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The Cabot Chronicle

1ST ANNIVERSARY
ISSUE

FREE

Serving Cabot
& Surrounding
Communities

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Cabot, Vermont

March 2009

Notes From The Legislature

By Representative Kitty Beattie-Toll
MONTPELIER

It is hard to believe that another month has passed. A lot is happening at the State House and I am enjoying learning about the many issues that are introduced through bills. As of February 16, over 200 bills have been introduced in the House and over 90 in the Senate.

Of great concern to all Vermonters is the safety of our children. After months of hearings this summer and fall in response to the tragic death of Brooke Bennett, the Senate passed S.13, An Act Relating to Improving Vermont's Sexual Abuse Response System. Several House committees are now reviewing S.13. The legislation contains a "Statewide Approach to the Prevention of Child Sexual Abuse." The bill will improve state systems that are designed to prevent sex offenses, to treat victims and to adjudicate, incarcerate, treat and supervise offenders. The vast majority of offenders are not strangers but are known to the victim: family, friends or acquaintances. Many abuses or assaults are never reported. The present bill allows for a 25 year minimum sentence for violent sex crimes. I believe this comprehensive bill is both thoughtful and thorough.

On Wednesday, February 4, I had the opportunity to visit Vermont Yankee in Vernon. The Vermont Legislature has contracted for an independent reliability audit to help guide it in the decision making process concerning the "public good" of the nuclear power plant in southern Vermont. The Legislature will ultimately decide whether to relicense Vermont Yankee past 2012. The Nuclear Regulatory (NRC), not the VT State Legislature, will determine the safety of the plant. When all reports are in and studied the Legislature will vote on this issue. However, it is unknown at this time if legislative action will take place this year.

The Agriculture Committee is very concerned with the plummeting milk prices in Vermont and the

adverse effect it is having on our dairy farmers. Milk prices are determined by the Federal Government. There is frustration with the low milk prices the farmers are receiving and the much higher cost of milk to the consumer. We continue to hear testimony concerning this problem. Recently, the Senate Ag Committee announced at a Press Conference its intent to introduce a bill to reduce the high price of milk at the retail level. This proposal has received mixed reviews and will have little to no impact on the price of milk the farmers are receiving.

It was refreshing to have members of the 2 Plus 2 Program testify in the House Agriculture Committee. These young Vermonters received a scholarship that enables them to attend 2 years of agricultural education at Vermont Technical College and 2 years at the University of Vermont. These young gentlemen thoroughly understand the challenges of the industry, but are committed to careers in agriculture. Their insight to the future of farming is encouraging. This program is funded through the State of Vermont and we are hopeful this investment in our youth will benefit all of us.

Agriculture bills now being considered are: H. 62 - a bill to exempt working farm dogs from certain municipal ordinances; H.93 - a bill allowing for the leasing of state forestland for maple sugaring; and H.152 - a bill encouraging energy production from sustainably harvested biomass. H.58 creates a new grade of goat milk, referred to as manufacturing grade. This bill addresses the need for differences in standards between cow milk and goat milk. The bill was voted out of committee, passed the House and is now being considered by the Senate.

The House Agriculture Committee attended the 75th annual Vermont Farm Show held at the Barre Auditorium. It was exciting to see exhibits addressing a positive future for Vermont agriculture. At the annual Dairy Dinner, Cabot resi-



Smoke can be seen rising from the school's woodburning heating plant. The plant has gone through a few test burns and is now being used regularly. Cabot School Board Chair Chris Tormey said that wood chips should cost half the price of oil and will replace 80 percent of the oil used. Photo courtesy of Will Walters.

dent Jackie Folsom was awarded the John Finley Award. This award is given to an individual who has dedicated themselves to agriculture in the state of Vermont. The Ag Committee was pleased to be in attendance and wants to congratulate Jackie on her achievements.

It was my pleasure to be seated across from Wes Davis at the Farm Show Dairy Dinner. Wes, a graduate of Vermont's 2 Plus 2 Program, is currently leasing a dairy farm in Coventry, Vermont. He will soon be moving back to the area to integrate his herd with his dad's herd in Peacham village. Wes' father, Don Davis, was tragically killed in a farming accident earlier this year. Wes is hoping to have made the move back to the family farm this month.

Friday, February 13 was Daniel Hoyne Grosvenor's last day serving as a Legislative page. His time at the State House, performing the duties of a page, has been very exciting and educational. Daniel looks forward to possibly applying to the Congressional Page Program in Washington, DC his junior year in high school and perhaps even returning to Montpelier as a legislator. We wish him all the best in his future endeavors.

The VT Agency of Agriculture re-

cently announced the recipients of the 2009 Farm to School grants at a ceremony at the Statehouse cafeteria. The Cabot School was awarded a 2009 VT FEED (Vermont Food Education Every Day) Planning Grant. Congratulations to MaryAnn Tormey and to her fourth grade students. We can all look forward to learning how the students will make an impact on the Cabot school by bringing in local foods and making connections with area farmers.

The State House is always open to the public. Also, it is important to know that the Senate and House committee meetings are open to the public. Please feel free to stop in and listen to testimony on bills of interest to you and your community. Information on specific bills, meetings and events and various other legislative issues can be found at The State of Vermont Legislature website at www.leg.state.vt.us. Also, I can be contacted at kitty-toll@live.com or by phone at 684-3671. Messages can be left at the Sergeant At Arms office at 828-2231. I look forward to seeing you early Town Meeting Day.



Girl Scout Cookies

will be on sale at the
Cabot Town Meeting,
March 3rd in the
Cabot School Gym.

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The Cabot Chronicle

THE VOICE OF YOUR COMMUNITY

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Postal Patron
Cabot, VT 05647

CABOT COMMUNITY

To submit articles, send to editor@cabotmedia.org

A Year In Review An Interview With Tara Rogerson

By William Walters

HOW WOULD YOU SUMMARIZE YOUR FIRST YEAR AS TOWN CLERK?

It's been a whirlwind. I can't believe it is Town Meeting time again. The year has just flown by and it's been full of learning and adjusting to new responsibilities. It's so hard to summarize a position that has such a good balance between hectic and rewarding. The Cabot townspeople I've come to know are wonderful and varied, the work is interesting, and there's always something new to work out - sometime with a tight deadline – which keeps me on the go.

WHAT PART OF THE POSITION DO YOU LIKE THE MOST? WHAT PART DO YOU FIND MOST DIFFICULT?

Well, the people I work with are great – The Select Board has been understanding and patient to answer questions or explain issues and procedures, the highway crew is absolutely top notch, Carlton is a wealth of practical knowledge, and Velma – I've told her more than once she can't retire. Ever.

What I find difficult is finding balance in my life. I enjoy the constant interaction as a liaison between the people, the municipality, and the State, but in the past I worked from 8 to 4:30 and I when I went home I could leave my job at work; I really can't do that anymore. I miss the conspicuous anonymity, but still I want people to feel free to contact me... I like it when they stop me on the street and talk about what's on their mind. But weeks where I have three or four evening meetings, lots of homework, and am trying to see my family before they go to bed are difficult.

HAVING BEEN THROUGH AN ELECTION OR TWO, HOW WOULD YOU RATE THE EXPERIENCE IN DEMOCRACY?

Election time is great, and I'm really looking forward to Town Meeting! It's such a straight forward process, where people are encouraged to share their viewpoints on issues that matter to us all then decide, as a whole, what direction to take. Is there anything more empowered than an informed community, one that understands the financial

and social responsibility voters ultimately hold in municipal government?

DO YOU FIND THE ENLARGING REGULATIONS BY THE STATE ON VOTING AND ELCTIONS AN INCREASING BURDEN ON TOWN CLERKS?

Stepping into the position with regulations as they currently are, I'm probably not the best person to ask. I'm shielded by Cabot's relatively small size, and the few last-minute additions we receive have a minimal impact on the entire process. But there is a lot of paperwork that goes into every election, before and after. We document absolutely everything, and it is checked and rechecked until the numbers square. I'll probably have a better answer for you by the end of my term.

HAVING JUST BEEN THROUGH AN ANNUAL AUDIT AS TREASURER, HOW WOULD YOU DESCRIBE INTERACTING WITH THE AUDITORS AND ACCOUNTANTS?

End-of-year is a bit frenzied. The proposed and actual budget figures have to be done within a month, most of it in the final two weeks of January, so I spent a lot of time interpreting previous year reports to achieve continuity in the figures. The Town Auditors are pressed for time to get the report in voters' hands as soon as possible, but we all want the information to be right. Given the time constraints I think the Town Auditors put it all together well. And the outside auditor work hasn't been concluded, but it's going along smoothly. Although the Town doesn't use the GAAP method, the auditors appeared happy with the recordkeeping and accounting this last year.

WHAT CHANGES IN THE TOWN CLERKS OPERATIONS HAVE YOU INSTITUTED? ARE THERE ANY EXPECTED?

None, really. The office was running smoothly when I came, and I'd prefer to understand how it all works before contemplating any sweeping change.

THERE WAS TALK A FEW YEARS AGO OF MOVING THE TOWN CLERK'S OFFICE TO THE MASONIC HALL. WOULD YOU UPDATE US ON THIS?

I'm unsure what plans the Select Board has for the Masonic Hall. Money was put in the proposed budget this year for necessary electrical and plumbing work so that it could be used, but when and for what, I don't know.

HAVE YOU BEEN ABLE TO CONTINUE YOUR HIGHER EDUCATION? HOW IS IT GOING?

I've kept forging ahead with a full course load. In another term I'll be done my Bachelor's, so now I've got to decide what's next. I love research and case law, so I'm torn between do I find an attorney willing to sponsor me so that I may read the law and take the Bar, or do I continue toward a Master's of Law Degree?

YOU WILL BE ATTENDING YOUR FIRST TOWN MEETING SITTING UP IN FRONT AS TOWN CLERK. HOW ARE YOU PREPARING YOURSELF FOR YOUR FIRST 'CURTAIN CALL'?

There's probably only so much a person can do to prepare. For the most part I'll take the minutes for the meeting and count ballots. I'm sure there will be questions, and they will get forthright answers, so I'll take cues from the Moderator on when to speak.

ARE YOU AWARE THAT OFFICIALS WHO LAUGH AT THE MODERATOR'S JOKES HAVE A HIGH RATE OF RE-ELECTION?

But, what if the jokes are really bad..?

ARE YOU AWARE THAT ELECTED OFFICIALS WHO DON'T LAUGH AT THE MODERATOR'S JOKES HAVE A HIGH RATE OF RE-ELECTION?

Now, wait... You just said--

ARE YOU LAUGHING NOW?

No! Because *that* was a bad joke!

The results of town meeting voting will be streamed on

www.cabotvt.us

after the ballots have been counted. Expect results after 9 PM.

Polls are open 10 am to 7 pm

Domey To Run Again

By Will Walters

Edward "Ted" Domey has filed a petition to run for reelection for the selectboard. No other candidate has filed to run, according to Velma White, assistant town clerk.

Town meeting will fill a number of other positions in town government. Some officers will be elected from floor nominations while others are appointed by the selectboard.

For election from the floor at town meeting, the moderator will call a voice vote, although a paper ballot can be requested by seven or more voters if moved before the next article on the warning is called.

The following officials will be elected from the floor: Moderator, lister, auditor [3 years], lister [2 years], delinquent tax collector, first constable, second constable, grand juror, law agent, cemetery

commissioner, library trustee, UDAG committee [1 year term], UDAG committee [3 year term], Willey building committee.

After the election of the selectboard member is determined from the ballot count, the selectboard meets in an organizational meeting and appoints people to the the following positions: wastewater commission, pound keeper, dog control officer, fence viewers, tree warden, fire warden, town service officer, health officer, town energy coordinator, zoning administrator, planning commission, zoning board of adjustment, conservation committee, road commissioner, master of colors, town attorney, newspaper of record and inspector of coal, wood, lumber and shingles.

Anyone interested in appointment to any of these offices should contact Selectboard Chair, Caleb Pitkin.

We want to hear from you!

The Cabot Chronicle strives to be a citizen-based news source.

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

Phone: 802-563-3338
E-mail: editor@cabotmedia.org
DEADLINE: 15th of the month prior

The Cabot Chronicle

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CABOT COMMUNITY

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Farm To School Awareness Day Celebrated
MONTPELIER

The Vermont Agency of Agriculture, Vermont Food Education Every Day (VT FEED), in partnership with the Department of Health, and the Department of Education, recently announced the recipients of the 2009 Farm to School grants at a special ceremony at the Statehouse cafeteria.

