Wife Publishing. The 220-page paperback is a compilation of the letters Beryl sent home



Beryl Gutnick of Staunton has written a book, *Later Maybe: A Taste of the Tropics*, based on her experiences in the Philippines as a Peace Corps volunteer when she was 69 years old.

Photo by Nancy Sorrells

"Every time I come home I swear that I will never go anywhere again and then something else grabs my attention."

Beryl Gutnick

and discomforts, new friendships and new areas of self-awareness," she writes in the book. During the year, she came to grips with balancing her complaints — heat, insects, alienation, frustrations, lack of comfort, lack of communication, lack of perceived function — with the rewards — bonding with fellow volunteers, the beauty of the country, the opportunity to experience another culture, and, eventually, the

perception of contributing something to the Philippine educational system.

"The year was very difficult," Beryl remembers, and anyone reading her book will understand why. "There was the frustration of trying to get something done in a tight knit and cautious community. Each volunteer had to find his or her own ways of getting beyond that."

Beryl pointed to two "breakthroughs" in her own experience. The first came when she went to another town to help a fellow PC volunteer with a remedial reading project. When she explained to her own school staff why she would be absent, they asked if she would institute the same reading project in their school. Rather than forcing her new ideas on her fellow Philippine teachers, she waited until they had observed, approved, and eventually requested her ideas.

See PEACE CORPS, page 5

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•Peace Corps

Continued from page 4

"Another breakthrough came when the other teachers started to tease me about how expensive my birthday party would be. It is a part of their culture to demand things from wealthy relatives. Because I was from the United States, they saw me as wealthy. But I realized that they were also treating me as a relative. I responded by joking back and things got to be very friendly and flowed from there. They made me one of the gang I guess. Of course that was late July and I had been there since April."

One of the things the PC volunteers were told in training was not to expect anything to happen for at least six months. In retrospect, Beryl said that was very true, but a little depressing when you are in the midst of it.

Although there were physical difficulties that included a hospital stay, Beryl never experienced the severe poverty that some PC volunteers face. Instead the challenge was on an emotional level. "The supporting factors were the other volunteers and writing letters home," she said.

So how did a 68-year-old woman arrive at

the decision to spend a year in the South Pacific immersed in another culture? For Beryl it was just another journey in a lifetime of journeys. "It was an episode in my life, writing this book was another episode," she said as she revealed enough episodes to leave the average stay-at-home person reeling.

Beryl's move to Staunton in 1990 was a direct result of her year in the Philippines. "After a year in the Philippine culture where family is so important that work stops if the family needs you, I decided to come here where my daughter and her family lived. If there is one effect that year had on my life it was to bring that in focus for me and make me come here," she explained.

The Peace Corps was not the first adventure for this bubbly New York native who faces life eager for new challenges and fresh avenues of learning. She has raised chickens, taught schoolchildren, helped sail boats, learned silk painting, snorkeled in the Caribbean, and as she heads full-speed into her 80th year, she is playing leading lady in a

See CHALLENGES, page 30

•Award

Continued from page 3

Her achievements include a 4.08 grade-point-average and the office of president of her school's FFA chapter. She is a member of the SDHS concert and show choirs, the International Thespian Society and the SDHS varsity cross country and track teams. She also competes with her school's Academic Challenge team and forensics team.

Ag Leadership is her favorite class, partly because she enjoys the responsibility of being a role model. "I like being able to interact with younger kids and I hope that my actions will cause them to become more involved in agriculture," she said.

Miss Swortzel is "a very enthusiastic supporter and promoter of the agricultural arts and sciences as they relate to herself, her peers and the larger society," wrote SDHS science teacher Kenneth S. Patterson. "She loves farming in the abstract and in the digging in the soil."

J. Darrell Steege, SDHS department head for agriculture education, wrote that "Rachel is a very personable young lady with the attitude that anything can be accomplished if you put forth the effort and desire to achieve your goals."

SDHS English teacher Judy Hevener wrote that Miss Swortzel "is the kind of young woman who represents the very best of America's youth in her wise stewardship of her talents, in her character and in her relationships with adults and with her peers."

