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August 2009

Perspectives On Relay For Life

By Jeannie Johnson
MONTPELIER

(Note from Editor: Relay for Life, a major annual fund-raiser for the American Cancer Society, was held late in June. Two members of our Chronicle family, along with their own families, participated in the local event, which took place in Montpelier. Congratulations and thanks are extended to Jeannie Johnson and Todd Jones, and their families, for doing their part to help find a cure for this terrible disease. Below, Jeannie reflects on her experiences at the event.)

In spite of tents rolling like tumbleweed in the wind, the 2009 Central Vermont Relay for Life was successful. It was also a lot of fun.

This was my son, Caleb Domey's, third Relay for Life, having participated in Massachusetts with his Aunt Susan the first time in 2007. Since then, he's captained a Vermont team for two years, joined by aunts, uncles, parents, and grandparents and cousins. I think

he likes having an excuse to stay up through the entire night.

One of the highlights of the event was a genuine Thunder Road race car, emblazoned with the American Cancer Society Relay for Life logo on the hood, that you could not only touch, but cancer survivors were invited to autograph it!

The opening ceremony, which took place in the bleachers of Montpelier High School track, was interrupted repeatedly by wind, rain and thunder, but that didn't dampen anyone's spirits. Well, maybe with the exception of the National Guard members, who ended up taking down their climbing wall and bounce house for fear of injuring someone or their equipment. It was kind of funny, as long as it wasn't your tent, watching tents, temporarily abandoned for the opening ceremony, come loose and go rolling end-to-end, pushed by a blustery wind.

(See Relay For Life, Page 2)

Local 4-H Club To Host Horse Show

By Anne Nadel
PLAINFIELD

The Trailblazers 4-H club will hold its yearly Open Horse Show on Saturday, August 22, beginning at 8:30 a.m., at East Hill Farm on Gonyeau Rd. This one annual event, planned and hosted by a group of dedicated young horsewomen, comprises the bulk of the group's annual fund-raising. Club members are hoping riders from all over the region will bring their mounts out for the show.

For approximately 40 years, the Trailblazers club has been in continual operation, most of those years based out of the farm and homes of leaders Kathie Mouton and Jeanette Hogan. The two women founded East Hill Farm in the 1970s, and while it is the nexus of the club's operation, several members ride and keep horses elsewhere. One even travels all the way from Orange County to attend meetings. Hogan, whose own daughter was a member of the club in its earlier days, and Moulton are excited about this year's show, which will be judged by nationally renowned judge Hallie McEvoy.

"She is from Vermont, known all over the country, and very well-respected," Hogan told the assembled members as they prepared for the show, and added that the club is fortunate to have asked McEvoy to judge the show early in the year, before her calendar filled. McEvoy is also known for authoring the book "Let's Go to a Show," a volume dedicated to explaining horse showing to the novice or first-time competitor.

The show, described as an "open" show because riders do not have to be registered 4-H members to participate, offers both 4-H and non-4-H classes, as well as classes that carry points for riders competing in the Vermont Stock-horse Association. Classes for "baby" horses younger than two-years-old, and riding classes for every level of rider, from lead-line through advanced and

adult, are scheduled. Pleasure classes for both English and Western mounts are offered, as well as jumping classes and trail classes.

Proceeds from the event are used throughout the year to support the activities of the club's members, including part payment for participation in the Vermont State 4-H Horse Show in July. During the year, participants in the 4-H horse program are encouraged to be active in state Hippology, Quiz Bowl and Judging competitions, academic challenges that gauge a member's knowledge about horses. When they succeed in these competitions with high scores, members can qualify to take part in national level competition, which the club underwrites.

In addition to paying for club members' 4-H related activities, funds raised help the club's philanthropic goals. Each year, the Trailblazers' members choose charities to which to donate money or volunteer efforts. Last year, the club gave donations to Heifer International, a humanitarian organization, and CANTER New England, an ex-racehorse rescue. When Hurricane Katrina struck, the club made a donation to relief efforts. One year, club members made fleece scarves and hats and donated them to the local Mitten Tree.

New members are always welcome to the Trailblazers. There is no cost to participate in the 4-H horse program, which is run under the auspices of the University of Vermont Agricultural Extension. The Trailblazers is the easternmost club managed within the Washington County Extension Office in Berlin.

In order to enter the show, all horses will be required to have a current Coggins test and rabies vaccination. Deadline for pre-entries at \$6 per class is Aug. 21; post entries will be accepted at the show, at \$8 per class. To get a class list and entry form, and to inquire about membership in the Trailblazers 4-H Club, call Jeanette Hogan at 479-2723.



Lela Jones as the Power of Purple Witch-e-poo. Photo courtesy of Lynn Jones.

Ellis Jacobson's Masks Create Drama at Gallery

By Anne Nadel
EAST HARDWICK

Ellis Jacobson, Cabot resident, artist, drama instructor and generally theatrical guy, has put a new face on the White Water Gallery in East Hardwick. Several faces, in fact.

Jacobson is a mask-maker of some notoriety, both locally and farther afield, and his work is gracing the walls of the gallery now, through the month of August. Many people know Jacobson for the time he has spent as a theater and art educator, both in the Cabot School and out. It was actually his love of and experience in theater that led him to mask-making.

Born in Maine, Jacobson began his journey on the stage as a child, with the Children's Theater of Maine. He said in an interview that as a result of his work on the stage, while he was still very young, he learned the power of facial expression, which was an easy thing to translate to art. Masks turned out to be an obvious and comfortable medium for the artist.

"The face is the ultimate communicator, deliberate or not," he explained, adding, "It can speak directly to the psyche."

He said he "began making masks while working with Amy and Andy Trompeter's Blackbird Theater in 1967 in Portland, Maine." The work with the Trompetters led to some time working with Peter Schumann's puppet theater company in New York City. Later, Schumann became known here in Vermont as the creative force that initiated the Bread and Puppet Theater.

Jacobson explained the evolution of his art, saying, "Although now designed for gallery exhibitions, my masks still reflect a sense of dramatic tension and the speaking countenance."

Jacobson describes his work as at once, "humorous and disturbing, beautiful yet grotesque, strange but familiar."

He added that he hopes his masks, "convey an insight into human nature and inspire reflection on society."

