

Cabot School and Community Receive a Farm-to-School 2010 Implementation Grant

In January, the Cabot School and community Farm-To-School group will begin implementing projects funded by the newly awarded grant from the Vermont Agency of Agriculture. The \$15,000 grant was awarded in order to help the Cabot group continue its progress towards increasing awareness, access and consumption of locally produced, high quality foods within and beyond the school. For a year the group has been meeting and doing activities together towards this goal, and now they have the funding to take the project to the next level.

Some of the activities included in the work of the grant include the hiring of a Farm-To-School Coordinator to help with all phases of the project. Increasing the community's awareness of the project through developing a website, media releases, and a harvest supper will occur. The school has already begun to do taste tests with the students, a proven way of encouraging young people to try new foods and ensuring that when it is served in the cafeteria it will not go to waste.

Teachers at the school are very excited to expand their farm and food curriculum ideas and will be offered an opportunity to attend Vermont FEED's (Food Education Every Day) *Healthy Eating Through the Seasons* course, which will be offered at Cabot School through this grant. Community members, as well as students, are also welcome to attend the course. The course is six sessions long and will meet monthly throughout the year. The school is interested in expanding the very popular salad bar and plans to make it financially feasible all year round.

Relationships between classrooms and local farmers have been growing in Cabot for years. The Implementation Grant will help the community expand those opportunities, by providing support for rela-

tionships to develop with each classroom throughout the growing season. Expanding the Cabot Farmer's Market by offering it during high-traffic times after school, which was tried last fall, is also planned. The group will provide local farmers with opportunities to display their produce on Cabot's website and sell their produce adjacent to the school during high traffic times. Efforts to include local produce in the school lunch menu and snacks will continue to be expanded upon.

If you are interested in helping young people learn about local, healthy foods and improve their food choices, feel free to join the team of parents, teachers, farmers, cooks, students and others who make up Cabot Community's Farm-To-School group. The next meeting is on January 21 at 4:00 p.m. in the Cabot School library. Volunteers are also needed to help prepare food in the school, accompany students on farm visits, and assist with taste tests in the cafeteria. If you are a local farmer or food producer of any kind and would like to share your skills with local students, we would like to hear from you!

If you have a small garden of your own and would like to "Grow a Row" for the Cabot School next year, the Food Service staff would welcome your donation. The group is always in need of locally produced foods that students can learn with in the classroom and the cook can prepare in the cafeteria. Donations of herbs, root crops, winter squash and pumpkins, beans, fruit, and anything else that you would like to share is welcome.

If you would like to learn more about this project, offer your services, or attend the FEED course, please contact: Mary Ann Tormey, makt930@hotmail.com, 563-2842 or Amy Hornblas, amyhornblas@gmail.com.

Check Out The New Faces: New Co-Directors of the Cabot Public Library



As of early December, Cabot Public Library has two new Co-Directors. Anne Walker and Kathleen Hoyne will share the position of Librarian as Co-Directors. Walker has been the Assistant Librarian for the past year and has filled in as Librarian while the Trustees sought to fill the position vacated by Connie Koeller.

Koeller left after serving as Cabot Public Librarian for eight years. She was responsible for many significant changes to the Library, including obtaining an UDAG grant to replace the shelving, two CLiF (Children's Literacy Foundation) Grants to buy children's picture and non-fiction books, a \$2,000 Winnie Belle Learned Grant to buy children's non-fiction books, and many, many creative programs for patrons of all ages. She will be greatly missed.

Walker's main focus will be the patrons' library needs, but beyond this she will work on maintaining the book, audio, video, and magazine collections at their current high standards and other behind the scenes technical work of a library. She would like the Library to continue to be a place where the pa-

trons feel welcome.

Hoyne will be focused on developing programs for all ages, starting with the return of Preschool Story Hour on Friday mornings from 10:30 to 11:30 a.m. The first Story Hour will be on January 2, 2010. She is also interested in developing a game club and a comic book club for preteens, a community service program for teens and the return of adult book groups.

Walker and Hoyne would also like patrons to know about a program called Listen Up! Vermont. This allows patrons to download audio books directly onto their computers. The webpage is www.listenupvermont.org. Patrons who are interested in this service should visit the website or call the Library.

Another change at the Library will be new hours. Starting in January, the library will be open Tuesday from 11:00 a.m. to 7:00 p.m., Wednesday from 3:00 p.m. through 6:00 p.m., Thursday from 11:00 a.m. through 6:00 p.m., Friday from 10:00 a.m. through 12:00 noon, and Saturday from 9:00 a.m. through 2:00 p.m.

First H1N1 Flu Vaccine Clinic Finally Completed

By Anne Nadel

After repeated delays, the clinic to vaccinate the students of Washington Northeast Supervisory Union against the so-called "Swine Flu" finally took place Thursday, December 16 at Twinfield Union School.

The clinic was the product of efforts by the Vermont Department of Health to see to it that all people in the population groups most affected by the H1N1 virus got vaccinated. The event was originally slated for the beginning of November but was

postponed twice due to shortages of the vaccine.

Students from Cabot School were bussed in groups to the Twinfield gymnasium where nurses were waiting with syringes of vaccine for all young people whose parents had requested their children be vaccinated. The clinic was optional and parents had the choice to decide that their child not be vaccinated if they so wished.

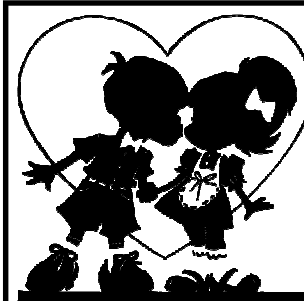
According to the Department of Health, 132 Twinfield and 90 Cabot students received the vaccination at

the clinic. Twinfield's nurses were the hands-on operators of the day's event, while state health department nurses actually administered the vaccines.

