<table>
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<tr>
<th>Item</th>
<th>Description</th>
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<tr>
<td>1.</td>
<td>Bosca, Leather Desk Pad</td>
<td>$135</td>
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<td></td>
<td>Embossed w/ DAR insignia</td>
<td>20&quot; * 34&quot;</td>
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<td>2.</td>
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<td>4 3/4&quot; * 6 3/4&quot;</td>
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<td>14K Gold with DAR insignia charm</td>
<td>14k Gold 18&quot; Wire, 2&quot; adjustable</td>
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<td>Sterling Silver Wire Necklace</td>
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<td>(w/ Sterling Silver DAR charm)</td>
<td>18&quot; Wire, 2&quot; adjustable</td>
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<td>6.</td>
<td>Handblown Cut Crystal Bowl</td>
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<td>Etched with DAR insignia, 20% lead crystal</td>
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<td>7.</td>
<td>Custom Base with engraving plate (black)</td>
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<td>Halcyon Days Box with Memorial Continental Hall on Front</td>
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<td>w/ custom blue sides DAR insignia placed on inside lid</td>
<td>J.E.C. inscribed on bottom. Official certificate and numbered box</td>
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<td>9.</td>
<td>Solid Brass Insignia Clock Collection (can be engraved)</td>
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<td>Small carriage clock, DAR insignia, quartz movement</td>
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<td>Round desk clock, w/ swivel cover, DAR insignia, quartz alarm movement</td>
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<tr>
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<td>Carriage clock, DAR insignia, quartz movement</td>
<td>$210</td>
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Features

13 Still Front Row at the White House
Helen Thomas speaks to American Spirit about her new role as political columnist

18 Breathing Life into Your Revolutionary Ancestor
Discover the social history of your ancestors

21 Honoring the Dutch-American Heritage
A friendship that spans nearly 400 years

25 The 225th Anniversary of the First Salute

Departments

2 From the President General

3 Letters to the Editor

4 DAR Historic Buildings
Historic DAR homes of Georgia

6 Spirited Adventures
New Orleans, Louisiana and Washington, D.C.

7 DAR Schools
Tamassee DAR School

9 Family Histories
Tracing your ancestors' footsteps abroad

37 TechTalk
New video technology that offers quality and permanence

41 Women's Issues
Eat smart and control your weight

45 WebWatch
Climbing your family tree online

47 New Ancestors

48 The Bookshelf
I Dwell in Possibility and Days of Destiny
FROM THE PRESIDENT GENERAL

This issue of American Spirit focuses on the contributions of the Dutch people in support of the American Revolution. The stories of these Colonial allies are part of the vast cultural heritage that defines America. From the islands of the Caribbean to the heart of New York, the Dutch have had a strong influence on the history of our nation. Learning the individual stories of our ancestors allows us a glimpse into their lives and helps us to better understand our own family's development throughout history.

The traditions of the past continue today in many restorations of colonial homes and gardens. The interest in gardening and its importance to the art of cooking is not a discovery of modern times. The colonists brought to America a sense that gardens were both a necessity and a valuable asset to comfortable living.

Of all the traditions that celebrate the past, the family reunion is perhaps one of the most significant. Most of us can remember attending as children these ritualistic gatherings of the clans. May and June are prime months for these family events that have grown from a simple one-day meal event to extended days filled with activities for all ages. Family reunions are not always limited to regional areas but may draw family members from across the country.

Sometimes the reunion is a return to the old home place; other options may include state parks or resort facilities. Whatever the site, the excitement is in the joy of the reunion and the renewing of old ties and treasured memories. It is a celebration of the spirit and a celebration of our family heritage.

Last but not least, take a look at the review of I Dwell in Possibility in The Bookshelf section. Photography from this book, published by the National Geographic Society, is featured as the debut exhibit in our new Independence Gallery located in Constitution Hall. If you are in Washington, take time to visit our National Headquarters and see the wonderful exhibits.

Linda Tinker Watkins
President General
National Society Daughters of the American Revolution
American Spirit Magazine

Dear Editor,

I just received my copies of the new magazine and wanted to say that I think it is outstanding! It will surely encourage membership along with the many other changes that are going on. Actually, I was quite happy with things as they were until I saw how much better things could be! I have not been active in several years due to work constraints, but the article on volunteerism is very persuasive. Keep up the good work.

Sincerely,
Carter Stevens Molony
Spirit of '76 Chapter
New Orleans, LA

Dear Editor,

The Florida Daughters are not only enjoying the new American Spirit magazine, but they are sharing it with chapter friends, schools, libraries and the media. The comments and reviews have been superb. Jeanette Stark, a friend of Biscayne Chapter in Miami Beach, and editor of the Sun Post, mentioned that from a publishing point of view the product has improved in readability and provides a more interesting venue for advertisers.

Some of our more seasoned DAR members are gratified to see their families picking up the magazine on visits. Often the grandchildren are borrowing the magazine for research. Others are asking questions about their heritage and the DAR. When members share these experiences with their families at meetings it brightens everyone's day.

Thank you.

Sincerely,
Donna Cullen
State Magazine Chairman
Biscayne Chapter
Bal Harbour, FL

Dear Editor,

The new magazine, American Spirit, is beautiful and informative— a great improvement. The historic articles are exceptional. I especially enjoyed the articles about various places in Massachusetts in the July/August 2001 issue. I took the magazine with me to California in August and shared it with a relative who had lived in Massachusetts. He was amazed when he saw the well written articles and the nice magazine. It is a credit to the DAR organization.

At the Agua Fria Chapter meetings the DAR Schools Chairman has reported about the schools from articles in the magazine. The President General and the committee are to be commended for making these needed changes.

Sincerely,
Carol Lee Wold
Agua Fria Chapter
Sun City, AZ

Dear Editor,

The article in the November/December issue, "Christmas Then and Now," really put one in the holiday spirit. The lively pictures—especially the Williamsburg Inn—gave one a warm, homey feeling.

The recipes added a great touch as well as the feature "Trimming the Tree Through History." It would make a great chapter program for next year.

Articles such as the Christmas features with shared traditions, foods and family ties, past and present, are what the American spirit and DAR is all about. Thank you for giving the DAR an outreach we can all be proud of.

Sincerely,
Delores Pederson
Conejo Valley Chapter
Thousand Oaks, CA

Dear Editor,

The cover to your January/February 2002 American Spirit magazine is superb. Chapters provide copies for libraries and this cover will attract eyes of all ages. Both the cover and the content define the purpose of DAR—to perpetuate the memory of our founders, to educate and to foster patriotism now and in the future.

This magazine format is a winner.

Thank you for having a Letters to the Editor column in which to speak out.

Sincerely,
Sannas Finley Shaw Van
Rochester Chapter
Rochester, MN

Calendar Change of 1752

Dear Editor,

For years I have struggled with the 1752 calendar change. After reading your explicit article, I have a much better understanding. Future research will be easier. Thank you.

Sincerely,
Joyce C. Kline
Worthington Chapter
Worthington, OH

DAR Historic Buildings

Dear Editor,

The "American spirit" lives on in the Virginia DAR Historic Buildings just as the pages of our splendid new magazine promise. You have captured that spirit well in the excellent article showcasing some of our chapter houses and shrines.

Not only are the origins of these buildings scattered throughout our history, they are also geographically representative of the diverse areas of our large and interesting Commonwealth. In fact, the article has captured a microcosm of DAR life in Virginia!

We compliment your thoroughness, and we look forward to learning about the considerable preservation accomplishments within other states. The Historic DAR Buildings series represents the efforts of all Daughters to preserve our history with integrity.

Gratefully,
Mary Jane I. Davis
State Regent, Virginia
Great Bridge Chapter
Norfolk, VA

LETTERS TO THE EDITOR

We encourage you to send us your questions and comments.

American Spirit Editor
NSDAR
1776 D Street, NW
Washington, D.C. 20006-5303
DARMagazine@aol.com

Please limit letters to 200 words.

American Spirit May/June 2002
MEADOW GARDEN
GEORGIA STATE SOCIETY
AUGUSTA

At the age of 26, George Walton (1749-1804) became Georgia’s youngest signer of the Declaration of Independence. When fighting erupted, Walton, an attorney, joined the fray as a colonel in the Georgia militia and spent 10 months as a prisoner of war. After the war, Walton dedicated his life to establishing civil government in Georgia and the United States, serving twice as state governor, as judge of the Superior Court, as chief justice and as U.S. senator. In 1792, he bought a 100-acre farm on the outskirts of Augusta and called it “Meadow Garden.”

In 1900, the Augusta Chapter and NSDAR bought and restored Walton’s wood-frame home, opening it to the public as a house museum. The National Society deeded the property to the Georgia State Society in 1960. Virginia Lingelbach, state American Heritage chairman, says the structure, ca. 1792, is Augusta’s oldest documented house and the first in the state to be purchased for historic preservation.

Louise Henry, the state chairman for Meadow Garden, explains that in the early 1800s another house was added to Walton’s original one, creating the present two-story, 11-room house with two wide hallways. The home has a cedar shake roof with three dormers. Slender Doric columns and a balustrade grace the single-story front porch. Inside, furnishings reflect the respective periods of the original house (Federal style, 1710-1820) and the later addition (early Victorian, 1800-1850).

“The house contains paintings, English porcelains and many household items including rope beds, a rope tightener, a ‘birthing’ bed, a flintlock rifle, flax wheel, loom and spinning wheel,” says State Regent Rosemary Crow Hunter, who has made Meadow Garden her state project. Outside a kitchen garden, a garden for medicinal herbs and a weaver’s dye garden display plants crucial to the 18th-century home.

Mrs. Hunter reports that the house is undergoing a major restoration begun in March 2000. “The Georgia Daughters have been most generous since we started,” she says. “We hope interest will continue.” Among the challenges was finding reproduction early-18th-century wallpaper for some of the rooms in the Victorian part of the house. “It was hand-painted and printed in two-foot-square sections, which then were pasted onto a long roll of paper to be applied to the walls,” explains Mrs. Hunter.

Meadow Garden joined the National Register of Historic Places in July 1976 and was named a National Historic Landmark in 1982.

Meadow Garden is open to the public Monday–Friday, 10:00 A.M. to 4:00 P.M. or by appointment. For information, call 706-724-4174.
ADAM BRINSON CHAPTER HOUSE
ADAM BRINSON CHAPTER
TWIN CITY

The Adam Brinson Chapter House rose from the wreckage of a tornado that devastated parts of Emanuel County, Georgia, in 1934. Members of the Adam Brinson Chapter used some of the timber blown down in the storm to build a single-story log cabin.

Surrounded by tall pines, the rustic structure contains only a kitchen and a meeting room. A massive fieldstone chimney anchors one end. In the meeting room stands an 1830s pine-board dining table that once stood in a local stagecoach stop. In the front yard is an old millstone loaned by the family of the organizing regent, Mrs. Irvin A. Brannen. It bears a plaque listing some of the county's pioneer settlers. The late Mrs. Brannen was a descendent of Adam Brinson II (1751-1825), a local Revolutionary War patriot.

"This unique chapter house reflects the dedication of women through the years who continue to honor their heritage and contribute to a better understanding of American history," says current regent Peggy Weatherford.

For more information, contact Peggy Weatherford at 478-763-2782.