Jacobson's sculpted masks have been featured in stage performances in the United States, France, Italy, and Mexico. Photographs of his creations have appeared in Puppetry International Magazine. He has toured with numerous theater companies, performed internationally, and been the genius behind touring companies. He has also directed a fully-staged puppet opera with award winning soloists from the Metropolitan and New York City Operas.

In addition to his performance work, Jacobson was an Artist in Residence with the Vermont Arts Council for many years and has taught thousands of classes in theater arts, creative drama, and masks at elementary, high school, and college levels. He also directed an award winning drama program for Cabot High School from 2004 to 2007. He was the founder and gallery director of the acclaimed Art-path Gallery in Burlington from 2002 to 2009, and is also a trustee of the T.W. Wood Art Gallery in Montpelier, Vermont where he is the Chair of the Visual Arts Committee and frequent curator.

Jacobson said the beauty of masks as art is that they can "speak for themselves." Although he calls some of his masks frightening, he admits that the works hanging in the White Water Gallery are more universally appealing and family-friendly. After all, he does do a lot of work with young people and children, including leading a children's theater production this summer.

(See Ellis Jacobson, Page 2)

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Relay For Life

(Continued from Page 1)

Once the Relay officially kicked off, everyone took to the track, pounding the ground at different speeds and on varied schedules. Some took a break every few laps. Others walked until they were ready to drop. Everyone enjoyed the camaraderie of a serious but fun-loving crowd of people who were dedicated to making a difference for cancer patients now and in the future. You could feel the commitment and dedication flowing through the group, and in spite of the long haul from 6:00 p.m. to 8:00 a.m. the next morning, everyone pulled together to ensure there was a good representation on the track through every hour. Caleb met his goal of 100 laps, or 25 miles, before 2:00 a.m.

Music played all night long, energizing everyone who was still upright, and many laps had themes. While participation in these themes varied among the groups, I was amazed to see that two Cabot residents were named theme lap winners: Around 8:30 p.m., Lela Jones, age 8, was announced the winner of the Power of Purple lap in her beautiful purple witch costume, and about 2:00 a.m., I heard her dad, Todd Jones, was named the winner of the Bed Head theme lap, in a costume that had to be seen to be believed: he was not only the sleeper, but the bed, too, in his getup!! Amazing!

At 9 p.m., the Luminaria Ceremony was a very solemn reminder of why we were all there, as the names of cancer victims and survivors were read out loud with great dignity.

As dawn brightened the sky, the smell of breakfast cooking got everyone moving a little faster again, and we were treated to a hot meal, with an announcement that we had raised over \$75,000. There were 43 teams and 273 participants. The highest-earning team earned over \$6,600 and the top individual raised \$4,600.

Ellis Jacobson

(Continued from Page 1)

"My most frightening work isn't included in this exhibit," he said, explaining that the piece is "basically just scary."

The White Water Gallery is located at 629 Keene Road in East Hardwick. Jacobson's exhibit runs Sundays from July 26 through August 23. Hours are 11:00 a.m. through 3:00 p.m. For more information, call 563-2037.

We want to hear from you!

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

Phone: 802-563-3338

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DEADLINE: 15th of the month prior

The Cabot Chronicle

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Weatherization Funds Secured For Vermonters

WASHINGTON, D.C.

On July 10, U.S. Sens. Patrick Leahy (D-Vt.) and Bernie Sanders (I-Vt.) and Rep. Peter Welch (D-Vt.) announced \$6.7 million in federal grants for home weatherization projects in Vermont, with another \$8.4 million to come later.

The funds, secured in the American Reinvestment and Recovery Act, will help weatherize more than 1,800 Vermont homes, cutting energy costs, reducing greenhouse gas emissions, and creating green jobs across the state.

The funds will be directed through the Vermont Office of Economic Opportunity to five local organizations to provide services across the state. Funding will be available to families making up to 200 percent of the federal poverty level – or about \$44,000 a year for a family of four. Up to 20 percent of the money will be available for job training.

After demonstrating successful implementation of the first phase of funding, the state will receive an additional \$8.4 million, for a total of nearly \$17 million.

"These awards demonstrate the Obama administration's strong commitment to moving quickly as part of the country's economic recovery - creating jobs and doing important work for the American people - while ensuring that taxpayer dollars are spent responsibly," said U.S. Energy Secretary Steven Chu.

★

RELAY FOR LIFE

American Cancer Society

AMERICAN CANCER SOCIETY RELAY FOR LIFE

Celebrate.

Remember.

Fight Back.

Next Year's

(2010) Central Vermont Relay For Life

Save the Date: June 25-26, 2010

at Montpelier High School

We are looking for planning team members.

If you're interested in taking up the fight contact Jessica Blais at jessica.blais@cancer.org or call 802-872-6304

Health Care Crisis: Letters From Vermont And America

WASHINGTON, D.C.

Senator Bernie Sanders (I-Vt.) has compiled a new booklet entitled "The Health Care Crisis: Letters from Vermont and America." The publication collects some of the more than 4,000 letters Sen. Sanders has received describing real-life experiences with health care in Vermont and across America.

"In poignant and heartbreaking terms, the letters describe the pain and outrage that people are experiencing with our dysfunctional health care system," the senator said.

A man in Swanton, Vt., told the story of his younger brother, a combat-decorated veteran of the Vietnam conflict, who died three weeks after being diagnosed with colon cancer. "He was laid off from his job and could not afford COBRA coverage. When he was in enough pain to see a doctor, it was too late...The attending doctor said that if he had only sought treatment earlier he would still be alive."

A woman in Eagle, Idaho, wrote of "a beautiful, intelligent, hard working small business owner who died because she couldn't afford to buy health insurance for her family nor her employees...I will never forgive my country for allowing the greed of the insurance companies to limit her opportunity for preventable health care..."

A physician in Colchester, Vt., spoke for other doctors when she wrote that "we waste huge amounts of time getting approval for routine medications and treatment...It is infuriating to have to play 'Mother, May I?' with bureaucrats to get basic, necessary care authorized."

Those are among the stories in the booklet that flesh out the unacceptable statistics that 46 million Americans lack any health insurance and that even more are underinsured; that more than 18,000 Americans die every year because they don't have access to a doctor of their own; that one million Americans will go bankrupt this year because of medically-related debt; and that, despite spending almost twice as much per person, we lag far behind many other nations in such health care outcomes as life expectancy, infant mortality and preventable deaths.

