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The Cabot Chronicle

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Serving Cabot
& Surrounding
Communities

Vol. 1, No. 10

Cabot, Vermont

December 2008

School Board OK's Bus Safety Seats



By Peter B. Dannenberg
CABOT

At its Nov. 6th meeting, Niall McCallum moved, school board chair Chris Tormey seconded and the Cabot School Board unanimously approved buying built-in booster seats for preschool and kindergarten riders on its two new school buses. The board will lease the buses in 2009. It will order each bus with special seats in the first five rows, so each bus can accommodate up to 20 of Cabot's smallest passengers.

Cecilia Gulka, who teaches 14 preschool students this year, not all of whom are bus riders, discussed the need for special seat restraints at this meeting and at board meetings on Oct. 6 and 20. She said there is much debate about this issue, but regulations vary from state to state. Gulka downloaded several lengthy documents from Web sites that explain the pros and cons of equipping school buses with special safety restraints.

The federal government does not mandate these restraints on school buses that weigh more than 10,000 pounds, according to George Burlison, Washington Northeast Supervisory Union superintendent.

But Gulka said the short stature and light weight of preschool and kindergarten students place them at greater risk than larger riders. Stacey Mudgett, mother of Jesse, a preschool bus passenger, agreed that the feet of the youngest children cannot touch the bus floor. In an accident, these small children could not brace themselves against the floor; without safety harnesses, the impact could hurl them from their seats.

The two new buses, which the board will acquire with lease-purchase contracts, each exceed the federal 10,000 pound guideline, so safety restraints are optional. The smaller is a 12,500 pound lift-equipped vehicle that can carry up to 24 passengers. The larger is a full-sized bus that weighs 20,000 pounds and can seat up to 71 passengers.

Built-in booster seats on a new bus cost a little more than standard seats. They convert into regular seats when used by older passengers. However they take up more space than standard school bus seats. This cuts down the number of passenger seats on each bus. It also takes more time to correctly buckle in youngsters and help them out of child safety restraints; that translates into more



The November 6th Cabot school board meeting

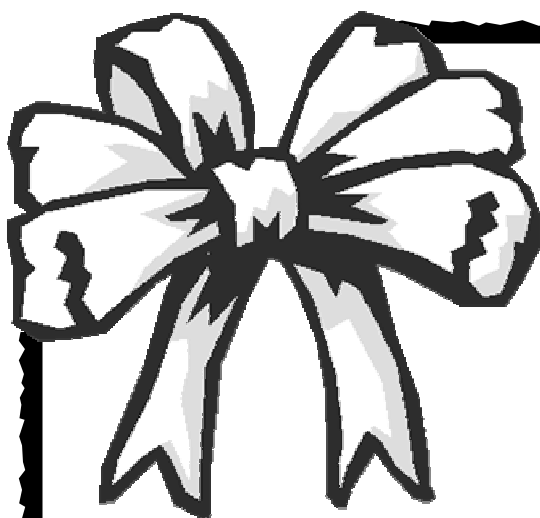
time to complete each trip. And bus fleets must properly maintain safety restraint systems. For these reasons, for-profit school bus companies frequently oppose outfitting larger school buses with optional safety restraints.

The National Highway Safety Administration says school buses are safer than other types of passenger vehicles because they must comply with government standards. However, preschool children are safest riding in child safety restraint systems. So it recommends, but does not require, using approved restraint systems for preschool children. Federal regulators urge state and school transportation managers to develop their own guidelines for safely transporting children who weigh less than 50 pounds. The American Academy of Pediatrics also suggests using child safety restraint systems for young bus passengers.

Vermont has no special state rules about preschool children who ride in large school buses.

The board will not retrofit the two older buses that it will keep in Cabot's fleet when the new vehicles arrive. The two new buses will have enough capacity for all the pre-school and kindergarten passengers expected in the near future.

In other business, the board approved the Cabot PTO leading the fundraising effort to buy playground equipment for younger elementary school students. Burlison accepted a poster-sized letter signed by kindergarten, first and second grade students who support playground improvements. Some of these students will attend the Nov. 17 school board meeting to express their desire for the playground.



TIE ONE ON!

You will find a red ribbon included in this issue of the Cabot Chronicle. This red ribbon is provided by MADD (Mothers Against Drunk Driving) and should be tied to your car on the outside driver side mirror to remind other drivers this holiday season:

Don't drink and drive Don't ride with someone who has been drinking
Wear your safety belt - it's the best defense against an impaired driver.

The staff and volunteers of the Cabot Coalition and Cabot Youth Activists (C-YA) wish you a very safe and happy holiday season.

One Question For Kitty Toll

By Allison Joyal
MONTPELIER

The Cabot Chronicle sent an e-mail to our new Legislative Representative, Kitty Beattie Toll

Chronicle - The Cabot Chronicle would like to congratulate you on your win and ask what challenges you expect to face upon first entering office. What do you expect to be priorities for you and the voters you represent?

Representative Toll - I am actually in Montpelier right now for Legislative training. The big topic is, of course, the economy.

Over the last couple of days we have heard a lot about the budget, but we also realize that there are opportunities to do positive work for our communities in Vermont. There will be much discussion on health policies, the funding of education and economic development.

Holiday Greetings
*To all our readers,
subscribers & advertisers
from all of us at.....*

The Cabot Chronicle

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CABOT COMMUNITY

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Cabot Road Crew: Slow Down for Winter Driving



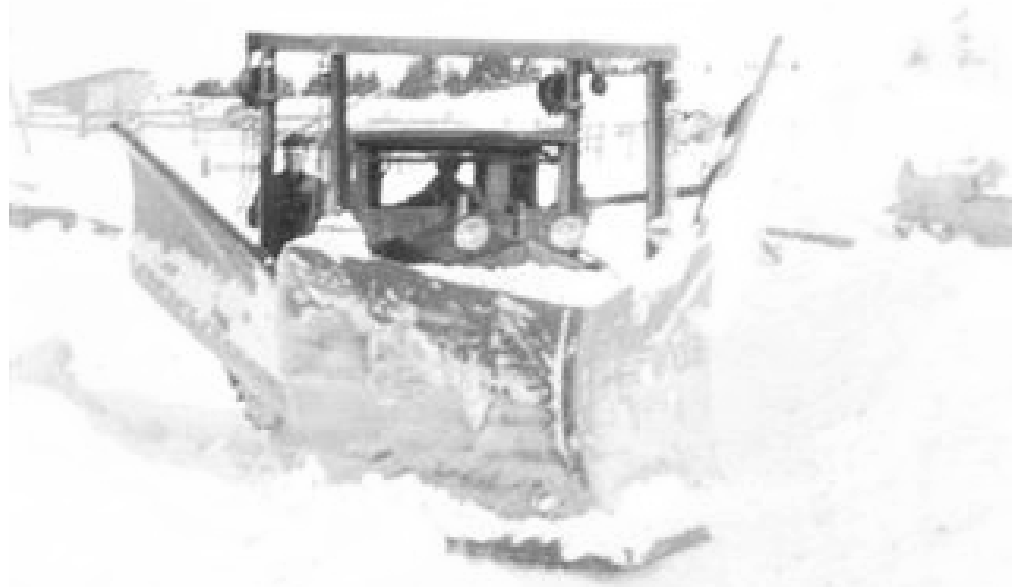
By Susan Alexander
CABOT

I have two driving speeds: a tad too fast when the roads are dry and a tortoise crawl when it snows. At the ripe old age of 20 I learned the hard way how unpredictable winter driving can be and decades later I relive that loss of control every time it snows. My blood pressure soars when confronted with driving in a couple inches of snow and my knuckles turn white just thinking about it. During the winter months my morning outlook is directly attributable to the dryness of the roads. Perhaps because of this I have a greater appreciation for the work of the Cabot Road crew than most.

While most of us will be scurrying around to "button up" and put on the snow tires, the crew at the Cabot Town Highway garage have been ready for winter for a while. The fact that the roads required plowing and sanding a couple times before Halloween is not one they take lightly. Some 8000 cubic yards of sand is stockpiled, the plows are standing ready, and with good humor the road crew joked with me about win-

ter driving on a recent visit to the Town Garage. "We spend all summer getting ready for winter" says Dave Pike. In addition to plowing there is ditching, graveling, grading, clearing, and culvert work to be done so that when winter hits they can concentrate on plowing. With nearly 60 years of combined experience, Dave, Rusty Churchill and Charlie Pilbin have seen it all. So when asked what three things residents can do to be prepared for the next big storm they all chimed in together to say slow down, slow down, slow down! "And get your snow tires on now," says Rusty "All seasons don't work!"

One of the challenges facing the road crew is the variability of the road conditions in a town that has almost a 1000-foot change in elevation from Goulds Flats up to Cabot Plains. I happen to live at the northern end of the town and driving north on Rt 215 during a typical snowfall is like covering three distinct bioregions in just 10 miles. When the flurries hit while coming through the Flats I pretend it won't get any worse. Yet by the time I reach the village, windshield wipers



Plowing the Cabot Plains 1928

are required and snow is sticking to the ground. My denial fades as my heart beat quickens; the road here is covered with the slippery white stuff. Approaching the Cabot Plains Road (if I make it up the first set of hills that is) the wind is blowing horizontally such that drifts have formed across both lanes and the road edges are no longer obvious. I can only hope the car tracks I am following are actually on the road and not leading me into Ackerman's field.

So how do Dave, Charlie, and Rusty know when to plow and where? Well they know better than I that the

higher elevations are hardest hit. "Just last Tuesday had to sand for black ice on Rt 215 north when the rest of the road was fine," says Rusty. The crew also relies on weather reports from different sources to tell them what to expect that day. One listens to Gary Sadowsky on WCAX in the early hours and another relies on Roger Hill to provide him with projections on temperatures and expected accumulations. Often at the end of the day they look back and compare notes to see which forecaster had it right. I'm not sure anyone keeps track but it seemed like Roger Hill might have an edge.

To The Voters Of Cabot



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Washington County Senator

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Send us articles, letters to the editor, photos and press releases. Let's keep our community communicating!

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DEADLINE: 15th of the month prior

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Layout: Todd Jones

Editorial Advisory Board:

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Cia Considine, John Paulson, Jon Vara



The Cabot Chronicle

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CABOT COMMUNITY

To submit articles to editor@cabotmedia.org

Cabot November Election Results



By Allison Joyal
CABOT

In Cabot there are 968 registered voters and 805 ballots were cast including 217 absentee ballots.

President and Vice President:

Barack Obama & Joe Biden (D) – 543
John McCain & Sarah Palin (R) – 238
Ralph Nader & Matt Gonzales (I) – 7
Bob Barr & Wayne A. Root (L) – 4
Write-In – 7
Blank – 2

Representative to Congress:

Peter Welch (D/R) Hartland – 597
Thomas Hermann (P) Barre City – 46
Jerry Trudell (EI) Charleston – 37
Mike Bethel (I) Bennington – 22
Chris Ericson (I) Chester – 15
Jane Newton (LU) Londonderry – 8
Write-In 3
Spoiled – 2
Blank – 70

Governor:

Jim Douglas (R) Middlebury – 380
Anthony Pollina (I) Middlesex – 239
Gaye Symington (D) Jerhico – 154
Sam Young (I) Glover – 9
Tony O'Connor (CRE) Derby - 5
Peter Diamondstone (LU) Brattleboro - 2
Blank – 9

Lieutenant Governor:

Brian E. Dubie (R) Essex – 395
Thomas W. Costello (D) Brattleboro – 299
Richard Kemp (P) Burlington – 55
Ben Mitchell (LU) Westminster – 11
Blank – 38
Write-In 2

State Treasurer:

Jeb Spaulding (D/R) Montpelier – 674
Don Schramm (P) Burlington – 54
Murray Ngoima (LU) Pomfret – 13
Blank - 60

Secretary of State:

Deb Markowitz (D) Montpelier - 524
Eugene J. Bifano (R) Warren - 171
Leslie Marmorale (LU) Vershire - 12
Marjorie Power (P) Montpelier – 44
Blank - 50

Auditor of Accounts:

Thomas Salmon (D/R) St. Johnsbury – 566
Martha Abbott (P) Underhill – 138
Jerry Levy (LU) Brattleboro – 11
Write-In – 2
Spoiled – 1
Blank – 82

Attorney General:

William H. Sorrell (D) Burlington – 493
Karen Kerin (R/L) Royalton – 144
Charlotte Dennett (P) Cambridge – 72
Rosemarie Jackowski (LU) Bennington – 12
Write-In – 1
Spoiled – 1
Blank – 78

State Senator:

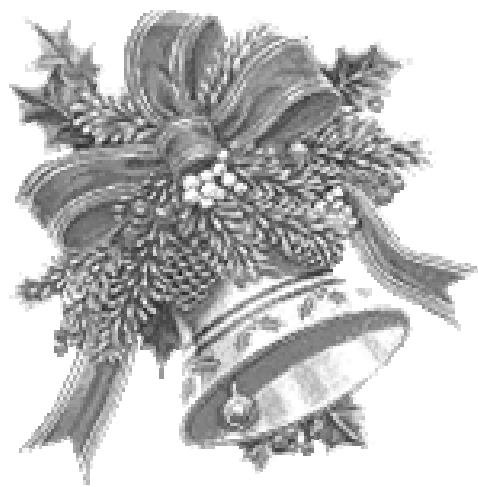
William “Bill” Doyle (R) Montpelier – 346
Ann E. Cummings (D) Montpelier – 315
Phil Scott (R) Montpelier – 306
Laura Day Moore (D) Barre Town – 283
Kimberly B. Chenet (D) Middlesex - 266
John R. Gilligan (R) Barre City - 137
John Bloch (P) Montpelier – 102
Dwight “Slippery Slim” Duke (L) Marshfield – 54
Write-In – 4
Blank – 590

State Representative:

Kitty Beattie Toll (D) Danville – 524
Linda L. Vance (R) Danville – 234
Write-In – 4
Blank – 39

High Bailiff:

Philip Anthony (R/D) Northfield – 602
Write-In – 6
Blank – 191



Even though this sign may have been misplaced, the Cabot Gourmet Buffet was a success.