GOODALL HOUSE
BRIER CREEK CHAPTER
SYLVANIA

When Seaborn Goodall bought his wood-frame house in 1815, he could not have known that by midcentury, it would be the only one standing in Jacksonborough. Goodall, son of a Revolutionary soldier who fought at Brier Creek, was the clerk of court in 1821 when local rowdies attacked a traveling Methodist minister named Lorenzo Dow. Goodall rescued Dow and put him up for the night. Legend has it that on the way out of town the next day, Dow asked God to destroy Jacksonborough—all except Goodall's home. Brier Creek Chapter Trustee Dorothy Boyer recounts the rest: "Within 20 years, the town completely dis-
VARIETY SPICES UP FRENCH QUARTER VACATION

Whether you're sipping café au lait in the French Quarter, strolling by antebellum mansions in the Garden District or cruising on a Mississippi steamboat, New Orleans offers a mix of vacation possibilities.

The fun starts in the French Quarter where street performers, antique shops, sweet-smelling bakeries, Cajun/Cajun restaurants and historical landmarks abound. The best way to take in all the sights, sounds and smells of the French Quarter is on foot, but mule-driven carriage rides are also a charming way to navigate the narrow streets, marvel at the ornate balconies and see the historical highlights, including St. Louis Cathedral, Jackson Square, the U.S. Mint, William Faulkner's house and the Jackson Brewery.

For a look at New Orleans' more genteel, sleepy southern side, head for the city's Garden District. This National Register of Historic Places neighborhood of private homes is considered the best-preserved collection of historic mansions in the South. Although the houses are rarely open to the public, visitors are welcome to amble the district's tree-lined streets and admire the elegant homes and beautifully landscaped grounds. The mansions, most of which were built between 1840 and 1900, represent a variety of architectural styles: antebellum, Greek Revival, Italianate and Victorian.

Without question, dining out is a big part of a New Orleans vacation. The city is famous for its Creole/Cajun cuisine and delectable desserts. Top on the list of must-try specialties are gumbo, jambalaya, barbecue shrimp and po' boy sandwiches.

— Margie Markarian

Washington, D.C.
CAPITAL CITY BOOSTS NATIONAL PRIDE AND DAR SPIRIT

When in Washington, D.C. for the DAR 111th Continental Congress, be sure to take some time out to play tourist. Even if you've seen many of the famous sites before, visiting them again will invigorate your patriotic spirit. Plus, there are always new attractions, exhibits and events to experience.

For example, the 2002 Smithsonian Folklife Festival will take place on the National Mall on June 26–30 and July 3–7. The theme is “The Silk Road: Connecting Cultures, Creating Trust.” The festival celebrates the historical and cultural connections between East and West with about 350 musicians, artisans, cooks and storytellers from more than 20 countries. Featured demonstrations include pottery painting, carpet making, textile weaving, glass blowing, calligraphy and more.

If you haven't toured the DAR Museum or period rooms as thoroughly as you'd like, plan to do so during Continental Congress. On display in the Main Gallery through August 2002 is a special exhibit on "The Stuff of Childhood: Artifacts and Attitudes, 1700-1900." Other exhibits around town include:

“Jacqueline Kennedy: The White House Years” pays tribute to Jackie's fashion style (Corcoran Gallery).

“Within These Walls...” highlights 200 years of American history through five families that lived in a historic home (1760) in Ipswich, Massachusetts. The house is actually the centerpiece of the exhibit (Smithsonian’s National Museum of American History).

— Margie Markarian
Providing a Better Way
Breaking the cycle at Tamassee DAR School. By Kristin Woodworth

Giving back is one of the greatest lessons Jason Eller learned at Tamassee DAR School. Jason vividly remembers hiding in his family's crowded two-bedroom trailer as another violent, drunken brawl took place. Inside a closet, he prayed for help. Not long after, he was taken from his family and placed in foster care. The Department of Social Services (DSS) brought 10-year-old Jason to Tamassee. "I remember the DSS vehicle pulling up to the driveway in front of one of the cottages, which I thought was a mansion. I saw 12 boys doing their daily chores. And I knew then that my life was going to change," Jason says.

Upon graduating from Tamassee, Jason went on to college with financial help from DAR members. The opportunity to give back to this special place led Jason to his current position, director of development at Tamassee. His passionate enthusiasm for the school and the DAR is immense—and his story is like so many of the students' here today. There was domestic violence in the home, drug and alcohol use and neglect. Because of the many issues in his family, Jason didn't go to school very much.

"It wasn't easy," Jason says, gratefully sharing his story. "It took me two years to adapt once I came to Tamassee. I had a lot of problems. It took a lot of love, patience and kindness to show me that there is a different way of living life. After a few years here, my defenses wore out, and I began to take advantage of the opportunities presented to me."

In 1919, the South Carolina DAR established Tamassee DAR School to serve the children in the isolated mountains of northwestern South Carolina, North Carolina and Georgia. The children of the area, facing lives of poverty and illiteracy, were in desperate need of help. The members of the South Carolina DAR responded by building a serene campus on 110 acres in Tamassee, South Carolina. Children in crisis have been finding a home here for over 80 years—and the DAR has been instrumental in ensuring that this safe haven remains.

"The DAR is the lifeline at Tamassee," affirms Linda Chastain, director of resources at Tamassee. Visit this vibrant, expansive campus, and you'll see just what she means. From the 17 beautiful cottages and buildings sponsored by state DAR societies to the many projects—including a thrift shop, college scholarships and on-site volunteers—the generous support of the DAR is essential to Tamassee.

Tamassee DAR School, serving children from ages six to 18, became a national schools project...
and the first DAR school in 1921. As the only DAR boarding school, children live on campus in cottages run by dedicated teaching parents who provide a nurturing home, structure, stability and a sense of hope. On average, Tamassee serves 50 to 60 children at a time. Last year, 113 children were admitted, with most of the children attending public schools in Oconee County. Tutorial assistance is provided to students on campus in the Learning Resource Center and Learning Lab, which are staffed by certified teachers. This past fall The Tamassee Academy, a performance-based educational program, opened with a focus on middle school students. The emphasis in the Academy is that no child fails when doing their best and learning at their own pace.

Along with a solid education, the importance of responsibility and spiritual growth are stressed at Tamassee. Every child has a daily job, from raking leaves to doing laundry. Interdenominational chapel services, daily devotions and blessings at meals are also an integral part of campus life. Armed with faith, education and a strong work ethic, Tamassee students learn how to contribute to society by leading productive lives.

Although the school is constantly evolving to meet the changing needs of its students, the mission of the founders continues: “To create and maintain an institution in the dark corner of South Carolina; to teach history, patriotism and citizenship; to train the whole child; to enrich and guide the child into preparation for participation in the outside world.”

Executive Director Dean Bare explains recent changes at Tamassee. “I think the first thing that has changed dramatically is the emphasis on working with children and their families. Rather than just boarding students, we’re looking at the entire family unit.” Since 90 percent of the students return to their families, it’s important to help the whole family find a way to cope. Beyond helping children return home, the goal is for that home to be successful.

Breaking the cycle is one reason why family has become the focus at Tamassee. “One day these children are going to be the heads of families. And if all we do is take that child and make them safe, secure and comfortable, how have they learned to stop that cycle from repeating itself? It’s important not only to teach parents how to be good parents but also to help children see and hopefully model what good parents are and what good parents do,” stresses Bare.

Students find much more than an education at Tamassee DAR School. Recent graduate Michelle Blum says, “Every chance I get, I go back to Tamassee to visit my family because I really do feel that they are my family. I can count on them; they’re always there, ready to help whenever I need it. And that means more to me than I can ever express.”

For more information, contact Pamela M. Towe, Associate Director at 864-944-1390.
A Family Pilgrimage
Tracing your ancestors’ footsteps abroad.
By Margie Markarian

Once you’ve explored all the genealogical avenues available to you in the United States, it’s usually only a matter of time before curiosity about your ancestral roots across the Atlantic triggers a trip abroad. Whether it’s a yearning to uncover more names for the family tree, introduce children to a newly discovered relative or walk the streets of the village where your great-great-grandfather cobbled shoes, more and more genealogy buffs are heading to Europe to walk in their ancestors’ footsteps.

"Building a trip to Europe around family history gives the trip an axis to turn on," explains James Derheim, owner and founder of European Focus, a genealogy tour and photography company with offices in Bountiful, Utah and Germany. “Instead of going to Great Britain to see Big Ben, you’re going to Great Britain to see Big Ben and that little village church where your ancestors got married.”

“Grown men and women experience immense pleasure when they see the name and birthplace of a long forgotten ancestor leap off the yellowing page of a genealogical record,” adds Helen Kelly, a Dublin-based genealogist who conducts genealogical research and tours in Ireland in conjunction with Celebrity Tours of Mount Kisco, New York. “Most people find that one such discovery inevitably leads to a thirst for further knowledge about the wider family.”

Advance contact with would-be family members, genealogical record-keepers and town historians often means the difference between an enormously satisfying trip and a somewhat disappointing one. “Without people standing by to help, you won’t get things accomplished. You have to set things up in advance by writing letters, waiting for responses and working through language barriers.”

The optimum planning time is one year in advance. If you must cut it closer, Derheim advises at least nine months ahead for a trip to a country where English is not the native language and at least six months ahead for a visit to an English-speaking country. What follows are some additional ideas and insights on planning a rewarding family history trip to Europe.

Put Trip Objectives in Writing
Is your goal to dig up actual records? Locate the family burial ground? See the fields your family farmed? Meet present-day relatives? Homing in on the answers
will keep your trip focused and within manageable parameters.

"Europeans respect organization," notes Derheim. "If you're organized and show up with well-organized goals, they'll be all the more willing to help. Telling a church secretary, pastor or assistant, 'I want to find my grandmother's birth records and here are her parents' names' is more productive than, 'I want to trace my ancestors.' Time may be limited, and you'll be up a creek without a paddle if you have to muddle through without goals."

**Do as Much Legwork as Possible from Home**

"Ensure that extensive research is carried out in the United States before embarking on a trip to your ancestral homeland," advises Kelly. "Talk to living relatives who have good knowledge of the family history. When this source of information has been exhausted, embark on the paper trail—seeking out records of marriage and death, census returns, immigration papers, naturalization papers, burial records and obituary notices to extract all relevant information pertaining to your ancestor."

Key pieces of information to have on hand regarding your European ancestor are the ancestor's name, year and place of birth, occupation, name of parents, name of spouse, date of marriage, and experience the culture. Don’t put off the dream."

"Most people want to walk in their ancestors' footsteps, see the places their ancestors knew in the old country and experience the culture."

Top: Sisters take a break during their family history trip in Rothenburg. Center: A genealogy enthusiast gets much needed help from the widow of the local church pastor in Kirchscheidungen, Germany. Bottom: Cousins tour the family cemetery in County Laois, Ireland.
name and birth order of children and religious denomination.

Depending on the country you are visiting, records on your ancestor may be found in any number of places (mainly parish archives, town halls, libraries and genealogical societies). Send a letter of inquiry ahead of time to the repositories where your ancestors' records may be kept. The letter should:

- Outline the type of information you are looking for and approximately when you plan to visit.
- Ask if there is someone available to help you search for the information and how much time that person might have available to help.
- Request the building's hours of operation and an appointment with the appropriate person in charge.