The VFBF Young Farmers' Committee began the Young Agriculturalist Award in 1989 to recognize a high school junior or senior for academic, community and agribusiness achievement.

The competition encourages students to evaluate their progress and career goals and to pursue involvement and leadership opportunities in agribusiness.

This information was provided by the Virginia Farm Bureau Federation.


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
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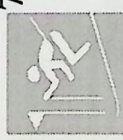





January 2001

 Order seeds, perennials, and other garden items from catalogs. Begin a garden calendar, catch book sales, read and research horticultural literature.

 The nights are long and cold. Keep cattle and sheep well fed with good quality hay. Pray for a little snow, but not too much. Get ready for late winter lambing. Write thank you notes for all the neat Christmas presents you received.

◆ Bay is a good herb for January. Write your resolutions on the leaves and burn the leaves. Also, a bay leaf held in the month will ward off evil.

A winter storm on March 6, 1932 brought with it drifts to the tops of telephone poles. This photo was taken along Va. 252 south of Middlebrook.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>Happy, New Year!</i>	2 Sunrise 7:28 a.m. Sunset 5:07 p.m.	3	4	5 	6
7 	8	9	10 	11 	12 LEE-JACKSON DAY	13
14 	15 MARTIN LUTHER KING JR. DAY	16	17	18	19	20
21 Roanoke Symphony Orchestra 7:30 p.m. R.E. Lee auditorium Staunton	22	23 	24	25	26 	27 Watch for robins beginning to return north
28	29	30	31 Sunrise 7:18 a.m. Sunset 5:36 p.m.	Notes: _____ _____ _____		



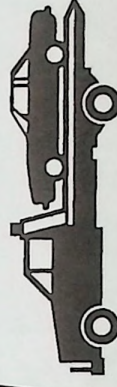
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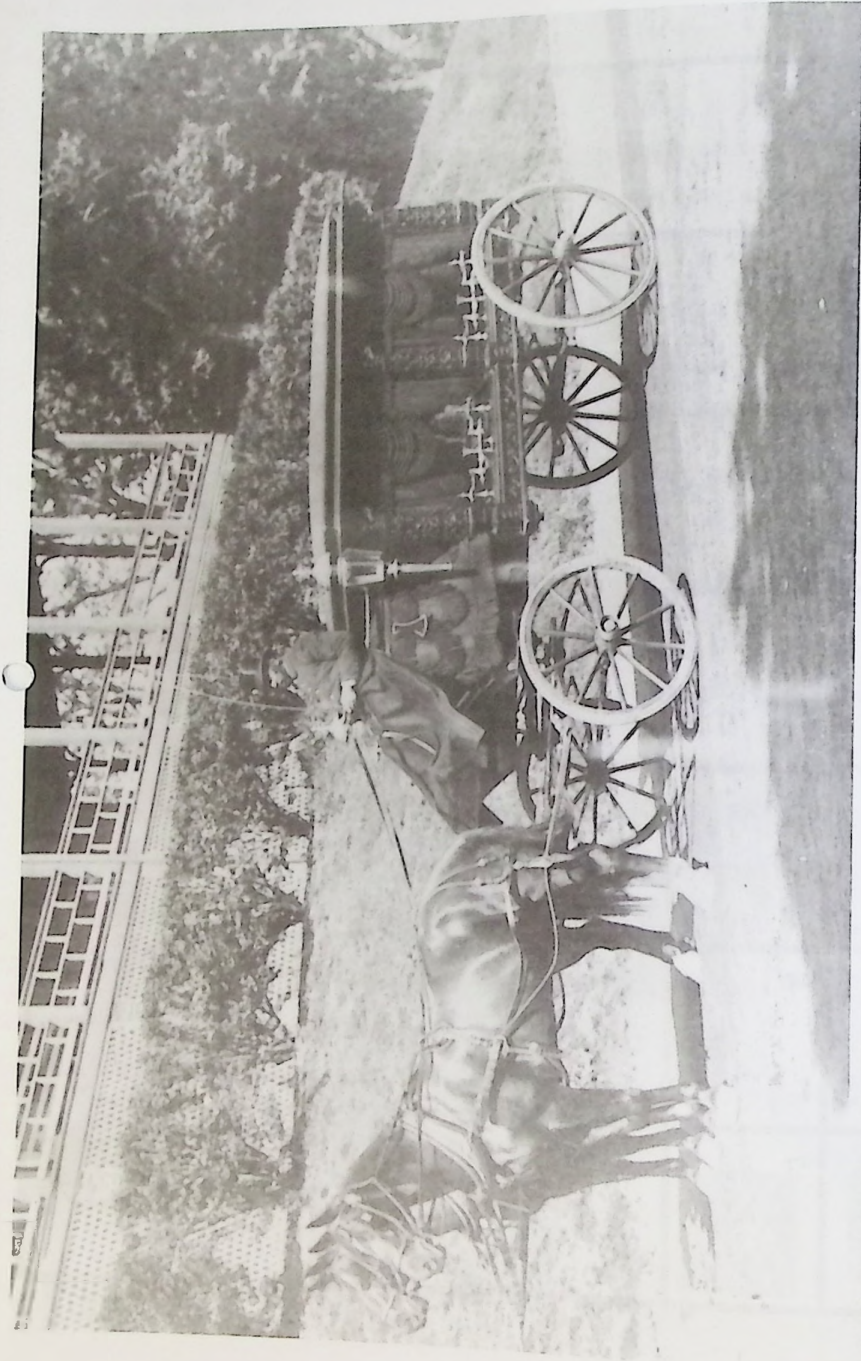
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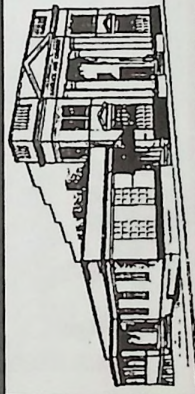