The Rozo McLaughlin Farm to School program is in its third year and named for Rozo McLaughlin. Rozo was a state legislator who was devoted to improving the health and welfare of Vermont's children. She worked diligently to find ways to incorporate good nutrition into kids' diets by linking local producers and schools.

This year, grants were awarded to eleven schools. Seven are implementation grants and four are planning grants. Schools who received grants in 2008 were on hand with displays demonstrating how the money had made an impact on their school and the important role the grants played in bringing more local foods to their cafeteria while making connections with local farmers.

"This is an educational opportunity I didn't expect to experience until college and here it is in high school," said Jennie Meglathery, Thetford Academy student speaking of how they used a Farm to School grant in 2008. "It is all because of this grant so I just have to say thank you all for making it possible."

"When students are able to communicate the importance of connecting Vermont Agriculture and local foods to education, we know we have made a difference," said Abbie Nelson, Co-director of VT FEED.

"We understand the importance of building connections between schools, children and producers throughout Vermont. This is why we have made a priority to work to ensure funding for this and other agricultural education programs," said Senator Sara Kittell. "Supporting our local farmers and local foods is good economics for our communities and gives our children a closer connection to food choices for better health."

"This important and innovative legislation supports farmers, school service providers, teachers and school administrators as they work to increase local products in our school cafeterias," said Governor Jim Douglas.

Commissioner of Education Armando Vilaseca underscored the importance of the Farm to School program and stated that the Department of Education would make this initiative a top priority.

According to Koi Boynton, Farm to School Coordinator with the agency of agriculture, through the partnership with VT FEED and the departments of health and education, a new statewide steering committee will be formed.

"The steering committee will include stakeholders and serve to provide statewide vision and improve communication throughout the state in order to build regional and local capacity for farm to school programs," commented Boynton.

Secretary of Agriculture Roger Allbee said, "We are so thrilled with how much this program has grown. It is wonderful to hear the stories of how students are relating farming to reading, math, science and economics. We look forward to seeing farm to school continue to grow for the benefit of our students and our farmers."

2009 will see some great projects from schools all over the state including the expansion of a breakfast at Lawrence Barnes Elementary School in Burlington to include local foods and the creation of a mini-grant program to allow students to expand food and farm curriculum at Thetford Academy.

2009 Farm to School Grant Recipients:
Implementation Grants:

Dover Elementary,
East Dover, VT

Lawrence Barnes Elementary School,
Burlington, VT

Albany Community School,
Albany, VT

Sharon Elementary,
Sharon, VT

Harwood Union Middle/High School,
South Duxbury, VT

Thetford Academy,
Thetford, VT

State Street School,
Windsor, VT

Planning Grants

Mount Anthony Union Middle School,
Bennington, VT

Richmond Elementary School,
Richmond, VT

Cabot School,
Cabot, VT

Randolph Elementary School,
Randolph, VT

Selectboard Raises Wastewater Rates

By Will Walters
CABOT

A total of two minutes was spent by the selectboard on their public hearing held Wednesday, February 11. The hearing, called to receive public comments on an increase in wastewater rates, had no members of the public present.

Town Clerk Tara Rogerson gave the board a brief summary of the comments called into her office by Jenny Gilbert, and then Caleb Pitkin, selectboard chair, asked for a motion of adjournment.

Immediately upon adjournment of the public hearing, Pitkin called the selectboard into session. Prior to discussion on the proposed wastewater rates, the board heard from Ed

Village Trustees Discuss Water Department Expansion Option

By Will Walters
CABOT

After attending to routine business, the village trustees got their feet wet on the engineering review of the Water Department. At their March meeting they were presented with information by hydrologist Raymond Gottbetter of Yellow Pea Hydroponics about the recently discovered aquifer above their present wells which Gottbetter said, based upon initial tests, could provide up to 150,000 gallons a minute if cracked. This would triple the amount of water presently available to the system.

Whether to tap into, and also what to do with, all this water was the discussion of the long evening meeting. Trustee Brian Houghton questioned if the village could store such an increase with the present physical plant while trustee Ed Fox inquired if the system would have to expand significantly to increase usage to cover the costs of development. He doubted that enough people were available for expansion to make it cost effective.

Trustee Carl Bean lead a depth of questioning about the suggestion that the water could be piped through a larger pipe which could have turbines spaced within it and could generate electricity that the village could sell to the grid. This is a successful method in use in parts of the country where water flow is sufficient and the pipes have enough head to power the generators. From the rough sketches and data it appeared that the construction could make this work.

The amount of electricity that could be generated was estimated on a constant water flow, and the ability to provide the constant flow was widely estimated, raising concern about viability. Even at the lowest estimate it was felt that the village could produce revenues that would let it operate profitably and run budget surpluses. Carl stated, "This could be like oil to Alaska. If we find a way to work up enough usage, we could have a negative property tax in the village and pay people to live here."

One long term suggestion offered by Brian, referring to current consumer trends, was to look into a water bottling plant to increase employment, use the surplus water and add to the grand list Sales could add significantly to the profit margins available to the village and boost the local economy. Bonds could be issued for construction and then be liquidated by the increased water. Ed stated "that is definitely a long term, and expensive, solution." Village clerk Bob Miller then offered a slogan to capitalize on the suggestion, saying "When the Winooski Waters flow through your Veins, they go to your Head and Smarten your Brains." After a brief silence, the members continued their discussion.

Carl suggested a more conservative approach by using what was already in the village. He brought up for discussion increasing usage of the school by having the school board develop an adult education and night school curriculum as well as sending feelers out to Community College of Vermont to explore using it as a satellite campus. "Everything is already there," he said, "we just have to get more people in and flushing. Continuing ed. will bring in the older "high flush factor" type of student which will increase revenues. These are students who are good at washing hands after every visit, making the incremental revenue increase even greater. And the school could use the extra tuition." Ed stated "that would work easily" and suggested "we could also sell them our bottled water."

As the night grew long, the trustees decided to consider this at a later meeting because of the complexities it raised.

Also attending during the latter part of the meeting was state hydrologist April F. Daye of the Dept. of Environmental Conservation, who was invited to attend the next meeting and offer information on meeting any state requirements.

The meeting adjourned and a line quickly formed at the rest room.

That event brought 1200 people into town, during Dairy Month. Rides for children and food were supplied by the Creamery. Similar events are planned for this coming June and the Creamery, Pcolar said, intends to also provide support for the performing arts program this year. The Chronicle will carry more detailed information in a later edition.

After hearing from Pcolar, the board then proceeded to act on the wastewater rate issue. Member Larry Gochey moved to increase the use fee to \$700 per year. Member Ted Domey seconded and the motion was carried 3-0.

Pitkin mentioned after the vote that next year the use fee will have to be raised to an estimated \$740 in order to cover operation costs.

The current rate is \$660 per ERU, or Effective Residential User.

Pcolar also informed the board that this will be the Creamery's 90th anniversary of doing business in Cabot, and that it is planning to sponsor a celebration on June 13, similar to the one held for the 80 year anniversary.

CABOT COMMUNITY

To submit articles, send to editor@cabotmedia.org

Cabot School Honor Roll 2008-2009 Second 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 and announced in the Cabot School Newsletter, The Times Argus, The Caledonia Record, The Hardwick Gazette and The World. Academics are very important in Cabot School and we hope you will strive to gain high grades.

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, Seth Graves, Julia Gulka, Victoria Harshman, Whitney Richardson

Grade 11
Ashley Ambroz, Amber Graves, Dore Elaine Grier, Theron Lay-Sleeper, Tyler Stecker

Grade 10
Carrie Harvey

Grade 9
Aaron Bushey, Rebecca Rossell

Grade 8
Daniel Hoyne-Grosvenor

Grade 7
Olivia Bellavance, Lars Hammer, Carter Maxfield

First Honor

Grade 12
Jesaiah Feltus, Shane Gochey, Johnathan Maxfield,

Grade 11
Robert Lanphear, Elijah Schumacher, Dylan Tetreault

Grade 10
Willa Burke, Charlotte Robison

Grade 9
Kelly Gochey, Cassidy Kittredge, Susanna Paye

Grade 8
Timothy Mueller-Harder

Grade 7
Joseph Ambroz, Wesley Ameden, Donaghue Burke, Shelby Marcotte

Second Honors

Grade 12
Knight Ducharme, Ashley Foster, Rachael Pitkin

Grade 11
Caitlin Celley, Gwen Considine, Robin Considine, Brittany French, Samantha Lewis-Rock

Grade 10
Trevor Banister, Jena Bastress, Sadie Marcotte, Shelby Maurice, Laura Nally

Grade 9
Caleb Domey

Grade 7
Ashley Maurice

National Expert on Adolescent Brain Development to Visit Cabot

By Laurie Augustyniak
CABOT

When national expert Michael Nerney comes to Cabot March 10 to talk about adolescent brain development he hopes to help parents and other adults understand the rebellious and often dangerous behaviors of tweens and teens.

Recent research indicates that the timeframe from 14 year to 24 years of age is exceptionally risky. New insights into brain development, gained through the use of new technology, demonstrate specific conditions that exist in the brain only during adolescence.

With over 27 years of experience in the field of substance abuse and prevention, Nerney, a father of four, brings a special understanding of the workings of an adolescent’s mind.

“Part of the challenge of preventing substance abuse is to understand how the adolescent brain works,” said Nerney. “What people don’t generally realize is that in a teen or pre-teen emotions are two- to four-times more intense than adults and they rely more on feeling than thinking,” he continued, “And when they experience strong negative feelings, teens sometimes turn to drugs and/or alcohol to push those negative feelings away, even though it’s temporary. We have to teach them to process their feelings in positive and productive ways.”

Nerney, an internationally known lecturer has presented to parents

throughout the country on topics pertinent to adolescent development. With humor and a great deal of research and personal experience, Mr. Nerney presents information and advice that is invaluable to anyone with an adolescent in the home.

Nerney said that in a ten year period, from 1997 to 2007, the use of alcohol and marijuana has declined, but the problem is far from solved. “And what most people don’t realize is that it’s a problem that impacts all of us, directly or indirectly.”

“As taxpayers and insurance consumers we are all paying for the cost of adolescent substance use,” said Lori Augustyniak, coordinator of the Cabot Coalition, “For example, in 2001, the cost in Vermont associated with underage drinking alone was \$143.7 million. This amount includes the costs of youth violence, traffic crashes, alcohol treatment, injuries, high-risk sex, property crime, poisoning and Fetal Alcohol Syndrome in mothers ages 15 - 20.

Nerney will make two presentations in Central Vermont:

What Are They Thinking?
The Adolescent Brain: Substance Abuse and Risky Behavior
Tuesday, March 10
6:30 – 8:00 p.m.
Cabot School Library

The Adolescent Brain and Risky Behaviors
Wednesday, March 11
6:30 – 8 p.m.
U-32

CSPAC Mud Season Latin Gala

By Cia Considine
CABOT

A total of two minutes was spent by the selectboard on their public hearing held Wednesday, February 11. The hearing, called to receive public comments on an increase in wastewater rates, had no members of the public present.

Town Clerk Tara Rogerson gave the board a brief summary of the comments called into her office by Jenny Gilbert, and then Caleb Pitkin, selectboard chair, asked for a motion of adjournment.

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Pcolar, operations manager of the Cabot Creamery. He came to the meeting to thank the board for their support of the Creamery in its recent Act 250 permit process. Although a final decision has not been made on their permit, Pcolar thought it would be a good time to express the Creamery’s appreciation for the board’s “time, patience and support,” as well as the assistance received from Tara Rogerson, town clerk and Carlton Domey, zoning administrator. “On

behalf of the Creamery, we couldn’t think of another place to do business.” said Pcolar.

Pcolar also informed the board that this will be the Creamery’s 90th anniversary of doing business in Cabot, and that it is planning to sponsor a celebration on June 13, similar to the one held for the 80 year anniversary.

That event brought 1200 people into town, during Dairy Month. Rides for children and food were supplied by the Creamery. Similar events are planned for this coming June and the Creamery, Pcolar said, intends to also provide support for the performing arts program this year. The Chronicle will carry more detailed information in a later edition.

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Pitkin mentioned after the vote that next year the use fee will have to be raised to an estimated \$740 in order to cover operation costs.

The current rate is \$660 per ERU, or Effective Residential User.