Make sure you put your return address on the letter (envelopes get thrown out) and enclose a self-addressed envelope stamped with the correct amount of foreign postage. Ideally, the letter should be written in the native language of the country to which you are sending it, along with the English translation. If you need help writing in a foreign language, seek assistance at a local college or high school with foreign language teachers and/or foreign exchange students. For a nominal fee, someone will probably be more than willing to help.

To locate the archives in which records about your ancestors may be stored, consult genealogy books, online databases and Family History Centers. In particular, there are three books written by Angus Baxter and published by Genealogical Publishing Company that may be especially helpful: In Search of Your British & Irish Roots, In Search of Your European Roots and In Search of Your German Roots. These books offer country-by-country details on the various places where official records are kept. If this type of behind-the-scenes work seems daunting, keep in mind that customized family history tour operators like Derheim and Kelly can do some of it for you.

**Break Down the Language Barrier**

Before embarking on any trip to a foreign country, it's a good idea to immerse yourself in the country's native language. Practice saying everyday phrases. Listen to foreign language tapes. Take a crash course at a community college and keep a foreign language dictionary handy when you finally get to Europe. Having a handle on language basics goes a long way in breaking the ice with locals and obtaining the family history information you are looking for. Keep in mind that the children in your family group may be more adept at languages than you realize, since many schools have language immersion programs as well as international students. Even if English is spoken in the country you are visiting, keep your English as simple as possible when conversing with locals. Avoid slang, choose words carefully and speak slowly and clearly.

**Plan Time Appropriately**

"As a general rule, it is not a good idea to go knocking on doors in search of a living relative," says Kelly. "It's much better to take oneself into that special place—walk the roads, visit the local hostelries, talk to the people and gently move forward in your search."

If and when you do meet someone who can connect you to living relatives or fill you in on the history of your ancestors, realize that Europeans can be very welcoming once the lines of communication have opened. "Be prepared for the eventuality that someone will want to take you to see the ancestral farm," says Derheim. "People are often disappointed when you've only got a few days in the area and you want to do lots of sightseeing. They'll want you to stay the entire time. Be prepared for that and try to be flexible in your scheduling."

At the same time, be respectful of time. Although Europeans generally live life at a more relaxed pace than Americans, punctuality is important. Be sure to arrive at the appointed time and don't be in too much of a hurry to do the next thing.

**Bring Genealogical Charts**

Not only might you need your genealogical records for reference when conducting research, but you may also want to show them to long-lost relatives. Ultimately, once you've sparked your kinsmen's interest, they'll probably want to see where they fit into the family tree.

As Derheim points out: "Europeans are very curious about what happened when their relatives left. Bring family photo albums,
pictures of immigrants’ children and written-down family stories.”

Show Appreciation with Small Gifts, Tips and Donations

Be sure to show appreciation for time, effort and services rendered in an appropriate way. The possibilities include gifts for relatives and other Europeans with whom you develop a personal relationship, tips for town historians and local citizens who provide valuable information or show you around your ancestral village, and donations to pastors and church secretaries for giving you access to records.

Derheim suggests a “tip” or “donation” of $20/hour for each hour you spend in a church or other archival building accessing documents. He also recommends toting along stateside gifts in varying price ranges: “A and B gifts worth $30-$40 for people who really go out of their way and C-level gifts for smaller favors,” says Derheim. Gift possibilities include postcards and picture books of your home state, pins, tie tacks, stationery and souvenirs from historic sites, tourist attractions, special events, museums and universities.

Continue the Correspondence

Once you’ve developed a rapport with European relatives, keep the dialogue rolling through continued communication upon your return home. Send thank-you letters; forward photographs; write letters, e-mails or faxes and offer to play host when Europeans want to visit the United States. The ongoing contact will enrich your life and quite possibly the lives of many future generations on both continents.

Ultimately, taking a family history trip to Europe is a dream-come-true experience for many. As Derheim sums up: “Most people want to walk in their ancestors’ footsteps, see the places their ancestors knew in the old country and experience the culture. Don’t put off the dream.”

When traveling to Europe with children

No matter how much enthusiasm you exude while visiting historic buildings and digging through archives, there’s a limit on how much of this type of activity children can handle. Therefore, if children or grandchildren are a part of your family history trip, make sure there is enough variety in your daily activities to keep them happy. After all, a multi-generational excursion can be a wonderful experience for the entire family, but children’s interests, energy levels, attention spans and temperaments must be considered. Here are a few ways to keep them involved and excited:

- Be sure to visit European places from the beloved stories children have read and the movies they’ve seen. Great Britain is home to all the Harry Potter movie locations and London is the backdrop for Mary Poppins, Peter Pan and all those Charles Dickens novels. Salzburg is the setting for the Sound of Music and Amsterdam for Hans Brinker and the Silver Skates, as well as the more serious Diary of Anne Frank.

If you plan to tour a museum, church or castle in the morning, make sure the afternoon schedule calls for free play or unstructured exploration outdoors in a public park, garden or marketplace.

When visiting museums and historic sites, inquire about child-friendly programs and activities and make detours to specially designated children’s areas. Keep museum visits to no more than two to three hours and try to arrive at off-peak times to avoid crowds and long lines.

Avoid visiting similar types of attractions on the same day because it detracts from the uniqueness of each experience.

Whenever possible, experience the country’s culture firsthand. Children like to participate in activities. Cheer on athletes at a cricket match, try step dancing at an Irish festival, play dominos with an old-timer on the streets of Athens, pick out produce at a French market and bike the country roads of Scotland.
After leaving her job as White House correspondent for United Press International in May 2000, Helen Thomas moved her desk even closer to the president’s. Now a syndicated columnist for Hearst News Service, Thomas works just up Pennsylvania Avenue from the Oval Office, and her traditional front-row seat still awaits her each weekday in the pressroom of the West Wing.
During her 57 years at UPI, 40 of them spent covering eight presidents from JFK to Bill Clinton, Thomas became a beacon for women journalists and a household name in America, where she is widely recognized as the UPI reporter who asked the first or second question at White House press conferences and uttered the traditional closing words, “Thank you, Mr. President.” Today people call out to her in airports, “How do you like retirement?” She calls back, “I’m not retired!”

Known for her incisive questions and her relentless defense of the public’s right to know, Thomas has long been recognized for her fairness and integrity. Presidents, first ladies and press secretaries who have sparred with her over the years, sometimes bitterly resenting her demand for openness and accountability, have nonetheless expressed grudging respect—and undeniable fondness—for this “first lady of journalism.”

As Thomas strides into the National Press Club on an uncommonly balmy D.C. day in late February, it is clear that her presence is as commanding as her prose. So is her handshake. At 81 she hasn’t lost her drive or her bite, and it’s easy to see how the combination of toughness and warmth has won over even the most tight-lipped of Washington’s movers and shakers. These days, released from the reporter’s need to maintain strict objectivity, she is at last free to speak her mind in print. “I used to tell it like it is,” she says. “Now I tell it like I think it should be.”

It wasn’t an easy transition, even for someone who admits that “outrage is my adrenaline.” Thomas resigned from UPI the day after it was announced that the wire service had been acquired by News World Communications, a company controlled by the Reverend Sun Myung Moon, head of the Unification Church. “I went through one week of real trauma,” she recalls. “I thought, ‘This is it.’” But to her surprise, the phone started ringing with offers, including a few from dot-coms seeking her byline. In just two months, she was writing a twice-weekly column for Hearst. “It was the opportunity of a lifetime,” she says. “They told me I’d be free to write what I want.” But, at the same time, Thomas found herself suddenly a novice again. “I started to write my first column and my editor said, ‘Where’s the edge? Where’s your opinion?’ My opinion! I couldn’t get used to that.”

Judging from the topics she has taken on in the past year and a half, it didn’t take her long to get the hang of it. She has lashed the Supreme Court for “falling off its pedestal” by choosing to intervene in the 2000 election. She has criticized George W. Bush for his abandonment of the antiballistic missile treaty, for “trampling on the Bill of Rights” in his zeal to combat terrorism and for weakening the Constitutional wall between church and state with his faith-based initiative.

Bush is the ninth president Thomas has grilled on behalf of her fellow Americans. But through it all, she has never lost her compassion for these leaders, who have often had to shoulder personal tribulation and grief along with the heavy responsibilities of public office. Despite being occasionally on the outs with presidents, their wives and their press secretaries, she has also maintained cordial relations—even friendships—with several. “Presidents are like the rest of us,” she says. “We all go through life holding back the tears.”

In her popular books, Dateline: White House and Front Row at the White House, Thomas offers an insider’s perspective on the press’s vital, often misunderstood role as a bridge between Americans and their leaders. She also describes the rocky relationship between presidents and the reporters who cover them. While acknowledging that “no president has ever liked the press,” Thomas says she misses the days when reporters were invited to walk the ranch with Lyndon Johnson or treated to off-the-cuff remarks by John Kennedy in the Oval Office. “Secrecy is endemic to the White House, but lately it has become epidemic,” she laments, with presidents increasingly insulated from the press and the public by ever-larger, more vigilant staffs. “People won’t ever know how tough it is
These days, released from the reporter's need to maintain strict objectivity, she is at last free to speak her mind in print. "I used to tell it like it is," she says. "Now I tell it like I think it should be."

Known for her incisive questions and her relentless defense of the public's right to know, Thomas has long been recognized for her fairness and integrity.
Clockwise: Helen Thomas converses with President Lyndon B. Johnson in Dallas, Texas on February 27, 1968; President Bill Clinton hugs Thomas during the receiving line for a State Dinner on June 20, 2000, in Washington, D.C.; President Reagan talks with UPI White House reporter Thomas, during a wide-ranging interview in the Oval Office in December 1983; with President Kennedy, at the Georgetown University Hospital, after the birth of John F. Kennedy Jr. on September 23, 1960.

to get simple information.” What keeps her going, she says, is her deeply held belief that “the American people can handle the truth.”

During the past year, Thomas has been putting the finishing touches on her new book, Thanks for the Memories, Mr. President, set to be published by Scribner's this spring. “It started out to be about the humor of the presidents I’ve covered. But then it turned into a compilation of anecdotes and insights.”

Thomas is often asked to name her favorite president ... when pressed, she calls Lyndon Johnson “the most interesting” president she’s covered, and John F. Kennedy “the most inspiring.”
Among her most recent insights is the belief that “the country will see a woman president early in this century.” But she speculates that this won’t make much difference in the way things are done, since, “even with campaign reform, it will still take an obscene amount of money to run a presidential campaign.” A great believer in leveling the playing field, she is critical of television and radio stations for not offering free airtime to all candidates. When asked for her opinion about who might have a chance at the Oval Office, she doesn’t hesitate. “Hillary [Clinton] has a shot. She’ll run. She’s running now.”

One of nine children, Thomas was born in Winchester, Kentucky, to George and Mary Thomas, who emigrated in 1903 from an area of Syria that is now part of Lebanon. After graduating from Wayne State University, she began her journalism career as a copy girl and joined UPI in 1943. A pioneer among women journalists, with numerous awards and honorary degrees to her credit, Thomas reminds her guest that they are having lunch at an institution that was closed to women until 1971. But just three years after the National Press Club opened its doors to women, Thomas became its first female board member. She was also the first woman to be inducted into the Gridiron Club, the first to be named a White House Bureau Chief, and the first to head the White House Correspondents Association. “I was part of a cabal,” she says, of the gender battles she and her female colleagues waged, and she continues to express outrage at the time it took for women to gain access to the halls of power. “Can you believe that Elizabeth Dole was the first woman to graduate from Harvard Law School—in 1963?” In November 1976, the World Almanac cited Thomas as one of the 25 most influential women in America. Characteristically, she waves the mention away: “If I were that influential, I would have changed the world by now.”