Jim Howard, born a slave in 1856 at Folly Farm, holds the reins on horses pulling a Hamrick Funeral Home hearse. The photo was taken around 1900. It is believed that Howard was a son of the slave Jefferson Howard, who was hired out to Francis McFarland, a local Presbyterian minister. Jefferson took the name Howard after he was freed.

February is the love month. Cardamom is ruled by Venus and Venus rules love. You can either add the ground seeds to warm wine for an aphrodisiac effect or put them in spiced apple pie.

February 2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>DO TH</div> <div>Open silo and start feeding insilage to cattle. Watch calves for coughing and runny noses. Any animals not eating properly need to be pulled out of the herd for diagnosis. Check ewes every 4-5 hours for newborn lambs arriving. Take bulls away from cows.</div>	<div>5</div> <div>Prune vines and summer flowering trees and shrubs. Clip branches of flowering shrubs to force into bloom indoors.</div>	<div>6</div>	<div>7</div>	<div>1</div> <div>Sunrise 7:17 a.m. Sunset 5:37 p.m.</div>	<div>2</div> <div>GROUNDHOG DAY</div>	<div>3</div>
<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div>	<div>9</div>	<div>10</div>
<div>11</div>	<div>12</div> <div>LINCOLN'S BIRTHDAY</div>	<div>13</div>	<div>14</div> <div>VALENTINE'S DAY</div>	<div>15</div>	<div>16</div>	<div>17</div>
<div>18</div> <div>NATIONAL FFA WEEK</div>	<div>19</div> <div>PRESIDENTS' DAY</div>	<div>20</div>	<div>21</div>	<div>22</div> <div>WASHINGTON'S BIRTHDAY</div>	<div>23</div>	<div>24</div>
<div>25</div> <div>DO TH</div> <div>Farm income tax reports due Feb. 28. Take grocery bag filled with year's worth of cancelled checks, invoices, and receipts to accountant.</div>	<div>26</div>	<div>27</div>	<div>28</div> <div>ASH WEDNESDAY</div> <div>Sunrise 6:48 a.m. Sunset 6:05 p.m.</div>	<div>Notes:</div>		



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This photo was taken in southern Augusta County, however we have no information about it. If someone knows these young folks and how they came to have a boy that lived snatching caps, give us a call.