"In my view, the fight for universal and comprehensive health care is the civil rights battle of our time," Sanders said. "Like the other great struggles in our history that have made us a more democratic and just society, victory will require a strong and united grassroots movement that is prepared to take on the very powerful and wealthy special interests that benefit from this failing health care system."

For a printable copy of the booklet, visit Senator Sanders' website, at <http://www.sanders.senate.gov/files/TheHealthCareCrisis.pdf>.

The Cabot Chronicle

THE VOICE OF YOUR COMMUNITY

The Cabot Chronicle is your paper, your community, your voice. If you would like to write or know about something in our area, we would love to hear from you. Please contact us at the Cabot Chronicle at ...

editor@cabotchronicle.org

or

(802) 563-3338

The Cabot Chronicle

Find current news, great links to your community, discussion forums and more about our paper on the web at www.cabotchronicle.org

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Contact above for more information

BIRTHS

Oliver Paul Searles CABOT

Oliver Paul Searles was born to Bobby and Stephany Searles at 1:00 a.m. on July 8, 2009. He weighed 7 lbs., 7 oz., and was 19" long. Oliver joins siblings Abigail, Wyatt, and Ethan.



OBITUARIES

Olin Robert Allen HARDWICK

Olin Robert Allen, 86, of Hardwick, died Friday, July 10, 2009, at the Copley Hospital in Morrisville. He was born June 3, 1923, in Roxbury, Massachusetts, the son of the late Roscoe and Inez (Storey) Allen. He attended Walden and East Hardwick public schools.

Olin entered the U.S. Army on November 14, 1945, in Rutland. He served his country in Germany and was honorably discharged on May 19, 1947, at Fort Dix, N.J. On October 10, 1953, he married Pauline Marion Kelton in Hardwick.

In his earlier years, he worked on farms, logged, drove milk and pulp trucks. He was active in the construction of the Mystic Bridge in Boston. For more than 25 years he was employed by the town of Hardwick on their road crew. He retired in 1989 and worked as a part time janitor for the U.S. Postal Service in Hardwick, and did lawn work for local families.

Olin attended the United Church of Hardwick. He was a member of the V.F.W. Post # 9653 in Morrisville and past member of the Hardwick Fire Department. He enjoyed fishing, hunting, gardening and watching the birds.

Survivors include four sons, Donald of St. Johnsbury, Rodney, Douglas and his wife, Crystal, all of Hardwick, and Bradley and wife Karen of Colchester; a step son, Steve Baker of Barre; two daughters, Jolene Maxham and Ethan of Bethel, and Sherri Allen and partner Sue of St. Johnsbury; four grandchildren; four step grandchildren; two great-grandchildren; three sisters, Hazel Brown of Melrose, MA, Mildred Savard of Dover, N.H. and Edith Allen of Boston, MA; several nieces,

nephews and cousins. He was predeceased by his wife, Pauline in 2003, a sister, Helen Pizzano and a step son, Jerry Baker.

Graveside Services were held Wednesday, July 15, 2009, in the Sanborn Cemetery in East Hardwick. The Rev. Judy Waible of the United Church in Hardwick officiated. Arrangements were under the direction of Dian R. Holcomb of Northern Vermont Funeral Service, 60 Elm Street, Hardwick.

In lieu of flowers contributions in his memory may be made to the Hardwick Rescue Squad, P.O. Box 837, Hardwick, Vermont 05843 or to the Hardwick Fire Department, P.O. Box 1279, Hardwick, Vermont 05843.

MEMORIAL SERVICES FOR

Beatrice Violet Robertson CABOT

Memorial Services for Beatrice Violet Robertson of Cabot, formerly of Plainfield, who died May 15, 2009, at the Greensboro Nursing Home, will be held on Saturday, August 15, 2009, at 10:00 a.m. at the Northern Vermont Funeral Home, 60 Elm Street, Hardwick. The Rev. Bill Cobb of the United Church of Cabot will officiate.

In lieu of flowers, contributions in Ms. Robertson's memory may be made to the Central Vermont Council on Aging, 30 Washington Street, Barre, Vermont 05641.

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

Northern Vermont Funeral Service

60 Elm Street
Hardwick, VT
05843-0063

802-472-6861

Dian R. Holcomb
Funeral Director

COMMUNITY COMMENTARY

Editor;

As I watched the Cabot High School class of 2009 graduate this June, I marveled at the diversity of Cabot's graduates, and reflected on how these youth have grown since I met many of them when they were in first grade. In this season of underage alcohol use and other high-risk behaviors, I also prayed that they would all make smart choices that weekend, and not end up a tragic headline or statistic. Monday morning I was relieved. Cabot had been fortunate.

Cabot is fortunate that in the past 11 years our town has not experienced a fatality to any of our teens, alcohol related or otherwise. But Cabot hasn't always been so lucky. One of the issues that originally initiated conversation about youth health and safety were the deaths of two young people in our community. Both events involved alcohol.

Monday afternoon I received several reports from parents of a few adults who had provided alcohol to minors, or allowed the consumption of alcohol by minors, at graduation parties. The bulk of the Cabot Coalition meeting in June was spent discussing this issue. It was an emotional conversation and our questions were numerous:

- Does the Cabot Coalition have a role to play after such parties occur?
- What work did we do to prevent underage drinking at graduation parties?
- What additional work do we need to do to prevent underage drinking?

• Why is it still so difficult for people to understand why underage drinking is a problem – for both the young drinkers and the community?

• Why would parents make this choice and allow other people's children access to alcohol, seemingly without regard for individual family values and also family predisposition to problem alcohol use?

While the answers to some of these questions are elusive, what was apparent is that prevention is important. We are striving to create an environment where our youth have the ability to make healthy choices and not succumb to the thinking that underage alcohol use is inevitable.

There are hundreds of community volunteers in Cabot who parent, mentor, coach, teach, serve and care for their own children and help all children stay healthy and safe. Please consider what role you play in helping ensure that youth have the opportunity to grow up to be healthy adults. If you would like to participate in the activities that are helping to make substance use by youth less likely, we invite you to attend a Cabot Coalition meeting. We meet the third Tuesday of each month in the Willey Building. Our next meetings are August 18 and September 15 at 6:00 p.m.