Cabot Planning Commission Seeking New Members

By Gary Gulka
CABOT

If you have an interest in the future of the Cabot community and how it grows and develops in the future, you may want to consider serving on the Cabot Planning Commission. The functions of a Planning Commission include preparing a Town Plan and regulating land development by proposing zoning or land use and development regulations.

Currently the Planning Commission is revising the Town Plan, which addresses topics such as natural resources and conservation, transportation, housing, economic development, and land use. The Town Plan helps to define a future vision of what we

want our town to be, identifies issues that are important to improving the quality of life for town residents, and identifies goals and particular actions the town should take to lead us in that direction. The Town Plan also serves as guidance for zoning regulations.

The Planning Commission is also working on revisions to the Cabot Zoning Regulations that affect the way the town develops and sets the specific requirements for land development.

The Planning Commission generally meets one evening per month. If you are interested in learning more about the Planning Commission and becoming involved, please contact Gary Gulka at 563-2284.

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NEW DEADLINE: DEC. 11
TOTAL AMOUNT AVAILABLE
FOR 2009: \$57,813.86

APPLICATIONS AT
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Email rdeno@fairpoint.net

CABOT COMMUNITY

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Button-Up Workshops

By Peter B. Dannenberg
MARSHFIELD

As fall becomes winter, Vermonters increasingly worry about staying warm. This year's roller coaster prices for oil and gas have many wondering if they can afford to heat their homes this winter. On September 27, a day-long workshop at Twinfield School addressed these concerns.

The Central Vermont Community Action Council, the Vermont Agency of Human Resources, the Vermont Energy and Climate Action Network and Efficiency Vermont plan to sponsor 100 more free Vermont workshops on saving home energy. They call their new program Button-Up Vermont.

At the Twinfield workshop, Paul Zabriskie of Energy Resources of Vermont, who helped develop the introductory slideshow, passed around samples of energy-saving construction materials to an audience of about thirty. He explained that, although particular steps to save energy vary somewhat with the home's age and construction type, there are general principles that apply to every building. Energy improvements should follow a three-step process.

The first step is conserve, that is, use less energy. This can be as easy as shutting off unneeded lights and appliances. Zabriskie cautioned that many electronic devices have circuits that draw electric power even when not in use. This cuts down the time it takes computers, TVs and home entertainment centers to warm up, but means they use some electricity even when off. Unplug unused "always on" appliances from wall sockets or shut them off with a power strip or smart power strip.

A few other ways to conserve are to dry clothes on a line, turn down thermostats, lower the thermostat on water heaters and close off unused spaces during the heating season. Closing off unused spaces can cause problems. You must be careful not to allow water pipes to freeze or to let water vapor penetrate walls and ceilings, if the inside temperature of an unused room drops below freezing. Conserving usually costs little more than paying more attention, so it is the best place to start saving energy.

Step two is improving energy efficiency. Many homeowners think of this step, which includes improving insulation, replacing windows and doors and buying energy-efficient appliances first. However, these actions cost more than conservation and should come after you conserve as much as you can. Evaluate the cost savings of all improvements and cal-

culate how long it will take you to recover your investment. Of course, when it is time to replace an appliance, you want to buy the most efficient model that meets your needs. Energy Star ratings on new appliances can help you make your decision.

The third step is to consider alternative fuels that provide more energy at less cost. This includes using biomass, wind, solar and geothermal energy sources. These improvements often require substantial investments. Trained professionals may help you decide what makes sense for you. Zabriskie recommended a home energy audit, which costs \$300 to \$500, and gives you a written evaluation of your home and recommendations for improvements.

Zabriskie repeatedly emphasized that it does little good to insulate before fixing air leaks. Drafts blow through unfaced fiberglass insulation. A sign of this is insulation that turns black with the dust that air currents carry through it. A home energy audit uses a blower door and thermal imaging device to detect air movement. However, a homeowner can find many leaks on a windy, cold day with a stick of incense. Smoke movement shows when you are near a draft.

Most people can add weatherstripping or seal duct work and holes around pipes and wires with simple tools and materials from a hardware store. On the other hand, some newer homes are so air tight that you must provide a way to get rid of excess moisture and noxious fumes. Kitchen and bathroom exhaust fans usually provide adequate ventilation.

Discussion of tools and materials for homeowners included noting that some big jobs, like blown-in wall insulation, are for qualified contractors to do. Other sessions included more detailed looks at particular energy-saving improvements and sources of financing for big projects. Vendors, non-profit organizations and government organizations all had informative displays manned by people who answered questions. They offered a lot of free reading material to take home.

To learn more about saving energy in your home and see the schedule of future Button-Up Vermont presentations, visit the Efficiency Vermont Web page at www.efficiencyvermont.com. Under residential, you can click on Button-Up Vermont. There are links to other ideas and lists of certified contractors you can use too, whether or not you go to a workshop.

Free Home Radon Test Kits

By Gary Gulka,
Cabot Town Health Officer
CABOT

The radioactive gas, radon, is the second leading cause of lung cancer in the U.S. You can easily check your home for the presence of radon by requesting a free radon test kit from the Vermont Department of Health. The winter season is a good time of year to begin a radon test. For more information on radon and ordering a test kit, see these frequently asked questions below.

What is radon gas?

Radon is a naturally occurring radioactive gas. Radon has no color, odor or taste and results from the decay of uranium, which is a radioactive element found naturally in the earth's crust. Over billions of years, uranium decays into radium, and eventually, radon. Unless you test for it, there is no way of knowing if radon is present in your home.

What are the health effects of exposure to radon in a home?

There are no known health effects connected with brief exposure to radon. However, over a lifetime, breathing air with too much radon increases a person's risk of getting lung cancer. The risk is increased even more for a smoker exposed to radon. According to a report by the National Academy of Sciences, radon is estimated to cause between 15,000 and 22,000 lung cancer deaths per year. It is the second leading cause of lung cancer after smoking.

How does radon enter a home?

Radon is present in soil, air and water. However, soil is the main contributor of radon in homes. The amount of radon that escapes from the soil into a home's air depends on many factors including geology, soil type, and building construction. Elevated levels of radon have been found in all types of homes in every area of Vermont. The likelihood of a radon problem cannot be predicted by the style, age, or location of a house. Houses can act like large chimneys, with warm air rising and escaping out upper floor windows and through cracks in the attic. This creates a vacuum at the lowest level of the house, which can pull the radon from the soil into the house.

Well water that contains radon may increase the level of radon gas in a home. Actions like taking showers, doing laundry or running the dishwasher can release radon into the air. It generally takes 10,000 picocuries per liter (pCi/L) in water to increase the radon level in air by 1.0 pCi/L.

How do I test my home for radon?

The use of a long-term radon test is best. Because radon levels can change daily, weekly and seasonally, a test of three to 12 months (ideally including a heating season) gives the most accurate measure of actual exposure. Free long-term radon test kits are available to Vermont residents. You may e-mail your request to radon@vdh.state.vt.us. Please put the words "Radon Test Kit" in the subject line of your e-mail and be sure to include your name and Vermont mail address. You may also contact the Department of Health at 800-464-4343.

Radon testing should be done in the lowest level of living space in the house, ideally in a living room, playroom, den, office or bedroom. The testing device should not be placed in kitchens, bathrooms, laundry rooms, hallways or closets. Once the device is set up, it should not be disturbed until the test period is over.

Vermont law does not require a radon test as part of a real estate transaction. However, if radon testing has been done in the past, the buyer must be notified. For real estate transactions or other cases where a quick test is needed, [the Health Department Laboratory](http://thehealthdepartmentlaboratory.com), private labs and building supply stores sell short-term detectors.

What does the radon test result mean?

Radon gas, which is measured in units of picocuries per liter (pCi/L) of air, can be found both inside and outside your house. In Vermont, the average radon level in the outside air is 0.4 pCi/L and the average level in homes is about 2.5 pCi/L. The EPA has set 4.0 pCi/L as the action level for radon. If your test result is at or above 4.0 pCi/L, you should seek help from a certified mitigation contractor to reduce radon levels in your home.

How can I fix a radon problem?

A list of certified professionals is available at www.radongas.org. The cost for installing a radon reduction system can range from \$800 to \$2,500, depending on the type of house and the choice of system. In most cases, a venting pipe and a fan are used to reduce radon, and no major structural changes to the home are required. Sealing foundation cracks alone has not been proven to lower levels significantly or consistently.

CABOT COMMUNITY

Cabot School Honor Roll

2008-2009 First Quarter

Cabot School is very proud of the students who earn high grades and are on the Honor Roll. The Honor Roll is published after each marking period. Academics are very important at Cabot School and we encourage all students to strive to do their best.

Honor Roll requirements are:

High Honors—No grade below 90; minimum 90 average

First Honors—All A's and B's; no grade below 85 with an average of at least 87.5

Second Honors—All B's; no grade below 80; average of 80-89

High Honors

Grade 12: Lillian Alexander, Ella Belenky, Jesaiah Feltus, Ashley Foster, Julia Gulka, Hakon Hanson, Whitney Richardson, Nicholas Rushman, Mariya St. Cyr

Grade 11: Ashley Ambroz, Dore Elaine Grier, Theron Lay-Sleeper, Dylan Tetreault

Grade 9: Aaron Bushey

Grade 8: Daniel Hoyne-Grosvenor

Grade 7: Donoghue Burke

First Honor

Grade 12: Samantha Brown, Shane Gochey, Seth Graves, Johnathan Maxfield

Grade 11: Caitlin Celley, Brittany French, Amber Graves, Samantha Lewis-Rock

Grade 10: Trevor Banister, Jena Bastress, Carrie Harvey, Tyler Placey-Noyes, Charlotte Robison

Grade 9: Susanna Paye, Rebecca Rossell

Grade 8: Timothy Mueller-Harder

Grade 7: Joseph Ambroz, Olivia Belavance, Lars Hammer, Shelby Marcotte, Carter Maxfield

Second Honors

Grade 12: Diana Cogger, Victoria Harshman, Nevada Kohler, Maria McClellan, Meriah Nunn, Samantha Talbert

Grade 11: Robert Lanphear, Justin Rich

Grade 10: Lyndsay Christman, Sadie Marcotte, Shelby Maurice, Elisha Tebbets

Grade 9: Caleb Domey, Kelly Gochey, Cassidy Kittridge

Grade 7: Wesley Ameden, Nell McQueeney, Sarah Woodman

OBITUARIES

James C. Batten

EAST HARDWICK

James Carleton "Jim" Batten: 82, a life long member of the East Hardwick community died Tuesday, November 4, 2008 at the Fletcher Allen Medical Center in Burlington.

He was born March 17, 1926 in Morrisville, the son of the late Carleton and Susan (Joslyn) Batten. He graduated from Lyndon Institute in the class of 1944 and continued his education at Massachusetts Institute of Technology (M.I.T.) graduating in the class of 1951, with a degree in Mechanical Engineering.

He entered the Army Air Force on August 21, 1944 in Rutland. He served his country, as an airplane radio mechanic, throughout the United States and in the south Pacific. He received a World War II Victory Medal, American Campaign Medal and a Asiatic Pacific Campaign Medal for his efforts. Corporal Batten was honorably discharged on August 6, 1946 at Fort Dix, N.J. On August 16, 1952 he married Anne C. Kelly in Millers Falls, MA. They lived most of their married life in the East Hardwick area.