◆ With us time right around the corner, you may want some post to place in your pockets — it always makes things look better. Locally, business owners would keep these near their cash register for prosperity.

March 2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes: Clean out birdhouses. Add a teaspoon of sulphur to kill mites. <hr/> <hr/> <hr/>						
4	5	6	7	8	9	10
	Fertilize deciduous plants, evergreens, and lawns with a slow-release granular fertilizer. Plant hardy pansies and early vegetables.				Call 540/468-2550 for information about Highland Maple Festival	Highland Maple Festival
11	12	13	14	15	16	17
Highland Maple Festival	DO NOT Watch pastures for newborn calves arriving. Lambs are still coming. Stick with it. Begin spreading fertilizer. Pray for rain. Take fall-born lambs to market.					Highland Maple Festival
18	19	20	21	22	23	24
Highland Maple Festival		First day of spring				ST. PATRICK'S DAY Highland Maple Festival
25	26	27	28	29	30	31
						Sunrise 6:01 a.m. Sunset 6:35 p.m.

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Allene Arehart, left, and Guy Reed sit in the family buggy in this photo taken about 1920 in McKinley.

April 2001

◆ Echinacea, otherwise known as coneflower, is a striking flowering herb. Now used by herbalists to ward off infection, it used to be used by native Americans as an offering to spirits to ensure and strengthen spells.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daylight Savings Time begins "Spring forward" Richmond Symphony Orchestra 7:30 p.m. R.E. Lee auditorium Staunton PALM SUNDAY	2 Sunrise 6:58 a.m. Sunset 7:37 p.m.	3 ☞ Apply a pre-emergent weed killer to lawn weeds. Deadhead faded spring bulb flowers.	4 🚢	5 WARNING: Income tax deadline ahead	6 GOOD FRIDAY	7 PASSOVER BEGINS AT SUNDOWN
8 EASTER	9 📞	10	11	12	13	14
15	16 📞	17	18	19	20 ☔	21
22 EARTH DAY	23 📅 Lams are still coming, calves too. Hang in there. Begin treating yearling cattle and move them to summer pasture. Time to shear the sheep. (UGH!) Fertilize hayfields. Pray for rain. Mend fences around corn fields.	24	25	26	27 Staunton Victorian Spring Festival	28
29 Staunton Victorian Festival	30 Sunrise 6:21 a.m. Sunset 8:01 p.m.	Notes:				