The events are free and refreshments will be provided. For information and to register for the Cabot event, call the Cabot Coalition at 802-563-3338; for the Montpelier event, call Central Vermont New Directions, 802-223-4949.

Internationally renowned, Michael Nerney has worked with federal and state agencies including the Federal Office of Substance Abuse Prevention, the Bureau of Justice Assistance, New York State’s Education Department, Department of Social Services, Department of Correctional Services and the Governor’s Office of Employee Relations, among others. He also wrote and was awarded a federal grant under the Youth-At-Risk Act, to design and deliver training programs for residential facilities within the New York State Division for Youth.

Nerney’s particular areas of expertise include psycho-pharmacology, adolescent chemical dependency, relapse prevention, gender differences in communication and managing violent incidents. He has served as a consultant for two major television networks, most recently appearing on ABC’s 20/20.

Town Meeting Day Child Care
for children up to grade 3,
will be provided in the

Cabot Preschool Room
from 10 a.m. - 12 noon
and again
from 1 p.m. - 3 p.m..

*Donations accepted to benefit
the Twinfield/Cabot School Trip
to France.*

UDAG Grant Vote YES On Town Meeting Day

By Cia Considine
CABOT

We have applied for a UDAG grant for \$16,691 to support the non-structural, theatrical components of the building. This includes acoustic treatment, curtains, staging, lighting system enhancements, sound system and a sprung dance floor (for a portion of the performance area).

If this grant comes through we will really be ready to roll!

The grant money will come from the UDAG Fund and therefore does not affect your taxes. Please spread the word to folks that we need to VOTE YES for the UDAG CSPAC GRANT!!

*

*Editor’s Note – last month’s edition of The Cabot Chronicle printed incorrect numbers for the requested CSPAC UDAG grant. The number above is correct.

CABOT COMMUNITY

To submit articles, send to editor@cabotmedia.org

Cabot Creamery

By Anne Nadel
CABOT

For many residents of the state of Vermont, the word Cabot is synonymous with cheese. For the residents of the town for which the internationally renowned cheese-maker is named, the very presence of the manufacturer can seem at times mixed blessing. Just what does the company mean, in light of actual influence on the tiny village?

Cabot Creamery, originated in 1919, when farmers from the Cabot area joined forces to turn their excess milk into butter and market it throughout New England. The original Cabot group consisted of 94 farmers, membership cost of \$5 per cow and a cord of wood to fuel the boiler. The original members purchased the village creamery (built in 1893) and started operating under the Rosedale brand name.

Today, Cabot Creamery is a cooperative dairy that, along with New York's MacAdam Cheese, is part of Agri-Mark cooperative, which dates back to 1916 when it originated as the New England Milk Producers Association. In 2003, Agri-Mark merged with the Chateaugay Cooperative in upstate New York and acquired the assets of McCadam Cheese, including a plant located in Chateaugay, NY.

While the original Cabot Creamery celebrates its 90th birthday this year, and a lot has changed since the days when Cabot products bore the Rosedale label, a lot about the company remains the same, according to Jed

Davis, the company's director of sustainability, and former marketing director, who said the cooperative hopes to be thought of as a good neighbor.

Davis said the creamery, on the whole, helps support approximately one third of the approximately 1,100 dairy farms in the state, collecting milk from roughly 350 Vermont farms.

"Two dozen of those are in Washington County, and two are in Cabot. The Goodrich family's Molly Brook Farm and Crooked Brook Farm, the Folsoms' place, are part of our cooperative," he said, noting that the Goodrich family's involvement in the cooperative dates far back in the cheese-maker's history.

As of the end of 2008, there were "just shy of 40" employees at the Cabot village facility who were residents of the town of Cabot, representing 11 percent of the facility's staff, according to Davis. In addition, he added that a full half of the location's staff live within a 20 mile radius of the plant. Given that the facility employed 345 people at year's end, that is a significant employment base for this rural pocket of the state.

While some Cabot residents might bemoan the presence of trucks rumbling over town-maintained roads, the hum of the massive refrigeration units, and the lights which illuminate the facility at all hours, there are perks to having the cheese-making icon as a neighbor. The town of Cabot's most recent census numbers show an entire population of 1,239 people, including children. The employment of 40 residents at one

company casts a positive light on identifying Cabot as a company town. The draw of the creamery for out-of-state and out-of-town tourists also puts Cabot's maple producers and farmers on the map, and is no-doubt a source of the village's popularity for regional July Fourth revelers.

The creamery as an entity makes an annual gift to the Cabot school, in the form of an enrichment grant, and has also been involved with procuring an Urban Development Action Grant (UDAG) for the town.

Davis described one Children's Literacy Foundation matching grant in which the company participated in late 2007. The grant made possible the purchase of \$2,000 in elementary school level books for the Cabot Library. He said participating in things that enrich the community's youth is very important to the creamery as an entity.

"We also try to keep the whole community in the loop," he added, "via quarterly interviews with employees."

While it is difficult to pinpoint what impact the presence of a manufacturing facility has on the roads or tax base for the village without knowing what the situation would be without these factors, and the creamery has been in Cabot as long as most people can recall, a comparison might be made with other similarly-sized towns without the creamery. Unfortunately, because the Vermont tax base fluctuates from county to county, there is no practical comparison. Marshfield, for example, has a similar population, and very similar tax rate. These numbers are deter-

mined, however, by the state education homestead tax rate, and are not influenced by the presence of industry.

As for wear and tear on roads and increased traffic, Davis said the company is very sensitive to the subject. When the company was deciding whether or not to relocate the distribution facility to Montpelier, an influential factor was the hope to minimize the impact of the company's expansion on the infrastructure of the town of Cabot.

"Issues like road wear weigh heavily on decisions we make as an organization," he explained.

A highlight of every Independence Day parade through the village is the arrival, near the back of the pack, of the Cabot Cheese truck. Formerly passive adults wave vigorously at the truck's driver, stepping in front of the candy-gathering children, and shouts of "Cheese!" ring through the crowd as hands shoot into the air, hoping to grab one of the coveted slices of wrapped cheddar. For a moment it's easy to think in the summer, Santa Claus drives a semi rig. Jed Davis likes the recognition of the parade's culinary highlight, and adds this year, there will be more to celebrate, with the cooperative inviting the community to share in the celebration of nine decades of quality dairy products. As for the occasional grumbling about the creamery, Davis hopes the organization is doing enough good to offset any qualms villagers have with it, since it looks like a relationship with staying power.

Mentor Profile

By Sue Freeburn
CABOT

Sisters mentoring sisters... Ashley with Robin, Amber with Gwen. Ashley Ackermann and Amber Perry are sisters, and they are mentors for twin sisters Robin and Gwen Considine: sisters mentoring sisters.

They have all been together for about 3 years now, they recalled. Ashley stated she wanted to get involved in the mentoring program because she had an aunt who was a good mentor for her when she was growing up, and shared her love of animals; so she wanted to be able to pass that along to another generation. Amber thinks it is important to have a mentor, an adult other than a family member to be with. In a small town, Amber feels, it's important to have someone else to make a connection with, to spend time with. Despite busy schedules, they try to get together about twice a month.

Over their three years together, they have gone sledding, fishing, and horseback riding together. They have gone to the movies, to dinner, hiking, and ice-skating.

They try to get to the home Cabot basketball games, and have also attended Frost Heave games. But sometimes they just hang out and talk- today they were making some pretty mouth-watering butterscotch cookies. Both of the twins are involved in iota projects: Gwen is working with horses, and Robin's project is goat "kidding"; sometimes their get-togethers involve help with that or other schoolwork.

All agreed that the mentoring program is good for both mentors and mentees: they would, and have, recommended to others to give it a try. They explained: it's something else for the kids to do after school, beyond their own family; in a small town like Cabot where there aren't movies, malls, gyms, or other place where kids go, having an adult mentor provides another source of adult-supervised activities on a one-to-one basis.

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.

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Friday, April 17, 2009

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Past entertainment at The Atrical Café included laugh 'til it hurts
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Funding is available to pay 3 headline acts.

CABOT COMMUNITY

To submit articles, send to editor@cabotmedia.org



The Cabot Chronicle Turns One!

By Allison Joyal – Editor



This month is a landmark for the Cabot Chronicle and the Cabot Community. In December of 2007 I met with members of The Cabot Coalition to discuss the possibility of creating a community newspaper. Discussions within the community had begun over a year earlier than that, and it was apparent Cabot residents felt underserved in local media and out of touch with their own community. In my grandmother's Cabot heyday, everyone participated in local events, lived and worked locally and knew almost everyone in town. Today, most residents work out of town. Many families moved in from elsewhere and Cabot has become a different type of town than ever before. While this adds color to the fabric of our community it also fostered a fractured and out of touch aspect in resident's lives.

The focus of a "community newspaper" is slightly different than that of a hard news media outlet. Community newspapers serve a distinct purpose. The first and major objective is community building; to remove that "out of touch" feeling among residents. Through community papers, neighbors meet their neighbors. You, as a reader, should feel you "get to know" a local resident because of a profile written. Or you know who died and who was recognized for an achievement. By having a news source you get the facts rather than a story third-hand and possibly distorted. The second major focus of a community newspaper is to hold community members accountable. You may have noticed our "Curds and Whey" column notes not only those who deserve positive recognition, but those who have committed negative acts affecting our town. We hope residents are less likely to commit an act of vandalism or other crime knowing we are watching. And the third focus is of course bland, but necessary, to report the news. At The Cabot Chronicle we have slowly added a fourth objective – fun! Through humorous columns, a family fun page, a new, silly mascot and more we hope this paper becomes enjoyable to readers and production staff.

Initial discussions regarding this newspaper involved phrases such as; "it may only last six months." Things may seem more ominous if you heard about local news outlets recent struggles. Nationally, newspapers are folding, forced into unpaid furloughs and decreasing distribution. However, this paper has been warmly received and grown in popularity. Just last month we increased production by 20 percent due to our inability to keep up with

demand! I attribute this to our slightly different focus than that of traditional media outlets, a true need being met and massive community involvement. My goal when preparing the first storyboards was to serve every one of our community members; from children to seniors, quilters to hunters and politicians to musicians. I think we have achieved this, thanks to our community contributors. And here I would like to express gratitude to the Cabot Library, the Cabot Recreation Committee, Twin Valley Seniors, the Cabot Coalition, Fish and Game, Cabot School, Town and Village Officers, Home Dem, and all of our contributors who submitted some news-worthy piece. Without the input of the community, there would be no paper. I would also like to thank our advertisers. They have placed faith in us during our infancy and I hope we have proven ourselves worthy of that trust.

You may notice, our goal of community building extends beyond distributing a newspaper. This month we will be reviving Cabot's Maple Festival. In April, in cooperation with the library, we will be reviving a writer's group. We urge you to attend these events and become acquainted with your neighbors.

As I said, the paper has grown. We started a year ago with three primary people working long hours in a small home office. A year ago I spoke to advertisers, created web content, designed the paper, chased articles, edited copy and distributed papers. One of the most exciting new additions is actual staff! You may have noticed our new look a few months ago when we hired Todd Jones as paginator. We are slowly growing our advertising, distribution and reporting staff as well. This has lightened my personal load, yes, but when it comes to a newspaper there is never any such thing as "to many cooks in the kitchen." Our new additions have added a spark of excitement and vitality. And no more do you hear naysayers voice opinions such as, "we may not last." Instead we are planning for our long-term sustainability and excited about the future. Over the next year we will continue to grow and improve and strive to bring our readers the best community newspaper around.

Dunsmore: Newspapers And The Declining Economy

By Barrie Dunsmore

(HOST) As we continue to view the local fall-out of the economic crisis, commentator Barrie Dunsmore, a veteran correspondent for ABC News, looks at how the new hard times are affecting an old institution.

(DUNSMORE) Those Vermonters who have lost their jobs and their health care are, of course, major casualties of the current economic disaster. What may be less obvious are the very likely negative consequences of the crisis on things we all take for granted. I am thinking particularly of our local newspapers.

The newspaper business, nationally and locally, was already struggling because of a dramatic loss of classified advertising to the Internet. In today's economic climate, the problem has become much worse. Your friendly new and used car dealerships - who once accounted for a major chunk of a local newspaper's advertising revenue - now have little or no money to spend on such ads - as the entire automobile industry faces the worst losses in its history.

Likewise, many other national and local advertisers can no longer afford to spend at former levels.

