



Living

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Success Hasn't Spoiled It Lake Willoughby Has the Power to Take Your Breath Away

By CANDACE PAGE

As we left Burlington, a brisk wind with a taste of Canadian cold was herding gray clouds south. By the time our car climbed Vermont 58 above Lowell village, sun and shadow danced together on the high hills.

By Evansville, an unpretentious hamlet with a church-turned-second-hand-shop, the whole family was peering hopefully south for a first glimpse of our destination.

Each time we crest the hill, round the bend and look down on Willoughby Lake after an absence of weeks or months, the view hits us somewhere beneath the breastbone. There's an involuntary intake of breath.

Two mountains plunge into a narrow lake, their mottled cliffs like the abandoned fortresses of an ancient race.

On the Mount Pisgah side, Vermont 5A snakes along the shore until it skirts the cliff face, shaking loose from the tangle of summer homes and lakeshore cabins.

On the Mount Hor side, a dark green forest mantles the mountain from summit to shore, an occasional farm field visible from a distance.

Visitors have built a ring of homes around much of the four-mile long lake, and every year development crawls higher up the hills on the Pisgah side. But success, so far anyway, has not spoiled Lake Willoughby.

Our family has a ritual on our daylong climb. Climb a mountain in the late morning, picnic on the summit where a breeze can be counted on to blow the bugs away; descend at a leisurely pace, spend the late afternoon hours at the public beach as the crowd begins to go home, have dinner on the beach or in Barton; drive home toward the setting sun.

The lake has been a summer resort since Almon Bennett opened the Willoughby Lake House on the southern shore in 1852, the same year that the first road along the lake was completed.

In its heyday, the summer colony supported a series of passenger steamboats that ran through the narrow waist between the mountains, connecting the north and south ends of the lake.

Today, Lake Willoughby offers day visitors excellent fishing for landlocked salmon and lake trout in the deep waters of the glacial lake, a public beach, canoeing and windsurfing, and a series of hiking trails on four mountains, maintained by the Trail Committee of the private Westmore Association.

The four mountains around the lake — Hor, Pisgah, Haystack and Barton — have hiking trails of varying degrees of length and difficulty.

A mimeographed map and a description of the trails is available at the Millbrook Store, about halfway down the lake on Vermont 5A. The store also has, for \$2, copies of "A Willoughby Lake Guide," which offers a longer description of the attractions of the area.

Less ambitious climbers, or families with small children, might want to climb to Pulpit Rock on Pisgah, a lookout perched over the lake just one mile up the South Trail.

The more ambitious can tackle a five-or-



Free Press Photo by ROB SWANSON

Beverly Gage and her 2½-year-old daughter, Molly, shore on inner tube at Lake Willoughby on a hazy, hot afternoon. Day visitors also find excellent fishing for landlocked salmon and lake trout in the deep waters of the glacial lake.



Free Press Photo by JOHN PYLE

fact that your children have met five young strangers to play with in the sand. And, after a lake, easy or hard, easing into the water is better than a cold beer.

But for a real treat at dusk, drive over the mountain to Island Pond and have dinner at the Buck and Doe, one of Vermont's great restaurants. Be warned, though, that you will have a three-hour drive back to Burlington, in the dark, if you do.

Part of the fun of the Buck and Doe is getting there from Lake Willoughby — don't try without a good map that shows dirt roads. (Everyone who wants to explore Vermont should own either The Vermont Atlas or the Vermont Road Atlas and Guide).

The road leads up from the lake from the town clerk's office to the top of a high,

open hill with a stunning view of the lake, then wanders down the other side through some gritty Vermont countryside until it meets the road to Island Pond.

The Buck and Doe serves plain American food in liberal quantities at more than reasonable prices. Self-control is essential to keep from filling up on the fish balls, relishes and home-baked breads and muffins that come to the table, unorderd, before your meal.

After dinner, if there's light left, you can wander along the shore of Island Pond, the lake-sized body of water that gave the town its name. There's an excellent playground on the shore where a child can spend any remnants of energy left after a day in the Northeast Kingdom.

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Vt. Movie Crew Prefers Cloak of Darkness

By JILL ABARAS

The picturesque village of Newbury normally may not be thought of in horrifying terms.