Lori Augustyniak
Coordinator
Cabot Coalition

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Be Ready

4TH OF JULY CELEBRATION



A golden haired cherub waves from Walden's fire truck. Photo courtesy of Anne Nadel



The Cabot Chronicle was well-represented by layout designer Todd Jones. Photo courtesy of Anne Nadel



Really big CEOs take a stroll with the Bread and Puppet contingent. Photo courtesy of Anne Nadel



Two American Mustangs make a statement. Photo courtesy of Anne Nadel



Jeannie Johnson leads the Color Guard." See if you can find out Jeannie's official rank, etc. Photo courtesy of Anne Nadel



A future environmental leader made his way up the parade route. Photo courtesy of Anne Nadel



Looking for treasures at the PTSO Rummage Sale. Photo courtesy of Anne Nadel

CABOT COMMUNITY

Mentor Profile: Jackie Scribner

By Sue Freeburn

The first time this writer met Jackie Scribner and Daisy Reyes, they were both atop horses, on their way out for a ride on a beautiful spring day. The next time we got together, they had been kayaking the day before, on a rare sunny summer day. What an exciting way to get together!

They have been together as mentor and mentee for about a year, but have known each other longer than that. They met when Jackie was a para-educator in Daisy's school class, and they realized they greatly enjoyed each other's company. Daisy was interested in learning more about horses, and Jackie was happy to share her experiences with her own three horses. After talking to Kathleen Hoyne about the mentoring program, they officially joined together last fall.

The two women meet approximately every two to three weeks, typically riding, sometimes as a lesson, and other times simply riding together. "When we ride together, we talk the whole time," said Jackie.

Their goal is to be able to ride on the trail, which requires a good deal of training and practice. After riding, they sometimes go indoors to cook or bake together. The recipes have included

cookies, bread, and once, lasagna.

Other activities they have enjoyed together include attending movies, taking the aforementioned kayak trip, watching local sports games, and going out to dinner with other friends and family members, like the recent "girls' Chinese dinner." They have taken hikes where they collected apples, strawberries, or wild onions which they then incorporated into their baking afterwards.

It is obvious that Jackie and Daisy have grown close in their time together. When Jackie was in Portugal recently, Daisy wrote to her, and was anxiously awaiting her return to continue their get-togethers. Daisy comes from a big family, so she appreciates being on her own with Jackie. Jackie said that now that her own girls are grown, she really likes having Daisy to talk to, and to "play with the horses".

"The things that we do together are activities that I've done numerous times before, but doing them with Daisy gives it whole new perspective", said Jackie.

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.

LIBRARY NEWS

Cabot Public Library News

By Paula Davidson

Perhaps you've seen some new faces in the library recently and wondered, "Where's Connie?" As the chairperson of the Library's Board of Trustees, I'm happy to report that Connie is still our director.

Connie did consider accepting the position of library director in Marshfield, where she lives, but decided to continue working for us. I know many people here appreciate all Connie has done for the Library in the seven years she has been director, and we're all delighted she will continue her work here. She requested, and was granted, a leave of absence through the end of September.

Our Assistant Librarian, Anne Walker, is and will be overseeing library operations during this time. Thanks, Anne! We have several substitute librarians to thank as well: Karen and Eric Mueller-Harder, Susan Carpenter, Helen Morrison, and Libby Hale. All of the Library's services, including Inter-library Loan, will continue as before; a full program schedule will return in the fall.

If you're headed for Boulder Beach, ask to borrow the Library's new Park Pass, which allows for one car and up to 8 passengers free daytime entrance to any state park.

Anne and the assistants will also be working to add books to our automated library system. We welcome any volunteers for this project, and hope that soon we'll be able to use the system so patrons can find out what books are in the library, what books they have checked out, and when each book is due!

The library's summer hours are Tuesday 10-2 and 5-7, Wednesday and Thursday 10-2, and Saturday 9-2. Look for our full schedule of hours to return in September.

Automating the library's collections is one large project we're undertaking, to improve library services in the near future. The Board of Trustees hopes to hear from you as we begin a community-focused planning process to create a 5-year plan for the Library. We will hold open meetings in September and October -- casual talks where the Trustees provide cookies and drinks and let you tell us what the library is doing well and how we might improve in the coming years. We would love your input even if you can't make it to these meetings -- please fill out a comment sheet at the Library or talk to a trustee: myself, Paula Davidson; Jon Vara; Amy Cooke; Marge Trautz; or Karen Alexander.

Thank you for your continued support of the Library!

There's Something Fishy in the Library

By Tony Lolli

"I know that's true because I read it someplace," said Bill. My friend was a wealth of questionable information. He relentlessly tried to pass off stuff as "the truth" by claiming some expert had put it down in black and white. He had amassed a healthy library of fly-fishing books. Measured in tons rather than expertise, it was a thing to behold -- but not all at once. He had enough volumes to satisfy the reading needs of two 30-year old lifers in Alcatraz.

Most of Bill's favorites were how-to-do-it books written by the guru-of-the-month. He finally discovered there were so many theories competing for his limited reading time that sooner or later he could find two "experts" with exactly opposite opinions on the same topic. When faced with the dilemma of which to believe, his suggestion was we throw them up in the air and shoot them -- at least we wouldn't have to pick one opinion over the other. We had lots of shotgun shells, too.

It was about that time that I stopped collecting how-to-do-it books. Oh, there were a few exceptions. For example, if you want to know about Atlantic salmon angling, Lee Wulff's *The Atlantic Salmon* (Barnes, 1958) is a great choice. Lee covers the life cycle of the salmon; angling history, why salmon take a fly, tackle, flies, reading the water, etc., etc., etc. How could you expect anything but greatness from the most influential fly-fisherman of the 20th century?

I still have a first edition of Poul Jorgensen's *Dressing Flies for Fresh and Salt Water* (Freshet Press, 1973). It was the book from which I learned to tie flies. My previous attempts -- using the little guide that came with my tying kit from the original Herter's catalog company resulted in

too much bad language and too many nervous tics.

Most of my collection is books about fly fishing. It's the kind of stuff that gets me through the closed trout season when the snow is too deep on the lawn for casting. Here are a few of my favorites.