THE TIRE MART

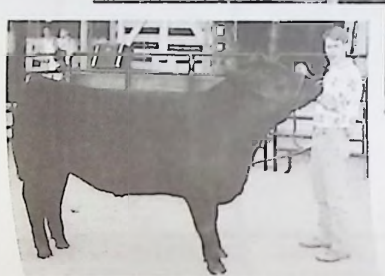
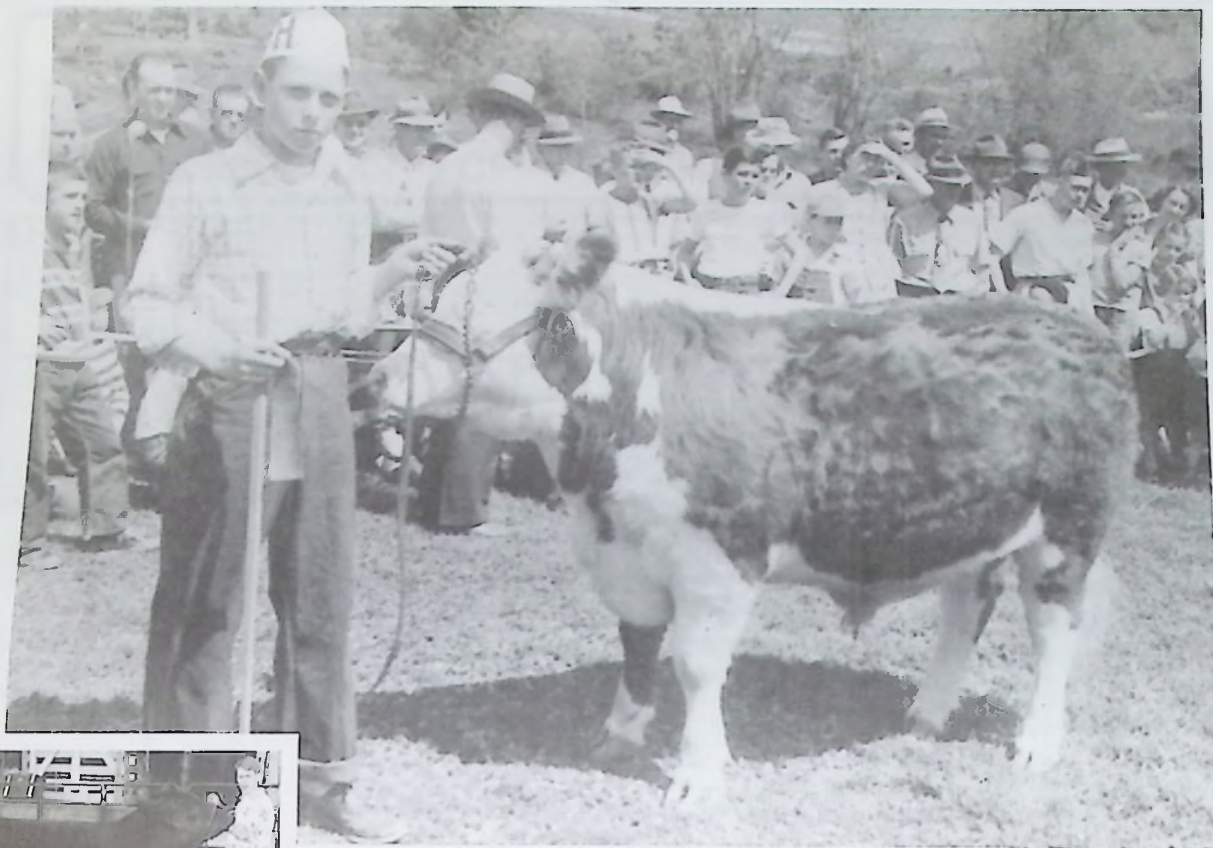
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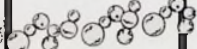

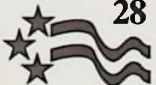


The photo above shows a Champion Hereford steer from a 1940s version of what today is the annual 4-H and FFA Market Animal Show. The inset photo at left is the Grand Champion market steer from the 1997 show. Either kids have gotten shorter or cattle have gotten taller.

◆ Sweet woodruff is an herb that is often used to bring in the month of May. For hundreds of years, sprigs of it were placed in May wine. Today the Germans still drink the concoction — all month long.

May

2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes: _____ _____ _____		1 Sunrise 6:19 a.m. Sunset 8:03 p.m.	2  Augusta County 4-H and FFA Market Animal Show and Sale Staunton Union Stock Yard	3 	4	5
6	7  Prepare fall lambing flock for breeding. Plant corn by May 10. Be ready to mow first cutting of alfalfa the third week of the month. Pray for rain. Move cows and calves to summer pasture. Wean fall-born calves.	8	9	10	11	12
13 MOTHER'S DAY 	14 	15	16	17	18	19  ARMED FORCES DAY
20	21  Plant summer annuals, herbs, and bulbs once all danger of frost has passed. Prune evergreen shrubs and winter-damaged deciduous trees and shrubs.	22	23	24	25	26
27	28  MEMORIAL DAY	29	30	31 Sunrise 5:54 a.m. Sunset 8:28 p.m.	Notes: _____ _____ _____	



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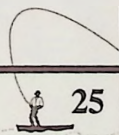


A Tom Thumb wedding held in 1916 at New Hope School. The events were once popular for their entertainment value and were organized by a "teacher and her patrons."

◆ Rosemary is the symbol of love and friendship and fidelity. It is a great herb for weddings and brides. It is also used to protect infants from the evil eye.