But its pretty common village buildings are being transformed into shadowy sights and scary scenery for a new horror flick that's now being filmed in this town of 1,700.

According to residents, the movie is "The Return of Salem's Lot," a sequel to the movie, "Salem's Lot," based on the book by Stephen King. The film is to star Michael Moriarty and a supporting cast that will include some local residents.

The action began last week when an advance production worker posted a sign in the Newbury General Store advertise-

ing for extra actors, said Donna Field, a cashier at the store.

"We just posted the news that they were going to have tryouts," she said. "And a lot of people showed up" for the Saturday auditions.

Field said the movie makers moved in their rigs on Monday to begin shooting scenery for the horror movie.

"Right now, I don't think they're doing too much," said George Cushing, owner of the Newbury Garage, on Tuesday afternoon. "They like the darkness, of course."

But when 1 p.m. rolls around, the cameras roll, too, as the film crew takes its shoot.

Observers said the shooting is taking place at Newbury's town common, the Newbury Village hall, the Newbury Town Central School and the old Methodist Church. Most of it is

done at night, so the film crew finishes work in the early morning. The crew is staying in White River Junction, Cushing said.

The movie and the crew are driving some residents batty.

"In a way, they're very rude, like they tell people to move their vehicles," Field said. "Last night they were there at 4 o'clock in the morning. It's really disrupting the whole town."

"Some are a little upset," Cushing said, adding, "Personally, I could get by without them. I think they could have a better-type movie."

But there is excitement to it all, said Field, who has cousins acting in the movie. "This is a small town. Things like this don't happen very often. I think it's really neat."

Field said the filming is scheduled to end by Sunday.

Use Care When Removing Paint From Aluminum

By HENRI AND MURIEL DEMARNE

Q: How can we remove paint splatters from our aluminum combination storm windows? Is it possible to spray them with aluminum paint? — COLCHESTER, VT.

A: We presume they are non-finished or bare aluminum. Instead of painting the splatters with aluminum paint, remove them with gel-type paint remover. Read directions before using to make sure it is safe on metal. This, of course, should not be applied to painted metal, as it would remove the original paint as well.

Q: I'd like to build an addition to the rear of my house without a full foundation. Are concrete pillars on footings possible? What is the proper spacing and the best way to insulate the floor? — SOUTH BURLINGTON, VT.

A: Yes, the pillars are possible as long as the footings are below the frost line in your area. The spacing depends on the size of the beams. The best way to insulate is in nail plywood under the joists and complete fill

our furnace is 4 years old and we are told it is operating at 87 percent efficiency. Is this good? — SHIOUX FALLS, SD.

A: Some of the weatherization work we are familiar with lacks quality because the workers are not always experienced. Perhaps this is true of the work performed on your house.

Ask your gas or electric utility company if either has a residential conservation program as mandated by federal regulations for regulated utility companies of a certain size. Request an audit by one of their trained specialists, who may uncover work that needs to be done. Your state energy office can also provide information, if neither your electric or gas company participates.

Putting plastic on the ground below the added-on bedroom would help keep moisture under control, but not make the house warm.

An added room is generally colder, as it has more sides exposed to the outside, including the roof and the foundation, so it needs more heat. That can be accomplished

by balancing a warm-air system.

Your furnace's efficiency rating is good.

Q: The 15-year-old asphalt shingles on our roof curl up and separate. The attic is insulated and a fan removes the heat in summer. The previous shingles did the same on certain roof areas. Any comment? — GREEN BAY, WIS.

A: Asphalt shingles have a life expectancy of 15 to 20 years and are affected by moisture from the attic, exposure to the sun and other elements. It's time for a new roof.

Q: You have mentioned "Costifair" as a soundproofing material. We need something like that to reduce the noise between floors in our apartment building. Where can we get it? — BAKERSFIELD, CALIF.

A: The manufacturer is Ferro Corp., Composites Division, 34 Smith St., Norwalk, Conn. 06852, (203) 853-2123.

Costifair is a vinyl fabric reinforced with Turn to it, SD



About The House

the space between them with insulation.