Robert Traver's *Trout Madness* (St. Martin's Press, 1960) echoes the many frustrations and occasional successes we all experience. His sub-title says it all: "Being a Dissertation on the Symptoms and Pathology of this Incurable Disease by One of Its Victims." It was so well received that he followed it up with *Trout Magic*. In one chapter he describes dapping a caddis dry fly for particularly fussy browns. His idea was to suspend a leader from the lines joining two fishermen at opposite ends of the pool. Having tried this on the Deerfield River, I can tell you that it reads better than it works.

I like everything written by Ted Leeson. His *The Habit of Rivers* (Lyons & Burford, 1994) is the next best thing to being on the water. If you can't feel the tug of the river while reading this book, you're not trying.

Seth Norman is the kind of writer I'd like to have a beer with. Actually, I did when I met him in Colorado. His *Meanderings of a Fly Fisherman* (Lyons Press, 1996) tells of his journey and involves crooked cops, pit bulls, a baby-herding collie and landing a sturgeon with a 9mm pistol. If that's not enough to get you interested, you're not trying.

The early stuff by Nick Lyons -- before he discovered there was a lucrative market for fly fishing books -- is his best work: *The Seasonable Angler*, *Fishing Widows* (Crown 1974) and *Bright Rivers* (Lippincott, 1977).

Anything by Harry Middleton is worth a read. Try *The Earth is Enough* (Simon & Schuster, 1989), and *On the Spine of Time* (Simon & Schuster, 1991). It's poetic, written by a compassionate writer in the southern tradition -- great stuff.

Two by W.D. Wetherell are worth searching out because he describes our New England woods and streams as if he had accompanied us on a fishing trip. *Vermont River* (Lyons Books, 1984) and *Upland Stream: Notes On The Fishing Passion* (Little, Brown, 1991). My favorite description of his work claims "His work is one of those rare instances when fly fishing writing overflows its banks and spreads freely into the fields of literature." Don't let the reference to "literature" scare you off -- this is great reading.

Finally, the book that was responsible for the movie, that, in turn, was responsible for the rise in the cost of fishing tackle because manufacturers

couldn't keep up with the demand -- Norman Mclean's *A River Runs Through It* (Univ. of Chicago Press, 1976). The movie didn't do the book justice. It's one of my favorites.

Are there others? Of course! Are there contemporary writers who are just as good? I'll leave that to you to discover. So find a few and enjoy.



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Cruise Packages

CABOT COMMUNITY

To submit articles, send to editor@cabotchronicle.org

New Survey Shows Decline In Alcohol Levels, Drug Use Is Detected

According to the US Department of Transportation, a new roadside survey by the National Highway Traffic Safety Administration confirms a continuing decline in the percentage of legally intoxicated drivers.

In 1973, 7.5 per cent of drivers had a blood alcohol concentration (BAC) of .08 or higher. In the latest survey, that figure had fallen by 5.3 per cent to 2.2 per cent. A BAC of .08 or higher is now above the legal limit in all 50 states and the District of Columbia.

Previous roadside surveys conducted by NHTSA have measured only alcohol. The 2007 survey used new screening techniques that detected other substances as well, and in the future, it may help show the extent of drug impairment among drivers. As a result of the new techniques, the survey found 16.3 per cent of nighttime weekend drivers were drug positive. The survey focused on weekend nighttime drivers and found that the drugs used most commonly by drivers were marijuana (8.6 per cent), cocaine (3.9 per cent), and over-the-counter and prescription drugs (3.9 per cent).

Transportation Secretary Ray LaHood said he is concerned about the prevalence of drivers who use drugs, and emphasized that Americans should continue to fight against all impaired drivers.

"I'm pleased to see that our battle against drunk driving is succeeding," said Secretary LaHood. "However, alcohol still kills 13,000 people a year on our roads and we must continue to be vigilant in our efforts to prevent drunk driving."

"This troubling data shows us, for the first time, the scope of drugged driving in America, and reinforces the need to reduce drug abuse," said Gil Kerlikowske, Director of the Office of National Drug Control Policy. "Drugged driving, like drunk driving, is a matter of public safety and health. It puts us all at risk and must be prevented."

NHTSA is conducting further research to assess how drug traces correspond to driver impairment since some drugs can remain in the body for days or even weeks. Should further research indicate that drugs pose the same type of traffic safety risk as alcohol, NHTSA is committed to applying lessons learned in fighting drunk driving.

Among the findings of the latest roadside survey are these: the percentage of male drivers with illegal BAC levels was 42 per cent higher than the percentage of alcohol-impaired female drivers. Drivers were more likely to be illegally drunk during late nighttime hours (1 a.m. to 3 a.m.) than during daytime or early evening hours. Motorcycle riders were more than twice as likely as passenger vehicle drivers to be drunk (5.6 per cent compared with 2.3 percent). Pickup truck drivers were the next most likely to have illegal BACs (3.3 per cent).

The 2007 survey involved more than 300 roadside locations throughout the U.S. Anyone interested may view the research on the internet by going to <http://www.nhtsa.gov/staticfiles/DOT/NHTSA/Traffic%20Injury%20Control/Articles/Associated%20Files/811175.pdf>.

Vermont Safety Day August 1, 2009 at the State House 10:00 AM – 3:00 PM



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Our Animal Companions: Guinea Pigs

By Anne Nadel

With the popularity of movies like Eddie Murphy's "Doctor Doolittle" movies and the new "G-Force," a lot of people have been introduced to the compact, cute and charismatic critter, the guinea pig.

Guinea pigs have long been favorite pets for children, but many people think they are just another rodent, like a hamster or gerbil, with similar needs from their human caretakers. The truth is quite contrary to that notion. Guinea pigs, are, in fact, considered by zoologists to be an entirely different category of animal than rodents. Known as "cavies," guinea pigs, which are native to South America, are closely related to the capybara, a river-side dweller about the size of a large hog. In their native region, the small animals are kept much as many people keep chickens, as food. Here, however, they are always pets.

Of course, guinea pigs are far easier to keep in captivity than capybaras, which are only seen by most North Americans at zoos. Guinea pigs, meanwhile, weigh about a pound, for the most part, and are kept most contentedly as pets. They are highly social creatures with a wide range of vocalizations, the most well-known being a high-pitched "wheel."