June

2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes: _____ _____ _____					1 Sunrise 5:54 a.m. Sunset 8:28 p.m.	2
3	4  Pinch back leggy annuals and remove spent flowers to encourage more blooms. Water plants thoroughly if rainfall is sparse.	5	6	7 Middlebrook Volunteer Fire Department Carnival	8 Parade Dinner at Community Center	9 Dinner at Community Center
10	11  Put bulls out with cows. Cut best quality orchard grass hay first, make square bales and store in barn. Round bale second quality mixed hay and store under cover outside. Pray for it to stop raining long enough to get the hay baled. De-worm lambs.	12	13	14 FLAG DAY	15	16 Chicken barbecue Redeemer Lutheran Church, McKinley
FATHER'S DAY 17 	18 	19	20	21 First day of summer 	22	23
24	25 	26	27 Sunrise 7:18 a.m. Sunset 5:36 p.m.	28	29	30



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


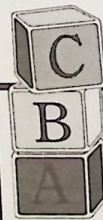


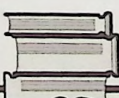
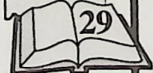


This photo was taken in southern Augusta County, however we have no information about it. If someone recognizes this family photo, please give us a call.

◆ Mugwort, known as the plant of the weary traveler, was worn by St. John the Baptist in the wilderness to protect from fatigue and wild beasts. It may be a good herb to take along on family vacations — especially camping.

August

2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes: _____			1 Sunrise 6:17 a.m. Sunset 8:22 p.m.	2 	3	4 Middlebrook Ruritan Horse Show
5  Water, weed, and deadhead. Plant fall vegetables such as lettuce, spinach, peas, carrots, and greens.	6	7	8	9 	10	11 
12 	13  Harvest second cutting clover. Make square bales and store in barn for sheep feed. Assuming prayers for rain have been answered, make second cutting orchard grass hay. Get ready for fall lambing. If prayers for rain haven't been answered, pray harder. Take spring-born lambs to market. De-worm lambs not ready for market. Put the farm on autopilot and go to the Augusta County Fair. Take bulls away from cows.	14	15	16	17	18 
19	20	21	22 	23	24	25
26	27	28	29 	30	31 Sunrise 6:42 a.m. Sunset 7:44 p.m.	BACK to School



Augusta County Fair

AUGUST 7-11, EXPOLAND, FISHERSVILLE

TUESDAY -- BEAUTY PAGEANT

WEDNESDAY -- KIDS' DAY, YOUTH TALENT SHOWCASE

FRIDAY -- AARON TIPPIN

SATURDAY -- BLUEGRASS DAY, DEL MCCOURY & DAVID COFFEY

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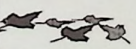




This photo, taken by Gertrude Holtz Hawkins, was labeled simply "Sisters" by the photographer. The women are "Aunt Mag" Kelly, left, and "Grandma" Mary Holtz. The picture was taken in the backyard of the 11-room house in Middlebrook where the Holtz family lived.

◆ Peppermint has long been used for healing and purification. You can rub it against furniture and floorboards. Supposedly, the herb will protect against evil. If nothing else, it freshens the air.

September 2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 Fertilize roses for the last time this year. Begin fall cleanup. Rake leaves. Divide overgrown perennials.		Notes: _____ _____ _____		1 Sunrise 6:43 a.m. Sunset 7:43 p.m.	
 2 Check ewes every 4-5 hours for newborn lambs arriving. Get ready to chop corn. Make third cutting alfalfa hay. Chop corn and fill silo. If prayers for rain haven't been answered, pray harder and be thankful for what you've got. Take spring-born lambs to market. Wean spring-born lambs not ready for market; de-worm two weeks later. Prepare spring-lambing flock for breeding. Put the farm on autopilot and go to the Virginia State Fair.	Labor Day 3	4	5	6	 7	8 Harvest Sale and Supper Mt. Tabor Lutheran Church, Middlebrook
9 GRANDPARENTS DAY	10	 11	 12 Main flights of hummingbirds leave	13	14	15 Chicken barbecue Redeemer Lutheran Church McKinley
16	17 Rosh Hashanah begins at sundown	18 Rosh Hashanah	19	20	21 	22 First day of autumn
23	24	25	26 Yom Kippur begins at sundown	27 Yom Kippur	28 	29 
Sunrise 7:08 a.m. Sunset 6:59 p.m. 30						