Thomas is often asked to name her favorite president. In her books, she offers balanced judgments of all the presidents and first ladies she has known, acknowledging the uncommon pressure under which they live and work. But when pressed, she calls Lyndon Johnson “the most interesting” president she’s covered, and John F. Kennedy “the most inspiring.” And of all the major events she has reported, two stand out as the most memorable: the assassination of JFK and its aftermath, and her trip to China in 1972 with President Nixon. The only woman print journalist to accompany Nixon on that historic trip, Thomas says she was overwhelmed by the fact that every moment spent in previously closed China was a first. “For eight days, you didn’t want to sleep,” she recalls.

As an observer of countless national and international milestones, Thomas is dismayed at what she sees as an underemphasis on the teaching of history in the United States. “Young people need to learn who created this country,” she asserts. “They need to know what freedoms need to be protected and why people have given their lives for this country. They need to learn about the Bill of Rights.” When speaking at college campuses, she repeatedly advises students to learn more about their past. And as they look toward their future, she counsels them “to find what you really want to do in life, and don’t give up.”

Thomas considers herself a lifelong student and thinks being a reporter is “the greatest job in the world,” because it offers the chance to learn something new every day. Continually driven by “a quest for knowledge” and by her abiding belief that “people out there really do want to know the truth,” she is thankful for the opportunity Hearst has given her to speak her mind. Since September 11, one of her goals has been to remind Americans that, even as we support our country, we must “treat people everywhere as human beings and keep seeking the reasons for hatred. I’m putting my oar in for peace.” And despite bleak news, like the February murder in Pakistan of Washington Post correspondent Daniel Pearl, which “every journalist has felt personally,” Thomas believes there is only one way to face each day. “As Samuel Johnson said, ‘We live from hope to hope.’”
Once you've found that Revolutionary War ancestor, don't stop your search. Establishing the facts is only part of the process. The next step is to transform names and dates into real people. You want to know more about their daily lives—not just the details of battles, but how they actually lived and their everyday experiences. It's possible to recreate those patriotic ancestors by immersing yourself in social history. Breathing life into the names on your
family tree is a lot easier than you think.

One of the best ways to get to know the social side of your ancestors is to attend a reenactment, where people duplicate the activities and battles of the Revolution. You'll see individuals dressed for the time period, eating appropriate foods and mimicking the lives of patriots. It's not difficult to find one to attend if you live in one of the original 13 colonies. Many reenactment groups have websites to connect them with living descendants of the original regimental members. You can also call a local historical society to find out if they know when the next reenactment will be held in your area. These are events for the whole family. Attending a reenactment is a great way for children to learn about their ancestors. When you go, try to imagine your ancestor on that battlefield. Consider the following questions: What did he wear; what was his role in the battle; and most importantly, what was his life like?

Who Were They?

In order to successfully understand the Revolutionary period, clear your mind of everything you learned in school and abandon your contemporary perspective. By eliminating any assumptions and relearning history, you won't overlook any clues. Begin by reexamining your genealogical research to verify that you've found all the records your Revolutionary patriot created in his or her lifetime: documentation of birth, death and marriage, court cases and land records.

First try to find everything associated with your ancestor, such as diaries, letters, family papers and artifacts. Even if you own some personal papers, use the National Union Catalog of Manuscript Collections either in printed volumes or online at www.loc.gov/coll/nucmc/nucmc.html. Look for manuscript materials on the local and national levels by contacting the historical society in the town where your ancestor lived. Your chance of finding materials created by your ancestor depends, in part, on his or her level of literacy. Education was available in some areas, but most people attended school only intermittently. Additional manuscripts are posted online everyday, so periodically check for new material by using websites devoted to the Revolution, such as www.revwar.com/links/document.html.

Military Records

Look for materials relative to military service. Pension records often provide testimony from other individuals in support of the applicant. You may discover where your ancestor lived, his relationship with others in the community and glowing descriptions of his military service. Even though a regimental history may not mention your ancestor by name, you can learn more about the exploits of his fellow soldiers and gain information about your ancestor's participation. Personal reminiscences written by soldiers also offer insights into military life. The key factors for finding relevant material are identifying all the regiments and companies your ancestor served with and discovering the name of the commanding officer. Any papers created by that officer might include additional details about your relative. You can also research troop movements by using maps available online through the Library of Congress American Memory site http://memory.loc.gov/ammem/gmdhtml/armhome.html.

Consult "Getting to Know Your
Patriot Ancestor" by Thomas P. McKenna (American Spirit July/August 2001) for advice on finding more documents relating to military service.

In the News

Newspapers are another good resource. In addition to news stories about political events, they contain notices about ordinary people such as deserters and commanding officers. It may be difficult to believe that your ancestor ever appeared in a notice, but what you learn by reading them could revitalize your research. For instance, when Thomas Williams deserted, he was described in a notice as “5 feet 5 inches high, an old countryman, talks good English; said fellow has a film in his left eye, which almost covers the sight, short black hair, had on a purple rifle dress.” Not only do you now have a physical description, but you know that he was an immigrant. Other notices mention languages spoken, age, place of birth and musical abilities. Remember that to be helpful in finding someone, these notices had to be detailed and accurate as there were no photographs to circulate.

The Family Unit

“Remember the Ladies,” wrote Abigail Adams to her husband John, and the same is true for you. In your quest to recreate an ancestor, don’t overlook the family unit. Whether married or single, most individuals lived with a small group of kin. It wouldn’t be fair to write a biography without mentioning parents, wives and children. Perhaps your female ancestor contributed to the war effort by supplying goods, following the troops to take care of laundry or maintaining the family farm. Some women like Deborah Sampson actually served time as a soldier. Unless your female ancestor was Molly Pitcher, you’re not apt to find her in textbooks, but you can learn about your female ancestor’s life through the biographies presented in Revolutionary Women in the War for American Independence edited by Lincoln Diamant (Praeger Press, 1998).

Revolutionary Childhoods

Although it doesn’t fit with our contemporary understanding of childhood, drummer boys as young as 12 accompanied the troops. How old was your ancestor when he participated in the conflict? You might be surprised to discover many were just children like Mary Redmond, John Darragh or James Forten. Redmond and Darragh were spies, and Forten a privateer. You can learn more about a child’s life in revolutionary times by reading Phillip Hoose’s We Were There, Too!: Young People in U.S. History (Farrar Straus Giroux, 2001).

The exciting part of breathing life into your patriot is that you never know what you are going to find through research. Your ancestor may have played a major part in winning a battle, or perhaps he met his wife while on a military campaign in a faraway colony. You could uncover new genealogical material anywhere. By reading manuscripts, locating records and learning history, you’ll pull together a historical portrait of your Revolutionary ancestor—and what you discover could make your relative much more than just a name on your family tree.

Maureen A. Taylor is the author of several books on genealogy and photography and is a contributing editor at Family Tree Magazine.
Honoring the Dutch-American Heritage

A Friendship That Span Nearly 400 Years

BY SANDRA MACLEAN CLUNIES

Long before the Pilgrims set sail from their exile refuge in Leiden, Captain Henry Hudson of the Dutch East India Company sailed up the present Hudson River on the Half Moon in 1609. A Dutch trading post was established on present-day lower Manhattan Island by 1613.

Dutch traders established Fort Nassau in New Netherlands, near what is now Albany. A few years later, the Dutch Governor, Peter Minuit, purchased Manhattan Island from the Indians for the infamous 60 guilders ($24). The island was renamed New Amsterdam. The Dutch period in North America was 1609-1664 and 1673-1674, with settlements extending to the Delaware Bay. Many Americans can trace their ancestry to these pioneer colonists from Holland.

Dutch Americans were found on both sides of the political passions at the time of the Declaration of Independence and many patriots of Dutch ancestry made contributions to the American Revolution. The following pages discuss some of these influential families and historic events.
The Schuyler Family

Philipse Pieterse Schuyler was born in Holland in 1628 and emigrated to New Netherlands with his younger brother David Pieterse. In December 1650, Philip married Margarita Van Slichenhorst, daughter of the director of the colony at Rensselaerswyck, and became a lifelong leader in Albany. Great-grandson Philip John Schuyler was born in Albany in 1733, the eldest son of Johannes Schuyler and Cornelia Van Cortlandt, who was also a descendant of Philipse Schuyler.

Young Philip John Schuyler served in the British Army and was commissioned captain in 1755. That year, he wed Catherine Van Rensselaer, with whom he had 15 children. Schuyler was engaged in the lumber business and built the first flax mill in America. An early supporter of the patriot cause, he was a member of the Continental Congress in 1775 and was appointed one of four major generals in the Continental Army from 1775 to 1779. Elected to the United States Senate in 1789, he served two terms from 1789 to 1791 and from 1797 to 1798, before resigning due to ill health. He died in 1804. His daughter Elizabeth was married in 1780 to Alexander Hamilton.

The Van Tassel Family

Jan Cornelius Van Tassel was the first of his family to arrive in New Netherlands, before 1639. A grandson, Dirck Van Tassel, was married in 1723 in Hackensack, New Jersey to Christina Buise, daughter of Aaron Buise, an officer of the old Dutch Church. Their son Cornelius was baptized in the Dutch Church in 1734.

In 1775, Lt. Cornelius Van Tassel was elected an officer of one of the four companies organized in the upper Manor of Phillipsburg. History records a dramatic event in November 1777, when the British took Cornelius and Peter Van Tassel prisoners at their homes, tying their hands to their horses' tails, then compelling them to drive their cattle to the British camp. The two Van Tassels were held as prisoners for 11 months.

Jacob Van Tassel, son of Johannes and Catherine, was baptized on November 10, 1744, and married in 1764 to a cousin, Hester Van Tassel, daughter of Johannes and Helena Hammen Van Tassel.

The Van Dyke Family

The first members of the Van Dyke family sailed from Amsterdam to New Amsterdam in 1652, where Thomas Janse Van Dyke lived in New Utrecht until 1677. Four descendant generations followed, headed by Nicholas van Dyke, who moved from New Netherlands to New Jersey in 1703 and to Delaware in 1724. His grandson, Nicholas (1738-1789), was a major in the militia in New Castle County, Delaware during the Revolution and a member of the Continental Congress from 1777 to 1781. He served as Governor of Delaware from 1783 to 1786 and died in 1789, the year Delaware became a state. His son Nicholas (1769-1826), a graduate of Princeton, served as the United States Senator from Delaware from 1817 until his death.