According to Alice Day, Twinfield's main nurse, the event took a total of less than three hours, and there were only a few last min-

ute "drop-outs" due to students who just could not face an injected vaccination.

One Twinfield freshman said the scene was orderly and quick-moving, and although the additional bodies in the small school created a space crush at times, the day's activity was not too different from the norm.



The Cabot Chronicle

LOVE NOTES

See the ad on page 6

Creamery Washwater Source of Debate

By Chronicle Staff

In 1990, Agrimark, Cabot Creamery's parent company, was authorized to indirectly discharge whey and washwater from the creamery plant by spraying it on local farmers' fields and manure pits. Every five years this permit is completely reviewed. In 2005 the company requested permission to increase the amount of whey and washwater it disperses from 100,000 gallons per year to 150,000, and was given approval. The next review of the entire permit will be in 2010.

The permit is updated annually, and Agrimark can submit amendments to it. On Wednesday, December 2, a group of approximately 50 people attended a Vermont Agency of Natural Resources hearing. The purpose of the hearing was to gather public comment on an amendment updating the list of farmers who receive the washwater mixture. After continuing to receive public comment, through December 14, compiling the testimony, and conducting an investigation, the Agency of Natural Resources will make a final decision on the revised list.

Most of the people who attended the permit hearing last month at Marshfield's Twinfield Union School were completely opposed to the practice of spreading Cabot Creamery's washwater on farmers' fields. They voiced concerns about the cleaning chemicals present in the water, what effects those chemicals may have on the environment, and health ramifications. While this was not the original intent of the hearing, the 2010 permit review will be able to address such concerns. Some attendees of the recent hearing are looking towards next year in order to ask the state to re-examine the entire practice more thoroughly.

The washwater from the Cabot Creamery contains cleansers, sanitizers, and degreasers which are used to clean the plant's operations. These powerful chemicals, hazardous in small quantities, are diluted and used with power washers to clean the plant facilities. The chemicals are food grade, approved and actually required by law in order to meet food safety regulations.

These types of chemicals are used in other industrial food production plants across the state. The washwater, which goes into the floor drains at the Cabot Creamery plant, is stored in tanks, mixed further with waste water from milk, and trucked away for dispersal at farms around the area. Most of the washwater mixture is sprayed on fields and about 5 per cent is deposited into farmers' manure pits.

The field and manure pit dispersal was originally approved because Cabot's wastewater treatment plant could not handle the material. The biochemical strength of the washwater is much stronger than that of raw sewage. A treatment facility would not be able to remove enough of the chemicals from the water, and the receiving stream (the upper Winooski River) could be damaged by the discharged water. Chemicals consume the oxygen in the water, and can cause fish kills and other damage to aquatic life. Therefore, the decision was made that dispersing the washwater onto the soil was a better choice, since soils have a better ability to handle the materials. The washwater mixture is considered a soil amendment, since it is high in nitrogen and phosphorous.

Those who attended the December 2 hearing were passionate about the issue, on one side or the other. One farmer described the greening of his pastures after washwater was sprayed, a benefit to him since he no longer milks and doesn't have manure of his own to spread. Others spoke about the impossibility of tracing the effects of the chemicals.

At the end of the more than two and a half hours of testimony, the ANR allowed attendees to have a real discussion together beyond the format of a formal hearing. In these few moments it became clear that, as residents of the affected area, everyone present had vested interests in the topic. As a result, people expressed a lot of concern and anxiety about their own and their neighbor's well-being.

Many people at the meeting have worked at the Creamery, sold milk there, were members of the coop, helped to build the Cabot Creamery reputation into what it



Cabot Historical Society Who Are These Children?



Cabot Historical Society is attempting to identify people in photos we have in our collection. This photo was taken after 1909 and before 1920. The teacher is Eva Clough (Joyal) standing at the back-left. The students are from a one-room school in Cabot. Which school? If you can identify any of these children, or the school, please contact: Bonnie S. Dannenberg, 563-3396, e-mail bonniesd@Together.Net, or Jane Brown, 563-2381, e-mail janebrown@fairpoint.net.

has become today. Part of these folks' concern centered on job and opportunities loss for a farm economy if the creamery were to leave the area.

Equally compelling were people's concerns about health. Some said that there seems to be a "cancer cluster" around Cabot, and were concerned that the effects the washwater has on the rivers and watershed may not be understood for decades.

On both of these fronts, residents are struggling with global questions. They join the rest of the planet in the struggle to decide what to do with the waste that industry produces, and the question of whether dilution of the chemical leftovers is enough to make the processes safe. On the other hand is the issue of job loss and what a society needs to survive, a global struggle of workers who lose their jobs as their employers move to places where production is cheaper and where waste water can be dispersed with less governmental and community interference.

The staff of the Cabot Chronicle understands that this issue is very important to the community, and would like to invite readers to share their insights, information, and feelings on the topic. We are inviting readers to send us their comments, in 200 words or less, and we will do our best to publish them in the upcoming issue. In this way, we can continue the important discussion

that needs to take place, neighbor to neighbor, so that we can better understand each other and the issue at large. We invite input from everyone concerned.

Please send your comments (200 words or less) to the Cabot Chronicle at: editor@cabotchronicle.org. We reserve the right to edit for space or content, but will strenuously attempt to retain the essence of the individual's comments.

Corrections

Editor's note: We at the Chronicle strive for editorial accuracy. However, once in a while we print something that is a mistake, either on our part or on the part of whoever submitted a given item. For this we apologize, and we will always make efforts to clarify or make amends. Here, then, our correction from the December edition:

The photo of Isaac James was inadvertently credited to Amanda Legare. In reality, it is the pianist's official publicity photo.