To face these new challenges, the *Burlington Free Press* has made staff cuts, as have other Vermont local and regional publications. As a freelance columnist for the *Rutland Herald* and *Montpelier/Barre Times Argus*, I and other contributors were asked to take fairly substantial cuts in fees. Much more significantly, some top editors and reporters at the *Herald* and *Times Argus* have been laid off. I am not privy to these newspapers' balance sheets, but I do know that, in Vermont and around the nation, local newspapers are struggling mightily to stay in business.

There is one school of thought that newspapers are dinosaurs and after several hundred years, a new business model for packaging and selling the news is long over-due. I happen not to subscribe to this

gloomy view. I believe that newspapers - the great national ones and the dedicated local versions - are essential to democracy and remain the backbones of our communities. The top papers employ some of the best minds in the country to report and analyze the major events of the world and the nation. Local newspapers help to keep our state houses, city halls and zoning boards honest. They cover our local sports teams and review local dramas and musicals. This nurtures local talent and gives communities a sense of civic pride and cohesion - something I cannot see the Internet being able to accomplish.

There are those who champion the rise of the citizen blogger as evidence that the Internet has created the first truly democratic form of journalism. But, while there certainly is no shortage of opinion on the Internet, I have found much of that opinion to be based on neither knowledge nor actual facts.

In order to survive, newspapers will need more revenue. Perhaps they'll finally find an efficient way to charge small sums for their online versions. Or maybe they will have to become non-profits dependent upon rich benefactors. A new business model for news may be needed - but we haven't found it yet. Meantime, this geezer believes losing our newspapers would be a devastating blow - to America's political system and to its very way of life.

The Cabot Chronicle

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CABOT COMMUNITY

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Skating Rink Returns to the Common

By Will Walters
CABOT

Ice skating on Cabot's town common had its debut February 7, after multiple trips by the fire department. They flooded a section cleared of snow to make an open and level skating area. Nearly 30 people ranging from ages four to 70 participated.

This revived an activity that was common in the 1960's and 70's according to village residents. One long-time resident said the common used to be flooded by the fire department in early December and was used as a rink throughout winter. People helped by pumping water from the red hand pump in the road at the Danville Hill Road and Route 215 intersection.

This year, skating was organized by Connie and Richard Hourihan with the assistance of the mentoring program of the Cabot Coalition. In addition to organization the event, the Hourihans supplied cookies and hot chocolate to skaters. Connie Hourihan also supported skaters on the ice who had not yet developed their skate legs.

"People were really excited about having a skating rink right here in Cabot," said Kathleen Hoyne of the mentoring program. "There were some kids brought here by their parents and grandparents for their first ice skating."

Will this become an annual event? "I would like it to be. Yes," said Connie Hourihan. She said the event was organized because, "the kids in Cabot need something to do. Something everyone would enjoy."

Hourihan said that some children were skating in boots. Later in the day Karen Mueller-Harder arrived with extra skates and loaned them to children who had none. "They had a blast, they had so much fun," said Hourihan.

Hourihan made some suggestions to improve skating in the future. One suggestion was to add more ice and make the area bigger. The second was to place benches so people can sit and changes into skates and back into shoes.

Hourihan heard many comments about where people skated when they were younger. "It brought back memories," she said.

Captain John Christman said that the fire dept. delivered 14,000 gallons of water to create the rink. 13 truckloads from the pumper truck were needed to carry this volume. In the beginning, Christman said, the water was emptied directly on the ground but it began to wash away through the snow. He had better luck getting it to freeze fast by spraying it into the air first.

Christman suggested a plastic liner be placed on the ground for the water to be poured on and some form of edging to hold it in place. He said the department would be willing to provide assistance in building an ice rink annually.

Christman was assisted by his son Ken Christman, also a captain in the fire department. The younger Christman said it would be easier and faster to use the fire hydrant on the commons to flood. But he said this would have to be approved by the village trustees as it would be using their water. Christman also said that this would have to be planned in advance because a large draw on the hydrant would set off alarms to the water department. The large draw, he said, could look like a broken water main.

Village Trustee Brian Houghton agreed with Christman's statement. But he said the trustees would be willing to let the hydrant be used as long as a trustee was given advance notice. Houghton said in addition to alerting the operating company, a large volume draw should be expected, a drop in water pressure may occur and the trustees would need to answer questions from consumers.

Houghton said the hydrant was used to make an ice rink on the commons about five or six years ago. He was not able to recall if it was successful.

A short video of people skating on the commons can be seen at www.cabotvt.us



The Cabot fire department made 13 trips to the commons to deliver water for the creation of an ice skating rink that opened February 7. Here Capt. Ken Christman operated the controls while Capt. John Christman begins laying down the hose on the field. Chief "Skip" Bothfeld assisted in the project. Photos courtesy of Bill Walters.



Capt. John Christman lays down a six inch hose to begin flooding the commons to make an ice skating rink. 14,000 gallons of water were delivered by the fire department for the opening of the rink February 7. Flooding the commons for a rink was done regularly in the 1960's and 70's. Photos courtesy of Bill Walters.



Clear weather made for a good opening of the ice rink on the commons. The Cabot fire department delivered water in time for the February 7 event. Karen Mueller-Harder, center, and Todd Jones, far right, stand ready to assist skaters. Photos courtesy of Bill Walters.

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Wheeeeeee! Photos courtesy of Bill Walters.

GREEN CHEESE

Where’s That Town?

By Peter Dannenberg

I just read the Feb. 8 Boston Globe article about the efforts of the Cabot Coalition to curb underage substance abuse. I support the Coalition's goal. Alcohol and drug abuse can have horrific costs, especially among the young.

What bothers me is reporter Brian MacQuarrie's description of Cabot. I don't recognize the town I've lived in for a decade. Neither does my wife, who graduated from Cabot High School in the sixties.

MacQuarrie writes of "this village of 1,200 people." It's a quibble, but I know for a fact that the entire population of the Town of Cabot is not crammed into the village. Were that true, the Village of Cabot, which has its own municipal government, would be a tad more crowded.

MacQuarrie's Cabot boasts a "single, 19th-century schoolhouse." This statement may lead to some heated discussion at town meeting. Voters will want to know where their taxes for school construction and improvements have gone since 1900. They also may ask who owns the rest of the buildings on the campus. The oldest building dates from the early 1940s. The earlier two-story building on the site, built in the 1860s, is long gone.

Did someone trick MacQuarrie? Did they take him to the West Hill Pond one-room schoolhouse, which is now a Cabot Historical Society museum, and tell him that's where Cabot kids learn reading, writing and arithmetic?

No wonder MacQuarrie threw in a statement from a Boston doctor that "Genetics, poverty, isolation, and negative parental behavior all can stack the deck against an at-risk teenager in Vermont." Just using the outhouse at the old schoolhouse in the winter might put my genes at risk.

MacQuarrie seems appalled that Cabot lacks a movie theater, bowling

alley and restaurant. Although such amenities would be welcome, I doubt they would do much to reduce teenage drug and alcohol use. It's been quite a while since I lobbed a bowling ball, but I dimly recall some beer drinking in the alley. And I don't remember anyone swearing off because overindulgence made them miss a spare. The movies and greasy spoons that were teen hangouts in my salad days were not temples of moral uplift. Maybe it's different in present day Boston.

Only those who live in cities and suburbs believe teenage drug and alcohol abuse don't exist in rural areas. No place is ever free of foolish adolescent behavior. Recklessness is part of the teenage job description. It's up to caring adults to help teens steer clear of dangerous mistakes. MacQuarrie spotlights a real social problem. But twisting Cabot into a New England Appalachia and its citizens into the Joad family doesn't help. The Cabot I know is not MacQuarrie's dismal rural backwater.

I graduated from a high school with as many students as the entire population of Cabot. Giving students a chance to visit France or Belize would have been a pipe dream. But Cabot students do that. My school never won a basketball championship, but tiny Cabot has twice in recent years. And the team often brings home the good sportsmanship award. Cabot volunteers joined together to raise funds for and build a performing arts building. That's just the tip of the iceberg. Cabot citizens work together to help our community.

Cabot isn't perfect. No place is. I grew up, studied and worked in cities for decades. I prefer Cabot, even without a bowling alley. Cabot isn't a pristine paradise, but it's head and shoulders above the fictional rustic slum in MacQuarrie's article.

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As Time Goes By

Bear Witness

By Bonnie S. Dannenberg

I've always considered Franklin D. Roosevelt one of my heroes. But, when the History Channel recently ran a documentary on his life, I learned his wife Eleanor had higher moral standards regarding civil rights. More than 70 years after the Civil War, she pushed Roosevelt to publicly support the Costigan-Wagner federal anti-lynching legislation introduced in the mid-1930s. FDR would not support or oppose it publicly. It was no surprise when Southern Democrats chose to filibuster the bill. They filibustered for six weeks.

Every day during the filibuster, Eleanor sat in the U.S. Senate chamber, watching silently. Finally, a puzzled member of the press asked, "Mrs. Roosevelt, what are you doing?" She said "I am bearing witness." Eventually the legislation was withdrawn.

In February 2009, after seventy more years had passed, President Obama held a Town Hall Meeting in Fort Meyers, Fla. In the audience was Henrietta Hughes. She told the President she was homeless because she'd lost her job. Her family was living in a small car. She urgently needed help. Later reports said she wasn't allowed to vote in the 2008 Presidential election, because she had no address. She said she prayed instead of voting.

In Vermont, prisoners convicted of a felony keep the right to vote. I can't wrap my mind around it. If you're in prison in Vermont, you have the right to vote; if you're unemployed and homeless in Florida, you do not.

We could do worse than live by Eleanor Roosevelt's words. "I am bearing witness." As Edmund Burke said, "The only thing necessary for the triumph of evil is for good men to do nothing." Do something. Bear witness.

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Vermont Food Bank/Commodities Program

Cabot based, Faith in Action Northern Communities Partnership Inc., a 501c(3) non profit, has expanded its partnership with the Vermont Food Bank to include the Federal Commodities Food Distribution Program. Beginning in March and continuing each month thereafter, individuals & families are invited to participate in this new food distribution program.

Thanks to Faith In Action, and a collaboration of community groups including Cabot Connects Mentoring, Cabot Coalition and the Cabot Church, this program will be operating locally for Cabot area families. Volunteers are being sought for food pick-up, sorting and delivery, as well as, other helpful tasks associated with getting the food out to folks.

Individuals and families are welcomed and encouraged to take advantage of this wonderful food resource. For more information, call 563-2278.

ART SCENE



Musical Notes
Blues Cruisers

By Kenny B

Well now, after taking off a month for relaxation and rejuvenation (did you miss me?) I'm ready to tell you what I did. And what I did was take a cruise on a BIG boat, the ms Eurodam. This was not for pleasure but work. Getting to the airport before the ice storm blew in was a must. I drove to Logan Airport with the impending storm in my rear view mirror. Arriving in Fort Lauderdale, Fla. we went right to the boat. All I can say is, "WOW! A nice, big, sexy boat." The twelve story boat and two thousand people on it overwhelmed me.

After setting sail we ran a quick "rescue" drill, then the party was ON! The ship contained 2,000 U.S. and

international "Blues Cruisers," 300 Indonesian crew members and 20 high caliber bands such as Taj Mahal, Susan Tedeschi, Derek Trucks, Irma Thomas, The Fabulous Thunderbirds, and my band, Luther "Guitar Jr" Johnson. You can check the line up at: Bluescruise.com. The cruise had been sold out since April '08. I was new at this and had to take some time to get used to it all. But there were many musicians who knew exactly what to do.

I spent two days getting a taste of all the music. These incredible artists made me kind of antsy about my Sunday Night performance. But, no worries, our first show was perfect! Now it seemed everyone knew my name! The next five days featured "Flavors of the Blues" on five different stages, one of which was the Lido Deck. Our band got blown off that stage twice!

But the second show was extended and we started the show with a big bang with some help from Kim Wilson of the Fabulous Thunderbirds.

The boat stopped at some of the best ports of The Dominican Republic and the islands of Tortolla and Dominica. The weather was beautiful most of the time, except when all those awful winter storms in Vt. needed some moisture. Down there the rain goes up, then it comes down here as rain snow and ice. It was quite a sight to see a twelve story boat rolling from side to side in the wind. The boat was BIG. But the ocean is BIGGER!