Jim worked on the family potato farm for seven years prior to his employment as an Armament Test Engineer at General Electric in Jericho until he retired in 1988. He later retired from Wildcat Busing in 2003. He enjoyed reading, the family cats and the time that he spent with his children, grandchildren and great granddaughter.

Survivors include: his wife, Anne, of East Hardwick; two children: Robert Batten and his wife, Lydia, of Jericho and Barbara and her husband, Greg Schoolcraft, of Peacham; five grandchildren: Nathan Batten, Lucas Batten, Brady Batten, Kristen Schoolcraft Speen, her husband Michael and Blake Schoolcraft; one great-granddaughter: Peyton Speer; nieces and nephews. He was predeceased by an infant daughter, Susan Jean Batten and also by his dearest friend, classmate and Best Man, Cola Hudson, who died in January 2008.

Funeral Services will be held on Saturday, November 8, 2008 at 1 PM. the Northern Vermont Funeral Home, 60 Elm Street, Hardwick with the Rev. Judy Waible of the United Church in Hardwick officiating. Visiting hours will be held on Saturday from noon until the hour of the service. Burial with military honors will follow in the Sanborn Cemetery in East Hardwick.

Contributions in his memory may be made to Lyndon Institute, P.O. Box 127, Lyndon Center, Vermont 05850.

Arrangements are under the direction of Dian R. Holcomb of Northern Vermont Funeral Service, 60 Elm Street, Hardwick.

Elwin W. Brown

WALDEN

Elwin Wendell "Brownie" Brown Sr., 94, of Walden died peacefully, Thursday evening, November 20, 2008 at his residence.

He was born November 1, 1914 in Belvidere, the son of the late Wilbur and Julia (Greenwood) Brown.

On June 5, 1937 he married Margaret Eva Green in Eastford, CT.

In his earlier years he was employed in the construction business as a heavy equipment operator on interstate highways, for Lane Construction in Meridith, Ct., Pulazzia Construction in New Hampshire and A.J. Orlando Construction. He later worked for H.G. Wood Lumber Mill in Bath, N.H and Britton Lumber in Ely, Vt. For 9 years he owned and operated Brown's Sawmill in Walden. He retired in 1980. He was a member of the International Union of operating engineers. Elwin enjoyed his workshop, making wooden toys for gifts, fishing, snowmobiling, gardening, country music and attending Antique Gas Engine Shows. Other enjoyments include: traveling, especially trips to Alaska.

Survivors include his wife of 71 years, Margaret, of Walden; a daughter: Barbara Chambers of Chelsea; two sons: Elwin W. Brown Jr. of Valparaiso, Indiana and Allen Brown of North Hyde Park; 6 grandchildren; 13 great grandchildren; one great great grandson; nieces, nephews and cousins.

He was predeceased by a brother: Newton Brown; and a sister: Katherine Brown.

Visiting hours will be held Friday, November 28, 2008, from 6 to 8 PM. at the Northern Vermont Funeral Home, 60 Elm Street, Hardwick.

A Memorial Service will be held on Sunday, November 30, 2008 at 2 PM. at the Walden Methodist Church in Noyesville.

In lieu of flowers contributions in his memory may be made to Vermont Cancer Center at the University of Vermont, Health Science Research Facility, 149 Beaumont Avenue, Burlington, Vermont 05405-0075.

Arrangements are under the direction of Dian R. Holcomb, of Northern Vermont Funeral Service, 60 Elm Street, Hardwick.

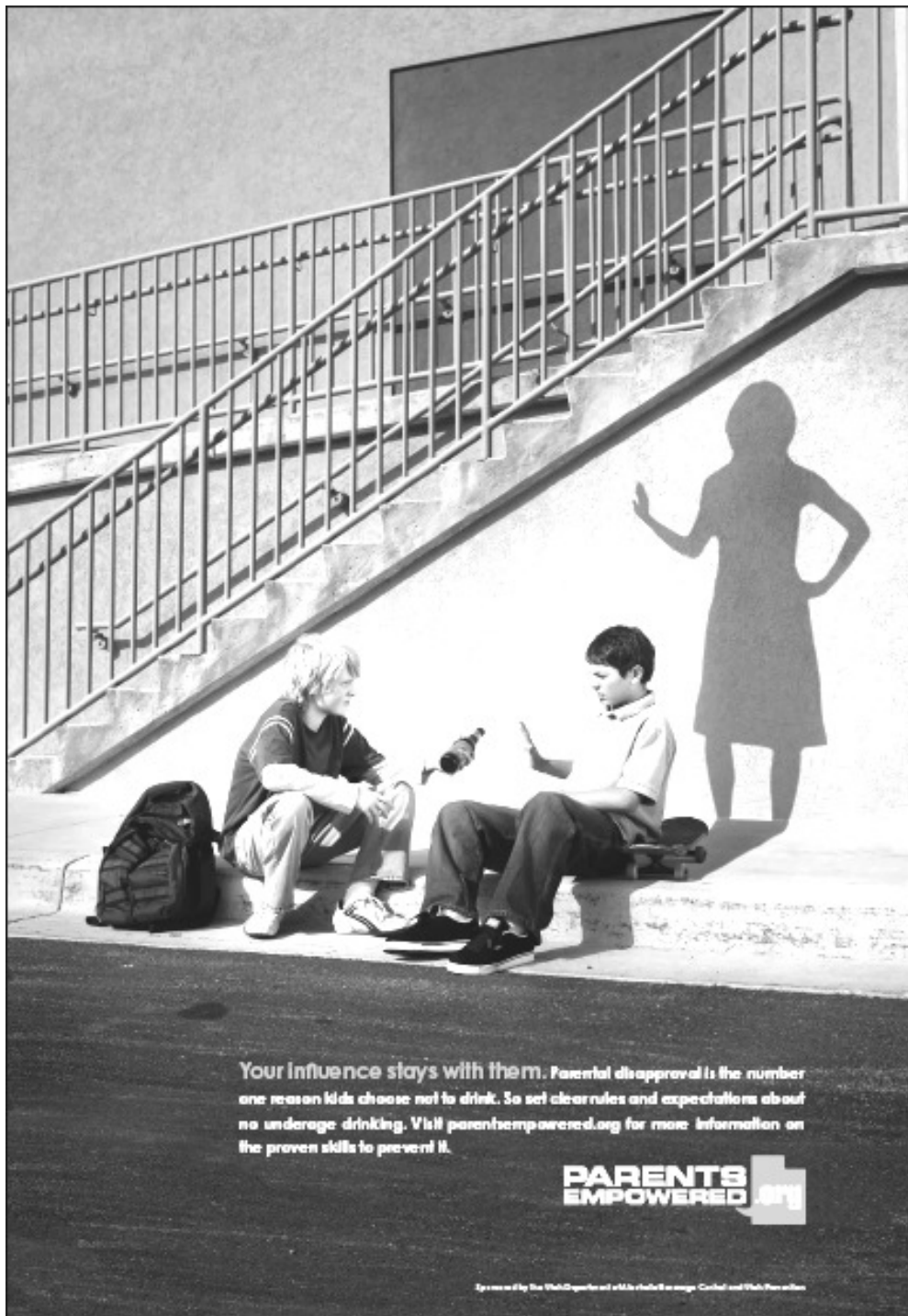
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When Life Gives You Pumpkins

By Cia Considine
CABOT

This was a great year for growing pumpkins. I was looking forward to having more than a few pie pumpkins from my garden. Last year we grew about 20 from just a few plants. Yes it was unexpected, but we were creative and processed each one into more than one delicious pumpkin recipe.

This Spring, in anticipation of finding even more pumpkin possibilities, we planted more pumpkin plants and as the summer passed, I could see by the roadside gardens, that pumpkins were again growing in abundance everywhere. Everywhere, except in our garden. At summer's end we found eight pumpkins amongst the vines.

It often happens that my gardening expectations are thwarted. It seems that we always get vegetables, but the amounts yielded are not proportionate to the number of seeds sown. Blame it on the weather, the seed, my lack of plant knowledge, whatever. I'm content to take what grows and make the best of it. Sort of like the saying, 'when life gives you lemons....' So what was going to be the windfall vegetable this year? Certainly there were gads of cherry tomatoes, yet I couldn't help noticing other people's gardens flaunting terrific pumpkin patches.

I must have done something different than last year. I thought about the horse manure. The manure, though not seasoned was used last year against popular advise and we got good results. This year, we had seasoned horse muck from our own composting mound. Supposedly prime fertilizer. The lack of pumpkins in this year's garden still remains a mystery to me.

Then, this Autumn, when the early frosts were nipping back the garden foliage, we spotted bits of orange dotting the compost pile in our lower horse field. They were probably stray pumpkins or squash to be sure, seeded from the remnants of last year's pumpkins that were fed to the horses as a treat. It is not such a remarkable happening to have plants emerge from a compost, which was why I really hadn't paid much attention to the foliage that had covered it all summer. What was remarkable was ultimately harvesting more than 108 pumpkins from that composted mound!

Now a number of these pumpkins were green and orange and a lot were more green than orange. The sun did change them a bit, but they remained

ark and a deep forest green. We suspected that these pumpkins, were somehow morphed into a hybrid of something that wouldn't resemble pumpkin for eating, but they did!. The moment we hacked into the first few, the smell was rich, the color vibrant orange. My hopes for more pumpkin-based culinary experiments were renewed. We ended up having enough pumpkin for ravioli, custard, horse treats, carvings and for giving away.

We processed our pumpkins by steaming, removing the peel, semi-mashing and then freezing. This way the pumpkin will convert easily from the freezer to pies, muffins, bread or a newly developed entre' that is now a family favorite - an India-style Pumpkin Curry.

Pumpkin Curry

- 1 small onion diced
- ¼ cup green or red pepper diced (mixed OK)
- 2 Tbsp oil
- 1 Tbsp butter
- 3 cups cooked semi-mashed pumpkin
- 1 cup diced tomatoes
- 1 cup red kidney beans
- 2 heaping Tbsp Curry powder (hot or mild)
- 1 Tbsp Cumin powder
- Salt & Pepper to taste

Saute' onion and peppers in oil and butter until browned. Add remaining ingredients and simmer for 20 minutes. Serve over rice.

NOTES: Curry powders vary a lot in strength and flavor. Use what you like. Canned tomatoes, cooked chicken, carrots or peas may also be added.

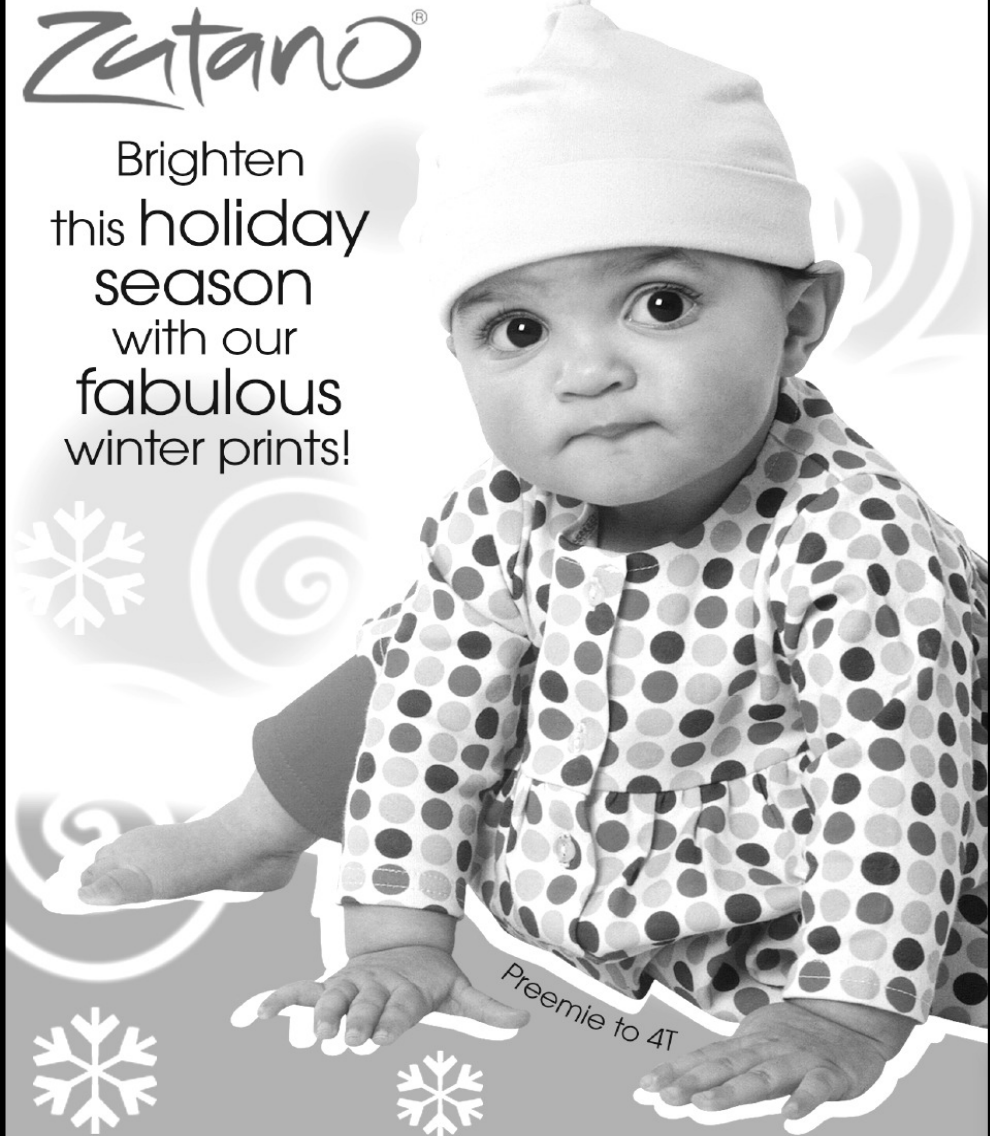
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RECESSION RESOLUTIONS

Coupon Clipping Counts

By Cia Considine
CABOT

If you haven't clipped coupons for years, you may want to revisit the practice and uncover savings potential. Especially these days when we are all sweeping the corners for ways to cut costs. Years ago, I was devoted to my coupon clipping and usage. It was a bit of work finding a system that worked well for me. I stored coupons in a small accordion envelope under titles that were meaningful to me. I used my coupons dutifully, wowing many incredulous check-out clerks.