In the Cabot School Honor Roll, senior Justin Rich was mistakenly left off the list of students achieving high honors.

In the article identifying the road workers, Charlie Pilbin was mistakenly identified as Charlie Filbin.

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

E-mail: editor@cabotchronicle.org

DEADLINE: 15th of the month prior

The Cabot Chronicle

Publisher: Cabot Coalition

Executive Editor: Jeannie Johnson

Coordinator: Amy Hornblas

Advertising: Julia Shipley

Editor: Anne Nadel

Pagination: Todd Jones



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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CABOT CAMEOS

THE ORIGINAL ^{Original} FACEBOOK

By Julia Shipley, Photos by Julia Shipley

This month our woman-about-town took the easy way out of the weather, by interviewing staff at the Chronicle, about the Chronicle.



Lori Augustnyiak

1) How did you become involved with the Chronicle? (How long have you been involved?)

Basically, I started it. One of the things we realized on the Cabot Coalition board was that communication was a giant issue. We needed a newspaper. So we pulled together 25 people with experience or interest in starting a community paper. Eighteen months after the initial meeting, we published the first edition.

2) What is your job description?

As the Coordinator for the Cabot Coalition, I'm the publisher.

3) Why are you involved—philosophically or practically?

Because there is a real community need for local news.

4) How do you know if the Chronicle is a success, and if you think it is, can you provide an anecdote that illustrates this?

I do think it's a success. There've been a couple of times when it's been out late [after the first of the month] and people have asked, how come it's not out? That says to me that people would miss it if it were gone.

5) What else is going on in your life/job/ other interests...in other words...what is being pushed aside, ever so slightly to make room for the Chronicle meetings and deadlines?

Well, we're home-schooling (our son) Leo and we have a home business, our Orchard Nursery [Walden Heights].

6) What do you hope for the future of this newspaper?

I want us to adequately compensate the people working on it. And I want it to become sustainable, and independent of the Coalition, and maintain its place in the community.

7) What's your favorite part of being involved?

I definitely love the people side of things, getting to know the community from uncovering a story that deepens my appreciation and sharing that with everybody else.

8) If you could change/ improve/ overhaul one thing, it would be?

To have more people writing for the paper. To encourage and recruit more writers both from and outside our community.

Anne Nadel (No Photo Available)

1) How did you become involved with the Chronicle? (How long have you been involved?)

I replied to a job posting for a newspaper writer familiar with AP style, in a late 2007 edition. I sent (then editor) Allison Joyal my resume and a pile of clips, with a handful of references. A couple of weeks later I went over to have an interview (it was quite intimidating, oddly, for such a loosely formed conglomeration of personalities) with Allison (who had already decided I think, to have me write for the paper), Lori, Jeannie Johnson, and a handful of others. I wrote for the paper regularly until July when Allison left the paper for her new job, at which time I was given the opportunity to assume editing responsibilities.

2) What is your job description?

Editor and contributing writer.

3) Why are you involved—philosophically or practically?

Obviously, I am involved because it's the only way I can meet famous people and have folks at TMZ pay attention to me at all.

OK, in truth, journalism is in my blood. My mother and late father are/were both journalists and editors, and my late brother was a writer as well. Language, and its creative use, is truly genetic in my case. I laugh that when we were kids, if we used incorrect grammar at the dinner table we were not permitted to leave until the situation had been identified, analyzed and rectified. It's only partially a joke, actually.

Of course it's not the money that draws me to the Chronicle, but I enjoy the work, and keeping my pen in play, so to speak. And in this world, newspapers are a sadly dwindling breed, so keeping small papers alive, relevant and significant is important to me.

4) How do you know if the Chronicle is a success, and if you think it is, can you provide an anecdote that illustrates this?

The success of a paper like the Chronicle is hard to gauge, as it is free to the reading public. I believe obviously, that the local business person's willingness to buy advertising

reflects, at least a little, if we are doing a good job in the editorial and social content, but I also get a great deal of feedback from both the community we cover and the surrounding towns. I think we do a good job, and I hope we can and will do a better job. People who know my role in the paper often stop me and tell me they like what they read, and to mention other content ideas they would like to see in the paper. We're getting there.

5) What else is going on in your life/job/ other interests...in other words...what is being pushed aside, ever so slightly to make room for the Chronicle meetings and deadlines.

I have an enormous amount of stress in my life right now, with a family member facing a health crisis and two teenaged daughters, and I also recently assumed the role of organizational leader of a long standing 4-H club. I also keep livestock and am involved with a lot of school and community activities. There are definitely times when I feel totally overwhelmed, but oddly enough, editing and writing help me keep a personal identity and space where I can separate myself from the demands of all the other stuff. Yes, the week following deadline can be truly mad with more than 100 hours going into editing and proof reading each edition, but at the end of it, a few days each month seem positively vacation like.

6) What do you hope for the future of this newspaper?

I'd love to see it grow to include a little of each community around the current coverage area, and gain independence, flourish to where it needs its own office and can support staff.

7) What's your favorite part of being involved?

I love meeting people in the community and feeling like we inform them, and I simply love the relationship I have developed with Todd, and the crazy emails I exchange with our delightful ads sales lady and news – writer-in-training, Julia.

8) If you could change/ improve/ overhaul one thing...it would be?

I would expand coverage area and add a bigger base for ad sales and news stories.



Amy Hornblas

1) How did you become involved with the Chronicle? (How long have you been involved?)

I started in August 2009.

2) What is your job description?

The Coordinator—what that means, I am still figuring out. Basically, helping in any way I can to get the paper together and out. Tracking down missing stuff, organizing meetings, delivering hard copies around town - you name it.

3) Why are you involved—philosophically or practically?

I love community, I love writing, and I enjoy people. It seems like a good fit for me. It also has flexible hours, which fits nicely with my other jobs.