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


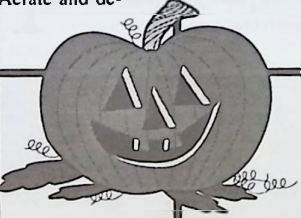
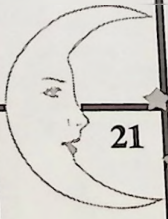

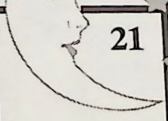


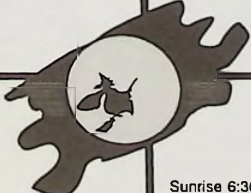



In this 1918 photograph, John E. Holtz stands next to his mail wagon. In the hitch is Prince, a blind horse which pulled Holtz' rig for many years along the Middlebrook rural route. Despite his blindness, Prince learned the route by heart and knew when to stop and pull over even without being able to see the mailboxes.

◆ If you need your mental powers sharpened, have a whiff of spearmint. Also, if you want protection while you sleep, stuff some in your pillow at night.

October

2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Sunrise 7:08 a.m. Sunset 6:57 p.m.	2  Dig up summer bulbs and store in a dry, cool room. Fertilize and re-seed your lawn. Aerate and de-thatch if necessary.	3	4	5	6 Harvest supper St. John's Reformed U.C.C. Middlebrook
7  National 4-H Week	8  COLUMBUS DAY (observed)	9	10	11 	12	13
14 	15  LAMBS Lambs are still coming. Stick with it. Give spring-born calves vaccinations and boosters for pneumonia and shipping fever. There might be some third-cutting clover hay and fourth-cutting alfalfa to cut and bale. Take yearling cattle to market. De-worm lambs.	16	17	18	19	20
21 	22	23	24	25	26	27 
28 Daylight Savings Time ends  "Fall back"	29 	30 Sunrise 6:36 a.m. Sunset 5:18 p.m.	31  HALLOWEEN	Notes: _____ _____ _____		



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Preston Arehart, left, and Freed Spitler prepare to take a load of produce from McKinley over the mountain to Craigsville in this photo taken in the early 1900s.

◆ The holly we hang during the holidays is said to protect against witchcraft. Cows were protected and their health and milk improved if a sprig of holly from a churchyard was hung in the stable.

December

2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DO TF Put bulls out with cows. Split wood. Wean spring-born calves. Wean fall-born lambs. Take remainder of spring-born lambs to market. Start complaining about the busted tractor seat so someone will get you one for Christmas.			Notes: _____ _____ _____			1 Cookie, Craft Bazaar Waynesboro Church of the Brethren
Sunrise 7:10 a.m. Sunset 4:55 p.m.	2 	3 HANUKKAH	4 	5 Cut evergreens, spray with water, and keep in black plastic bag under foundation shrubs for decorating later this month. Apply 2-3 inches of mulch to all beds for winter protection.	6 	7 8
9 HANUKKAH BEGINS AT SUNDOWN	10 HANUKKAH	11 DO TF Start complaining about the holes in your coveralls so someone will get you a pair for Christmas.	12	13	14 	15
16 DO TF Start complaining about how cold your ears get in the winter so someone will get you some ear warmers for Christmas.	17	18 	19	20	21 First day of winter 	22 DO TF Darn socks to hang at the fireplace for Santa to fill.
23 Sunrise 7:28 a.m. Sunset 5:04 p.m.	24 30	25 CHRISTMAS	26 KWANZAA BEGINS	27 Happy Holiday	28	29 Woodrow Wilson Birthplace open house 10 am to 4 pm FREE
31	31	31	31	31	31	31



*The true miracle of Christmas is hope and faith and love.
 These gifts the Christ Child brought to all from heaven high above.*

May peace and joy be yours this season,

Dr. H. Lynn Moore and Staff

•Challenges

Continued from page 5

ShenanArts production, her first play. In *Last Lists of My Mad Mother*, Beryl portrays a lady declining into senility. The tongue-twisting opening lines are enough to drive anybody batty, so Beryl grabs all opportunities to practice the lines for guests.