While many small domestic pets are somewhat unpredictable, and may bite without warning, as a rule guinea pigs are not known to bite, making them perfect pets for those children capable of caring for a small animal. Even the most tame, affectionate guinea pigs are a little nervous when hands approach them to pick them up, and they will usually run, but it is not because they dislike attention or being held. The running is the result of a natural tendency in animals that are fairly close to their wild relatives. In this case the wild relatives are prey animals, and so hands approaching trigger a flight instinct. Once picked up gently, a guinea pig will nestle against the neck of the person holding it, may wander around a lap, or explore a play area set up for it. Guinea pigs' legs should be supported when they are held, and they should be picked up with a hand under the back end and another supporting the torso.

The guinea pig is a very friendly, communicative animal. It likes daily attention and play time, and, as previously mentioned, has a large "vocabulary." The "wheel" noise indicates surprise, pleasure, or fear, depending on how it is uttered. The contented "chirp" is usually reserved for greeting, and a happy guinea pig may even make a purr-like sound when it is being stroked and tickled. When very excited, a guinea pig may move in a way described as "popcorning," a sudden, absolutely vertical upward jump, much like corn when it pops. This action is such an obvious expression of joy that anyone seeing it is usually moved to laughter.

Pet guinea pigs need a very specific diet, which is often misunderstood by their well-meaning human caretakers. While rodents can be fed a diet rich in seed, guinea pigs and other cavies should not have much seed in their diets. There are several quality commercial guinea pig diets on the market. Quite a few are primarily comprised of alfalfa pellets, which are certainly acceptable components to the guinea pig's diet, but the best prepared foods have a variety of dried vegetables, fruit and grains. If you do opt to feed your guinea

pig pelletized food, make certain it has an assortment of vegetable matter in its contents. A decent-sized water bottle with fresh, clean water should be available at all times, as guinea pigs consume a lot of water. The guinea pig should also have plenty of fresh leafy greens, and carrots, celery and other vegetables should be offered regularly. Many fruits are also favorites of this South American creature, including orange slices, which are not just good for treats, but also provide a vital part of the diet, as many domestic guinea pigs are deficient in vitamin C. Because of this, liquid vitamin C is available to be added to the guinea pig's water bottle whenever it is filled. Oddly, most guinea pigs will not eat tomato. On the other hand, dry fruit is a favorite treat for many of them. Guinea pigs also enjoy nibbling and playing in a few handfuls of fresh, good-quality hay.

Guinea pigs do not thrive in small, cramped cages or tanks. In order for a guinea pig to have the space it requires to move around, the best habitat for a guinea pig is a large cage of the size often called a puppy cage, approximately 24 X 36 inches in floor area. They enjoy frequent playtime outside of the cage, as well. The cage should not be bedded with pine shavings because of a high likelihood of respiratory irritation. Aspen is a much safer option for guinea pigs, and can be bought at any pet shop.

There are many varieties of guinea pig from which to select. The smooth-haired guinea pig looks like a furry egg with soft pink ears. The Abyssinian guinea pig has loopy, curly hair that can be very comical, sticking up at all angles. The long-haired Angora guinea pig has long, flowing hair that needs frequent brushing and attention to prevent painful and dangerous mats. Because guinea pigs so love attention, this is not a hard chore for most guinea pig owners. Guinea pigs that spend most of their time in their cages need to have their toenails trimmed regularly, or the nails grow very long and hinder their ability to walk. Special nail clippers are available in pet stores just for guinea pig nails, but standard human nail clipper, in the hands of a gentle, cautious person, will also work. Some guinea pig specialists (and yes, there are people who specialize in guinea pig breeding, and even showing) make play areas for their animals that include areas with bricks for the guinea pigs to climb on, in order to allow their nails to wear naturally.

The gentle, funny, inquisitive guinea pig is a fine pet for the young or simply the young at heart. It is affectionate, playful, and a wonderful companion. And, selling for about \$35 for a healthy young animal, it is a good financial bet for anyone who wants a pleasant pet for themselves or their child.



SENIORS NEWS



Twin Valley Senior Center News

By Marvie Domey

On August 5 at 1pm, Plainfield poet Robert Barasch will be at the Twin Valley Senior Center, reading from his book, "Aging Gracefully" and sharing some recent poetry. Everyone is welcome. Anyone interested in attending and sharing lunch during this event should call by Aug. 3, 426-3447.

The next foot clinic will be held August 24. The fee is \$15.00 and registration is required. Please call 426-3200 for scheduling. A blood pressure clinic will take place at the same time.

There are a variety of ways volunteers can help Twin Valley Seniors, Inc. (TVS, Inc.). The Meals on Wheels program is growing and in need of more volunteer drivers. Mileage compensation is available. Volunteers are also

needed for the meal site at Old Schoolhouse Common. TVS, Inc. is also recruiting new members to the organization's Board of Directors. As clientele grows, the current space is inadequate, and TVS, Inc. is actively searching for qualified, interested persons to serve.

A dinner cruise aboard the Ethan Allen II, followed by a visit to the Echo Lake Aquarium and Science Center, was enjoyed by 36 seniors, volunteers, and friends in June. With summer well under way, hopefully the weather will permit some TVS, Inc., picnics before the warm season is over.

The Twin Valley Senior Center staff and volunteers want to thank all who donated to and shopped at the center's July 4th Yard Sale. The success of the sale helped fund-raising efforts.

Volunteer Stacy Sharp is producing a newsletter for TVS, Inc., on a monthly basis and these are in local stores in the 6 communities served by TVS, Inc.

Condolences from the Center go to the families of Eva Brown and John Topping. They will be missed. Thank you to both families for the contributions made to TVS, Inc.

Lunch meals are served at Old Schoolhouse Common on Monday, Wednesday, and Friday at 12:15 p.m. Cost is \$3.00 for individuals aged 55 and older and \$5.00 for others. For more information call 426-3447.

AROUND VERMONT

VT Delegation Announces Stimulus Funds for Green Mountain National Forest

July 24 - Senators Patrick Leahy (D-Vt.) and Bernie Sanders (I-Vt.) and Congressman Peter Welch (D-Vt.) announced today nearly \$3.3 million in federal economic recovery funding for Vermont's Green Mountain National Forest. This federal support will help create good-paying jobs while preserving Vermont's natural resources.