4) How do you know if the Chronicle is a success, and if you think it is, can you provide an anecdote that illustrates this?

When I deliver the papers, folks are really happy to receive them. Often the cashier takes one off the stack immediately for themselves and begins to read it!

5) What else is going on in your life/job/ other interests...in other words...what is being pushed aside, ever so slightly to make room for the Chronicle meetings and deadlines?

I work numerous other jobs including being a health teacher at Cabot Middle/High School. And I have lots of projects going on at home, like most Vermonters!

6) What do you hope for the future of this newspaper?

To continue to serve Caboteers, and over time come to introduce the fringe and less main-stream members of the community. To become more inclusive over time, basically.

7) What's your favorite part of being involved?

The people. The ones we write about, and the ones involved in the production of the paper.

8) If you could change/ improve/ overhaul one thing...it would be?

Personally, I'd like to see more fun stuff in the paper. We are working on getting some comics from local residents, and I'm really excited about that.

BEST WISHES FOR A HEALTHY & PROSPEROUS NEW YEAR



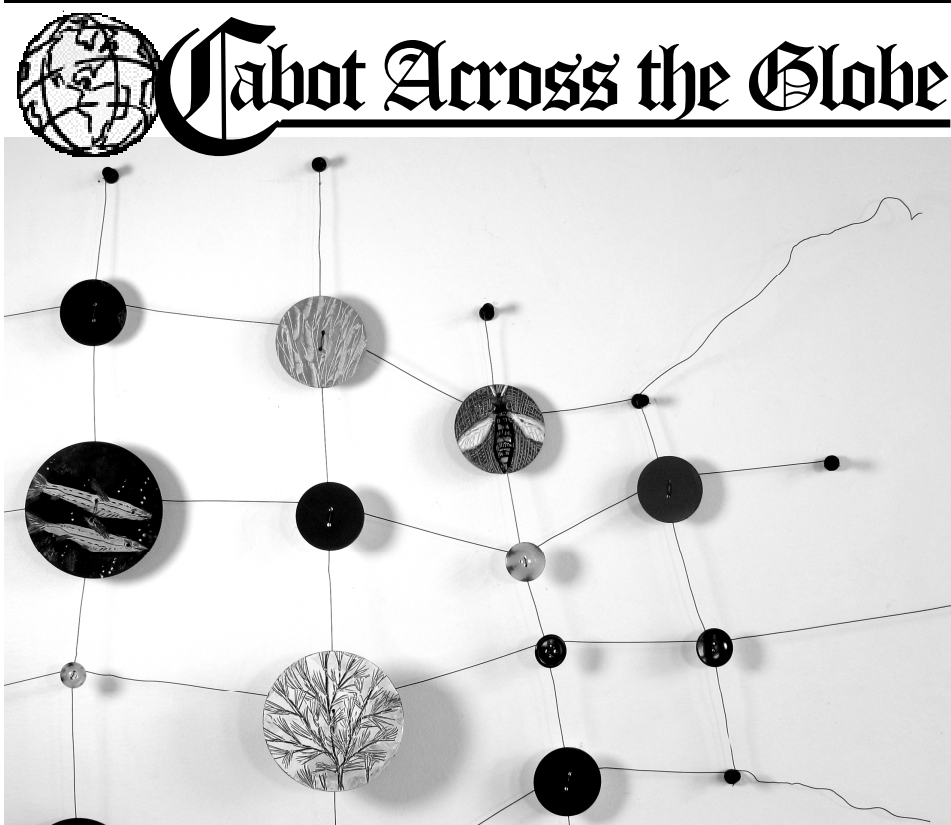
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Janet Van Fleet's piece called "In the Web" is going to Japan as part of the ON THE PLANET exhibit. The piece is constructed of painted disks in a grid of fine steel wire.

Four Vermont Artists Invited to Biodiversity Exhibit in Japan

By Francese Cochran

As climate change legislation inches its way through the United States Congress, four Vermont artists are completing works that address the closely-related topic of biodiversity for an exhibit called ON THE PLANET, from January 27 through February 7, 2010 at the Citizens Gallery in Nagoya, Japan.

"It's a tremendous honor to be invited to Nagoya for this project," says Riki Moss, one of the four artists. "We four Vermonters will have a huge 39 x 34 foot space to use for our installations, and the work we're sending is both beautiful and compelling."

The exhibit relates to the United Nations 10th Biodiversity Summit to be held in Nagoya in October, 2010. The United Nations General Assembly has declared 2010 the International Year of Biodiversity, providing a forum for greater engagement with the public on the importance of biodiversity for human well-being. Faced with continued biodiversity loss, estimated to be as high as 1000 times the natural rate as a result of human activities and expected to rise further as a result of the impacts of climate change, the International Year of Biodiversity and the Nagoya Biodiversity Summit provide a genuine opportunity for the world to refocus its efforts on raising awareness about the importance of biodiversity and to take the actions necessary to preserve it for future generations.

The four Vermont artists whose work will be exhibited in Nagoya – Sophie Hood, Janet Fredericks, Riki Moss, and Janet Van Fleet – bring a Vermont-based perspective to the critical issue of maintaining the planet's biodiversity.

Sophie Hood, a recent graduate of Dartmouth College, is making five large standing sculptural creatures using material created by ironing plastic shopping bags to-

gether. These creatures, ranging in size from four to seven feet high, will double as wearable costumes.

Janet Fredericks, a highly successful Vermont painter, is producing paintings and painting fragments, some of which are made by actually standing in the New Haven River, near her home in Lincoln, responding to and using what she calls "water's language."

Riki Moss, known for her illuminated Studio-Glow sculptures, is creating a paper forest populated by trees, other plant forms, and creatures made with her signature hand-made albaca paper.