Some folks have been attending this same cruise for 10 - 15 years from all over the world. They hang memorabilia from each prior cruise on their cabin doors. By closing night I realized I didn't just meet some great fans. I made *friends*. Much love and respect!! I hope to be part of the "Blues Cruisers" next year. And if you love the blues, you should too!!!!

Peace and Hairgrease,
Kenny B.



Fort Lauderdale to Eastern Caribbean
Holland America ms Eurodam
Artwork: [Commander Cody](#)

Community Commentary

This section illuminates the diverse points of view of our community members. A variety of voices is sought to represent a broad spectrum of ideas. The goal is to encourage an energetic and civil dialogue without personal attacks. The commentary section strives for balance of opinion immediately & over time. Writers are asked to make their point with the highest regard for the facts.

Dear Editor:

We are the "5 middle schoolers" mentioned in a newspaper article that appeared in the Boston Globe on February 8 and the Times-Argus on February 10. We gathered around our "long, plain table" in our "quaint, old building" and expressed our displeasure with the article. Not only were our names not mentioned in the article, but also not mentioned was the name of the group interviewed for the article and the work that we do! Our group, Kids in Action Empowering Our World! (KAPOW!), educates our classmates and friends about the dangers of drinking and smoking and organizes fun alternative activities.

The group recently led a trivia game in the 5th and 6th grade classes about the effects of drugs on your body. KAPOW! is currently in the midst of planning another educational event for the middle schoolers, and a dance. We were disappointed to find that the work we do was not mentioned, nor were the stu-

dents quoted (properly at least) on their opinions.

I, Hugh, greatly disapprove of this article, seeing as my quote was taken out of context...I said that youth who use might think, "If I do what they do, I'll be cool." I know I'm already cool, without using alcohol or other drugs.

I, Jonah, was disappointed about what was said about Cabot. I for one was excited that the reporter took his time to come interview us, but he wasted our time by not telling the paper's readers about the awesome work teens do to prevent substance use.

I, Timothy, greatly appreciated that the reporter took the long hours to drive up to interview us; because it meant he wasn't able to spend that time writing more misleading articles like this!

The author of this article made Cabot look bad, even though we told him in the interview that a majority of our classmates don't use alcohol, tobacco or other drugs. Why did you even come to interview us when all you wanted to do was dis Vermont? You made it sound like everyone uses, and didn't show our side of the story.

Sincerely,
Wesley Ameden, Hugh Burke, Adlai Feldman, Jonah Jarvis and Timothy Mueller-Harder

Dear Editor:

We are seniors at Cabot High School and co-youth advisors of KAPOW! We started the middle school prevention group about a year ago and have had a lot of success with it. We regularly work with middle schoolers providing them with education about drug and alcohol abuse that they can take to their peers. We also help them plan fun activities that give them something to do in their free time. This group has been a lot of fun for us, and the middle schoolers. They often come to us excited to start new projects.

Last month KAPOW! Was interviewed about their work in Cabot by the Boston Globe. We are disturbed that in the article printed in the The Boston Globe and re-printed in the Times-Argus described Vermont as hiding sinister secrets behind scenic views.

It is true that, there are Vermonters who may have a problem with drugs and alcohol, but there are also many people working to address it. At The Students Against Destructive Decisions (SADD) national conference this past year, Vermont sent 70 students to Arizona - making Vermont the state with the greatest number of youth delegates! There are an abundance of groups like KAPOW! across the state, who are enthusiastically working to improve our substance use statistics and make a difference. We were disappointed to find that this article only focused on the negative things about Vermont, and not on Vermont's hard-working and concerned students.

Meriah Nunn & Deborah Walnicki



Sales People Wanted

Motivated self starters needed part time for the advertising sales department of our community based newspaper. Responsibilities include, but are not limited to: Maintaining existing accounts; Developing new accounts; Attending sales staff meetings; and Providing feedback on changes to newspaper to improve advertising sales. Compensation is based on a scaled commission base with performance bonus. Interested candidates should contact Tom at 802-563-3178 or mail resume to cabotcoalition@fairpoint.net attn: Tom.

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JOHN des GROSEILLIERS



Boston Globe reporter Brian MacQuarrie, far right, talks to students in the Willey building meeting room on the topic of group substance abuse among peers. MacQuarrie was directed to the Cabot Coalition by the Vermont health department to look at the Coalition's substance abuse program. Photo courtesy of Will Walters.

Hello,

You may not know me but I've been following your paper from it's start. My name is Inky and I'm a Cabot mouse. I live in the basement of the Willey building and am looking for work. I have always wanted to try my hand at being a reporter and am willing to travel. I want to write pieces about where the paper is and where its going. I will happily travel via UPS to visit our readers in other states and countries. I am very photo-

genic, and would happily pose for pictures. All I seek for compensation is round trip transport, and a little traveling cheese.

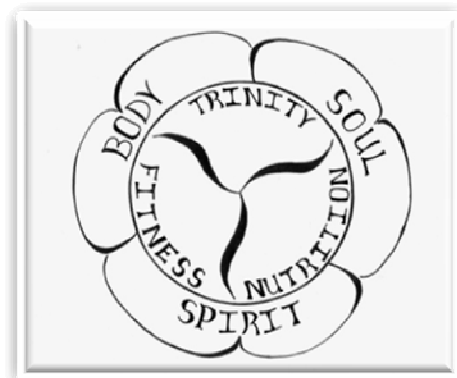
 Thank you for your consideration
Inky D. Mouse

Dear Inky,

I bet we could find some cheese for you somewhere in this town. I'll check around...

Allison Joyal - Editor

Spring Classes offered by Trinity Fitness and Nutrition



Club Ladies: Cabin Fever getting you down?

Prepare yourself for spring by joining one of the following fitness classes offered by Michelle Delaney, CPT. Did you know that the most powerful role model in a child's life is the same sex parent? Join a mother and daughter strength and agility class held in the Cabot School Cafeteria from 5:30 p.m. to 6:30 p.m. starting Thursday March 5th through Thursday April 30th. The cost for two is \$5. There is no minimum age requirement but your child should be able to pay attention and exercise for an hour. Did you know that unless you take preventative measures you lose muscle mass and bone density as you age? Join a strength and agility course for women in the school cafeteria from 6:45 p.m. to 7:45 p.m. starting Thursday March 5th through Thursday April 30th. The cost is \$40. If you are looking for more personal attention and time sign up for an 8-week course that meets every Monday, Wednesday, and Friday from 9 a.m. to 10:15 a.m. or from 5 p.m. to 6:15 p.m. at 316 Last Road beginning March 9th and ending May 1. These classes will be limited to five. These will include body fat analysis, weight, measurements, instruction on calculating exercise heart rate, and nutritional advice. These classes are \$50 per month. I am also now offering one-on-one sessions that I will tailor to your specific needs and goals for \$30 per session at Trinity Fitness Club at 316 Last Road. My goal is to instruct women in exercises you can continue to do at home with little or no fitness equipment, so you could meet with me one-on-one every two weeks or once a month to track your progress and make program adjustments. Contact me to register for classes or a one-on-one. Please talk to me if you are interested in classes and do not have the money.

Michelle Delaney, CPT National Federation of Professional Trainers
802-563-2427 mpsoccer2@aol.com

SPORTS

Cabot Resident Races Vintage “Sled”

By Will Walters

Ken Talbert took his son Charles “Chuck” Talbert to the vintage sled (snowmobile) races in Colebrook, NH Saturday, February 7. Both entered their sleds in the competitions.

This is the second year of the races, with 100 sleds per race. During the first year there were only 26 sleds entered. All the sleds are vintage and have 2 stroke engines.

The races are held to raise money for the northern area snowmobile clubs.

“I have wanted to do this since 1971, and I figured I should do it now before I’m dead,” said the senior Talbert who will turn 70 this year, according to a reliable source who asked not to be identified.

Talbert rode a 1972 Skidoo TNT with a 292 cc engine. He came in “convincingly last” according to Chuck Talbert. But that was because he was wiped out by another sled that came alongside him and sideswiped him on a turn.

It’s not that racing is anything new to Talbert. He started with stock car racing in the late 1950’s, racing the track at Waterford Speedway in Waterford Vt. After stock cars, Talbert spent about ten years harness racing at fairs in Vermont and Maine.

Recently, he has returned to horse competitions by entering pony pulling contests.

Chuck Talbert rode a 1971, 340 Skidoo TNT single cylinder machine.

He entered the 340 and under class of racers. The races have different classes based on the size of the engine to make winning more dependent on skill.

The race begins with what Talbert called an “athletic start.” The racers run up to their sleds, connect to the tether switch and start the engine from a cold or slightly warm engine start. “The motor better start with one pull,” said Talbert, or else the racer is already behind.

Talbert said he was, “really happy with my results. I couldn’t be happier.”

He wiped out in the qualifiers, “flopping” his machine. In the main event he did better. Talbert started off fifth or sixth and passed two sleds early in the race.

After a good start he started to lose his grip on the machine and tried hard not to pull the tether switch which would have stopped the engine. “I had my hands on [the sled] for dear life and was dragged down the line.” There was, “a pack of people right on my tail,” said Talbert.

According to Talbert, scorers had him at the bottom of the field but spectators ranked him higher.

He said his sled handled and steered really well and he looks forward to races held the end of February.

For more information on vintage sled racing, please visit www.thegreatnorthwoodssnowmobileerace.com



Chuck Talbert does prep work on the vintage snowmobiles that he and his father Ken will be riding in the races in Colebrook NH. Photo courtesy of Will Walters.

Riding Border to Border to Benefit Cystic Fibrosis

By Will Walters

Nearly 300 snowmobiles took part in the Vermont Border to Border ride February 7, according to riders who stopped at Harry’s Hardware on their way through Cabot. Walt Ackermann estimated 100 stopped at the store, where hot dogs and burgers, along with other food, were served. The food was cooked on a barbeque grill in the side parking lot.

The riders started in Woodford Vt., near the Mass border, and continued for 350 miles to the end at Chez Pigeon in Norton Vt. on the Canadian border, where a banquet was held. The ride is planned so it is completed in 24 hours.

This is the fourth year of the organized ride which raises money to benefit the Cystic Fibrosis and Donna Crandall Memorial Foundations. Each rider solicits sponsors with a minimum of \$125 required to participate.

Many riders had several sponsors, raising \$300 to \$400 each. According to Ackermann, one rider raised \$1,600. The donations are a flat amount and are not dependent on completion of the trip or number of miles logged by the rider.

Along with individual donors, some businesses along the trail supported the

ride in different ways. Messier’s General Store in East Randolph offered free coffee to riders. A-Z Snowmobiles in Woodford donated half their morning breakfast sales to the Cystic Fibrosis Foundation.

Organizing the ride across the entire state requires some advance planning because of a number of local restrictions on snowmobiling. Registration started at 2 a.m. and riders started out at 4 a.m. to avoid reaching Windsor County before its 6 a.m.night time curfew ended.

Organizers also had to negotiate with the Bridgewater selectboard to open a trail in their town for use by the marathon ride. The selectboard agreed to open a closed trail section for this one day event.

Some of the participants who stopped at Harry’s Hardware said they were from NY and Mass. They said good weather not only made the ride more enjoyable but helped provide a better turnout, which helps generate more donations. Bad weather, some said, would certainly make one think twice about riding 350 miles on unfamiliar trails.

For more information on the border to border ride, please visit VTB2BN24.org

What are the Cabot Roamers and what happened last year with those guys?

By Mark Bromley

Cabot Roamers was established as an informal group of cycling enthusiasts in the community of Cabot in the spring of 2007. In the fall of 2007, the established community-based program Cabot Connects Mentoring approached the bicycling group about the feasibility of combining its members’ love for cycling with the goals of the youth mentoring program.

Under the auspices of Cabot Connects, the Cabot Roamers represents the volunteer initiative of a group of adults within the community of Cabot to create a program aimed at enabling our young people to experience the challenges and rewards of cycling and bicycle touring.

As the numbers illustrate, we had a great spring and summer last year! A total of 35 adults and 50 youth participated in a total of 11 riding events, including two overnight ride/camping trips. Our average number of participants for each ride was 20, with about seven adults and 13 young riders for each ride. 14 adults and all 50 youth participants attended mandatory safety sessions by certified safety instructors. We held two safety and repair workshops. We distributed three to four dozen helmets at cost or without charge to Cabot kids who needed

one whether or not they participated in our events.

The numbers do not tell the real story about new friendships made and how proud we were to see kids leading kids and working as a team to safely ride on the roads and trails.