Over the years, I have slacked in coupon use, but I noticed others using coupons with similar portable files. Some shoppers file according to expiration dates and others by the layout of their favorite market.

Savings have become easier than ever to find. There are now coupon Websites. You can search for specific brands and items and print coupons. My husband brought my attention to this. He actually finds coupons for brake pads, computers, office equipment, and pharmacy items. "It's worth the search," he says.

Some coupon clippers even pay attention to which markets are offering the best sales, then shop in several markets striving for savings. I question whether the price of the extra driving allows for real savings.

When I think of coupon savings, I try to be realistic about my own shopping habits. Will this take up too much time to be worth it? Where am I shopping usually? What products are always on my list?

When companies offer coupons, their hope is consumers will switch brands. This benefits consumers looking to save. If a brand shift happens, companies win so they continue this advertising strategy, creating opportunities for consumers to save with coupons. I confess, I can easily be swayed from one brand to another just by the price, but I do reserve loyalty to some products.

This week I paid particular attention to the coupons channeling through my home, via newspapers and magazines. In just the Sunday paper alone, I found \$35.00 worth of reasonable coupons. I say reasonable to qualify them as coupons for products I often use and am likely to buy in the next few months - cranberry sauce, croutons, even milk. I realized some of these coupons are eligible to be doubled at most markets, so the value is probably even more. Not bad savings for the five minutes of clipping! At that rate, one hour of coupon clipping might hold 500 dollars of possible savings! But I realize I may never use some of the coupons and an hour of clipping will never be my norm. Even if I only use a few coupons, there is value in that!

SENIOR SECTION



New member, Rita Copland.

Twin Valley Senior Center News

By Marvie Domey
MARSHFIELD

December will find us saying good bye to our director of more than three years and saying hello to our new one. David Hunter is leaving the Twin Valley Seniors, Inc. as Executive Director to pursue things he had to put on hold during his time with TVSC. He came as a semi-retired person but says the position has taken more of his time than expected and now he wants to spend more time with family and pursue his other interests.

David says he has enjoyed working with the Board of Directors and the volunteers at the center who have been most helpful to him. He especially liked serving the seniors who participate at the center and feels he has been responsible, at least in part for the increase in participation at the meal site. Thank you David for your service to the TVSC.

And we say hello to Rita Copland who will officially come on board Dec. 1st. Rita will have some new and innovative ideas in our future articles.

Dec. 6 TVSC will sponsor a food sale at the Twinfield Craft Fair. Anyone wishing to donate to this fund raiser can call Marvie Domey 426-3281 for pick up on Friday, Dec. 5.

Meals are Mondays, Wednesdays, Fridays at the School House Common in Marshfield. Transportation arrangements can be made by calling 454-7750.

The Cabot Chronicle

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Meet New Member Rita Copland

The Board of Directors of the Twin Valley Seniors, Inc is pleased to announce the selection of Rita Copland as new Executive Director. This position involves both oversight of meals and activities at the center and the Meals on Wheels program.

Rita is a Marshfield resident and resides on Maple Hill in Plainfield. She is the widow of the late Wayland (Rocky) Copland. She has lived in the area for many years making her home on Maple Hill where she and her husband raised four sons who graduated from Twinfield High School.

Rita worked many years for CVMC in communications and most recently as assistant to the Sergeant at Arms at the capitol building in Montpelier.

Rita is committed to developing an active senior center with the help of the area communities, seniors, and a strong group of willing volunteers.

Meet Twin Valley Board Member Mary Etta Chase

By Marvie Domey
MARSHFIELD

Mary Etta Chase grew up in Plainfield and graduated from Plainfield High School. She worked locally for Copping Hardware for two years after high school. She married and raised four boys. Later she worked for the Post Office for thirty years, first in Plainfield and then Marshfield. She was postmistress in Marshfield for thirteen years. She says one of the joys of working for the Post Office was getting to know people and having conversations with them. She once met a woman and her little boy in a store. He was used to seeing her behind the counter at the Post Office. He looked at her in amazement and said, "You have legs!".

She has been a member of the Methodist Church in Plainfield for many years and sings in the choir. When there is an activity at the church Mary Etta is always there to lend a hand.

Mary Etta is a valuable member of the Senior Center Board and has served as treasurer for three years. She has also volunteered in the past for Washington County Government Employees Credit Union for ten years, Plainfield Village Clerk and Treasurer for six years, and auditor for Plainfield for thirty years.

Mary Etta and husband Melvin are busy attending sports events. During the summer they attend women's softball games which Melvin coaches. All year they attend grandchildren's baseball, soccer, and basketball games.

Mary Etta can be spotted Friday mornings at a Plainfield restaurant sporting a bright red hat and purple shirt having breakfast with her Red Hat friends.

A Good Match

By Susan Freeburn
MARSHFIELD

Kathleen Higbee has been together with Lynn-Anne Nunn from the start. For about three years now, Kathleen and Lynn-Anne have been getting together on a regular basis, maybe once or twice a week. They cook, play cards, do crafts, talk horses, watch TV- or just hang out. Just like friends. Because they are, in the truest sense of the word, "friends." The dictionary defines a friend as "a person attached to another by feelings of affection or personal regard; a person who gives assistance; a supporter," and after talking to both Kathleen and Lynn-Anne, that definition seems to fit their relationship perfectly.

They were matched together at the start of the Cabot Coalition Mentoring Program three years ago, and have been together ever since. While they already shared a common ground in their love of horses, they have both brought new skills and insights to their relationship. Kathleen has shared her love of cooking with Lynn-Anne, and they will often bake together. Lynn-Anne has entered her apple pie in the Cabot Apple Pie Festival competition, and won in her category three years in a row! Kathleen enjoys her conversations with her mentee, and says Lynn-Anne often gives her a new way to look at things, a fresh viewpoint.

Kathleen emphasizes that being a mentor doesn't have to take you out of your normal routine; just do what you normally do. Watching TV, a game of cards, making dinner, and shared conversations are a good way to start; shared interests can develop over time. Some of the benefits she attributes to a good mentor-mentee relationship are: more self-confidence in the youth, more comfortable with their peers, willingness to try new activities, and a more outgoing personality. She emphasizes that a mentee isn't necessarily an "at-risk" youth; the program is open to any and all who wish to join.

Lynn-Anne says she enjoys visiting Kathleen after school; "it's nice to have another friend to talk to." In a small town like Cabot, she says, where there's limited after-school activities, it's "fun" to go to Kathleen's; they bake breads, have snacks and tea, sometimes go out to eat, work on her schoolwork, and at holiday time they've made Christmas baskets. Lynn-Anne would encourage any of the young people from town to enjoy the benefits that a mentoring relationship offers.

If you would like more information about becoming a mentor or would like to have a mentor, please contact Kathleen Hoyne at the Cabot Coalition at 563-3338.



By Bonnie S. Dannenberg
MARSHFIELD

Introducing a new column to end the old year. Cabot residents know curds are the thick part of coagulated milk – the good stuff; whey is the watery part we often spray on fields as fertilizer.

Here's how you participate. Curds indicate your praise, or thumbs up; whey, indicates thumbs down. This column will only work with your input.

Submit items for Curds and Whey to Bonnie at bonniesd@together.net or call 563-3396. Sources will remain anonymous and confidential.

CURDS to Libby Hale, Rebecca Nally and the Recreation Field Committee, for the great work they're doing.

WHEY to the person who vandalized the Recreation Field this summer. NOT cool.

CURDS to the Reverend Bill Cobb and his "Elves Workshop."

WHEY to the individual who held up the Joe's Pond Store at knife point. VERY not cool!

CURDS to the CSPAC school fundraising committee. Amazing accomplishment!

CURDS to the PTSO fundraising committee. To date they've raised about \$2,000 toward playground equipment for pre-school through second grade.

WHEY to the person who robbed the East Calais General Store. VERY not cool!

CURDS to Mark Bromley and his work with the Cabot Roamers, bike trips for kids.

We at The Cabot Chronicle would like to send our warmest thoughts to Jeff Downs of Joe's Pond Country Store and Lesly LaPan of the East Calais General Store. Both stores were violently robbed last week. Both storekeepers have been supporters of our newspaper and our community.

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Why Shop Locally This Holiday Season?

By Shannon Wilson
CABOT

This December, consider voting with your dollar in favor of locally owned, independent retailers. Why? There are many reasons shopping locally benefits our community. Numerous studies have shown that locally owned businesses generate as much as 70 percent more local economic impact per square foot than the "big box" chain stores. More of your money remains within the local economy when you buy goods and services from local providers, continuing to strengthen the economic base of our community.

How does this work, exactly? For one, local businesses are more likely to utilize local advertising sources, community banks and other services. They donate more money to nonprofits and produce more income, jobs, and tax receipts for local communities than the larger chain retailers. It's good for the environment, too, as shopping local reduces fuel consumption for both the consumer, who shops closer to home, as well as the retailer, who is less likely to ship goods from thousands of miles away.

Buying from local retailers and service providers also helps maintain the economic diversity of our communities and the unique character of our small towns. Supporting our communities in whatever way we can is an important goal year-round. However, during this time of increased retail spending in an uncertain economy, keeping our dollars local may provide the greatest gift for all of us.



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By Shannon Wilson
CABOT

Even shopping On-line can now benefit the local economy with iGive.com. You can generate donations for the Cabot Coalition and Cabot Connects by purchasing gifts through this free website. Using iGive.com is easy: First, join the site. Then, select a worthy cause to support, such as the Cabot Coalition. Over 30,000 organizations raise money through iGive.com, with more added each day. Next, shop at one of more than 680 brand-name online stores. Up to 26 percent of each purchase is donated to your designated cause! Plus, each new supporter who joins iGive.com and makes a single purchase within 45 days of joining will receive an extra five dollar donation towards your cause. Try iGive.com and change online shopping for good.



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HOLIDAY PAGE LOCAL PEOPLE



Friends of Cabot Library

CABOT

Friends of Cabot Library would like you to know about our schedule of events for 2009. There are numerous book sales planned throughout the year, along with a very special project that we hope will become a regular event! It's not too early to think about spring! Proud of your garden? Want to share it and at the same time help raise funds for the Cabot Library? Please consider being on the 2009 Cabot Garden Tour, scheduled for June 22nd, from 1:00pm to 5:00pm. All gardens welcome! Contact Cynthia Russell at 563-2671 or email to zynia13@yahoo.com if you'd like to participate.

The Friends meet monthly to discuss upcoming events and brainstorm new ideas for fundraising. Please join us at our next meeting on Dec. 6th at 9:00 am—Goldies Gathering or contact MaryLou at 563-2560 or Lynn at 274-7084

Elves Workshop!

Saturday Dec. 20 5-8 pm

Cabot United Church and the Cabot Connects Mentoring Program are presenting an Elves Workshop for all children of Cabot aged 3 through middle school.

We will be offering workshops in Christmas decorations, baking/decorating cookies, wooden cut-outs, beeswax candle making, angel necklaces, ornaments, arts & crafts projects, handmade play-dough, and other special surprise gift-making for family and friends. Children may be dropped off if parents would like time for their own "secret" projects of love and grace. Snacks and music provided!!

Please call the Cabot church; 563-2278 or Kathleen Hoyne at the Cabot Coalition; 563-3338 for more info or to volunteer your special talent/interests to this community project.