Q: Since we bought our house 18 months ago, we have had some weatherization done through a low-income energy assistance program. Although some weatherstripping and insulation was done, our house is still very cold. The separate living unit upstairs has its own furnace, is under a well-insulated attic, and has a gas budget of \$27 a month, while ours is \$110 a month. The coldest room is our bedroom, which was added on over a crawl space. Would putting plastic on the ground help?



Gardening

Get Earwigs Before They Pester You

By BISH BISHOP

Insect pests not only infestate gardens, both vegetable and flower, but there are some that also invade homes, and generally they are unwelcome and difficult to eliminate.

There is one common home and garden pest that is back in strength, with infestations reportedly heavier than in previous summers.

It's the European earwig.

If you haven't encountered them by now, here's what to look for. The reddish-brown winged adult is three-quarter inches long with a pincer-like pair of forceps at the rear of the body. It feeds on several fruits, vegetables, and flowers including raspberries, beans, carrots, corn, lettuce, gladioli, asters and marigolds. Its invasion of homes in search of shelter begins in mid summer.

"It has an objectionable appearance, distinct unpleasant odor, and annoying habit of hiding in cracks or among foodstuffs and clothing, then suddenly dropping onto a table or the floor," said Gordon Nielsen, Extension entomologist at the University of Vermont.

"It may cause extensive damage to garden plants but is more of a nuisance than a pest problem in the home."

"Unfortunately, once they invade, control is difficult," he said. "If you don't have earwigs yet, take extra care not to invite them to your home."

This means inspecting firewood, vases from cemeteries, tubular lawn furniture, and similar outdoor items before bringing them to your place," he advised.

Earwigs do move about freely, so spraying your garden with insecticides tends to work only if all neighborhood gardens are treated. Nielsen said ideally, chemical control should be started when the earwigs are young, sometime in late June or July. Treatment now will be less effective, but may help keep populations down.

"Near houses trapping may work better than insecticides," Nielsen said. "Two types of traps may be used. One consists of a stack of boards with quarter-inch spaces or grooves, set on end in shrubbery, trees and bushes. These boards should be cleared twice a week by shaking them over a bucket of soapy water to remove earwigs. About 20 traps are adequate for a city lot," he said.

Nielsen also said another type of trap can be made by hanging several thin boards together with a rubber band.

"Stick a pencil or small stick between each board and lay the trap horizontally near plantings and foundations. When you remove the pencil or stick, the boards will come together, crushing the earwigs," he said.

Nielsen said in the home place a damp cloth along the wall or floor to attract earwigs to one spot. This will make disposal easier. Spot traps for earwigs are appropriate indoor crack and crevice spray along baseboards, drapings, and under edges of carpeting. Avoid areas where children and pets play.

Berry Care

There is considerable work to keeping strawberries, but some of the work can be lessened with a few tricks. The mother strawberry plants have limited lives, and it means necessary every year to keep a constant crop of good strawberries every year.

By this time those mother plants you set out in May (18 inches apart) have become well-established and are starting to send out runners with daughter plants. The problem, is the mother plants often have more daughters than you want or need, said John Page, Extension vegetable agent with the University of Vermont.

Hence, you should get a pocketful of old-fashioned hairpins and go out there and space and train the runners to the new daughter plants will grow in a row on either side of the mothers on a nine-inch spacing. You can also let one daughter plant grow between the mother plants," he said.

You'll end up with three rows of plants spaced at nine-inch intervals. The hairpins stuck in the ground will help hold the runners in place. Loop a hairpin over each runner right next to the daughter plant. Push down hard so the daughter plant will take root.

Page said.

"You'll have to go over your berries twice at three-week intervals to get your three rows established," he said. "There will be excess runners. Cut them off with shears."

"About Sept. 1, go through the patch again and cut off all excess runners. Proper spacing can double yields over random rooting of too many plants. You should try to save only the first daughter plant on the runner, and the quicker you get it rooted, the stronger the plant will be," he said.

Page said the idea is to get the plants strong in the summer with some side-dressing with 10-10-10 nitrogen fertilizer as you shouldn't fertilize berries in the spring before you pick them.

"This would cause soft berries and more rot," he said.