This year we hope to do many of those same trips but we would also like to challenge the experienced riders with several two- to three-day trips and perhaps even a week long trip from Cabot to the Maine coast!

Ok – but what’s it really about?

Last summer Gage Hale came by one of our events having just the day before learned to ride on two wheels. If he had been a dog we would say he was on a puppy tear! He rode around our parking lot in circles, with a big smile on his face, and never once slowing down. Most of us had to keep an eye out for the on-coming Gage. When we get older some of us remember what that was like. A lot of us, as we get older, decide that somehow the saddle on bikes changed and it hurts now for some reason. We also get busy with other stuff and don’t get the opportunity to ride as much.

Bikes are one of life’s great deals, right up there with wool clothing and dogs. The dog thing is another article entirely, so let’s talk about why bikes

are not just good things, but really, *really* good things.

For one thing, they can take us to any place we want to go, limited only by our fitness and imagination. When we were kids, they gave us freedom to explore, but cyclists of all ages can use their bikes to explore ourselves and our relationships to the country and those around us. A few years ago, my daughter and I were lucky enough to be able to go on a very long trip on bikes. It was life-changing for both of us. Why it was so is really difficult to put into words, but nevertheless very real.

When we’re climbing a hill we tend to think only about ourselves and the grade ahead – it’s very personal and sometimes tough. But in the late hours of the day - after completing some mileage that seemed improbable when we started out - it’s rewarding to share that satisfaction with someone else.

The bike is my mentor. It stares at me from the corner of the room. It gets me up and out. It opens me to the whole world around me.

That’s what a mentor is, really: Something or someone that challenges you to explore new things on your level but also opens you to the friendship of others and the community around you. You discover that you’re riding next to somebody who is living on the same

speck of dust (in the cosmos) as you; who wants peace and prosperity and security just like you; who loves both food and goofing off, and bikes, just like you; and who has the same fears and insecurities that you do.

So it goes with the Cabot Roamers. We’re riding for and by ourselves but also together. We’re riding safely, having fun; seeing, hearing, and smelling the world around us as if for the first time, getting hungry and suffering up the hills together. Most importantly, we’re learning to take care of one another.

When you travel by bike, people welcome you wherever you go. People want to know your story: Where you’re coming from and where you’re going. When we travel *a long way* on a bike it surprises people and surprising people feels good and makes you feel like you could do just about anything.

I’ll venture to paraphrase Walt Whitman who seemed to sum up the feeling quite well:

“The earth expanding right hand and left hand.....

*I inhale great draughts of space,
The east and the west are mine, and
the north and the south are mine.*

I am larger, better than I thought.”

Sports

Cabot Ski Lift?

By Will Walters

The revival of ice skating on the common has reminded some residents of when Cabot had another winter activity in the village, a ski slope with a tow rope.

The ski slope was established on Danville Hill when Cabot's class of 1956 purchased a used tow rope lift from Stowe and gave it to the school as its class gift, according to Harry Foster. Foster, a member of the class, said it was purchased in 1954, but he also said his memory is a little fuzzy and he may be off a year or two.

Foster said the tow rope cost \$250 and was a three or four wooden pole line that went from an engine house which powered the lift to an area between the McKay and Walbridge houses on Main St.

The engine house was 20 feet behind the house now occupied by Houghton. Harry and Martha Foster lived in this house in their earlier years and said that their children as well as nieces and nephews who came to visit them at times played in the engine house.

The tow rope was operated into the late 1960's and was operated by various students. It was dismantled because the wooden posts rotted away and the tow rope was no longer usable.

The slope was a gift to the school but was open for use by anyone.

When the small school houses were built it was no longer possible to use the slope as it ran across the school's land where they were built. A resident of the village who taught in Cabot school for many years said she believes these were built by Cedric Houston in 1969 or 1970.

The Chronicle and the Cabot Historical society would appreciate pictures of the ski slope or tow rope and engine house.

Congratulations to The Cabot Chronicle on it's first year anniversary.

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Cabot Huskies: From Triple Threat to One Big Family

By Susan Alexander

I confess that I know very little about the game of basketball which in a town like Cabot is not anything to be proud of. I do have the basics covered like how many points you get for a foul shot and where the three-point line is. Beyond that I remain stymied by terms like "zone defense" and all those code words the coach offers from the sideline like "shell" and "hi-low" just further confound me.

My interest in the game usually trends towards the insignificant but fascinating personal idiosyncrasies. For instance, I like to study the specific style of each player as she prepares for a foul shot. A twitch of the shoulders, a hand swipe across the stomach, a glance back and forth between rim and ball, a deep breath; these random observations are the level to which my basketball intelligence has risen. So it should come as no surprise that I became intrigued when I looked out across the court one day and realized that there are three girls from the same family all playing on the same team and, in fact, often on the court at the same time. I instantly labeled them "the triple threat" (I know you are thinking "how clever"), although I found there is very little threatening about them when I recently interviewed them on a bouncy bus ride to a game last week.

Senior, Sam Talbert, wearing #44 (I happen to be fond of double digits), Junior, Dore Grier sporting #3, and Freshman Shannon Grier styling #22 make up the "Family Tree-o" (get it trio—now that's clever). Sam plays post (and I only know the name of this position because she told me so), where she attacks rebounds on the defensive, and positions herself for 2-pointers on the offensive. I see her name in the paper a lot with all these numbers after it which I suspect have to do with points, fouls and maybe even home runs but it is all Greek to me. Dore is a guard, and I cannot recall what they told me that means but what I think she does best is play smart — she really knows the game and thinks ahead a good five seconds to what needs to happen. Shannon tells me she plays everywhere because it is her first year and she is trying out many positions. Being such a fine athlete she has that versatility and still has three more seasons ahead of her to claim that special spot on the floor.

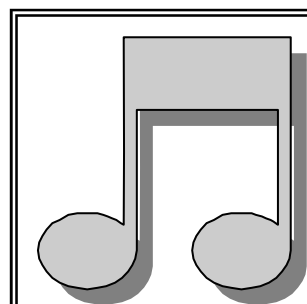


So this intrepid reporter began the interview by asking if they ever play basketball at home and they agreed that sometimes they get a game going in the yard during the nice weather. My brain was now ramped up to high level sports mode so I asked "you play one-on-one?" (see I was trying to impress them by throwing around a few basketball terms). Shannon sort of laughed and said "No, mostly it's those two against me." Ahh, so I wasn't the only one who took advantage of the youngest in the family. Then I faltered and my lack of knowledge of the game became embarrassingly evident so I moved on to things I like to think about. Clearing my throat I asked profoundly, "so how do you keep all your uniforms washed and organized? (two uniforms each times three kids makes for a heck of a lot of laundry) and isn't it hard to always be on time with three players? and do you ever get your mouth guards mixed up?" I like to believe the blank stares I got back were because they were such dazzling questions that the girls had to concentrate on the significance of their answers. Finally, Shannon confessed that once she had Sam's warm up pants and Sam not only spent a great deal of time looking for them but ended up at the game with only shorts. Then seeing me struggle for another question Sam threw in "Well since Dore drives, she keeps us all organized and on time." I wrote that one down word for word. Whew. Fueled with this quote I knew this story was going to make for riveting copy so I kept probing for more on the thrice-nice Huskies.

I sought out the team Captain Julia Gulka and asked her what it was like to have three girls from the same family on the team and playing together on the court. Did they read each others minds? Did they have their own plays? Did the team have nick names as clever as mine for the sisterhood? Again a bit of a blank stare from this scholar-athlete made me pleased with my insightful and deep line of questioning. "Well actually Susan, we don't really think of them that way. They are all very different and each has individual skills and strengths and to us they are like any other teammates." Aha, I HAD stumped her.

Unfortunately, our hour plus bus ride was winding down and I did not want to tax the players anymore before an important game so I sat back in my seat and returned to making more incredible astute observations. As I scanned the back half of the cold bus I saw that they were all looking very cool and calm, the cadence and volume of their chatter was confident and harmonious, they were sharing I-Pod earphones (okay THAT we need a whole other article on), and that they were a group of healthy, happy young women that we should all be very proud of. I realized then that not only are there three girls hailing from the same family but the whole team, including Laura Nally their manager, was one big Husky Family. Go Sisters!

**DON'T FORGET
THE RETURN OF
THE CABOT
MAPLE FESTIVAL
MARCH 28TH 2009**



Singers Wanted!
Cabot Community Chorus meets
every Thursday evening from 6:30 p.m. to 8 p.m.
Come join the fun singing with other
members of your community!

SPORTS



Local men play basketball in the school gym one evening a week.
Photo courtesy of William Walters.



The Cabot senior night game against Concord.

RECESSION RESOLUTIONS

This month's contribution is by
Anne Nadel

We've all heard the phrase "things are tough all over;" rarely has it seemed so apt. Yet there are ways an individual or family can stretch every dollar with a little ingenuity. Call it Yankee thrift, but out ancestors found ways to make the most out of what they had or do without, and there is no reason we cannot learn those tricks.

Fuel

A primary concern in recent months has been the cost of fuel, for both home heat and transportation. While the cost of gasoline, at least for the moment, has fallen, there can be little doubt it will begin an ascent once more. Prices have already started to increase. Still, there are ways to get the most fuel for the money.

To begin with, a vehicle, no matter how old, that is kept in good condition will always get better mileage than the same vehicle desperately in need of a **tune-up**. Replace all filters (gas, oil and air) in your vehicle regularly, and you will see a marked improvement in mileage. Regular oil changes, too, work like a reduction of cholesterol for your car or truck, as old, dirty oil clogs the works of your motor. Another important factor is tire pressure. While it is true that a vehicle with snow tires will not travel as many miles per gallon of fuel as one with all-season tires, we all know snow tires are simply a matter of practicality on Vermont during winter. The same can be said for the need to drive in four-wheel-drive, if your vehicle has it. However, make certain your **tires** are inflated to the pressure load recommended by the vehicle's manufacturer. Not only will it improve your mileage, it is also a matter of safety. An underinflated tire is a hazard to you and other drivers on the road.

Many grocery stores are running **fuel-savings promotions**. Price Chopper stores, located locally in St. Johnsbury and Berlin, offer a fuel savings program that has seen great customer enthusiasm, according to Jason Kennedy, a spokesman out of the company's Schenectady, NY, headquarters.

Basically, when a customer scans his or her Advantage card, the company's savings and check-writing

privilege card, for each \$50 the customer spends, he or she gets a discount of 10 cents at a nearby Sunoco gas station. The savings can accumulate for two months at a time before the card is automatically re-set. A customer may pay as little as 10 cents per gallon, for a purchase of up to 20 gallons of gasoline. Kennedy said the program originated in the company's New York state stores and made the jump to Vermont last fall, where it has proven to be a very popular draw for customers. Price Chopper has a three year contract with Sunoco, so customers can expect the savings to last for a while, even if fuel prices begin a rapid ascent. While the customer saves on fuel, the gasoline retailer does not lose a cent, as the balance of the cost of the fuel is made up by the store where the savings are accumulated. For example, if John Doe has a savings of one dollar from the Berlin Price Chopper store and 40 cents from the St. Johnsbury store when he buys gas, each of those stores pays that much per gallon to the gas station. Kennedy said it is worth sacrificing that part of each store's profit to help customer's save on fuel, and it helps develop good will for the company, resulting in greater customer satisfaction, a win-win situation.

Local participating Sunoco stations are; Bob's Sunoco on Memorial Drive in Montpelier, Paul's Sunoco on Route 302 in Berlin, AJ Sunoco on Washington Street in Barre and the Sunoco station on Memorial Drive (Route 5) in St. Johnsbury. The Price Chopper web site (<http://www2.pricechopper.com/fueladvantage/>) has more information.

As far as home heating fuel is concerned, this fall was an example of how pre-buying fuel can be an unsafe bet. Most years, it was wise for a consumer to purchase fuel at summer or early autumn rates with an anticipated spike in costs mid-winter, but this year, fuel prices defied conventional wisdom. The best way to be certain you are getting the most fuel for your money is to winterize your home and keep the thermostat turned as low as you can safely and comfortably manage. Layered clothes and warm blankets are a Vermonter's best bet to conserve heat budgets.