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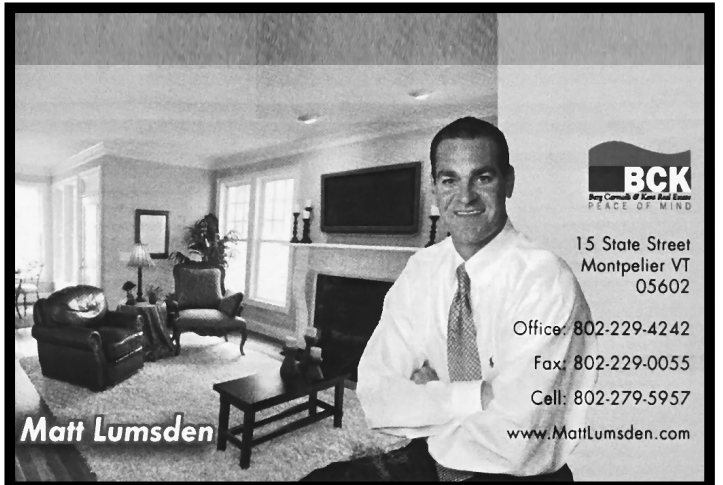
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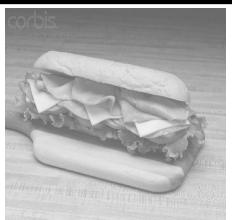
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SPORTS SCENE

Cabot Roamer’s Celebrate !

CABOT

The Cabot Roamers celebrate their first year of bicycle touring with pizza, new hats featuring the Cabot Roamers logo, and a packed house at the Willey Building on Tuesday October 21st. Mark Bromley showed a slide presentation with music showing the many rides, cookouts, camping trips, and school safety sessions that everyone participated in throughout this past spring and summer.

Special thanks to Mark for organizing and overseeing a total of 18 Cabot Roamer events. Also, thanks to Lori Augustyniak and Kathleen Hoyne of the Cabot Coalition for organizing and funding support. Thanks so much to Ed Lewis, 6th grade teacher at Cabot School, for sharing his biking safety knowledge with all participants at 2 mandatory safety sessions. And thanks to Libby Hale for securing new bike helmets for 44 participants. Thanks also to Anna Bromley, Aaron Bushey and Daniel Hoyne Grosvenor for their youth leadership role on trips and writing a grant, which was awarded from United Way.

Thank you to all the adults who helped in so many ways: helping to lead bike trips, fix bikes, chaperone camping trips, shuttle gear, flip burgers and encourage kids:

Alison Ameden	Will Ameden
Lori Augustyniak	Brett Bellavance
Raquel Bigelow	Anna Bromley
Jacie Bromely	Mark Bromely
Robert Burke	Sam Bromely
Richard Bushey	Tom Considine
Emily Dale	Ben Davis
Alicia Feltus	John Grosvenor

Dear Hunting Season Results

By Shawn Haskell,
VT Agency of Natural Resources

Vermont deer hunters are finding plenty of deer according to early reports received by the Vermont Fish & Wildlife Department.

Reports were up for the rifle season that started November 15 and continues through November 30, with 756 legal buck reports received by the Fish & Wildlife Department on November 19. The average for the previous three years on the same reporting day was 465, for an increase of 291 deer or 63 percent.

Deer season reports are tallied weekly on Wednesdays by the Fish & Wildlife Department, and totals can vary from year-to-year according to the regularity with which reporting stations mail in their report forms.

Cecelia Gulka	Jennifer Mattson
Gary Gulka	John Hammer
David Hale	Libby Hale
Ben Hewitt	Kathleen Hoyne
Julia Kaptan	Ed Lewis
Matt Moody	Charles O’Conner
Mathew Robison	Chris Tormey
Mary Ann Tormey	Sam Tormey
John Vara	Tim Walker
Brian Woodman	

Thanks to all the youth who participated in the many events/rides this past summer—you made it so much fun!

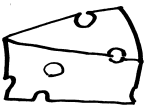
Wesley Ameden	Wyatt Ameden
Olivia Bellavance	Jena Bastress
Tiger Bastress	Donavon Bigelow
Aaron Bushey	Henry Bushey
Hugh Bushey	Willa Burke
Heidi Cookson	Gwen Considine
Robin Considine	Zachery Colbeth
Kate Davis	Eli Hale
Lars Hammer	Seth Herrick
Amber Hough	Dakota Hough
Sam Mattson	Caleb Maxfield
Jeremy Maxfield	Nell McQueeney
John Miner	Jamie Miner
Alan Moody	David Moody
Mazie O’Conner	Lyrica Stelle
Tyler Placey Noyes	Fox Winters
Charlotte Robison	Maelily Robison
Brooke Tetreault	Megan Walker
Abigail Woodman	Sarah Woodman
Daniel Hoyne Grosvenor	
Jeremy Hoyne Grosvenor	
Timothy Mueller-Harder	
Clementine O’Conner	

We have some more exciting plans for the spring and summer of 2009. If you’d like to be informed of Cabot Roamer’s events, please contact Mark Bromley at pedaltothesea@gmail.com or Kathleen Hoyne at the Cabot Coalition at 563-3338. Bike on!

Preliminary totals for other seasons include (3-yr. average) Youth Deer Hunting Weekend – 1,279 (1,106); Archery Season – 3,296 (2,048); Bear Season – 345 (221); Archery Turkey – 58 (55); Shotgun Turkey – 599 (553).

“These numbers will change on a weekly basis until we receive all the big game report forms for each animal taken from more than 150 reporting stations in the state,” said Director of Wildlife John Austin. “The upward trend in numbers may reflect an increase in deer in many parts of the state, but we won’t have an accurate assessment until after completion of the seasons.”

Vermont’s muzzleloader deer season and the second part of archery deer season occur at the same time – December 6-14.



GREEN CHEESE

Christmas Letter

By Peter Dannenberg
CABOT

Dear Treasury Secretary:
Seasons greetings! What’s up in Washington, D.C.? In our little town, we’re bundling up against bitter winds blowing out of Wall Street. Well, the times they are a-changing.

How are you and the elves? I guess you’ll have to step lively at your big holiday blowout to give away the rest of that \$700 billion before January 20. I was sorry to hear on TV that you’ve stopped buying up toxic debt. I suppose my letter asking for a personal bailout reached you a tad too late.

You said you won’t use your Troubled Asset Relief Program (TARP) to bail out troubled assets any more. After committing about \$290 billion, TARP sprung a leak and we’re getting soaked.

That troubles me. After all, you told Congress they had to let you buy \$700 billion in toxic debt right away or our economy was doomed. Wall Street screamed, “Fire!” The banks yelled, “We’re too big to fail!” Then the government raised the treasury’s sluice gates and let taxpayers’ cash pour out. Surprise! You can’t make money-changers change their spendthrift ways by drowning them in greenbacks.

But now no one seems to know just what you’ll do with the leftover \$410 billion of taxpayer money sloshing around in your rainy day fund. The \$70 billion in year-end bonuses that sinking banks promised their financier captains is just a drop in the bucket. You promised to keep everything about the bailout transparent, but that washed away with the torrent of cash. It’s pitch black under the TARP now.

I’d like to help. The first thing you need is a cool new acronym. Since your troubled asset relief program won’t relieve any more troubled assets, let’s change the name. How about Timidly Recovering Available Pennies (TRAP)? Or, since you first said you would save the economy by bailing out bad debts and then said, “The facts changed and the situation worsened,” maybe Can’t Remember Any Promises works better.

An Orange Reminder

By Chris Saunders,
VT Agency of Natural Resources

A Reminder to Vermont Hunters: Help ensure your safety with fluorescent orange.

Being mistaken for game is becoming the most common cause of hunting accidents in the state. Don’t become a statistic. Always wear, at least, a fluorescent orange hat and vest in the field when firearm deer or small game hunting.

Inexpensive vests and hats are available at all sporting goods stores and will provide a distinctive and easily identifiable splash of color while in

Now that you grasp that buying up troubled assets won’t work, you said you might take a fling at buying stock in submerging banks that are bursting with troubled assets instead. Didn’t the stock market tumble recently-a lot? What a good idea! Taxpayers can own troubled banks instead of troubled assets. As you said, buying bank stocks will let you drain the bailout fund faster.

You also suggested the Federal Reserve might want to pony up another trillion dollars to help credit card and loan companies. I can understand how companies that charge consumers up to 32 percent compound interest need their help.

On the other hand, it’s good to see the administration opposes guaranteeing home loans. It’s important to keep your priorities straight. After all, this isn’t, “It’s a Wonderful Life.”

So instead of asking you to bail out my troubled assets, I’ve got another idea. How about putting a big gift-wrapped bundle of holiday cash under my Christmas tree? I could use a little relief myself, if you know what I mean. I’ll act surprised, shake the package and say, “Gosh, I wonder what this could be? I sure hope it’s that bailout, I asked Santa for.” I bet that’s what they do on Wall Street when they get their fat bonuses.

I know you said the \$700 billion in TARP is just for rescuing Wall Street tycoons and troubled banks that are stealing Christmas from the rest of us. But I live on the north bank of the Winooski and I’m sore troubled. Can’t I qualify?

I swear not to do anything worthwhile with my cut of the booty. I’ll become a loan shark and gouge those who can least afford it. That seems to be what the administration thinks is the best way to rescue the American economy.

Wishing you and yours less trouble and more relief this holiday season, 8

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the woods. Being highly visible is smart insurance. or consistently.

Hunt Smart, Be Safe.



COMMUNITY CALENDER

Will The Circle Be Unbroken?

Mon, 12/1-6

Stowe Mountain Film Festival, Stowe, 7 p.m., Free - \$5. Week-long celebration of mountain sports and culture: the newest releases from the ski/snowboard film industry and amateur filmmakers bring non-stop action to life. Proceeds benefit the VT Ski Museum. Info: 253-9911 x 201.

Mon, 12/1-19

Learn to ski FREE, Okemo Mountain. First-time or beginner skiers and snowboarders visiting Okemo Mountain Resort thru 12/19 are invited to participate in our Learn to Ski or Snowboard program - absolutely free! Info: www.okemo.com/learntoski.

Fri, 12/5-31

Stowe Festival of Trees, Helen Day Art Center, Stowe. Decorated trees represent a variety of cultures and countries of the world. The Member Art Exhibit occurs simultaneously. Info: 253-8358.

Sat, 12/6

Vermont Ballet Theater's The Nutcracker, 2 and 7 p.m., Johnson State College, \$18 adults, \$12 children, \$5 JSC students. Info: 635-1476.

Sat, 12/6

4th Annual Yestermorrow Art Show and Sale, 6-10 p.m., Warren, FREE. Info: 496-5545.

Sat, 12/6

Mad River Valley Open House, Waitsfield, & Warren, Annual Country Christmas Open House, all the Waitsfield Village shops and restaurants open their doors to offer guests intriguing incentives. More than 40 merchants will be participating. Info: 496-3409.

Sat, 12/6

Santa Comes to Lyndon, 10 to 1, Cobleigh Library on Depot St., Lyndon, FREE. Children make holiday crafts from 10-12, then Santa and his elves will be on the front porch of the beautiful Darling Inn to hear wishes and give out candy canes. Free hot chocolate and horse drawn wagon rides. Info: 626-9696.

Sat, 12/6

The Galaxy Bookshop's Sirius Anniversary Party, 8:00 a.m., Hardwick. The Galaxy Bookshop is celebrating 20 years in business this December! Sales, prizes, food, and good times with friends and neighbors. Info: 472-5533.

Sat, 12/6

Twinfield Union School Holiday Craft Bazaar, 9-2. Info: 426-3213 ext. 230.

Sat, 12/6-7

Burklyn Holiday Market, 9-4 Sat, 10-4 Sun, FREE, Lyndon Town School, Lily Pond Road, Lyndonville. Burklyn's 39th craft fair, features 60 juried Vermont artists, children's activities, raffle, lunch. Info: 626-5836.

Sun, 12/7

North Country Chorus Christmas Concert, The Messiah, 3 p.m., Peacham Congregational Church. Info: 584-3265.

Sun, 12/7

Cabot Congregational Church, 10:30AM Children light the Advent Candle. 5:30PM Decorating the Cabot United Church, soup & sandwiches, refreshments. 7:00PM Lighting the Memorial Bulb Tree on the Common

Wed, 12/10

Johnson State College musicians, 7 p.m., FREE. Jazz, Latin, contemporary and other musical styles will be on display as JSC instrumental musicians play. Info: 635-1476.

Wed, 12/10

Linda Cullum at The Music Box, 147 Creek Road, Craftsbury, 8 p.m. A gutsy, jazzy singer of modern folk with acoustic guitar. Info: 586-7533.

Fri, 12/12

Johnson State College Band and Choir, 7 p.m., FREE. Instrumental and choral performance featuring JSC performing arts students. Info: 635-1476.