Janet Van Fleet, a founder of Studio Place Arts (SPA) in Barre, is mounting a 36 foot long wall installation of disks painted with images of plants and animals, suspended in a grid of fine steel wire.

"Just as no one individual or country can solve the climate crisis, we can't do this Nagoya-Vermont project alone," says Van Fleet. "We need help and financial support from our fellow-Vermonters who care about this issue, and who agree that art can make a difference in the world." Frequent project updates are posted on the project's blog, <http://nagoya-vermont.blogspot.com/> including information about how and where donations can be made.

An online benefit auction of artwork is planned, as well as a one-week exhibit of a portion of the work just before the artists and artwork depart for Japan in late January, 2010.

This project to date has been funded by the Vermont Arts Council, the National Endowment for the Arts, the The Dickey Center for International Understanding, Island Arts and private donors. The artists will be offering related work in an online benefit auction at www.benefitevents.com to help support transportation costs.



By Jeannie Johnson

CURDS to Larry Gochey, Tim Gochey and Walt Ackermann for helping their Cabot neighbors get home during our season's first snow storm.

WHEY to broken New Year's Resolutions.

CURDS for the days growing longer from now until summer.

CURDS to Bill Blakeney and Joanne Vecchiola for painting trail marker signs for the new Cabot cross-country trails. And Curds for the Recreation Committee's work bringing the trails to life.

CURDS to Cabot Seniors (Class of 2010) who are completing their IOTA projects this month. Come see their presentations on January 30, 8 a.m. to 6:10 p.m. at CSPAC.

CURDS to the Hourihans for helping local organizations raise funds with wreath sales this holiday season.

WHEY to GPS systems that direct drivers to use class 4 roads that are snowmobile trails in the winter.

WHEY to ice and ridiculously cold temperatures before winter even officially started.

CURDS to the Powers that Be at the Vermont Department of Health, and the nursing staff at Twinfield and Cabot school for finally getting the H1N1 vaccine to our community's young people.

CURDS to our National Guard members who are leaving they're families behind to defend freedom. Let's not forget them while their gone, or their families, either. And with all our country's faults, never forget how fortunate we were to be born here.



Go Huskies!

Fans of high school sports can find schedules for Cabot's varsity teams on the school website. The homepage is located on the web at www.cabotschool.org, via the calendars tab.

Cabot School France Trip Auction

The 12 students of the Cabot School France Trip 2010 and their teacher, Cam O'Brien, would like to extend their thanks for the Cabot community's support of the Cabot Annual Auction on December 12. Through donations and purchases they were able to raise \$5,000 which will go toward their final payment. They are extremely grateful to everyone who helped them reach their goal.

BIRTH ANNOUNCEMENT

Ava Beatrice Stratman



Ava Beatrice Stratman was born to parents Peter Stratman and Phoebe Slater on Friday, December 4, 2009.



CABOT COALITION

THE CABOT COALITION'S VISION

- ◆ Cabot residents are supportive and pro-active in efforts to keep our community safe and healthy.
- ◆ Parents, youth and other community members support healthy outcomes for young people and share clear and empowering messages regarding non-use of alcohol, tobacco and other drugs by youth.
- ◆ Community members struggling with alcohol, tobacco and other drug use get the support they need to alter their lifestyle for better decision making in the future.
- ◆ Every student has numerous opportunities for healthy social engagements and opportunities for building unlikely peer and multigenerational friendships.
- ◆ Cabot youth are excited about the positive options available to them in the community and are clear about the negative consequences of alcohol, tobacco and other drug use.
- ◆ Ultimately the Coalition's Vision will be indistinguishable from the greater community's vision for wellness for all.

SCHOOL NEWS

Tea at Five: One Woman Play to be Performed by Cabot Senior

On January 9 at 7:30 p.m., Cabot High School senior Brittany French will be performing the one woman play *Tea at Five*, by Matthew Lombardo, at the Cabot School Performing Arts Center.

This biographical monologue of the life of famed actress Katharine Hepburn will make for a night of sharp humor and the story of how one girl overcame the trials of the "Hollywood Scene." From lovers to the loss of her brother, Lombardo wrote of Hepburn as if he grew up

with her. Set in the Hepburn's Connecticut home living room, *Tea at Five* is a step into a different world.

Brittany French has acquired this play for her Independent Dramatic Theater Study class that she created for herself this past fall, and will be performing the first act with the help of the CSPAC Theater Tech class at Cabot School.

For more information please call 802-563-2289 ex. 228, or visit CSPAC on the web at Cabotarts.org.

Sprint Character Education Grant Supports Positive Youth Development

Applications for the 2010 program will be accepted from Jan. 4 through Feb. 5, 2010. The program is meant to provide funding for character-education initiatives in schools and districts across the country.

The 2010 program will run from Jan. 4 through Feb. 5, 2010. Now in its third year, the Sprint Character Education Grant Program awards Sprint Foundation grants to school districts and individual schools to fund resources that facilitate and encourage character education among K-12 students. With a national reach, the program is open to all U.S. public schools (K-12) and U.S. public school districts.

In 2010, the Sprint Character Education Grant Program will award individual-school grants between \$500

and \$5,000 and school-district grants between \$10,000 and \$25,000. In 2009, the Sprint Foundation awarded more than \$450,000 in combined grants to schools and school districts through this program.

The Sprint Character Education Grant Program will accept applications for character-education programs that promote youth leadership, youth volunteerism, a positive school culture and address drop out prevention.

The deadline for applications is January 4 through February 5. For further information, a list of previous winners and the grant application, see the website at <http://www.sprint.com/responsibility/education/character/index.html>

CSPAC Winter Concert Rings True



The middle school band played Ukrainian Bell Carol, Troika and Watermelon Man with solo's eventually played by everyone.