Author Washington Irving fictionalized much of the life of the Van Tassel family in *The Legend of Sleepy Hollow*, but accurately related in a Wolfert's Roost that "Jacob Van Tassel, in the course of one of his forays, fell into the hands of the British, was sent prisoner to New York, and was detained in captivity." Jacob was a lieutenant during the war, but was later promoted to major in the militia. His tombstone in the old Dutch churchyard reads:

_In Memory of Major JACOB VAN TASSEL, a Soldier of the Revolution, died Aug. 24, 1840, aged 95 years, 11 months and 23 days._

_This simple stone points the Honorable Grave,_

_Where sleeps the Patriot pure,_

_the Soldier brave — Reader, if to thy heart thy country's cause be dear,_

_His service call to mind, this grave revere._

**St. Eustatius**

While the Dutch Republic asserted a position of official neutrality during the Revolution, there was a significant trading link established at St. Eustatius, locally called Statia, one of the Leeward Islands of the Dutch Caribbean. Located 150 miles east of Puerto Rico and just five miles long and two miles wide, it was first discovered in 1493 by Christopher Columbus. Since 1636, except for two brief periods during the American Revolution, it has been a possession of the Dutch.

At the end of the 18th century, Statia was the richest trading center in the Caribbean. During the Revolution, tiny Statia was a major supply link between the American colonies and Europe, and its activities became a distinct annoyance to England. Despite previous neutrality agreements that made it illegal for Holland to sell arms and war supplies to the Americans, this trade nevertheless continued on island to the British. More than 150 American ships unknowingly sailed into port and also were captured. In 1781, after the surrender of Lord Cornwallis at Yorktown, the French fleet sailed to the West Indies to invade Statia and assume control of the island. The Peace Treaty of Paris in 1783 returned Statia to the Netherlands.

A copper plaque memorial commemorating the salute to the *Andrew Doria* was presented by President Franklin D. Roosevelt, a descendant of Dutch immigrants, on December 12, 1939. Today the island’s airport at Concordia is named in his
honor. Two other U.S. Presidents were also of Dutch descent: Theodore Roosevelt and Martin Van Buren.

Many less well-known individuals are also connected to the history of this time and place. Hercules Daniel Bize was a wealthy merchant born in 1740 in Switzerland. He was named on a “List of Burghers, St. Eustatius, February 20, 1781” and has been recognized as a DAR patriot by virtue of his public service in providing major financial loans of several thousand pounds sterling to the State of South Carolina in 1778. He later moved to the United States, lived in Charleston, South Carolina in 1790, and was listed in New Jersey as one of the “Proprietors of the Bridges over the rivers Passaic and Hackensack” in 1797.

**John Adams**

John Adams had represented the United States in France from 1778 to 1779 and returned to Paris in 1780, charged by the Continental Congress with negotiating a peace treaty with England. As these efforts stalled, Adams was sent to Amsterdam as Minister to the Netherlands while their war with England continued. Finding temporary quarters in Amsterdam, Adams placed his young sons Charles and John Quincy in school at the University of Leiden. John Adams sought both political and financial support from the Dutch and experienced many months of frustration, but his diplomatic skills and patriotic determination were successful in enlisting support for the American cause.

The significance of April 19th was not lost on John Adams, and it was on that date in 1782—seven years after the “shot heard ‘round the world”—that Holland formally recognized the United States as a sovereign nation, the second nation to do so after France. The bankers of Amsterdam provided loans to the virtually bankrupt United States—some 30 million guilders by 1794.

**Dutch-American Holidays**

Each year around April 19th, Dutch-American Friendship Day honors the day that John Adams was received by the States General in The Hague and recognized as Minister Plenipotentiary of the new United States of America. That same day, the house that Adams had previously purchased at Fluwelen Burgwai 18 in The Hague became the first American embassy in the world. To honor “The First Salute” of 1776, President George H. W. Bush proclaimed November 16 as Dutch-American Heritage Day in 1991.

For over 200 years, the bonds between the United States and the Netherlands have remained one of our longest unbroken diplomatic relationships. Our traditions of religious freedom and tolerance have spiritual and legal roots among those Europeans who first found refuge from persecution in Holland. America is richer because of the men and women of Dutch heritage who made important contributions to our nation’s history and culture.

*Sandra MacLean Clunies is a certified genealogist, author and member of the Chevy Chase Chapter.*

While Americans grow up aware of the many military and political aspects of the Revolutionary War, few understand how the war was actually supplied. The colonies had insufficient manufacturing capabilities to produce the powder, weapons and other supplies needed by the Continental Army and Navy. A British blockade, if successful, would have made it impossible for the colonies to establish a military force that could withstand the British army.

As the article on page 21 reveals, St. Eustatius, a small island in the Netherlands Antilles, played a major role in supplying the Continental forces. St. Eustatius was also the first foreign state to formally recognize the flag of the Continental Congress with its famous First Salute. Many people do not know the price St. Eustatius paid for supporting the American Colonies. When the British commander in the Caribbean learned of this salute to the American warship Andrew Doria, he sent the island's governor a note of protest. Exchanges between the British and Dutch officials spiraled from displeasure to hostility. Having no tolerance for the Netherlands' support of the Colonies, Britain declared war on the Dutch in 1781. That year, British Admiral Rodney led a fleet that captured St. Eustatius; the resulting occupation completely destroyed the island's commerce.

Early in 2001, plans were being made in St. Eustatius to celebrate the upcoming 225th anniversary of the First Salute. The Governor of St. Eustatius, Eugene R. Abdul, and President of the St. Eustatius Historical Society, Gay Soetekouw, flew to Washington, D.C. to make personal appeals for high-profile participation. In addition to a stopover by the U.S. Navy, the involvement of DAR was considered a key component in hosting a truly patriotic event.

The 225th anniversary of the First Salute was commemorated on November 16, 2001, during ceremonies at Fort Oranje on St. Eustatius, with representatives from the Netherlands Antilles, neighboring Caribbean islands and the United States. President General Linda Tinker Watkins led a DAR delegation, which dedicated a plaque honoring the event.

The DAR party arrived at St. Eustatius, or Statia as it is locally called, on November 14. Greeting the President General's party at the airport were members of the DAR delegation holding a Grand Union flag and DAR banner. The visit began with a welcoming dinner at which President General Watkins presented Governor Abdul with a DAR Certificate of Appreciation, recognizing his efforts to include DAR in the anniversary celebration. In his welcome to the DAR delegation, the governor stated that most people outside the island communities do not know about St. Eustatius' role in the American Revolution or the story of the First Salute. He said he was very proud to be governor of an island with such a brave and honorable history.
The governor asked DAR to help the island by making American citizens aware of its pivotal role in the American Revolution. President General Watkins thanked Governor Abdul and Gay Soetekouw for their persistence in preserving the history of St. Eustatius. She also thanked this National Chairman and her husband, David Russell and Merry Ann Wright (National Vice Chairman, Special Projects and Events) for their work in planning the trip.

The highlight of the trip was Friday, November 16, 2001, “Statia-America Day.” The official ceremony was held in the courtyard of historic Fort Oranje. Statia residents and visitors from neighboring islands, along with many dignitaries, including The Honorable Jamie Saleh, Governor General of the Netherlands Antilles, attended the ceremonies. The St. Eustatius and St. Maarten Voluntary Corps drill teams marched in to the beat of drums and music from the St. Kitts Defense Force Harmony Band, and performed the national anthems of the Netherlands, St. Eustatius and the United States.

Deborah A. Bolton, U.S. consul general to the Netherlands Antilles and Aruba, addressed the assembly and brought the following greetings from President George W. Bush:

“Since 1776, the people of the United States and Kingdom of the Netherlands have stood together in support of democracy and justice around the world. This reenactment today is a rededication to the same courage and confidence shown by our two countries for 225 years. Today, our countries work together in many ways. On September 11, we faced a new challenge testing our resolve and courage. The Kingdom of the Netherlands is an important partner in our fight to preserve freedom and root out terrorism. The people of the United States and crew aboard the USS Doyle are honored to accept your salute to the American Flag. May God bless the people of the Kingdom of the Netherlands.”

President Bush sent the USS Doyle to the celebration to participate in the reenactment of the First Salute. Representing the United States Navy was Captain Lawrence E. Tant, Chief of Staff for Commander, U.S. Naval Forces Southern Command. Capt. Tant spoke to the assembly on the importance of St. Eustatius’ contribution to the success of the American Revolution and stressed the continuing relationship between the island and the United States. Escorting Capt. Tant was Commander David Adler, Commanding Officer, USS Doyle and members of the crew.

The Prime Minister of the Netherlands Antilles, Governor Abdul, Gay Soetekouw, and President General Watkins greeted the crowd. President General Watkins commented on the efforts of the DAR to recognize the many European contributions to the Revolution. In her remarks she stated, “In addition to the many events and individuals in the American Colonies who participated in the struggle, a large number of Europeans made major contributions. To recognize the aid of these Europeans, the DAR created the ongoing program called ‘European Trails to the American Revolution.’ This effort has recognized Europeans who became major participants in the Revolution and has reconfirmed and noted prior DAR participation in honoring Revolutionary War figures in Europe.” President General Watkins presented a plaque to the governor, stating, “We thank you, citizens of St. Eustatius, for allowing us this opportunity to be a part of this 225th anniversary.”

Commander Adler gave the signal for the reenactment to begin and the USS Doyle fired a 13-gun salute. The salute was returned by members of the Voluntary Corps of St. Eustatius and St. Maarten, who fired from the Fort’s parapet. The ceremony closed with a parade march by several of the uniformed groups. By celebrating the 225th Anniversary of the First Salute, DAR hopes to draw attention to the important role of St. Eustatius in the American Revolution.
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The Hamilton House Gardens overlook the Piscataqua River in South Berwick, Maine.
Colonial Revival Pleasures

THE HAMILTON HOUSE GARDENS
SOUTH BERWICK, MAINE

On the banks of the Salmon Falls River, the grounds of Hamilton House attest to how changing attitudes leave their imprint on the land. In 1787, Colonel Jonathan Hamilton, the region's most prominent merchant, built the wood-frame Georgian mansion on a bluff overlooking his wharves and fleet. Here in the Piscataqua River region, a short stretch of coast straddling Maine and New Hampshire, Hamilton and other traders made fortunes trading lumber, rum, molasses and slaves in the West Indies.

The Hamilton mansion faces the river, with a series of grassy terraces descending the bank. When Emily Davis Tyson and her stepdaughter Elise bought the 250-acre property in 1898, the Piscataqua's glory days had faded. The house was in a shambles and the terraces were all that remained of an 18th-century garden. The Tysons, wealthy summer residents from Boston, proceeded to renovate the house and create a 35-acre garden. With its lush plantings of old-fashioned flowers, enclosed symmetrical layout and romantic ornaments, the garden stands as a monument to the colonial revival aesthetic.

The Tysons created a romantic retreat in a series of garden rooms divided by hedges, walls and fences. A vine-covered pergola encloses the garden on three sides, providing a shady spot for tea. These architectural features also frame pastoral views of the river and surrounding fields. Roses, larkspur, hollyhocks, lavatera, beebalm, peonies and phloxes—all favorite "old-fashioned" flowers of the colonial revival era—find a home in the garden's sunny spaces; and old millstones embedded in the paths evoke the river's historic enterprises. A formal sunken garden built in a cellar hole contains a symmetrical arrangement of flowers and hedges.

When she died in 1949, Elise Tyson Vaughan deeded Hamilton House and its gardens to the Society for the Preservation of New England Antiquities. The society began an exacting restoration of the Tyson's gardens in 1997, which included rebuilding the many architectural features and burying 20th-century power and phone lines.