Fri, 12/12

Swingin' Holiday Concert, Fuller Hall, St. J Academy (1000 Main St), 6:30 - 8:30 p.m., Donation. Swing North Big Band presents an annual concert of holiday and swing favorites. Info: 748-1340 or 748-8150.

Sat, 12/13

The Touch of Vermont Holiday Gift Market, Montpelier City Hall, 9-3, FREE. Nearly 50 Vermont artisans, raffle, prizes from every single vendor. Info: 310-1725.

Sat, 12/13

Moonlight Madness, 2 - 8 p.m., FREE to enter, \$10 to display, Barton Graded School. A Christmas shopping and food event for crafters and small businesses. Info: 525-0084.

Sat, 12/13

Fairbanks Museum Victorian Holiday, St. J, 1-4 p.m., FREE. Celebrate the season in Victorian splendor! The Fairbanks Museum's magnificent hall is decorated with holiday ornaments, also make ornaments and gifts, sample holiday sweets. Our staff and volunteers welcome you in traditional Victorian dress! Info: 748-2372.

Sun, 12/14

Cabot Congregational Church, 10:30AM Children light the Advent Candle. 6:00PM Children's Christmas Concert with Mark Shelton and Friends.

Sun, 12/14

Jazz on a Sunday Afternoon, Cata-mout Arts. An extensive bi-weekly series of nationally known performers as well as accomplished local performers. Check their website for updates on performers or call 748-2600.

Fri, 12/19

Cabot Area Community Chorus Christmas Concert and reception, Cabot United Church, 7 p.m., all are welcome. Info: 563-2278.

Fri, 12/19

Cabot Congregational Church, 6:00PM Cabot Area Community Chorus Christmas Concert & Reception.

Sat., 12/20

Cabot Congregational Church, 5-8PM Elves Workshop: Parents are invited to drop off their children-ages 3+up. Make your own "Surprise Gifts"

Sun., 12/21

Cabot Congregational Church, 10:30AM Children light the Advent Candle of Love. 4-5:30 Live Creche at Longfield (Rockwell's) Farm. 5:30 Light Meal at the Church—Everyone is invited. 6:30PM Christmas Carols, Hayride

Sun, 12/21

Live Creche at Longfield (Rockwell's) Farm, 4-5:30 p.m., live actors and animals, Christmas carols. Followed by a light meal at Cabot Church, then 6:30 p.m. carols and hayride, all are welcome. Info: Cabot United Church, 563-2278.

Mon, 12/22

Island Pond Christmas Bird Count, 7:15 am, \$5. Part of a century-old, hemisphere-wide annual bird survey involving thousands of volunteers, the Island Pond count is the northern-most in Vermont, contributing valuable scientific data about the population trends of our resident birds. Beginning birders are welcomed. Please register via email: events@northwoods.org.

Wed, 12/31

First Night St. Johnsbury, 3p.m.-midnight, St. J. New Years Eve Family Celebration, alcohol-free celebration of the arts for the whole family with performances taking place at various Main Street, Eastern Avenue and St. Johnsbury Academy locations. Info: 748-2603.

Wed, 12/24

Cabot Congregational Church, 7:00 PM Christmas Eve. Our annual Christmas Eve Candlelight family Service of Carols, Narrated Christmas Story, and Silent Night. Costumed Angels, Shepherds, and Wise Men welcome!



Elizabeth Brown and Katherine Vaillancourt

**By Bonnie S. Dannenberg
MARSHFIELD**

Elizabeth Brown remembers when she and her twin sister, Katherine Vaillancourt, started making Christmas wreaths in 1950. She said they “. . . used to bring the brush out of the woods with a horse and wagon,” in those early years. Later they used a tractor. If they cut brush on someone else's land, the farmer who owned it would often bring it out of the woods for them, either as a favor, or as “part of the deal.” Katherine added, “You need to cut your own brush to make a wreath. It won't work for you if someone else cuts it.”

The twins grew up in Cabot. They married brothers, Bob and Leo Brown, one Christmas Eve in the late 1940s. Except for fifteen years, when Katherine lived in Woodstock, they've both lived in Marshfield ever since. Katherine didn't make wreaths while in Woodstock, but Elizabeth said she's “never taken a break from it.”

In addition to making and selling wreaths, the two families began to sell Christmas trees about 1950. Since 1951 or 1952, they've also sold brush to other wreath makers. They remembered cutting fourteen tons of brush one year. Now that they are 78 years old, they said they only can cut brush for about an hour and a half at a time.

Today, we associate wreaths with Christmas, but they predate Christianity. We connect wreaths with the Greek god Apollo, who represented life and health. Ancient Greeks used laurel wreaths as crowns of victory at the Pythian Games, a forerunner of today's Olympics. Roman military heroes wore wreaths made from olive branches in parades. Aristocrats added jewels and precious metals to create crowns.

Our word wreath is from an old English word, writhen, meaning to writhe or twist. The twins learned to twist brush into wreaths from a North Danville man. Decades ago, half a dozen Brown family members worked from October to December to make 500 wreaths every season. The pay was \$5 a dozen for their labor; buyers supplied rings and brush. Now the twins

make 100 to 150 of their own wreaths a year.

It's hard to know when it's time to gather the brush. Katherine said, “You can't collect it when it's warm, because the needles will fall off. You have to wait for a hard frost or a snowstorm. Usually that happens about late October.”

Elizabeth added you need a very good pair of clippers. She fondly recalled a really good pair she used for years. They cost her \$35, but she said, “They paid for themselves many times over.”

The twins buy the metal rings, star and cross forms, wire, some decorations and ribbon. Because some folks like to decorate their own wreaths, they sell about half of their wreaths undecorated.

All wreath makers have their own styles. After 58 years of making wreaths, they still give each other pointers as they work. The twins use fir for cross or circle wreaths and princess pine for the stars. Princess pine, actually a club moss, although beautiful, is not easy to find. Gathering it is hard on your back, they said.

For modern Christians, a circular wreath, without beginning or end, symbolizes God's eternity and mercy during Christmas season. Evergreen branches stand for God's everlasting love; the color green represents hope and new life. But that wasn't always true. In the early third century, the theologian Tertullian complained that more Christians than pagans decorated their doors with laurel wreaths.

Advent wreaths originated as folk traditions of the people of northern Europe. In deep winter, candles were lit on circular shaped bundles of evergreens. The candle-light gave the people comfort at that darkest time of the year, as they looked forward to the warm days of spring. Evergreen wreaths are also placed on graves, or floated on the sea, to remember the dead.

The twins remembered their own family Christmas Day traditions. First they spent time with their father-in-law, Henry Brown; then drove to Cabot to be with their father, Joe Joyal. Finally, they went home to exchange their own gifts and have Christmas dinner with their eleven children. Cash for Christmas presents and their children's winter clothes came from selling wreaths.

If you'd like a locally-made holiday wreath for your home, the twins are open for business until December 10. You can phone Elizabeth Brown at 426-3862 or Katherine Vaillancourt at 426-3509.

ARTS

To submit articles to editor@cabotmedia.org



Musical Notes

By Kenny B
CABOT

Since I was old enough to understand English I also understood that I must be on stage. I've talked with many a musician in my life about why we must do what we do. Many of us are entertainers because we love the art. Many artists start their craft as a hobby, let it grow into a passion, then it becomes the only thing we can do. A friend of mine, says it this way. "There is a gnawing feeling that just won't go away; that you must get this out of your brain, heart and soul or you'll die with this still contained in your being. You feel as though you will die if you don't get this out of you." Others use music as a vehicle to bring the masses joy and happiness. Many feel they have a message to convey just to make sure you, the listeners, readers, and voyeurs know something about a fact of life.

Being an artist is probably one of the hardest things to do. Even though it's seems the easiest thing to do. This is sometimes done with great cost to our being. Many priorities get put on the back burner just make room for the task. So we can get this out of our soul.

A poet that I know intimately, just can't stop. I almost feel sorry for her because she can't even do her regular housework without running to the computer or whipping out a pad with certain phrases to remind her of the train of thought that just burst forth like Old Faithful. If you or I would look at this pad of jotted down thoughts we would never be able to understand it, as it all would seem disconnected. But to her it all makes sense.

We say you are born with the ability to decipher the world and all it's glory and beauty. And for many it is easy to see or hear. The problem comes when we try to create a format to make someone else understand the same. By "understand" I mean to feel the emotions that this has brought to us. Those emotions are what drive us, then make us jump for joy when our format is used and it gets that point across.

Some of us actually understand what we do. But many just don't know exactly where it all comes from. We just know it's there. The term "writer's block" tells you we don't know where it comes from. If we did know we would go, bite off a chunk and sit it down beside us. Artists get so involved in just dealing with getting it out, we sometimes miss where inspiration came from. The better we know where it comes from the better we know how to channel it. "Professionals can do this "on call." "Artists" do this "on call" or until the well runs dry.

Many times I've been on stage and had to ask myself what I'm doing

there. Opening yourself up right down to your soul is not easy because you know some will not agree or even try to tear it all apart. But still you must make this the major subject anyway. So the next time one of your seemingly nutty friends gets an idea and jumps up with a startling haste to get to their pad, instrument, or recorder, just smile, knowing you will be pleased to see the result. And because you were there in it's conception just smile, even though it may be a pain, knowing there is nothing even they can do except for "*What We Must Do.*"

*Peace and Hairgrease,
Kenny B.*



*2 AM and I'm still
awake, writing a song,
If I get it all down on
paper, it's no longer
inside of me, Threatening
the life it belongs
to, And I feel like I'm naked in front of
the crowd, Cause these words are my
diary, screaming out loud, And I know
that you'll use them, however you
want to*

Back Roads

Original Poetry
By Barry Goldensohn

After a brief violent storm toppled trees, deep rooted ones, splayed crowns across the roads, root balls, the buried double of the crowns pulled up as walls of loam in air, and young ones blown down too, I drove out to meet my wife and found most roads blocked, but I knew the country threeway and fourway roads like the veins on the back of my hands, rivers on a map, and I found my way by zig-zag and backtrack till I arrived.

As a child I stared at my father's hands in fascination at his bulging veins. With trivial variations this design is the common one—rivers that join at the wrist and tangle up the forearm. That I can tell my own from anyone's is the clinging illusion of uniqueness given the superior child, the first son, the golden son. I still navigate by this.



Janet Van Fleet speaks at the Lazy Pear Gallery in Montpelier

Art and Politics

By Barry Goldensohn
MONTPELIER

On Saturday, October 25, Janet Van Fleet of Cabot gave a talk on the subject of Art and Politics at The Lazy Pear Gallery in Montpelier where her show, *Rolling Boil*, is currently being displayed. Over twenty people attended and participated in the discussion, lead by Janet, in which she explored the idea of when art becomes propaganda and whether art that is made to persuade the viewer is less valuable than art that is neutral. Janet explained that the work in the current show has been inspired by the Bush Administration which has made her "blood boil". *Rolling Boil* refers to both the level of anger that

she has to what has happened and to the fact that all of her new sculptures are on wheels. Most audience members agreed that the work was not propaganda because there was still room for individual interpretation and that, strong, powerful, art often attempts to persuade the viewer.

Janet's show was on display at the gallery until November 16 and can also be viewed on line at

www.lazypear.com.

The Lazy Pear Gallery is located at 154 Main Street in Montpelier and is open from 12pm to 6pm Wednesday through Sunday

Give those away from home,
a touch of home.



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Then contact the Cabot Coalition to see how
You can help your community and have fun doing it!
563-3338



As Time Goes By

Cabot Christmas

By Bonnie S. Dannenberg
CABOT HISTORICAL SOCIETY

A volume of poetry, "VERMONT COUNTRY VERSE," was published and printed in November 1962 by the Cabot Poetry Society. Mary Jane Carlson, a junior-high school teacher at Cabot school, wrote the review:

"Starting as a vision in the mind of a Cabot woman whose physical eyes no longer see, it ended with much patient hand-setting of type in the living room of another Cabot home, by an 11-year-old boy and his 79-year-old grandmother, neither of whom had ever before delved in the graphic arts. Another boy, a high school senior, who is "chief printer" of the Cabot Press, designed the book and ran off the pages on a small hand-fed platen press.

As blind Carolyn Johnston envisioned it, country-folk have more beauty in their souls and a purer language on their tongues than most 'literary circles' generally give them credit for.

In beginning the project, Miss Johnston asked Rusty Parker, a WDEV announcer to advertise for poems to be sent to her for possible publication. Miss Johnston and many of her Cabot contemporaries also contributed their rhymes and it was from this group that a few devoted workers began sorting and selecting poems – under a new name, the Cabot Poetry Society. From their efforts emerged this varied collection of 'Vermont Country Verse,' 33 poems which are divided into five groups, under the headings, Vermont Hills, Love, Children, Memories and Religion."