The high school band played Bowie Stomp, Charlie Dozen and Run Run Away which included vocals by (l to r) Ashley Ambroz, Brittany French, Trevor Banister, and Caleb Domey.

Cabot Is Well Represented On The Green Mountain Youth Symphony Orchestra



Cabot is well represented on the Green Mountain Youth Symphony Orchestra. Heidi Cookson has played flute since 3rd grade. She's been doing the GMYS orchestra for two semesters. Lars Hammer plays French horn in the GMYS senior orchestra. Both Lars and Heidi are principal instrument players for the orchestra, and active in the music program at Cabot School.

Students to Present IOTA Projects

The following Cabot School students will give their IOTA project presentations on Sunday, January 31, at the times given below.

8:00 to 8:30 a.m.; Amber Graves, Dog Rehabilitation and People Training; 8:40 to 9:10 a.m.; Dore Grier, Disease Research; 9:20 to 9:50 a.m.; Caitlin Celley, Type I Diabetes; 10:00 to 10:30 a.m.; Ashley Ambroz, A Ticket To Dreams; A Semester In France; 10:40 to 11:10 a.m.; Aubrey Keene, Creative Cakes; 11:20 to 11:50 a.m.; Samantha Lewis Rock, Forensic Sci-

ence; 12:20 to 12:50 a.m.; Tim Ksepka, Beageling; 1:00 to 1:30 p.m.; Brittany French, Youth Theater Direction; 1:40 to 2:10 p.m.; Justin Rich, Wood Working; 2:40 to 3:10 p.m.; Haylee Smith, Rescuing Abused Horses; 3:40 to 4:10 p.m.; Gwen Considine, Imprinting The Newborn Foal; 4:20 to 4:50 p.m.; Robin Considine, Raising Goats; 5:00 to 5:30 p.m.; Elijah Schumacher, The Effect Of WWI On English Literature; 5:40 to 6:10 p.m.; Elias Lewis, Aspects Of Jewelry.

Hero Pack Assembly



Ashley Ambroz and Aubrey Keene read a poem at the Hero Pack Assembly on December 18th at Cabot School. The purpose of the assembly was to honor Vermont guardsmen deploying to Afghanistan and their families. Jeff Durgin, a Vermont guardsman from Cabot who will be deploying soon, was honored along with his family. Jeff has a first grader and third grader at Cabot School. Hero packs were given to Cabot School military youth to thank them for their sacrifices while a parent is deployed. Photo by Donna McSweeney.

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COMMUNITY AND BEYOND

January is National Mentoring Month

Research confirms that mentoring works. We know that when done well, mentoring youth shows great promise in helping young people succeed in life. Studies have shown that programs which provide youth with formal one-to-one mentoring relationships have strong success in reducing incidents involving the law, substance use and academic decline. These studies further indicate that formal youth mentoring programs can promote positive outcomes, such as improved confidence, self-esteem, and social skills.

Cabot Connects, a project of the Cabot Coalition, a substance abuse prevention program in Cabot, is proud to announce its fourth year in operation with 20 community based mentors and 11 school/literacy based mentors. Community based mentors get together with their youth two to three times per month and do a variety of activities based on their mutual interests. Some of the things they have done together are horseback riding, fishing, making jams and pies together, helping with school projects, hiking on trails here in Cabot, kayaking, canoeing, swimming, snowshoeing, library programs, gardening, farm chores, arts and crafts, movies, making dinner and hanging out together, etc. The possibilities are endless.

School based mentors meet with youth during the school day and hang out together talking, playing games, and going for short walks. In our new literacy based mentor program, mentors visit K-4 classrooms and help students practice their reading skills. In all these situations, mentors, youth and teachers alike, are immensely en-

joying the experience of connecting with each other.

We would like to thank the following mentors and advisory board members for their commitment, time, energy, kindness and caring to the youth in our community. Please take a moment this month when you see these people around town to thank them for helping make a positive difference for our kids and our community: Susan Alexander, Connie Hourihan, Lori Augustyniak, Amber Ksepka, Amy Bothfeld, Ashley Ksepka, Deb Bothfeld, Billie Marcotte, Raquel Bigelow, Tracy Mauck, Sheila Booth, Cathleen Maine, Judy Boucher, Suzy North, Mark Bromley, Leonia Pike, Greg Burt, Tara Rogerson, Richard Bushey, Linda Savoca, Patrick Campbell, Christa Scholz, Jennifer Churchill, Jackie Scribner, Mike Cookson, Susan Tobias, Michelle Delaney, Lars Torres, Ken Elmer, Lynn Rockwell, Alicia Fel-tus, Jon Vara, Susan Freeburn, Connie Withers, Jim Goodrich, John Hammer, Gail Greaves, Kathleen Higbee, John Hale, Karen Mueller-Harder.

A special thanks to Mark Bromley and his family for their dedication toward the Cabot Roamers community bike group. Mark has spent countless hours organizing training rides and events, writing grants, getting biking equipment, and organizing our bike trip from Vermont to Maine. Thanks also to all the volunteer parents and community members who have come out to help with these rides.

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.

Black, White, and Brilliant Color: Art Exhibit to Open in St. Johnsbury



The Northeast Kingdom Artisans Guild opens the new year with an exhibition of the brilliant colors of stained glass artist Fred Varney and the intricate, intriguing pen and ink drawings of Sarah Kinsella Waite. The exhibition opens on January 14, and the public is invited to an artists' reception on Saturday, January 16 from 3:00 to 5:00 p.m. The exhibition will be on view through March 4. The Artisans Guild address is 430 Railroad St., St. Johnsbury; hours are 10:30 a.m. to 5:30 p.m. Monday through Saturday.