The Green Mountain National Forest will receive \$1.4 million to attend to a backlog of trail maintenance projects, \$657,000 for work on existing recreation facilities, and \$1.2 million to restore two dams that retain Lefferts Pond in the town of Chittenden. The Green Mountain National Forest is partnering with

the Vermont Youth Conservation Corps, Green Mountain Club and Vermont Association of Snow Travelers in these projects.

Approximately 40 young adults and professionals will be put to work across the state during the next two years to tackle the approximately 627 miles of hiking, skiing, biking, equestrian, and snowmobile trails in need of maintenance. Forest service representatives say they expect to replace public restroom facilities, repair damage from the August 2008 flooding, and rehabilitate the historic Stratton Mountain caretaker's cabin and fire tower.

Senator Sanders Fights For Vermont Dairy Farmers

July 10 - Calling depressed prices for struggling Vermont dairy farmers unsustainable, Sen. Bernie Sanders said today he would continue to fight for a boost in price supports. He also met yesterday with the head of the U.S. Justice Department antitrust division to explore concerns about dairy industry concentration.

Sanders (I-Vt.) met with Assistant Attorney General Christine A. Varney, the head of the Department of Justice Antitrust Division.

"We are talking to the attorney general's office regarding antitrust activity and issues of concentration of ownership among processors and the lack of competition," Sanders said afterward.

One company, Dean Foods, processes approximately 70 percent of New England's fluid milk. In addition to concerns about the concentration of ownership in the milk processing industry, a related issue is the inability of dairy farmers to get a fair price for their product.

Sanders also discussed dairy issues this week with U.S. Agriculture Secretary Tom Vilsack. "We are going to continue to fight to raise MILC price supports for struggling dairy farmers," the senator said. "We will keep fighting to raise those payments, which would greatly help Vermont's dairy farmers in the short term."

Earlier this year, Sanders and Sen. Patrick Leahy and Rep. Peter Welch attempted to raise payments to dairy farmers as part of the economic stimulus package. The Vermont delegation will continue to work together on behalf of dairy farmers.

"The low milk prices that Vermont dairy farmers are now receiving are unsustainable," Sanders said. "If this continues, we will be losing more and more farms, which would be a disaster for our state."

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

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Classified ads are 10 cents per word, for a minimum of \$2 (not including help wanted or employment classifieds). For full details see our media kit at www.cabotchronicle.org or contact us at 563-3338

HELP WANTED

Wanted-
ambitious, driven self-starter to sell advertising for the Cabot Chronicle. We will not discriminate based on age, as long as you are old enough to drive and young enough to have a pulse. Retirees fine, particularly anyone with some experience in sales. Must have own car and be able to govern your time independently. This is an independent contractor, commissioned position. Please send brief resume and contact information to editor@cabotchronicle.org, with "ad sales" in the subject line.

HELP WANTED

Wanted-
experienced, talented writers to write articles for the Cabot Chronicle. Knowledge of Associated Press style a definite plus, functional literacy a must. May waive experience qualifications with high-quality writing sample submissions. Must be able to tolerate editing and criticism without rancor. A large vocabulary is a plus, but the ability to express yourself clearly is the most important thing. This is a freelance, independent contractor job. Please send resume and queries to editor@cabotchronicle.org, with "writer" in subject line.

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COMMUNITY CALENDAR

Sat, 8/1
Introduction to Kayaking, North Beach Canoe & Kayak Center, Burlington, 10:00 –12:00 a.m., \$49 admission. This is a great first step to learning about kayaking. All equipment is included. Information: 651-8760, or info@canoeimports.com.

Sat, 8/1-9
The Jungle Book, Adamant Music School, The Quarry Works Theater, free admission, great for kids. Information: 2 2 9 - 6 9 7 8 or http://www.adamant.org/2009theater.htm

Sat, 8/1-2
Annual Airshow at Lakeview Aviation - On the shores of beautiful Lake Memphremagog. Information: 334-5001.

Sat, 8/1-16
Phlox Festival, Perennial Pleasures Nursery, E. Hardwick: more than 80 varieties of phlox blooming in the gardens, tours 10:30 a.m. Information: 472-5104.

Sun, 8/2
Mask Exhibition by noted mask-maker and Cabot resident Ellis Jacobson, White Water Gallery, E Hardwick. Also 8/9, 8/16, 8/23, 11-3. Adjacent to the Gallery is Teuscher's Antique Auto Enclave, a mini-museum of sorts that houses perhaps one of the most original collections of all steel antique customized cars in the northeast. Information: 563-2037.

Dragon Boat Festival, Burlington, free admission, 90 teams will compete in 41-foot Dragon boats. Food, entertainment, silent auction, tribute to breast cancer survivors. Cheer on Dragonheart Vermont, made up of VT breast cancer survivors. Information: www.ridethedragon.org.

Sun, 8/2-30
The Dirt Cheap Money Circus and Pageant, Bread & Puppet Theater, Glover, every Sunday at 3:00 p.m. Information: 5 2 5 - 3 0 3 1, www.breadandpuppet.org.

Mon, 8/3
Annual Whiffle Ball Tournament, Hardwick Elementary School Field, 6:00 p.m., free admission, for 9-13 year old boys and girls, Information: RSVP by 7/31 to 472-8010 or email: hardwick-coalition@yahoo.com.

Thurs, 8/6
Concert at Jaquith Library, 6:30 p.m., Old Schoolhouse Common, Marshfield, free admission, Amapola, Music from Latin America.

Sat, 8/8
The Danville Fair, noon, on The Town Green, a good ole country fair, parade at 10:00 a.m. Grand Horse Pulling, carnival rides, games, home-cooked food. Information: www.danvillevt.com.

Craftsbury Old Home Day, noon, Craftsbury Common, games and a parade. Information: www.townofcraftsbury.com.

Annual Toy Run, Montpelier, noon, United Motorcyclists of VT's Annual Toy Run to benefit Shriners Hospitals for Children, parade to the State House at noon, bring a new unwrapped toy to donate. Information: admin@unitedmotorcyclists.org.

Wed, 8/12
Perseid Meteor Shower, in the night sky above you, free admission, The Perseid meteor shower can produce up to 60 meteors/hour. A spectacular sight.

Thurs, 8/13
Concert at Jaquith Library, 6:30 p.m., Old Schoolhouse Common, Marshfield, free admission, Cold Country Blue Grass, a blend of bluegrass, gospel & contemporary tunes.