Hamilton House, 40 Vaughan's Lane, South Berwick, is open to the public June 1 through October 15. For more information, call 207-384-2454 or visit www.SPNEA.org.
Ipswich was a bustling settlement more than two decades old in 1655, when John Whipple "the Elder," a prosperous and public-spirited Puritan, built the wood-frame house that now stands on a corner of the village green. The Whipple House is one of the country's finest examples of First Period architecture (1625-1725). It was built in three stages before 1700 and still has most of the original timber frame preserved. Home to many generations of Whipples, the house passed in 1813 to a distinguished Revolutionary War veteran, Colonel Joseph Hodgkins, who married a Whipple descendant. Colonel Hodgkins had fought at the battles of Lexington, Bunker Hill, Valley Forge, Long Island, Harlem Heights, White Plains and Princeton.

The kitchen garden in front of the house contains a fascinating chapter of history in its own right—the history of garden restoration. Owned and run as a house museum by the Ipswich Historical Society since 1899, the Whipple House originally sat on a small downtown lot. In 1927, the house was moved to its present, more spacious...
setting. To the eminent landscape architect Arthur Shurcliff, an Ipswich summer resident now best known for creating the gardens at Colonial Williamsburg, the new site cried out for a garden. Between 1931 and 1955, Shurcliff drew up various designs, including an elaborate Williamsburg-style campus. The historical society ended up using only Shurcliff's simple kitchen garden plan—a fenced plot with six raised beds, each containing concentric plantings of herbs and flowers, separated by straight walks covered in crushed clamshells.

Before choosing the plants, the aging Shurcliff passed the project to local gardener and writer Isadore Smith in the 1960s. But when Smith tried to research the plants of 17th-century gardens, she found no books to guide her. So she began digging—into estate inventories, letters, bills of sale and other fragments from the town's early history. Based on her findings, Smith chose more than 75 species of flowers and herbs—from agrimony to turtle head—to fill the 10-foot-square beds. Describing the plot as "a housewife's garden," she wrote, "On her garden [the housewife] was dependent to meet such hurried demands as to staunch a wound, lay out the dead, or counteract the bites of snakes or mad dogs." Low-growing strawberries or thyme form the borders of each bed, and a rose bush rises at the center of the ringed plantings—lush apothecary roses, some pure pink, others pink-and-white striped, and two of Shurcliff's favorite yellow Harrison roses, Smith's tribute to him. Throughout the growing season, this colonial revival garden always has something in bloom.

After completing the Whipple garden, Smith expanded her research to cover the entire eastern seaboard. What she compiled became a bible of colonial garden design and planting, Early American Gardens: "For Meate or Medicine," published under the pen name Ann Leighton.

In the rear garden of the Shaw-Perkins Mansion, the late 18th-century summerhouse still stands where Nathan Hale, a New London schoolteacher, once brought his sweetheart to watch the sunset.

Legend holds that the young New London schoolteacher, Nathan Hale, once invited a sweetheart to watch the sunset from the summerhouse in the back garden of Captain Nathaniel Shaw's mansion. The octagonal wood-and-glass structure, built in 1756, still stands atop a rock ledge, providing a view of the Thames River beyond the Georgian-style granite house. Today, the gently sloping half-acre back garden, bordered by ancient lilacs, reflects the
Symmetrical beds of lilies, daisies and goatsbeard flank a slate walk leading straight from the back entrance of the Shaw-Perkins Mansion. An ancient boxwood seems to float on the slope above. The walk and beds are 20th-century interpretations of colonial-style gardens.

New London was a Revolutionary hotbed, and Nathaniel Shaw, Jr., was at the center of it. Shaw, a West Indies merchant, served as the local naval agent for the Continental Fleet from 1776 to 1778. His home, built by his father in 1756, became the wartime naval office. From there, he oversaw all armed ships and naval supplies for the colony and cared for sick prisoners of war. His wife, Lucretia, nursed the ailing men and lost her life to a fever caught from one of her charges.

Lucretia's heroism inspired Connecticut's second-oldest NSDAR chapter to honor her when it formed in 1892, and today the Shaw-Perkins Mansion hosts regular meetings of the Lucretia Shaw Chapter. Chapter Regent Alice Dickenson and former regent Marilyn Davis volunteer at the house every week.

It was at the Shaws' home that George Washington stayed during a military visit on April 9, 1776. When Benedict Arnold's forces torched New London in 1781, the house caught fire, but a neighbor quelled the flames with vinegar.

The New London County Historical Society has owned the house since 1907. The 18th-century gardens vanished long ago, but photographs exist of the grounds in the late 19th century. Today, volunteers including Patricia Schaefer and Susan Munger research, plant and tend the gardens. Munger, a master gardener, says no early planting records survive, so the gardeners, guided by works on historic gardens by Rudy Favretti and others, have created beds and borders in a common colonial style. Outside the back steps near the stone lies a small plot filled with dozens of herbs for cooking and medicinal uses. Symmetrical beds, blooming with foxglove, achillea, cosmos, goose-necked loosestrife and other flowers, flank a slate walk aligned with the entrances of the house. Just beyond, on the slope to the summerhouse, an ancient boxwood thrives.

In addition to the summerhouse, a mix of authentic colonial and colonial revival structures dot the garden. An original brick root cellar, dating from the early 1700s, is built into the slope facing the house. A 19th-century lattice well-house stands by the back door, and a late 20th-century arbor seat is covered in red roses and enclosed by beds of Madonna lilies, asters, Montauk daisies, veronica, poppies and baptisia.

The Shaw-Perkins Mansion at 11 Blinman Street, New London, is open year-round except for major holidays, Wednesday–Friday, 1:00–4:00 and Saturday 10:00–4:00, with guided tours on the hour. After tours, visitors can roam the gardens on their own. For information, call the New London County Historical Society at 860-443-1209 or visit www.newlondongazette.com.
Federal Census Records: More than Counting Heads

BY EMILY A. CROOM

Elias Taylor and his horse set out through the wilderness in the autumn of 1830 with a special task—to take the first federal census of the pioneer residents in St. Joseph County, Michigan. Little did he know that generations later genealogists would recognize and appreciate the sense of responsibility with which he approached his assignment.
At White Pigeon township, he found that eight families had only recently arrived. He knew his instructions—enumerate only the people who lived in the county as of June 1, the congressionally designated census day. However, Taylor listed the eight families, marking their entries with an asterisk. In a footnote, he explained: “Those Families marked Thus * are Such as were moving [sic] on the 1st day of June and Could not as they verily believed be taken [enumerated] else where.” One would think he had genealogists in mind when he bent the rules to include these families who otherwise would not have been counted.

Genealogy aside, Elias Taylor and his counterparts since 1790 have followed the Constitution's mandate to count the population every 10 years. The results determine the apportionment of members in the federal House of Representatives. For historical and genealogical study, however, these records are much more than head counts.

**Why Read Every Census?**

One of the rules of research for genealogists is to read every census available for each ancestor. Especially from 1850 forward, but to some extent before then, censuses help to identify members of ancestral households and to clarify changes from one decade to the next:

- Find children born since the previous census.
- Detect grandparents, other relatives, boarders or employees who had moved in.
- Identify the missing—those who had perhaps married, moved away or died.
- Learn middle names and initials or nicknames the family used.
- Discover new occupations, new spouses and immigrant or veteran information.

These reasons alone motivate the careful and curious genealogist, but another reason is the old genealogical adage: You never know what you'll find until you look. Census takers like Elias Taylor provide incentive.

Maybe the weather was cold, and he needed to rest by a fire to get warm. Maybe residents in his new, large, sparsely settled county truly welcomed a visitor. Nevertheless, at Brady township Taylor must have had quite a conversation with Abiel Fellows that autumn day, for the enumerator added this note to the Fellows' entry, one of the rare and unexpected gems in these records:

_This man is Sixty Five [years] of age has nineteen Living Children ten of which is under his care was a Soldier in the Revolution is a man of Sober Habits of unusual enterprise and great strength [sic] of mind has never received any thing from our government for his Early and Youthful struggle [sic] for Independence is it too late to hope??_

**Extra! Extra! Read All About It!**

Did your ancestor’s census taker provide more information than the form requested? Did he give the year of marriage for all couples, not just those who married within the census year? Did he list ages in years and months for all children, not just infants? Did he write birthplaces more specifically than state or country?

Some enumerators in 1850, for example, recorded such extra details in places like Baker, Cobb and Muscogee Counties, Georgia; Edgar County, Illinois; Houston and Anderson Counties, Texas; and Caldwell County, Kentucky.

One census taker in Caldwell County wrote specific birthplaces for many of the county's residents and thus introduced an interesting question concerning one family's migration history. In District One of the county lived Samuel and
Keturah Black, in a cluster of children and grandchildren. Samuel, age 77, was recorded as Virginia-born. His wife was listed as age 70—thus, born about 1779–1780, considering the June 1 census day. She was reportedly a native of “Kaskasea” [Kaskaskia], Illinois. In fact, her tombstone corroborated her age, showing her birth date as 13 November 1779.

With her parents and siblings, Keturah had lived in Nashville, Tennessee, before coming to the Caldwell County area in the 1790s. Thus, her tombstone and the 1850 census prompted the question: Why was her mother in Kaskaskia, Illinois, in November of 1779? There was a reason why Keturah’s birth was reported as Kaskaskia, and apparently the family knew the reason. Perhaps it involved the Revolutionary War.

The history of the trans-Allegheny part of the Revolutionary War places George Rogers Clark, his troop of frontiersmen soldiers and camp followers in Kaskaskia after taking the British fort in July 1778. After the British retook Fort Vincennes from the Americans that October, Clark prepared for a daring winter attack to reclaim it. Despite harsh weather and icy bogs through which to trudge, Clark and his men left Kaskaskia for Fort Vincennes on February 5, 1779, almost exactly nine months before Keturah was born. Perhaps Keturah’s father, James Shaw, was one of Clark’s men. The search for an answer continues, but one 1792 document mentions Shaw’s claim for payment for service during Clark’s western campaign.

Points to Consider
In reading and studying census records, keep these points in mind:

Why does the record say, “He reportedly was born in Virginia”? Researchers cannot know who gave birthplace or other information to the enumerator. Was it the head of household? His wife, child, grandparent, boarder or neighbor if the family was not at home? Did the informant have correct facts?

Census takers sometimes wrote interesting answers besides farmer, carpenter, or merchant in the occupation column. Look for the jack-of-all-trades, loafer, lady of leisure, lady of fashion and mother-in-law.

The 1850 example above did not name Samuel and Keturah as husband and wife or as parents. Since census records mentioned few relationships before 1880, other research must confirm the implied relationships, as it did for this family. In figuring birth dates from ages given in the census, approximate the year and look for corroboration elsewhere. Comparing all census reports for an ancestor helps. Many people did not know their actual birth date and estimated their age for the enumerator. Yes, some knew and lied about their age, but researchers cannot know who prevaricated and who didn’t. Again, relevant questions are who furnished the information, and did that person have accurate knowledge?

Expect spelling of names in censuses and other records to vary, as in Horis and Horace. Whether or not your ancestors were literate, census takers and clerks did not always ask for spelling but recorded what they heard, or thought they heard. Keturah’s mother, Anna, was consistently listed in records as “Anner,” as the family probably pronounced her name.