Varney, a Marshfield resident, remembers being fascinated by stained glass windows in the elegant homes he saw in his hometown, Springfield, Massachusetts.

Varney attended Clarkson College in Potsdam, N.Y. from 1966-1969, then moved to South Woodbury, Vt. where he bought land. Just prior to moving to Vermont in 1970 Fred began working with glass. Restoration of some damaged windows for his future Vermont home, and construction of a lamp from left-over pieces of glass were his first experiences working with glass.

Since then, over the years, he has completed hundreds of commissions and autonomous works: free standing glass clocks with curved "slumped glass" sides, original design "Tiffany" type lamps, skylights and numerous windows. His work has been widely exhibited, and he was commissioned to produce figurative stained glass windows for the United Church of Hardwick. A love of drawing and designing, fascina-

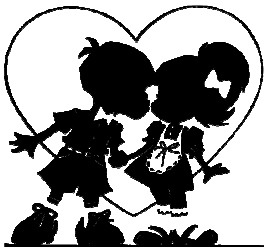
tion with the beauty of the glass itself, and the desire to work with his hands made stained glass a natural career choice.

Sarah Waite, Burke Hollow resident, works in pen-and-ink. Her illustrations, inspired by art of the Northwest coast, use the natural forms of animals, plants and trees in a symbolic style. Their subject is the Northeast ecosystem and the relationships among the flora and fauna within it.

While Waites's work emphasizes the natural world, it's also informed by design. Her training as a graphic designer and years working in the print industry have led her to develop the clean, black and white imagery on display in this exhibit.

"My drawings come from spending a lot of time in nature; hiking, fishing, or just being in my backyard," Sarah says. "I am especially intrigued by the patterns of the natural world and try to bring this to each drawing, keeping in mind how the parts make up the whole. When working on a new illustration, I learn as much as I can about the animal, considering its place in the food chain and its interactions with its surroundings."

The Northeast Kingdom Artisans Guild is open from 10:30 a.m. to 5:30 p.m., Monday through Saturday, with the work of over one hundred Vermont artisans on view. For more information visit the Guild at 430 Railroad Street, St. Johnsbury, go to its website, www.nekguild.com, or telephone (802) 748-0158.



The Cabot Chronicle

LOVE NOTES

The Cabot Chronicle is creating a special section in February.

If there is someone special you'd like to send your valentine's greetings to in the next issue of The Cabot Chronicle, simply send us your greeting along with proper payment before **January 15, 2009**.

Valentine's greetings are \$2.00 for the first 20 words and 10¢/word after that up to 50 words (\$5.00). Greetings may not be longer than 50 words and must be paid in advance.

Yes, please include my Love Note in the February issue of The Cabot Chronicle:

Greeting to read as follows: _____

Number of words: _____ Amount Enclosed: _____

My name: _____

Phone #: _____

Send your Love Note to:
The Cabot Chronicle, P.O. Box 245,
Willey Building, Cabot, VT 05647
or Email: amyhornblas@gmail.com
Questions? Call 563-3338.

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SAT. FEB 6 (GIRLS)

COMMUNITY AND BEYOND

Water bears: Cute little survivors are everywhere

By Charles W. Johnson

So you think you're tough surviving a northern New England winter? Well, consider the amazingly resilient "water bears," creatures that live all around us but that can only be seen through a microscope. They live the world over and can withstand levels of heat and cold, and other environmental extremes, like no other animal.

Water bears live anywhere water is present for at least part of the year. With about 1,000 species currently known, they are found in Antarctica, on Himalaya peaks, in deep ocean water, in parched deserts. Lab experiments have shown them to survive temperatures of 295 degrees Fahrenheit and minus 454 degrees. They survive in extremely acidic solutions, in air without oxygen and in air with toxic gases. They can survive pressures 1,000 times greater than that on Earth's surface. Tests by astronauts have shown they can live even after intense solar radiation in space.

What are these unusual beings? How do they do it?

Water bears are more technically called tardigrades, a name that comes from the Latin word, tardigradus, meaning "slow moving." As you might guess, they do move slowly, in a sauntering fashion, in a way that resembles a shambling bear. But they also look like a mite, or maybe a football-shaped worm with legs. Their common name –



they're also called "moss piglets" and "bears of the moss" – suggests an endearing appearance. View them under a lens or check a photo on a Web site, and you'll probably agree. You might also note that like their distant cousins, arthropods, their bodies are segmented and they have eight legs; unlike arthropods, however, their legs are not segmented, but rather peg-like with claws at the ends that are used for grabbing onto the substrate or, in carnivorous species, capturing prey.

Most species are herbivorous, feeding on mosses, lichens, or other vegetation; but some are scavengers, eating dead matter, and a few are carnivorous, devouring other microscopic animals such as rotifers, nematodes and other tardigrades. In common with more evolved animals, they have a well-developed brain and nervous system, as well as digestive, excretory and muscular systems. Being small and aquatic, they lack respiratory and circulatory systems, but instead breathe through their skins, taking oxygen from water as fluids circulate freely throughout their bodies.

Though dependent on water for their life functions – eating, moving, reproducing, breathing – they have extraordinary powers of survival when water

is either absent (through drought or tied up as ice) or too abundant. They may inflate themselves like minute balloons to ride out floods, and they can carry enough of their own oxygen when it is otherwise scarce. In extreme cold or dryness, they can expel almost all of their body water and shrivel into a much-reduced wrinkled form, thereby becoming virtually freeze-proof or drought-proof, as their metabolism ceases. In this state, called cryptobiosis, water bears are, to all intents and purposes, dead. But add water or ameliorate the temperature, and they miraculously spring to life. While they usually live only weeks or months, cryptobiosis allows them to extend their life span tremendously. When scientists at the British Museum in Great Britain recently rehydrated a 120-year-old dried clump of moss, they discovered water bears that, indeed, had returned to life. How they withstood more than a century of dryness remains a mystery.