NEXT MONTH: PURCHASES

St. Patrick's Day
DINNER
March 17th, 5-7 pm
Corned Beef & Cabbage
Cabot's Willey Building
FREE or By Donation
To Benefit:
Cabot Connects
Mentor Program

Sponsored By:
Blackwell Roots Farm
Cabot Connects Mentoring
Faith In Action
Cabot Coalition



THIS IS BRAIN AWARENESS WEEK. DID YOU KNOW YOUR BRAIN BENEFITS FROM A WORKOUT, JUST LIKE YOUR MUSCLES? PLAYING CARDS OR DOING A CROSSWORD PUZZLE CAN EXERCISE YOUR BRAIN. TO LEARN MORE ABOUT THE BRAIN, VISIT THE SOCIETY FOR NEUROSCIENCE WEB SITE AT WWW.SFN.ORG.

Seniors



Meet Twin Valley Senior Board Member Dorothy Knowles

By Marvie Domey

"Dot" as everyone at the senior center calls her, was born and grew up in Plainfield, the third of eleven children. Two of her siblings attended the senior center with her so the closeness they shared in childhood continues. She says growing up in Plainfield Village was pleasant and predictable and busy with many chores and projects.

She graduated from Goddard College and worked for eighteen years as a Hospital Administrator in Wilimantic, Conn. for a private psychiatric hospital with nursing home facilities. She and her husband moved back to Plainfield when they retired and traveled extensively. Conoeing and camping are her favorite hobbies and when Dot talks about the places she and her husband visited over the years, her eyes light up. She has visited every state, Mexico, Canada, England and Ireland. There is a special glint as she talks about roaming the Irish countryside with no special schedule to follow. She still goes to her summer home in Maine which the whole family enjoys.

Dot has 3 sons, 2 who live out of state, 1 in Conn. and 1 in W. Va. and she visits them whenever she can. The third lives close by. She describes her life as interesting and exciting and I can well believe. She is a very busy, compassionate lady with ongoing energy.

Dot has been involved with the Twin Valley Seniors for many years – soon after it was organized. Her husband wasn't interested but she became involved as a board member and says the biggest change is the growth. There were just 7 to 8 participants when TVS, Inc. was organized and began serving meals and now we are outgrowing our space. She says the meals have been good and have served a need in our area. There are more activities now and that is also a good thing.

Thanks for the interview, Dot!

Twin Valley Seniors, Inc. Notes for March

By Marvie Domey

The Twin Valley Senior group is growing. We are serving nearly 30 meals every Monday, Wednesday, Friday and the Board of Directors is beginning to seriously think about expansion of our facilities. The foot clinics are well attended and there are over twenty participants in our new Bone Builders exercise program. A craft time is being scheduled and for February, Valentine decorations were made to make the dining area festive.

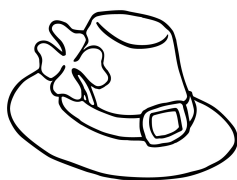
Winnie Mundinger decided to retire in early January. She had been the volunteer cook for many years for TVS, Inc. The Board of Directors thanks Winnie for her dedicated service to the center and welcomes her as a participant in the activities now that she has the time.

Our new volunteer Food Service Director is Roger Huntington of Marshfield. Roger began volunteering in the kitchen at the center several weeks before taking on this added responsibility. He comes with a background in food preparation, having worked under Master Chef Antonio Florey in the Exec-Banquet kitchen at the Top Notch Inn for seven years. Since that time Roger worked at the Marshfield General Store under the last two owners and says he is very glad to be back in the kitchen! Welcome, Roger.

The center is trying something new! We have gift certificates available to purchase meals at the center. This will be an ideal way for families and/or friends to recognize their loved ones on a special occasion or just to say we are thinking of you. Gift certificates are \$3 /per meal for seniors and \$5 for guests. Please call the center with your requests; 426-3447.

The next Foot Clinic is scheduled for March 2. There is a new number to call for registration: 426-3200. The fee is \$15 and you must call to schedule a time.

Twin Valley Seniors, Inc. Old Schoolhouse Common PO Box 143, Marshfield, VT 05658 Phone - 426-3447



Library News

Cabot Public Library News

By Connie Koeller

VINS – Raptor Encounter Tuesday, March 10 at 6:30 p.m.

This first-hand encounter with live falcons, hawks, and owls focuses on the natural history, ecology, and adaptations of these efficient predators. Participants learn what adaptations make a bird a raptor. The Raptor Encounter is a great introduction to these specialized flying hunters. Touchable artifacts and hands-on materials round out this special experience. Free and open to the public. This program is supported by a grant from the Kettering Foundation and the Vermont Institute of Natural Science as part of our VINS Library Membership Program.

Susannah Blachly & George White in Concert

Tuesday, March 31 at 7 p.m.

Immersed in the joy of northern New England's rich musical traditions, musicians Susannah Blachly and George White fuse the well-loved sounds of fiddle, guitar, banjo and mandolin with fine vocals, bringing to the stage a blend of old time jamming, Celtic melodies and American song-styles. With original writing as their foundation, Blachly and White offer a fresh approach to traditional music that's alternately fun, funky and deeply moving. Susannah and George will be joined by Dan Haley of Montpelier. Dan Haley is the "secret weapon" in several Central Vermont bands.

Susannah Blachly is a fiddler, tunesmith & singer/songwriter from Marshfield. She draws on a diverse mix of musical traditions, and has been praised for her distinct musical voice that is at once contemporary and warmly evocative. She has released three CDs of all original material and twice ranked on the Top Ten Best VT CDs of the Year in Seven Days. Robert Resnik, host of Vermont Public Radio's All The Traditions, describes her as a "veritable fountain or great original music." George White lives in an old farmhouse in the hills of Tunbridge where he has honed his inspirational guitar and octave mandolin work. George is responsible for much of the unique Celtic groove, rock rhythms and raw passion that shaped the sound of his former band WAGTAIL. Steeped in the music of Appalachia, blue grass, blues and western swing as a kid, he went on to play many folk and rock gigs around Massachusetts in his early twenties.

The BIG READ Fahrenheit 451 by Ray Bradbury Community Read and Discussion

Join us and many other Vermonters in Vermont's Big Read Program. Sponsored by the Vermont Arts Council, this year's selection is Ray Bradbury's *Fahrenheit 451*. In one of literature's most haunting denunciations of censorship, Ray Bradbury takes the materials of pulp fiction and transforms them into a visionary parable of a society gone awry. Firemen are forced to burn books and the state suppresses learning while the citizenry sits by in a drug-induced and media-saturated indifference. Written in 1953 and more relevant than ever a half-century later, *Fahrenheit 451* has achieved the rare distinction of being both a literary classic and a perennial bestseller.

Copies of the book will be available at the Cabot Public Library after March 10th. There will be community discus-

sion facilitated by Francette Cerulli (date to be announced.) The Big Read is an initiative of the National Endowment for the Arts in partnership with the Institute of Museum and Library Services.

Creative Writing for Youth — 3:30 p.m. on the First and Third Thursday

Led by Amy Cooke and Connie Koeller we'll do fun writing exercises and games, read aloud, and explore books. The only requirement is that you come with a creative mind and have fun! For ages 8-13.

Story Time — Friday Mornings at 10:30 a.m.

Children gather together for stories, songs, art and fun! Children of all ages, parents and caregivers are welcome. And there's plenty of time to browse for books.

Library Services

The Cabot Public Library provides you access to over 8,000 books, audio books, magazines and videos. We provide free access to the Internet with three computers dedicated to public access. We also have wireless connection. Free Interlibrary Loan service both in-state and out-of-state is available. We also provide online databases and audio book downloads, which you can access from the comfort of your home or office. Stop by the Library to find out more about the following services:

Vermont Online Library - Brought to you in part by the Vermont Department of Libraries, the Gale Group suite of databases is a one-stop source for news and periodical articles on a wide range of topics: business, current events, economics, education, health care, literature, art, and science. VOL provides millions of full-text articles, many with images.

Wilson Web -- Wilson Web Biographies provides full-text coverage of newsmakers and figures of prominence from a wide range of fields.

Heritage Quest Online - Visit this resource for census data, family records and local histories. This collection assembles every extant U.S. federal census, banking and military records, genealogies, local histories, primary source materials, and genealogical and local history serials.

"ListenUp Vermont!" - Get your free pass to download audio books to your computer, transfer them to an MP3 player, or burn selected titles onto a CD. "ListenUp Vermont" is now iPod compatible. Check out this free service at www.listenupvermont.org.

Library Echo Pass - With the Library Echo Pass up to 2 adults and 3 children are admitted at just \$2 each. The Echo Lake Aquarium and Science Center offers a wealth of information and special exhibits and programs.

VINS Library Membership Program - The VINS Membership Card provides you free admission for up to four people to the VINS Nature Center in Quechee. They are open during the winter months, Nov. 1 – Apr. 30, Wed. to Sun., 10 a.m. to 4 p.m. For more information visit www.vinsweb.org or call 802-359-5000.

Library Hours: Tuesday 10 a.m. – 2 p.m. & 3 p.m. – 7 p.m., Wednesday 3 p.m. – 6 p.m., Thursday 10 a.m. – 2 p.m. & 3 p.m. – 6 p.m. and Saturday 9 a.m. – 2 p.m. Library programs are free and open to the public. For more information about library services call 563-2721 or email: cabotlibrary@yahoo.com.

JOHN CHRISTMAN CONSTRUCTION, INC.

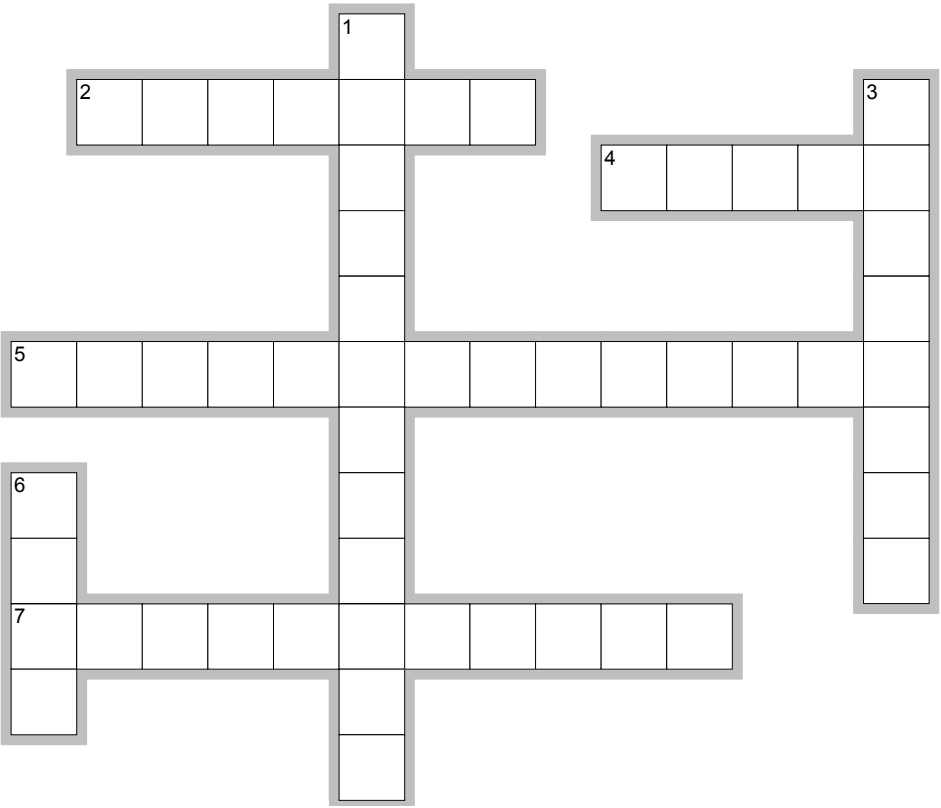
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CABOT FAMILY FUN PAGE

CROSSWORD

FUNNY PHOTOS

ST. PATRICKS DAY TRIVIA



ACROSS

2. St. Patrick was born in....
4. 11% of Cabot is....
5. "Erin Go Braugh" means...
7. Irish fairies who are fond of shoes.

DOWN

1. St. Patrick's real name.
3. A four leaf clover is not a....
6. Leprechauns hide their... of shoes.

KIDS COOK CORNER

Oatmeal Lace Cookies

Here's a traditional treat from the emerald isle. They are great alone or make it a little fancier by adding the dipping cream.

Ingredients....