Sat, 8/15
Second Annual Kingdom Triathlon: 500 yard swim, 13 mile bike, and 5 mile run. Information: 334-8511.

Husband-Wife Golf Tournament, Country Club, Route 5, St. Johnsbury, 1:00 -5:00 p.m., information: 748-9894, www.thestjcc.com.

Rik & Bec at The Music Box, Craftsbury, 8:00 -10:00 p.m., \$10 adult admission, kids free. Music combines ballad, blues, cowboy, folk revival. Information: 586-7533.

Annual Woodworkers Show and Craft Sale, Morrisville, People Academy from 9:00 am - 4:00 pm, free admission. Carving contests and much more at the show. Information: 888-3481.

Sat, 8/15-17
Circus Smirkus, Greensboro, Grimm and Hans Christian Andersen, bringing classic fairytales to life through the spectacle and enchantment of circus: Smirkus Troupers, ages 10 to 18, perform in a Big Top tent. Information: 1-8 7 7 - S M I R K U S , www.circussmirkus.org.

Wed, 8/19-23
Orleans County Fair, Exit 25 off I-91, Barton, 9:00 a.m.-7:00 p.m., Old-fashioned agricultural county fair, with horse shows, horse pulls, horse harness racing, gymkhana, dairy cattle shows, beef shows, oxen show, ox pulling, milk-

ing parlor demonstrations, sheep shows, petting zoo, poultry exhibit, rabbit exhibit, alpaca exhibit, arts & crafts, wool spinning, farm machinery dealer display, antique farm machinery, evening. Information: www.orleanscountyfair.org.

Sat, 8/22
Burke Mountain birding, meet at 6:00 a.m. at White's/Agway parking lot in Lyndonville at Exit 23 off I-91, hike up from lower lodge area to the top. Information: 626-9071.

Wed, 8/26-30
Caledonia County Fair, 7:00 a.m.-7:00 p.m. Aerial Show, 4-H Exhibits, Cattle/ Sheep/ Poultry/ Aquarium Exhibits, Floral Hall and Craft Exhibits, Maple Display, Alpaca Demonstrations, Ways of the Woods, Kirby Quilters Country Store, Antique Demo and Display, Children's Freedom Train, Trout Pond/Wildlife Display, more. Information: www.vtfair.com.

Sat, 8/29
Living on the Land Series: Fall Wild Edibles, Northwoods Stewardship Center, E. Charleston, 10:00 a.m. - 3:00p.m., \$15. Pete Rodin will share his knowledge about local wild edible plants, fruits, roots and mushrooms; identification techniques; and tips for sustainable harvest and preparation. Bring a bag lunch, waterproof footwear, register early. Information 723-6551 ext 115.

Sun, 8/30
Vermont Ravens Semi Pro Football Game, Spaulding High School, Barre, 1:00 p.m., against the Southern CT Sting. Information: www.vermontravens.com.

Ongoing:
Danville Farmer's Market, On the Green in Danville, US Rte 2, every Wednesday through August 25, 9:00 a.m. – noon. Many local vendors offer fresh vegetables and fruit in season, fine baked goods and take home meals. Also available - meat, trout, eggs, plants, crafts, body products, etc. Lots of parking, lovely ambience and great selection.

Groton Growers Summer Market, Veterans Memorial Park, every Saturday 9 a.m. -12 p.m.. Information: 584-3595.

Hardwick Farmers Market, Granite Junction - Route 15, local produce, baked goods, crafts, every Friday through Fall 3 - 6 p.m., Information: 472-5906.

Lyndonville Farmers Market, 1000 Broad St., Fresh local vegetables, beef,

milk, baked goods, maple syrup, Sundays through fall 11:30 a.m. - 3 p.m.

St Johnsbury Caledonia Farmers Market, Downtown St. Johnsbury, locally grown, homemade baked goods, Vermont made crafts, every Saturday though fall 9 am - 1 pm

Band Concerts in the Park, Bandstand, Monument Square (Main Street), St. Johnsbury, Mondays, 7:30--8:30 p.m., donation. Information: 748-8891

Concerts at Bandstand Park all summer in Lyndonville, 7:00 p.m. every Wednesday evening running through the summer.

Concerts On The Green in Danville, 7:00 p.m.: starting July, every Sunday through August. Featuring various local bands, donations are appreciated. In the event of rain, the concerts move into the Danville United Methodist Church, also located on the Green.

Summer movie nights in Montpelier, every Friday night beginning July 10th at dusk (8:30 p.m.), at the Vermont College of Fine Arts on the green on College St., movies appropriate for all ages. Rain night is Saturday.

IdeRide Shuttle to Kingdom Trails - runs every weekend all summer, 9:00 a.m.-5:00 p.m. \$20 for the shuttle, \$10 for Kingdom Trails, \$5 for single ride. IdeRide shuttle runs from East Burke village to the top of Burke Mountain, where you can access the KT downhill trails. Information: 535-6247 or www.ideride.com.

Great Vermont Corn Maze, North Danville, opens Aug.1, 10 acres of good old fashioned fun, 50 ' bridges, 100' of underground tunnels, pedal tractors, petting animals. Information: 748-1399, www.vermontcornmaze.com.

Swim, Hike or Paddle Inn at Highland Lodge, every Thursday, Greensboro, 10:00 a.m.-1:00 p.m. Group outing, return at noon for a fantastic lunch deal. All summer thru Oct 8. Information: 5 3 3 - 2 6 4 7 , www.highlandlodge.com.

Great Downtown Neighborhood Walk. Downtown Barre, May 1 through Sept, 4:30 p.m. to 7:00 p.m., Mondays/ Wednesdays/Fridays. Make a contribution to a Better Barre by walking the downtown: a loop that includes City Park and Mister Z's! Information: 476-0267.

Unadilla Theater, in August showing: L'Hotel du Libre-Echange (A Little Hotel on the Side), Rose, A Musical Revue, The Fever, and She Stoops To Conquer. Information: http://www.unadilla.org/.

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WHERE IS THE CHRONICLE NOW?



This photo was taken at a little railway station in Kløfta, Norway, about 4 miles outside Oslo. The girl on the photo is Christina. Photo courtesy of Brit Wethal.