In 1962, Cabot resident Ted Bermingham, contributed this beautiful poem, "Cabot Christmas." It is reprinted here with his permission.

CABOT CHRISTMAS

By Ted Bermingham

The snow came early to the farm this year.

It sifted in from Mansfield's range, riding the back of the wind and hiding November's untidiness with a white excuse to finally put off till next spring last summer's business.

The meadows, the ridges, the folds of the fields are quiet beneath its weight; the stands of soft balsams move sluggishly in the barbed air, and even the skitterish maples are too chilled to shrug off their lace. Only the young Winooski crossing the back pasture pays it no mind, cutting the drifts in its Lake-ward race.

Thus, Cabot's Christmas will be white – a treat to children with winter-presents the morning brings, and a satisfaction to those who have a feeling for the fitness of things. And all will say it is proper and right.

But Christmas is not of snow or fields

or post-card scenes; it is not a matter of meteorology or weather-trends. There were no snow-balanced balsams in star-stilled Bethlehem; only a stable shelter for farmers and kings, travelers and friends, where each, filled alone with joy and awe, knelt in the soft barley straw, to give and receive his due. The snow came early to our farm this year. Won't you?

The Cabot Chronicle gets Creative From the Editor

At a recent Cabot Chronicle writer's meetings, the topic of the old Cabot Poetry Society was raised. We found it a bit of unique and practically unknown town history, so of course we decided to inform readers. However, we also mused, "Wouldn't that be great?" The topic intrigued us as writers with an urge to reveal our less serious, creative side.

As I said, the topic interested me as a writer. Then I learned the original Society meetings were held in my great-grandfather, Joe Joyal's house and my grandmother Margaret owned the society's publication in which she scrawled "This is my most prized possession."

I felt I had no choice. Although my training and experience are journalistic, my first love has always been poetry. Creative writing follows closely behind. Since college, I have hardly had the chance to meet with other creative writers and share ideas. Other Chronicle writers felt similarly. Cabot has so many talented writers and with The Cabot Chronicle as a vehicle for our creativity the decision was clear.

Beginning in January, we would like to reintroduce the Cabot Poetry Society to town. What a great way to start a new year! The first meeting will be Saturday, January 3 at 4 p.m. in the Willey Building Meeting Room. Meetings are open to everyone and although it is not required, we ask you bring a short piece of writing to share and a simple dish to pass. For some reason breaking bread together seems to help the creative process. We hope to see you there!



Winter Solstice

By Allison Joyal
CABOT

Several years ago, I was questioning my religious affiliation. I grew up Christian, and had Jewish roots. I began to research both religions heavily and read the Bible three times. I then read books on archeology, theology and anthropology. At the end of my years of research, I decided my personal beliefs did not meld well with Christianity. I found myself leaning heavily toward Goddess-based religions of the ancients.

My decision was finalized after reading "The Alphabet vs. the Goddess" by Leonard Shlain. Shlain, a brain surgeon, wrote a compelling account of mankind throughout history, crossing many cultures. He postulates that when humans began to read, they also began to heavily develop the side of the brain that was underutilized. But literacy came at a price. People moved from agrarian, matriarchal, goddess-based, peace-loving societies to industrial, patriarchal, god-based, warring societies. Shlain made many other astounding points. I highly recommend his book.

Even though my personal religious beliefs were changing, I was unsure about my children. Was it OK to influence them? I had always felt, despite baptizing my daughter in the Episcopal Church, that I should NOT control them religiously. So for a couple of years we continued to celebrate Christmas, out of habit. Eventually I felt hypocritical. Why celebrate a holiday from a religion I no longer believed in? Further, I was becoming increasingly disillusioned with the materialism of Christmas celebrations drowning out the spiritual aspects. I solved my dilemma by letting my children to celebrate Christmas with their fathers and solstice with me.

What is Yule/Solstice?

Winter solstice is the shortest and darkest day of the year. It is the day when light begins to return. It often falls on December 21, my birthday. No wonder I was attracted to celebrating the day!

"Ancient civilizations attempted to understand their life experience by referring to the ordered patterns of cyclic activities observed around them. . . .

The knowledge of this cyclic relationship provided a sense of order and a belief in a higher power, taking care of the earth and its inhabitants throughout time have found both an internal sense of security and a need to contact and understand this force.

Pictures of this cyclic relationship were drawn on the ground for teaching and increasing personal understanding. . . . Ritual celebrations using these symbols were also begun for the same reason....

In Roman tradition, Dec. 25 was called "dies natalis solis invictus," a Latin phrase meaning the day of the birth of the undefeated sun. In A.D. 325, the Council of Nicaea, in an attempt to merge the cults of Sol Invictus, Mithraism and Christianity merged their holy days." – Ana Carol

Roland, M.A.

How Do We Celebrate?

Because few people celebrate solstice, I created our own celebration. I was sure what I wanted the day to be. My first year, I wrote to would-be celebrants, "After watching celebrations of Christmas, I have decided I disagree with what it has come to be about. Rather than being a celebration of a great savior, it has become a materialistic holiday. People rush around and are rude and pushy in stores, spending thousands of dollars on things for people they barely acknowledge or spend time with the rest of the year."

Solstice for us is not about gifts, God or religion, as much as spirituality. I had attended several solstice and equinox ceremonies. Leaders of the ceremonies were enlightened and energetic and left me with a feeling of renewal, peace and high energy. I had found what I was looking for.

We made our tradition. At our solstice, gifts are exchanged, but gifts cannot be materialistic. For example, a diamond bracelet is a no-go. Gifts must be hand-made or somehow tap into the recipient's creativity. I am a writer; my children often give me a beautiful journal. My daughter, the musician, may get a CD and my son, the artist, a sketch book. Each participant gives each other person only one gift. Another option is that gifts may be about time and light, in honor of the day. For example, a watch, a calendar or candles.

Gifts are the smallest part of our celebration. More important are our ceremonies. Our entire house becomes lit – with a hundred candles, white twinkling lights and mirrors. Sun decor is everywhere. Silver and blue becomes our color scheme – with lots of glitter. We still have an evergreen tree – originally a solstice symbol. Outside, a bonfire lights up the long, dark night.

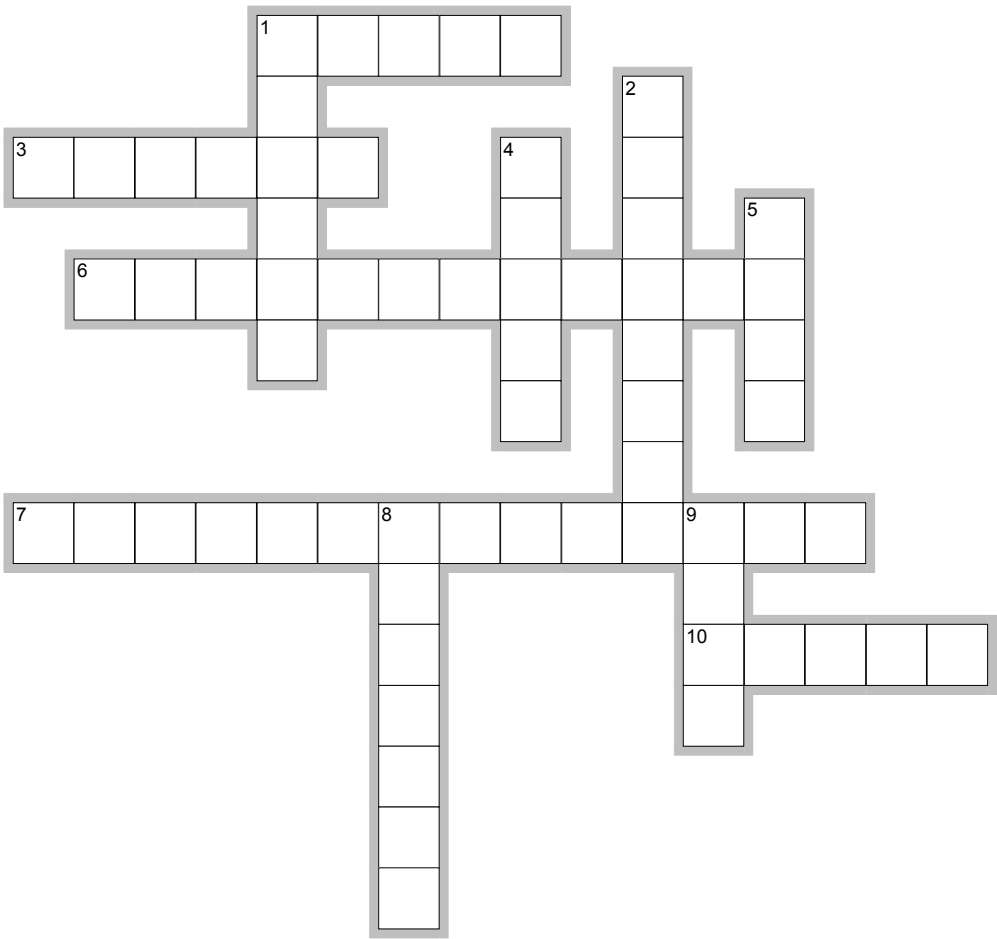
Dozens of friends are invited "break bread." We serve sun-themed food, like punch with orange circles, lemon cakes, quiches and food with seeds. Crafts for children include something with seeds – for example, a pine-cone bird feeder or a tiny pot with a planted seed.

It is hugely important to us that participants are positive "rays of light" who emit joyous energy. Our ceremony has Celtic and Native American roots. Four people officiate whose birthdays correspond with the four seasons. Thanks is given for our life's blessings and very personal questions are asked like, "What can I release now?" or "How can I focus on my blessings?" In the end, it is an energy-enhancing day that leaves celebrants renewed and refreshed. Our day ends when the children bring their home-made "fairy cakes" into the woods to feed the "frost fairies" and wish them well.

I am happy to say, "our own holiday" has been a huge success; our friends begin to ask about it in June. The children do not miss our old traditions and I have truly found a way to make the seasonal celebration one of relaxation, spirituality, renewal, friendship and joy. Nothing could be more perfect!

CABOT FAMILY FUN PAGE

CROSSWORD



ACROSS

1. Farthest away the Cabot Chronicle has traveled
3. Name of the Lower Cabot Cemetery.
6. _____ and the historic bear cub.
7. Your local newspaper
10. He owns The Cabot Village Store.

DOWN

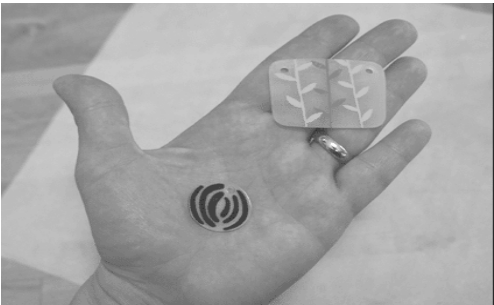
1. The Cabot Library librarian.
2. River that begins in Cabot.
4. Driving force behind the new performing arts building.
5. They loan money (abrev).
8. Cabot school mascot.
9. Local congregational minister



CABOT CRAFTS

Make Your Own Shrink Plastic

Remember that plastic that you could color, cook and “shrink” into jewelry or holiday ornaments? The original brand-name *shrink plastic* is pricey, hard to find and usually comes only in kits. Now you can make your own with stuff you probably already have.



You will need....

- #6 plastic - (check the bottom for a 6 surrounded by arrows. The clear plastic “to-go” containers and berry boxes work best.)
- Permanent markers or color pencils (if using pencils you’ll need sandpaper)
- Scissors

- 1) First find a flat and smooth area of the plastic to cut out and use. Keep in mind that the plastic will shrink considerably after it's heated.
- 2) If you are going to color with markers (use permanent markers only) then you can go ahead and begin coloring your design.
- 3) If you are going to color with colored pencils, you will need to prepare the surface of the plastic with a fine grit sandpaper.
- 4) Punch or cut holes in the plastic if you plan on hanging it, as the plastic thickens as it shrinks and is difficult to work with afterwards.

- 5) Preheat the oven to 250 degrees.
- 6) Line a cookie sheet with parchment paper and place the pieces flat with at least 2 inches clearance for each piece. The pieces will move and curl during cooking.
- 7) **WARNING** - Heating plastic can release toxic fumes (even the brand-name stuff). So always ensure that you open a window or a door while cooking.
- 8) Put pan in the oven and watch it consistently. The edges will curl, but should flatten out . If it’s having difficulty flattening (larger pieces of plastic are more likely to have trouble), you can help it flatten with a spatula.
- 9) When it flattens, remove it from the oven and let cool for at least 15 min. before attempting to pick up.
- 10) Congratulations you’ve returned to your childhood and recycled. ☺

KIDS COOK CORNER

Rainbow Miracle Cookies

Here are some unique flourless cookies that you can make (or teach your parents to make) with things you probably already have in the kitchen. But remember, it does use the oven so ask an adult to help.