- ½ cup butter, softened
- ¾ cup light brown sugar
- 1 teaspoon vanilla extract
- 1½ cups rolled oats (oatmeal)
- ½ teaspoon salt

Whipped Cream Dipping Sauce

- ¾ cup heavy cream
- ¼ cup sour cream
- 1 tablespoon sugar

Directions.....

Heat oven to 350 degrees F. In a large bowl beat butter and sugar to combine. Add vanilla, beating to combine.



Add oatmeal and salt, mixing to combine.

Drop cookies by level teaspoon on baking sheet, 3-inches apart. Bake 8 minutes or until lacy and flat. Let cool on rack about 3 minutes until just firm. Move to rack to cool completely.

Whipped Cream Dipping Sauce:

Whisk heavy cream, sour cream and sugar together until light and holds a soft peak.



Cabot had it's first open air market on February 12 when the Cabot Village store had its broken plate glass window replaced. The store was fortunate in having a weather friendly day for February for the repair to be done. The window cracked a while ago when a bicycle fell against it. Photo courtesy of Will Walters.



Cabot's postal clerk Claudette McAllister displays one of the two boxes of Valentine Day mini cakes she baked for customers on Saturday, February 14. The small devil's food cakes were decorated with icing and hard sugar candies. Photo courtesy of Will Walters.

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

If you have any good ideas for the Family Fun Page,
we would like to hear from you.
Contact us at the email address at the top of the page



COMMUNITY CALENDER LOCAL DIRECTORY



Sun, 3/1

Vermont Music Sampler, Studio Place Arts, 201 N. Main St., Barre, FREE, 3:30 - 5 p.m.: Vermont has a significant and fascinating musical folklore. John Philip Sousa wrote "Stars and Stripes Forever" in Isle La Motte, and there's more! This slide presentation includes listening to music and commentary from musician and scholar, William Tortolano. Info: 479-7069.

Sun, 3/1

The Village of Greensboro Bend, Then and Now, St. Michael's Parish Hall, 2 - 4 p.m., come share your memories and the history of the town.

Mon, 3/2

Integral Hatha Yoga Classes, Cabot School Cafeteria, Mondays, 6-7:30pm with Certified Instructor Alicia Feltus. Class is open to all levels. Yoga practices increase flexibility and strength, improve balance and cultivate health and well-being. Info: 563-3220.

Thurs, 3/5

FREE skiing at Highland Lodge, 10 a.m. - 1 p.m., Meet at Lodge for free group ski, and join us for lunch. Call ahead to sign up: 533-2647.

Fri, 3/6-8

Vermont Flower Show, Essex Jct, starts at 10 a.m. each day, Call for tickets: 888-518-6484.

Sat, 3/7

Annual North American Tele-mark Festival, Mad River Glen Ski Area, admission. Join over 1000 tele-mark skiers for a weekend of free heel celebration, races, skills clinics, demos. Info: 496-3409 or 496-3551.

Sat, 3/7

Tom Rush Concert, Alexander Twilight Theatre, 8 p.m. Tickets: \$12.50/\$10 Advance and \$15/\$12.50 Door. Tickets available at Cata-mout Arts: 748-2600.

Sat, 3/7

Snowshoe Nature Walk, Highland Lodge, 2 - 4 p.m., \$8/adult, \$5.50 kids 12 and under, includes snowshoes. Please sign up by 10 a.m. on Saturday: 533-2647.

Sat, 3/7

Fruit Growing Workshops. Fruit tree pruning, Grafting fundamentals and Growing fruit in cold climates. Willey Building, Cabot. Classes are \$20 for each 2 hour session or \$50 for all three. Register or info: Walden Heights Nursery & Orchard (802)563-3012, waldenheightsnursery@fairpoint.net

Sat, 3/7-8

Burlington Home Show, Sheraton Hotel, Burlington, admission. Over 200 booths, new homes, remodeling options, log homes, landscape design, etc. Info: 800-237-6024.

Mon, 3/9

Integral Hatha Yoga Classes, Mondays, 6 - 7:30 p.m., see 3/2.

Mon, 3/9

Moonlit Snowshoe Walk, Highland Lodge, Greensboro, 8 p.m., FREE. Join us for a guided moonlit hike on snowshoes. Info: 533-2647.

Thurs, 3/12

FREE skiing at Highland Lodge, 10 a.m. - 1 p.m., Meet at Lodge for free group ski, and join us for lunch. Call ahead to sign up: 533-2647.

Fri, 3/13-15

Shakespeare's 'The Merry Wives of Windsor', Fri/Sat 7:30 p.m., Sun 2 p.m., at the Haybarn Theatre, Goddard College, Plainfield. Tickets are \$14 adults, \$12 seniors, and \$10 children. Info: 454-9334.

Sat, 3/14

Rope Twisting and Knot Tying, 10 a.m.-12 noon, Vermont History Museum, \$8/child (ages 11-13), Montpelier. Come learn ship-mast rigging, leading animals, tying up packages, hanging meats, pulling loads. Participants must pre-register and pre-pay to attend; Call 828-2180.

Sun, 3/15

Hit the Trail! Hardwick trails, 1 - 3 p.m., FREE, at the log cabin behind Hazen Union. Borrow snowshoes or cross country ski gear and explore the trail. Hot chocolate, a warm cabin, and mini-lessons available for the asking! Info: 472-6517.

Mon, 3/16

Integral Hatha Yoga Classes, Mondays, 6 p.m. -7:30 p.m., see 3/2.

Mon, 3/16-22

U.S. Open Snowboarding Championships, Stratton Mountain, FREE. "Who's Who" of competitive snowboarding. Superpipe, dual giant slalom, boardercross, and big air competitions, also a junior halfpipe jam. Info: 800-881-3138 or 802-297-4000.

Fri, 3/19-21

Shakespeare's 'The Merry Wives of Windsor', 7:30 p.m., Fuller Hall, St. Johnsbury Academy, St. J. Tickets are \$14 adults, \$12 seniors, and \$10 children. Info: 454-9334.

Sat, 3/21

Make Sculpture That Scores, Studio Place Arts, 201 N Main St, Barre, FREE, 1:30 p.m.- 4 p.m. Janet Van Fleet will show you how everyday items can be used to make memorable sculptures and assemblages. Bring a bag or two of old sports gear and let your imagination take over! Call SPA at 479-7069 to register.

Mon, 3/23

Integral Hatha Yoga Classes, Mondays, 6 -7:30 p.m., see 3/2.

Fri, 3/27-29

Vermont Maple Open House Weekend 2009, held at sugarhouses throughout VT. For a list of sugarhouses: 1-800-837-6668.

Mon, 3/30

Integral Hatha Yoga Classes, Mondays, 6 - 7:30 p.m., see 3/2.

HEATING & COOLING

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Oil Furnaces
Licensed & Insured
Cabot, VT - 563-2102

3/09

John A Hammer, Jr.

Plumbing & Heating
Repairs, renovations, new work
Licensed & Insured
Quality Work— Reasonable Rates
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563-2680

3/09

MECHANICS

Cabot Garage, Inc.

3012 Main St.
Cabot, VT 05647
802-563-2270
Mike & Ann Cookson, Owners

3/09

MAINTENANCE

Cabot Heights Cleaning Services & Property Maintenance RLLP

Light Construction, Yard Care,
Snow Plowing and much more!
802-563-2397 (direct)
802-274-6646 (cell)
www.cabotheights.com

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

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.

Onsite 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

HELP WANTED

Wanted Newspaper Staff-

The Cabot Chronicle seeks motivated sales driven leaders to join our business team. Responsibilities include maintaining assigned account bases while developing new accounts. Commission and stipend based. Call Lori at 563-3338 for more information.

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Wanted-

Motivated self starters needed part time for the advertising sales department of our community based newspaper. Responsibilities include, but are not limited to: Maintaining existing accounts; Developing new accounts; Attending sales staff meetings; and Providing feedback on changes to newspaper to improve advertising sales. Compensation is based on a scaled commission base with performance bonus. Interested candidates should contact Tom at 802-563-3178 or mail resume to cabotcoalition@fairpoint.net attn: Tom.

Writers Wanted-

The Cabot Chronicle is looking for writers. Familiarity with journalistic writing/ AP style is preferred but we will train. For more information please call 802-563-3338 or email editor@cabotmedia.org.

Pix Wanted

Will pay \$ for pictures of the old McCormick/Platt Farm and the Old Saw Mill or bridge. Call Israel or Cathie 563-6061

FOR SALE

Firewood - Green.

Delivery within 10 mi. of village. \$160/cord or 5 cord/\$700. 563-2369.

COMMUNITY NEWS

CABOT MAPLE FESTIVAL



The Cabot Chronicle is proud sponsor of the Cabot Maple Festival
A Community-wide event

March 28

At the School Gym

Watch for details in upcoming issues and on our Web-site

11 a.m. – 3 p.m.

SUGAR ON SNOW ~ MAPLE VENDORS

CRAFTERS ~ DOZENS OF INDOOR AND OUTDOOR ACTIVITIES

BENEFITTING MANY CABOT GROUPS AND CLUBS



We are still scheduling vendors and crafters, We are recruiting volunteers

We are soliciting ideas and group involvement

For information please call Allison Joyal 917-3789 or The Cabot Chronicle office 563-3338

Winter Pruning

By Todd Parlo

With three feet of snow on the ground and the mercury... hiding, the last thing on our minds is going outside to take care of plants. If you confine yourself to vegetable gardening, you can roll over with the bears and go back to sleep. But if you have fruit growing out there, put on your boots, it is time for winter pruning.

Bush fruits, grapevines, and fruit trees all require yearly dormant pruning. It insures plant health and longevity, proper fruit set and quality, and easier management. Late winter is the ideal time for the pruning of most fruits in the northern latitudes. Dormant pruning lets plants maintain vigor while being shaped for quality production. Cutting wounds are less susceptible to bacterial and fungal attack during this time as well. Fall pruning is never a good idea in northern Vermont, leading to cold damage from a delayed hardening of tissue.

Because cutting into wood can tenderize the wound area for 7-10 days in most species, it is wise to wait until subzero temperatures have passed. Late February through early April is satisfactory since the coldest days have likely passed. Start with the fruit trees, as most of our vines and bushes will be snugly buried under a sea of snow. It is also a good idea to begin with the hardiest cultivars and progress to the more tender varieties later on.

Why prune at all? Doesn't Mother Nature know what she's doing? Yes,

she sure does, she's making seeds. But producing large, delicious fruit for humans? She couldn't care less. You see, the plant is interested in reproduction. It will devote just enough energy to tastiness to entice you to eat it and spread the seed elsewhere. An apple tree left to its own devices will become a gnarled mass sporting a gazillion pest ridden golf balls. That means a lot of seeds to make babies with, but it doesn't insure that we will enjoy eating the fruit.

Pruning trees can help in three ways. Wood is thinned out to allow for good air and light penetration. Branches are pruned and trained to stand up to heavy cropping and snow load. Tree size and shape is altered for the ease of harvest and pest management. Pruning is a tool of foresight and can make growing fruit both more bountiful and enjoyable.

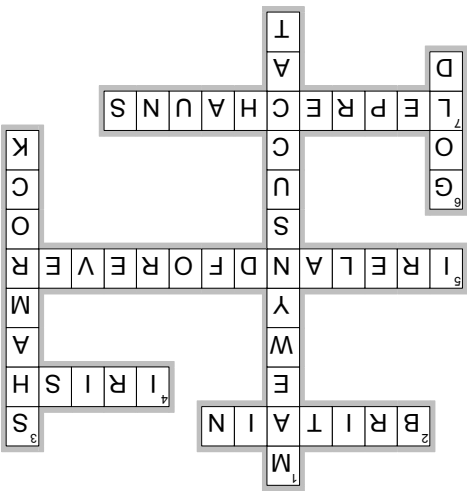
Anyone who has traveled a country road in Vermont has witnessed the sad sight of hundreds of disheveled and disrespected apple trees. They are the neglected elderly of our landscape. In most cases a pruning routine and a little love can restore them to lasting beauty and provide a whole lot of fruit. If the present economic crisis is going to hurt our pocketbooks, then exchanging a little effort for inexpensive food may once again be appreciated.

For those interested, a series of fruit growing workshops, including pruning will be offered in the town of Cabot on Sat. March 7. Call 563-3012 or e-mail Waldenheightsnursery@fairpoint.net for details.



Just a day after the ice skating rink had it's grand opening, ice fishing season started on the Commons. Photo courtesy of Will Walters.

Sudoku and crossword solutions for puzzles on page 14.



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