Many of Beryl's adventures harken to the 1950s, when she and her husband, Emanuel Joseph, raised two children and lots of chickens in California on a farm overlooking the San Francisco Bay. The couple tended 4,000 chickens for the meat and egg industry. Emanuel was also a pioneer in the computer industry and worked on the moon shot project. Eventually he landed a job with the atomic energy commission. When his work took the family to Switzerland for three months, Beryl was more than happy to keep house in a pretty little village outside of Zurich.

That was the turning point for Beryl. From then on she had an unquenchable thirst for travel and exploring other cultures. She wanted to see the world, but not on the average tourist level. So her list now includes at least seven Caribbean adventures on windjammers. That led her to take up snorkeling. On a Club Med vacation she dabbled in silk painting and added another hobby. She chaperoned a group of teenagers on a whirlwind European adventure in which the medical facilities in at least four different countries were sampled. She once took an around-the-world cruise and has elderhosteled in Greece, Costa Rica, Italy and in France, where she followed the footsteps of Van Gogh.

Although she now actively seeks out adventure of one sort or another, there was a time when Beryl thought she had crossed over into a staid, mature adulthood. "When my husband died in 1973 and I realized that I could live comfortably, I wondered whether I would ever learn anything new. Everything I had ever learned had been under pressure. I taught because we needed the money and I learned to sew because my tastes were beyond my pocketbook," she explained.

It didn't take her long to realize that the joy is in the learning. When she travels she learns by taking the non-tourist approach. "Every time I come home I swear that I will never go anywhere again and then something else grabs my attention," she said with a laugh.

It is not hard to see that the learning light is never switched off in Beryl's life. Her paintings decorate the inside and outside of the house, in the backyard there is a water garden, she is currently planning an interior overhaul that will bring more sunlight in her house — even the rug underfoot was "enhanced" by her artistic touch.

Though she says that her checklist of things to do in life is "pretty well checked off," she forges ahead teaching kindergarten class at the temple and playing the recorder with a weekly music group.

And so life's episodes continue for Beryl. There's the play, the adventure of selling her first book, and a trip down the Danube in June to look forward to in 2001.

"What do I have to lose?" is my philosophy for getting over the barriers to trying something new," she said as she summed up her past, present and future adventures.

Beryl's book, *Later Maybe: A Taste of the Tropics*, is available for \$14 at The Spirit Tree, The Bookstack, Art for Gifts and the Temple House of Israel. It can also be ordered directly (include \$3 shipping and 4.5 percent tax): Beryl Gutnick, 106 Harper Court, Staunton, VA 24401.

You can't drown your troubles because troubles can swim.
— anonymous

Old age ain't no place for sissies.
— Bette Davis

A cynical and mercenary press will, in time, produce a people as base as itself.
— Joseph Pulitzer

In order to stand tall, you shouldn't have to stand on somebody else.
— anonymous

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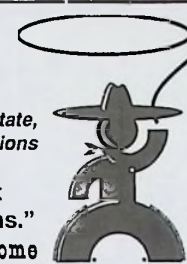
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Coincidence is God's way of remaining anonymous. — Murphy Williams

Only a 100 years ago...

The average life expectancy in the United States was 47. Only 14 percent of the homes in the United States had a bathtub.

Only 8 percent of the homes had a telephone. A three-minute call from Denver to New York City cost \$11. There were only 8,000 cars in the U.S. and only 144 miles of paved roads.

The maximum speed limit in most cities was 10 mph. The tallest structure in the world was the Eiffel Tower. The average wage in the U.S. was 22 cents an hour. The average U.S. worker made between \$200 and \$400 per year. A competent accountant could expect to earn \$2,000 per year, a dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.

More than 95 percent of all births in the United States took place at home. Sugar cost four cents a pound. Eggs were 14 cents a dozen. Coffee cost 15 cents a pound.

Most women washed their hair only once a month and used borax or egg yolks for shampoo.

The five leading causes of death in the U.S. were

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The population of Las Vegas, Nevada, was 30. The remote desert community was inhabited by only a handful of ranchers and their families. ---

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