What if your ancestor is not listed in the census index? The family or individual could have been missed in the enumerating or copying process. The indexer could have skipped or misread the surname. In such instances, check the index for variant spellings or read page by page through the county’s census. Remember, some schedules have not survived, including a number of 1790, 1800 and 1810 schedules and most of the 1890 ones. A microfilm index of surviving 1890 fragments is available.

Because census records are closed for 72 years, the 1930 census became available to the public only recently, in April 2002.

Record all information given in each ancestral entry. For example, an ancestor reporting $1,000 worth of real estate or owning a home may well have deed records at the county
courthouse. For 1900 and 1910, note how many children the mother had borne, how many were still living and the number of years the couple had been married.

Read several pages on either side of entries for your ancestors to look for known or possible relatives.

Census takers sometimes wrote interesting answers besides farmer, carpenter, or merchant in the occupation column. Look for the jack-of-all-trades, loafer, lady of leisure, lady of fashion and mother-in-law.

Document all identifying information for census and other records you use. This is an essential step in accurate genealogical research.

Availability of Census Records

Many surviving federal census records are available:
- on microfilm
- as abstracts online or in books and journals (Go from any abstract or transcription to the microfilm to check for accuracy and completeness)
- digitized at Ancestry.com's subscription site
- transcribed or digitized on CD-ROMs from Heritage Quest or Ancestry.

Many genealogists find microfilm to be a good choice for browsing. Numerous libraries have census microfilm for their county, state or region. Complete national collections through the 1920 census are at such locations as the National Archives and its branches; the Family History Library, Salt Lake City; Clayton Library, part of Houston Public Library; Allen County Public Library, Fort Wayne, Indiana; Mid-Continent Public Library, Independence, Missouri; and Sutro Library, San Francisco (all except the 1890 fragments). Researchers can also borrow the film for minimal cost from at least three sources—the Family History Library's Family History Centers worldwide, Heritage Quest or the National Archives Microfilm Rental program. Don't forget the Seimes Microfilm Center of the DAR Library in Washington, D.C. has all of the census microfilm through 1900, with scattered coverage for other years.

Wouldn't Elias Taylor be amazed at the interest researchers show in these records! Indeed, with his attention to detail and accuracy, today he would probably make a top-notch genealogist.

Emily A. Croom is an active teacher, speaker, author and researcher of genealogy and family history. Croom is the author of several family histories and four how-to books, including Unpuzzling Your Past, a basic guide to genealogy (4th edition, 2001, Betterway Books) and The Genealogist's Companion & Sourcebook (1994).
Digital Age Dawns for Family Historians

New video technology offers quality plus permanence. By Lucille Daniel

The passion for recording family milestones in home movies began in the early 1930s, when 16mm cameras became available for amateur use, followed by the instantly popular Super 8 models. Interest rose even higher in the 1970s, when home video cameras became widely available. But though family historians have been making important use of film and video for generations, there has been an inherent drawback to both forms of media. Film gets brittle and starts to discolor after a few decades, and videotape starts disintegrating in as few as 15 years. In addition, each time a film or video is copied, it loses fidelity. Only recently, with the invention of digital technology, has a high-quality, long-lasting medium emerged. These days, many family historians are rushing to transfer their film and video collections to digital format in order to preserve them forever on DVDs and digital videotape.

“It's a tragedy that old films from the thirties, forties and fifties are deteriorating, and that 1970s and 1980s videotapes are fading,” says professional videographer Michael Kolowich. Kolowich, who has traced his own family roots back to Eastern Poland and Ireland, and his wife's Bradford ancestors back to the Mayflower, is a dedicated family videographer.

Megan Carroll Shea of Wellesley, Massachusetts, regent of the Amos Mills Chapter, with a circa 1900 photograph of her paternal great grandfather, Patrick J. Carroll.
When he uncovered boxes of old 16mm films in his parents' attic taken by his father and grandfather, he knew he would need to put the heirlooms into a more permanent form to preserve them for future generations. According to Kolowich, "We're at the point now where it's possible to transfer old films and videotape to newer media (i.e., DVD and digital videotape) that lasts much longer. And because they are digital, they can produce perfect copies even as the formats evolve."

**Documenting Family Histories Through the Years**

Megan Carroll Shea of Wellesley, Massachusetts, regent of the NSDAR Amos Mills Chapter, also caught the family history bug from her father and grandfather. "My family has been recording our family history through photography since the 1800s, through silent movies since the 1930s and through video since the 1970s," she says. By the late 1970s, Shea's father was already transferring his silent movies onto video by projecting and taping them in the basement of their home. Because he talked as he copied, the resulting videos contain an audio track with commentary on the vintage images. Although the family continues to view the original movies and videos at every opportunity, Shea points out that it is getting harder to find shops with supplies and repair services for old projectors. In addition, younger members of the family don't always know how to operate them. "It's important to maintain the equipment and to teach people in the family how to use it," she says. Shea herself has begun to document this generation's history with digital still photography as well as traditional 35mm film, which she sends to photofinishing shops for conversion to digital format. Though she continues to use Hi8 film with her Sony Handycam for taping videos, she knows that someday, if she wants the moving-picture archive to survive, she will have to transfer it all to digital format and store it on DVDs. With proper care, digital videos will last at least 100 years and can be preserved forever with occasional copying—every 25 years or so—onto fresher disks.

Susan Zellmann-Rohrer, another Concord, Massachusetts, resident with experience in public TV and radio, has won awards for her town-wide efforts to teach children and families how to use video to capture and preserve important elements of their own history and the life of their community. She especially enjoys helping different generations of a family work together on a video project. "It's an ennobling experience for a family to share their stories with each other," she says. According to Zellmann-Rohrer, making your own family video is an editing-intensive process. She recommends limiting each finished video to 10 minutes, "which feels right for people's time and attention span. Instead of creating the Great American Novel, you should create a collection of Great American Short Stories." Two to three hours of footage is usually needed to produce a finished 10-minute video. Though you can pay a professional to create a video for you from your raw footage, favorite music and other items chosen for inclusion, Zellmann-Rohrer maintains that "it is far more gratifying and much cheaper to do it yourself. As you edit, you're crafting a story, much as you would craft a table or a beautiful rug." She recommends checking with local vocational schools, adult education centers and libraries to see if they offer training programs and access to equipment. She also recommends iMovie editing software (free with newer Macintosh computers) or Sony products (for PC users), including "Screenblast VideoFactory," which can be used at home in conjunction with affordable digital video cameras.

Kolowich says that one-third to one-half of all camcorders sold today are digital, and you can buy digital videotapes that run for a maximum of 80 minutes. "While DV tape is still videotape, it is much more durable and resistant to degradation forces." Kolowich recommends putting family videos on DVD because of the enormous storage capacity and flexibility of use. In addition, since DVD is a random access medium rather than a linear one, you can jump to specific points in your video in the same way you turn to certain pages in a book. "We're at a real transition point in the way information is saved and accessed," he says.
"We're at the point right now where it's possible to transfer old films and videotape to newer media—DVD and digital videotape—that are much longer-lasting."

Kolowich opened DigiNovations (www.familymemories.net), a business that provides professional video editing and digital transfers, earlier this year. But Kolowich, like Zellmann-Rohrer, is a great believer in doing your own editing. "It's pretty expensive to have us go through everything and find the magic moments that tell your story," he says. "I think the technology has evolved to a point at which people who are mildly tech savvy can learn it." He put that philosophy to work last spring when he began offering memberships to his Concord, MA studio, which contains state-of-the-art equipment that is much too expensive for the average family to buy. For an annual fee, members have full access to the equipment and can create and edit their own video scrapbooks with the help of staff professionals.

Shea, whose moving-picture family history runs "from 1939 to last summer's vacation," says Kolowich's idea just might catch on with family historians who, like her, don't have the time or money to invest in brand new equipment but who are committed to creating their own video stories and ensuring their durability. But whether you do it yourself, pay someone else to do it or find some affordable middle ground, both amateurs and professional family videographers agree that the time has come to go digital.
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Whether you've battled a weight problem off and on for years, need to lose a few recently gained pounds or simply want to hold steady at your current weight, the most sensible course of action is to develop healthy eating habits. A healthy eating lifestyle will not only help you manage your weight, but it could also ward off potential medical problems such as heart disease, diabetes, high blood pressure, high cholesterol and osteoporosis.

**Eat Smart and Control Your Weight**

BY MARGIE MARKARIAN
"We're all living longer and longer," says Chris Rosenbloom, R.D., the chair of the nutrition department at Georgia State University in Atlanta and a spokesperson for the American Dietetic Association (ADA). "If you are going to live longer, you want that life to be healthy. Good nutrition and smart eating habits are critical to good health. There are so many chronic diseases that can be prevented by keeping weight down and eating healthy."

Unfortunately, as women age they are somewhat predisposed to weight gain. "The body's metabolism—the rate at which your body burns energy—slows down as you get older," explains Bettye Nowlin, R.D., a Los Angeles-based nutrition consultant and ADA spokesperson, noting that by the time a woman is 60 she's burning 200 calories less a day than when she was 30.

Women also lose muscle mass as they age. "But muscle is the part of the body burning the calories," points out Heidi Reichenberger, R.D., a nutrition consultant who owns Apple a Day Nutrition in Boston. "So, if you're in your 40s and eating the same 2,000 calories a day you ate in your 20s, you'll gain weight. That's why as you get older, you have to be more careful that the foods you eat are nutritionally dense. There's less room for extras and more of a need to include exercise in your life." Following are some easy-to-implement tips on living a healthy lifestyle, eating smart and controlling your weight.

**Practice Portion Control**

In these days of super size fries, jumbo bagels and thick-crust pizzas, it's easy to lose sight of what a normal serving size is. Familiarize yourself with the USDA's Food Guide Pyramid and eat accordingly. This doesn't necessarily mean weighing and measuring food. At home, you can easily reduce portion sizes by putting half of what you would normally eat on your dinner plate and leaving the serving dishes by the stove so you won't be tempted to have a second helping. At restaurants, train yourself to eat until you are full, not stuffed, and take home the rest for lunch or dinner the next day.

**Don't Skip Meals**

"Skipping meals slows down your metabolism and tells your body to store what you are eating as fat," explains Reichenberger. "Skipping meals gives you the tendency to overeat later in the day, and meals eaten later in the day tend to be higher in calories and fat."

**Plan Ahead**

The best way to avoid the temptations lurking in vending machines, behind deli counters, at fast food restaurants and in company cafeterias is by being prepared with your own snacks and lunches. That way, when hunger strikes, you can reach for the turkey sandwich in your insulated lunch bag or the raisins in your desk drawer.

**Read Labels**

"A lot of time people eat the right foods but not in the right amount," cautions Reichenberger. "That's why it's important to read labels and check out serving sizes. A food item with a label that tells you one serving has 150 calories might be okay. But if the normal amount you eat is four servings, then you're eating 600 calories, and that's probably not okay."

**More Fruits and Vegetables**

The Food Guide Pyramid calls for two to four servings of fruits and three to five servings of vegetables a day, yet most people don't eat anywhere near that amount. The tendency is to eat more meat, poultry, bread and cereal than necessary.

Rosenbloom suggests a trade-off: "If you're used to eating eight..."
ounces of chicken at dinner, cut back to four ounces and eat more vegetables at that meal. Instead of crackers, chips or candy for a snack, eat an apple, banana or raisins. Instead of eating a large baked potato, eat a small baked potato topped with veggies and salsa.”