Ingredients....

- 1 egg
- 1 cup creamy peanut butter
- 1 cup granulated sugar
- 1 teaspoon vanilla
- 1/2 cup “M&M’s”® Chocolate Mini Candy Baking Bits

Directions

- 1) Place egg, sugar, peanut butter, and vanilla in a mixing bowl, and mix together well.
- 2) Add the Mini Candy Baking Bits.
- 3) Drop well-rounded teaspoonfuls onto ungreased cookie sheet.
- 4) Bake in a 350°F (177°C) oven for 8 to 10 minutes or until edges are brown.



5) Remove from oven, cool.

Makes about two dozen small cookies or 18 larger ones.

LOVE TO WRITE?

The Cabot Chronicle is looking for writers to cover Cabot and surrounding towns. Familiarity with AP Style is preferred but we will train.

563-3338
editor@cabotmedia.org

SUDOKU

2				8		9	7	5
			3		4			
6				2			3	1
7				1			6	
3								8
	6			3				2
8	7			5				3
			8		1			
5	2	1		6				7

CLASSIFIEDS

Classified ads are 10 cents per word, for a minimum of \$2 (this does not include help wanted or employment classifieds). For full details see our media kit at www.cabotmedia.org or contact our advertising sales manager at ads@cabotmedia.org or 563-3338

WANTED

Wanted-Office desk. If you have one that needs a new home, please call the Cabot Coalition at 563-3338

COMPUTER SERVICE

APEX COMPUTER SERVICE. On-site computer and peripheral repair. Covering northern VT/NH (802)563-3318

STUDENT EXCHANGE

AFS International Student Exchange. 1-800-AFS-INFO. Students interested in spending a summer, semester or year abroad? www.afs.org/usa

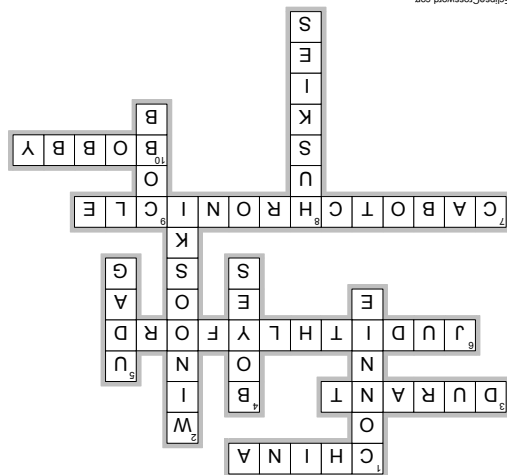
SENIOR HOUSING

CABOT COMMONS offers affordable one and two bedroom apts. For seniors in Cabot Village. Waiting list info, call Susan at 426-4192 or email carpfarm@fairpoint.net

Solution for this months Sudoku.

7	4	8	3	9	6	1	2	5
6	2	5	1	7	8	9	3	4
3	1	9	2	5	4	6	7	8
2	5	1	8	3	7	4	9	6
8	6	7	5	4	9	2	1	3
4	9	3	6	1	2	5	8	7
1	3	4	7	2	5	8	6	9
9	8	2	4	6	3	7	5	1
5	7	6	9	8	1	3	4	2

Solution for this months Crossword.



DEADLINE
EXTENDED
FOR CABOT UDAG
TOWN MEETING 2009
COMMUNITY GRANT
APPLICATIONS
NEW DEADLINE:
DEC. 11
TOTAL AMOUNT
FOR 2009 \$57,813.86
Applications at
Cabot Town Office
Online at www.cabotvt.us
Email rdeno@fairpoint.net

Introducing the Vermont FACES Network Website

After months of planning by Vermont families, the FACES website is now available online!

Families of Addiction Consulting for Effective Services (FACES) is a dedicated group of Vermont parents and family members whose lives have been touched by their children's substance use and/or mental health issues.

The FACES Project is designed to get parents and teens involved in helping shape teen substance use and mental health services across Vermont. The State of Vermont has received federal funding to redefine our adolescent treatment system and we need the family-voice in order to achieve this.

You'll find an extensive list of

- * prevention
- * intervention
- * treatment and
- * recovery resources

Included is a list of Prevention Coalitions and SAP's in Vermont schools.

Meet the FAB! The members of the FACES Family Advisory Board want to hear from you. Visit the website to find a FAB member near you. www.vtfacesnetwork.org.

For more information call 1-800-769-2798. The Vermont FACES Network is a project of Friends of Recovery- Vermont. FACES is supported by grants from the VT Department of Health, Division of Alcohol and Drug Abuse Programa, and NEIAS (New England School of Addiction Studies).

LOCAL DIRECTORY

HEATING & COOLING

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Service and Installation of
Oil Furnaces
Licensed & Insured
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3/09

John A Hammer, Jr.

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Licensed & Insured
Quality Work- Reasonable Rates
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563-2680

3/09

MECHANICS

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Cabot, VT 05647
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Mike & Ann Cookson, Owners

3/09

MAINTENANCE

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Light Construction, Yard Care,
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802-274-6646 (cell)
Mark & Brigitte Codling, Owners

10/09

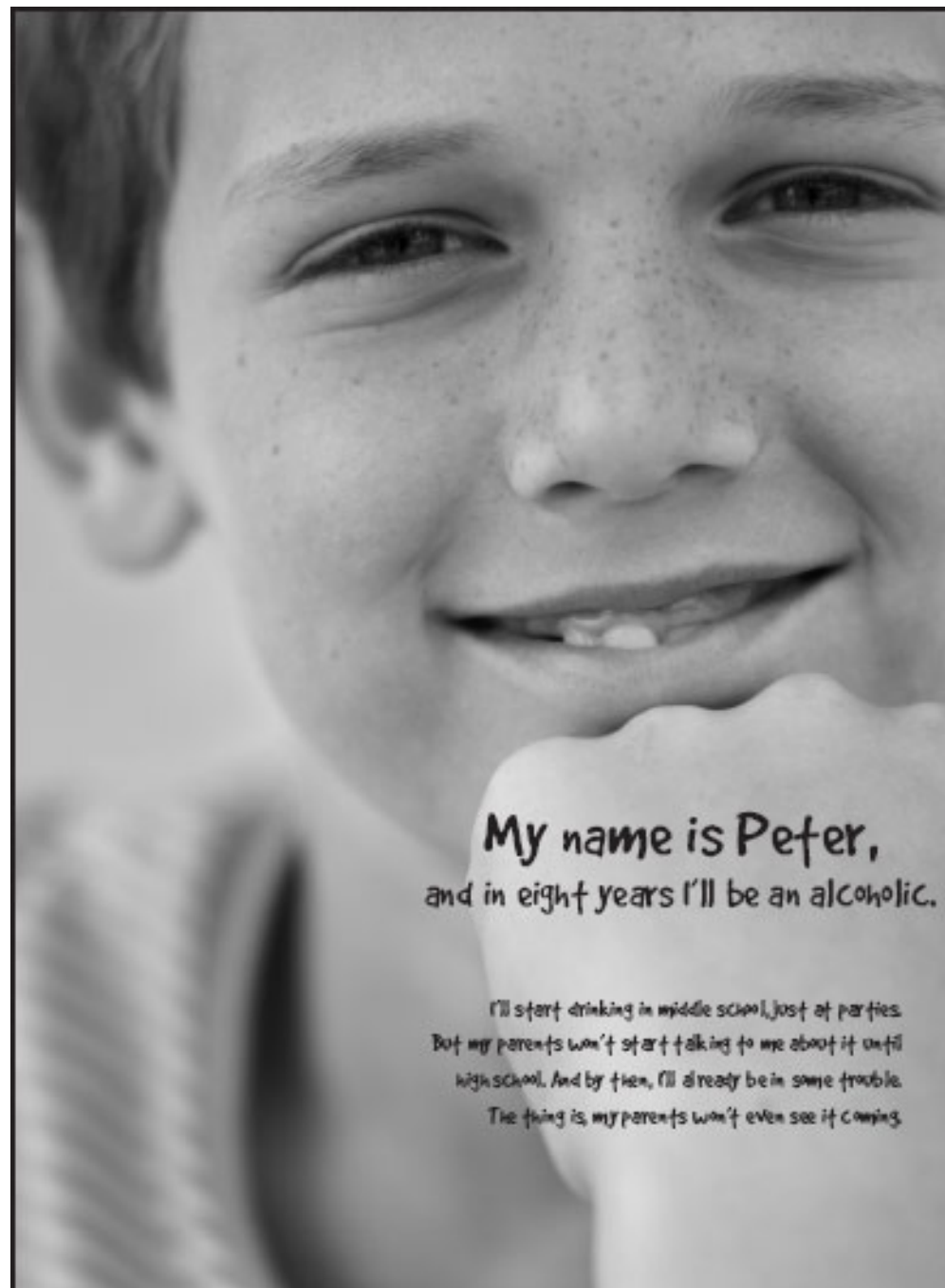
Cedar Brook Farm

Brush Hogging &
Custom Tractor Work
Tony Palmiero
802-472-6503
East Hardwick, VT

10/09

Place your ad here so the whole town knows your business!

www.cabotmedia.org
563-3338



My name is Peter,
and in eight years I'll be an alcoholic.

*I'll start drinking in middle school, just at parties.
But my parents won't start talking to me about it until
high school. And by then, I'll already be in some trouble.
The thing is, my parents won't even see it coming.*

START TALKING BEFORE THEY START DRINKING

Kids who drink before age 15 are 5 times more likely to have alcohol problems when they're adults.
To learn more, go to www.stopalcoholabuse.gov or call 1.800.729.6686



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov



des Groseilliers Funeral Home
Formerly Holcomb Funeral Homes, Inc.
Hardwick, Vermont 05843
Main Street
Johnson, VT 05656
802-472-5541
800-220-5541
desgros@vtlink.net

JOHN des GROSEILLIERS

PUBLIC NOTICES

Agency of Natural Resources Dept. of Natural Conservation Water Quality Division Winooski Basin

Tuesday, December 9, 2008 6:30 to 8:00 pm Old School House Commons Upstairs Meeting room in Jaquith Library 122 School Street Marshfield, Vermont 05658	Monday, December 15, 2008 Public Meeting Legal Notice Date: November 24, 2008 Contact: Ryan McCall Vermont Agency of Natural Resources, Department of Environmental Conservation A series of public meetings will be held in December to generate interest and actions toward the development of the Vermont Agency of Natural Resources' Winooski Basin Water Quality Management Plan. The public is invited to express ideas towards a 6:30 to 8:00 pm Barre Town Municipal Offices Meeting Room Upstairs 149 Websterville Rd Websterville, Vermont 05678
Wednesday, December 10, 2008 6:30 to 8:00 pm North Branch Nature Center Meeting Barn adjacent to Nature Center 713 Elm Street Montpelier, VT 05602	Tuesday, December 16 2008 6:30 to 8:00 pm North Branch Nature Center Meeting Barn adjacent to Nature Center 713 Elm Street Montpelier, VT 05602
Thursday, December 11, 2008 6:30 to 8:00 pm Waitsfield Elementary School Music/Art Room 3951 Main Street Waitsfield, Vermont 05673	Wednesday, December 17, 2008 6:00 to 8:00 pm Stowe Akeley Memorial Building Banquet Room Down Stairs 67 Main Street Stowe, VT 05672

For further information please contact:
Ryan McCall - Watershed Coordinator
Vermont Dept. of Environmental Conservation
103 South Main Street 10N
Waterbury, VT 05671
(802) 241-1006
ryan.mccall@state.vt.us

Sanders Wants A Jolt For The Economy

BURLINGTON

November 24— Senator Bernie Sanders (I-Vt.) agreed today with President-elect Barack Obama's call for the next Congress to pass a bold economic stimulus package to create jobs and bolster the economy. The new initiative would be in addition to the billions of dollars the Bush administration has committed to rescue financial markets.

"After years of neglect, our top priority should be a major investment in repairing our crumbling roads and bridges, fixing our schools, reviving our railroads, and making a major financial commitment to energy efficiency and sustainable energy. Now is the time to move forward aggressively because each \$1 billion investment creates up to 47,000 new jobs," Sanders said.

"If Congress can fork over \$700 billion to rescue the Wall Street fat cats from their reckless gambles, why can't we put millions of Americans to work rebuilding our country as we address the severe economic crisis we

face?" Sanders asked.

Contact: Michael Briggs or
Will Wiquist (202) 224-5141



CABOT MAPLE FESTIVAL



First we brought back
your newspaper
Now we will revive your
MAPLE FESTIVAL!

The Cabot
Maple Festival
is being revived by the
Cabot Chronicle.

More details to follow.
To volunteer or learn more
contact Allison Joyal
917-3789