To eliminate the time-consuming chore of chopping and peeling fruits and vegetables, buy pre-washed, pre-cut salads, frozen vegetables, ready-to-eat fruit trays or even canned fruit in easy-open containers.

**Write It Down**

Although it may seem tedious at the outset, writing down what you eat and how much of it you eat in a food log helps you stay honest and identify problem areas. “I advocate food diaries for people when they start a weight management program and when they hit a plateau,” comments Reichenberger. “Some people think, ‘I only snack on that once in a while’ or think they eat half as much as they really do. Writing it down makes a person see that she didn’t just eat a few chips, she ate half the bag.”

**Not Deprivation, Just Moderation**

Whether your cravings are for chocolate cake at your favorite café, a donut on Saturday morning, ice cream after an afternoon of antiquing or buttered popcorn at the movies, it’s okay to indulge your taste buds occasionally.

As Nowlin points out: “You don’t have to give up your favorite foods, just eat them fewer times a month. The bon bons are okay if you eat them one at a time, not all at once.”

If you have trouble stopping once you’ve opened a container of your favorite goody, buy it in single serving packages. That way when you have an insatiable craving for chocolate chip cookies or a bag of chips, there’s a built-in control mechanism preventing you from overdoing it.

**Order Carefully at Restaurants**

Your modus operandi should be to choose foods baked, broiled, grilled, steamed or roasted since these foods are cooked with very little fat. Steer clear of cream sauces,
Before embarking on any sort of a weight loss or exercise plan, schedule a check-up with your doctor. He or she can help you set reasonable, realistic goals.

cheese sauces, gravies, items sautéed in butter or oil and anything fried. If you have trouble resisting the bread and butter basket, ask the server to remove it from the table. When it comes to salads, choose low-calorie, low-fat dressings and skip the high-fat, high-calorie toppings like croutons, bacon bits, olives and cheese.

Increase Activity Level

As mentioned earlier, metabolism slows down and muscle mass decreases as you age. That's why it's so important to rev up your metabolism and keep muscles strong by participating in aerobic activities and performing strength-training exercises.

"Aim for 30 minutes of brisk activity daily," recommends Reichenberger. "It can be walking, swimming, rollerblading, dancing or some other activity you really enjoy. Then pick a time to do it that will fit into your day. It doesn't even have to be all at once. If you have a 15–20 minute break at work, take a walk. After work, do something else for 15–20 minutes. As far as strength-training is concerned, aim for 10 minutes twice a week."

Of course, before embarking on any sort of a weight loss or exercise plan, schedule a check-up with your doctor. He or she can help you set reasonable, realistic goals.

"If you're 50 and have had three kids, it's not very realistic to try to weigh what you weighed in high school," says Reichenberger, who recommends referring to body mass index charts to determine an appropriate weight range instead of traditional height/weight charts. "The body mass index takes everything into account: height, weight, bone size and muscle mass."

"Even if you think you need to lose a large amount of weight, start small," adds Nowlin. "Lose five pounds, then five more. That's more achievable than saying 'I have to lose 30 pounds.' Diets that say lose 10 pounds in 10 days are not realistic. What you want is small, gradual change." Smart eating habits should last a lifetime.

HEALTHY HABITS THROUGH THE YEARS

IN YOUR 20s

☑ Eat iron rich foods to replace iron lost during menstruation.
☑ Make exercise a regular habit now so that it will be an automatic part of your lifestyle later.

IN YOUR 30s

☑ Make sure you get 1,000 milligrams of calcium a day to prevent bone loss.
☑ Take folic acid—400 micrograms daily. These are your childbearing years and folic acid prevents birth defects.
☑ Continue to exercise and eat healthy.

IN YOUR 40s

☑ Rev up the exercise a notch or two. Add strength training if not already a part of your fitness routine.
Exercise compensates for your slowing metabolism and decrease in muscle mass.
☑ Continue taking calcium supplements as well as folic acid if pregnancy isn't out of the question.
☑ Eat healthy, exercise and be extremely mindful of fat intake.

IN YOUR 50s AND BEYOND

☑ Up your calcium intake to 1,200 milligrams daily.
☑ Talk to your doctor about hormone replacement therapy.
☑ Be sure to have all the important health screenings at appropriate intervals, including mammograms, Pap smears, cholesterol tests, blood pressure, sigmoidoscopy and electrocardiograms.
☑ Continue aerobic and strength training exercises to ward off osteoporosis and other debilitating ailments.
☑ Maintain healthy eating habits.
Climbing Your Family Tree Online
Where to find helpful genealogy information on the Web. By Maureen Taylor

It only takes a few moments on the Internet to realize that there are an overwhelming number of websites containing genealogical material—everything from family sites to subscription databases. So where can you find what you need?

Informative Sites
A first stop for beginning genealogists is Cyndi’s List (www.cyndislist.com). Cyndi Howells started her online index to genealogical websites several years ago and continues to update her listings regularly. It’s similar to a card catalog arranged by subject with sub-listings in each category. If you want to keep up to date, sign up for mailings using your e-mail address. Every day you’ll receive a list of what’s new on the site.

Another good site for beginners is Family Tree Magazine (www.familytreemagazine.com). It features previews of articles from the print magazine, online columns and the “Site of the Day.” You can also use the “Supersearch” search engine to find genealogical data on the Web. Searches can be done using surnames, keywords, living people or resources. A weekly e-newsletter is also available. Best of all, everything is free.

If you haven’t taken advantage of what’s online, now is the time to do it.

While you are surfing the Web, spend time using the vast database of the Church of Jesus Christ Latter-Day Saints at www.familysearch.org. Search all of its resources or pick a specific database. Look for your ancestors all over the world in the International Genealogical Index, or match your results with other researchers using the Ancestral File. Locate what is on microfilm for loan by perusing the online catalog. You’ll then have to find a Family History Library near you to order copies. If you are not sure how to approach research in a particular geographic area, use the site’s resource guides for reference purposes.

Subscription Services
There are also a variety of subscription databases. Start by exploring the options. Before you spend a cent on a family history search, try what’s available for free and then pick a subscription based on your research needs. Most websites contain a mixture of research tools and subscription services.

www.Ancestry.com, of MyFamily.com, Inc., maintains an archive of its daily e-newsletter and offers family tree software and surname message boards. However, the site’s real strengths are the searchable databases, census records, maps and genealogical periodical index. Every day Ancestry.com adds new material for genealogists. You can find out what’s been added by subscribing to the free newsletter, Ancestry Daily News. Annual memberships range from $129.85 for access to census material, United Kingdom/Ireland databases and other services to a basic subscription for $69.95.
An enticing feature on www.genealogy.com is MyGenealogy.com, which enables you to save your genealogical searches and trees. An online data library with subscriptions is also available in several sections. The Genealogy Library consists of digitized pages from published sources such as genealogies and local histories; World Family Tree provides access to family trees contributed by other researchers; the 1900 Census is a searchable version of the official U.S. document; and International and Passenger Lists help you access international sources to possibly find an immigrant ancestor. Annual online subscriptions are either $14.99 or $79.99, depending on the database. If you choose not to subscribe, a CD collection of genealogical data can be purchased through the site. You'll also find plenty for free on this site: message boards, a search engine, articles and tips for beginners.

There is an interesting twist for visitors to www.everton.com. In Everton's Bureau of Missing Ancestors (BMA), you might find research help. By submitting an ancestor to the BMA you can create a message board for that specific ancestor so that others can add data. Anyone leaving contact details becomes part of the Ancestor Network so users can continue to work with others on solving a mutual research problem. Everton's also offers a small number of searchable databases. There is a guest membership for the first search. If you want to join it costs $49.95 for one year or $89.95 for two years.

The New England Historic Genealogical Society has a lot to offer online regardless of whether you have New England roots (www.newenglandancestors.org). Membership ($60.00/year) includes access to topical articles and subscription databases. One of the newest features is a searchable full-text version of the New England Historical and Genealogical Register from 1845 to the present. Members can also visit the library, take a class, purchase books or borrow books from the Circulating Library.

If you prefer to purchase your own materials, Heritage Quest (www.heritagequest.com) offers an online catalog of products available in print, on CD or on microfilm. The query center is similar to a message board and the site offers samples of articles that appear in Heritage Quest magazine.

If you haven't checked out what's available online, now is the time. Be sure that the information you obtain online is fully documented and can be verified before you incorporate it into your family tree. After all, you wouldn't want to climb someone else's family tree.

In the July/August issue of American Spirit

Female Patriots: Celebrating the brave women of the Revolution
Architecturally Speaking: Architect William Poole discusses his passion for designing homes and furnishings inspired by the past
Making Genealogy a Family Affair: A few helpful tips to get children interested in genealogy
Publishing Your Own Family Newsletter: Keep in touch by creating a family newsletter
New Ancestors

The following ancestors were approved in February, 2002 by the NSDAR Board of Management after verification of documentary evidence of service during the American Revolution.
The role of American women in the founding and growth of the Atlantic Coast colonies and the United States has received much attention in recent years. A new offering on the subject comes from the National Geographic Society and provides a general text with a broad sweep. It examines the lives and contributions of women from the pre-colonial period to voting rights in the early 20th century. The chapter headings immediately reveal the content and concentrations of this overview: "Native American Women," "Colonial Women," "Revolutionary Women," "Plantation Mistresses," "Enslaved Women," "Westering Women," "Gilded Age Women," and "Women on the March." A brief bibliography on the last page provides listings of additional titles for further reading.

True to the tradition of the publishing organization, I Dwell in Possibility is profusely illustrated. While many familiar images of American women are interspersed throughout this publication, there are also many more that are less well known. The mixture provides portraits and photographs of a wide variety of women from all social levels and from across the country. Needlework, broadsides, engravings, handcrafts and paintings add variety and color to supplement the text and the black and white photographs. The resulting blend gives the reader an introductory sense of the historical development of society, art, culture and the role women have played over the course of three centuries.

-Eric G. Grundset

Days of Destiny: Crossroads in American History
James M. McPherson, Alan Brinkley, general editors
DK Publishing. 2001. 496 pages. $34.95 hardcover.

Heading a project sponsored by the Society of American Historians, the editors of this fascinating compilation have combined two ways of viewing our country's past: as a series of events and as a complex narrative. Several noted Society members were asked to pick one day they believe changed the course of history and to tell the stories surrounding it. The result is a collection of 31 insightful essays. The earliest date explored is June 17, 1675, when the Wampanoag's "King Philip" met with Rhode Island representatives to negotiate peace. Author James Axtell calls it "a unique moment in American history" even though it did not ultimately succeed in preventing war. The book's final essay focuses on June 14, 1973, when two biologists convinced leaders of a scientific conference to open debate on the moral implications of DNA research. Other chosen turning points include the British surrender at Yorktown on October 19, 1781, and the call for women's suffrage at the Seneca Falls Convention on July 20, 1848.

Though the chapters are all highly engaging, it is the lesser-known historical moments that offer the most thought-provoking insights. For example, historian Joyce Appleby calls the day of Jefferson's inauguration in March 1801 the start of a "second American Revolution." The commitment made by the third president to establish a republican government decentralized in power but united in purpose represented, in Appleby's view, the definitive break from British influence. This book is as rich as a fine collection of short stories, with the added value of distinguished scholarship.

-Lucille Daniel
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