As far as we know, water bears are neither harmful nor helpful to humans. They just are. Because of their size, they probably won't ever be in the public eye like birds or mammals or even insects. But as unusual members of our planet, they have gained a dedicated following that seems to be growing. "Tardigrade Clubs" are now popping up to share scientific and other information on Web sites and elsewhere. More scientists are studying them, as well.

One foremost authority, Dr. William Miller of Baker College, Kansas, visited Vermont last year during the Montpelier BioBlitz, a weekend-long intensive survey and celebration of all plants and animals within the city's boundaries. Miller arrived with his "team" of students, all in green T-shirts, carrying an enormous poster with the image of an especially fetching water bear. Over the course of the weekend, the team discovered a species of water bear new to New England, and Miller enthralled BioBlitz participants with his slide presentations, enthusiasm, the discussions he lead, and the microscope views he offered of living water bears. He won many new water bear fans.

In keeping with that spirit, I offer here a cheer for Team Tardigrade:

*Water bears, water bears,
fight fight fight,
You may be small,
but you've got might,
All around the world,
in the void of space,
With your tiny legs,
you'll win the race.*

Charles W. Johnson of East Montpelier is a former Vermont state naturalist and the author of several books. This column is illustrated by Adelaide Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and is sponsored by the Wellborn Ecology Fund of New Hampshire Foundation: wellborn@nhcf.org.

Cabot Hunting Report

Courtesy of Harry's Hardware

The following hunters weighed and reported deer in Cabot from November 22, 2009 through the end of the season:

Brooke Howe,
165 lbs., four point (East Calais);
Jerry Riordan,
155 lbs., five point (East Calais);
Larry Gochey
84 lbs., button buck (Cabot);
Zeb Towne,
100 lbs., three point (Cabot);
Allan Schmidt,
72 lbs., doe (Cabot);

Priscilia Spencer,
68 lbs., doe (Cabot);
Bobby Searles,
134 lbs, doe (Cabot);
Aaron Celley,
105 lbs., doe (Cabot);
Gordon Gatewood,
90 lbs., doe (Marshfield);
Braiden Mayo,
60 lbs., doe (Woodbury);
Harry Foster,
130 lbs., three point (Cabot);
William Lowe,
145 lbs., doe (Cabot).

CLASSIFIEDS

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. Retirees fine, particularly anyone with some experience in sales. Must have own car and be able to govern your time independently. This is a commissioned position. Please send brief resume and contact information to coordinator@cabotchronicle.org, with "ad sales" in the subject line.

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. Ability to express yourself clearly is the most important thing. This is a freelance job. Please send resume and queries to editor@cabotchronicle.org, with "writer" in subject line.

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Vermont Snowmobile Laws

Provided courtesy of Vermont Association of Snow Travelers. Complete wording of the laws are available from VAST or at the VAST website, www.VTVAST.org.

Speed considerations: Under Vermont Law, Title 23, Chapter 29, you must operate your snowmobile at a speed that is reasonable and prudent, taking into consideration current conditions, trail traffic and other hazards present on the trail.

The maximum speed limit on state lands is 35 m.p.h.: Snowmobiles are subject to posted speed limits on public roads open to snowmobile traffic.

Vermont has a tough "Snowmobiling While Intoxicated" law: This law covers both drugs and alcohol...intoxicated snowmobilers operating on a public highway will be charged with DWI. As a result of this violation, you will be assessed points and your driver's license will be suspended.

A frozen lake is considered a public highway and the maximum speed limit is 50 m.p.h.

Accident Reporting: If you are involved in an accident, resulting in personal injury, death or property damage in excess of \$500, it is your duty to stop

and report it to local authorities...also file an accident report with the Commissioner of Motor Vehicles within 72 hours.

Equipment Requirements:

Your snowmobiles must be equipped with: headlight; red rear light; windshield free from jagged or sharp edges; a fully functional brake in good condition; efficient muffler and such other equipment and devices as may be required to meet the noise level specifications of not more than 73 decibels on the A scale at 50 feet in a normal operating environment.

Colored lens covers on headlights are illegal.

Windshields are mandatory or the operator must wear eye glasses, goggles or a protective face shield.

Helmets are mandatory for all riders on the VAST trail system.

Replacement Exhaust Systems: It is against Vermont law to sell a replacement exhaust system that exceeds the manufacturer's original equipment specifications. Violation of this law will result in a fine of \$300 for the snowmobile operator and a \$300 fine for the person selling the illegal exhaust system. No by-pass of a muffler system is allowed.

VAST January Highlights

Safety Week (January 10-16)

Saturday & Sunday, January 16-17

We will have displays information to hand out at the U Mall in South Burlington and also the Diamond Run Mall in Rutland. Stop by and say "hi."

Saturday, January 30

Second Annual Military Appreciation Day. The fun starts at 10 am Kenyon's Field, Route 100, Waitsfield. All are invited.

Saturday, January 30, 2010

Annual Bean Ride. Topsham Ridge Runners 11 a.m. to 1:00 p.m.

15TH Annual Orleans Snowstormers Ride. Stops will be Lamarche Albany Market, Bob's Quick Stop, Lake Parker Store, VB'S Restaurant (Candlepin), Robin's Roost, Evansville Trading Post and Brewskis Pub & Grill (Crazy Horse). We are still in the planning process of the prizes. For more information, contact Gloria Rodrigue at (802) 334-6179 or check our events link on our website www.orleanssnowstormers.com as we get closer to the event.

COMMUNITY CALENDAR

Sat., 1/2
Ski/Snowshoe Adventure for Children 4 through 10-years-old, Highland Lodge, Greensboro, 10:30 a.m. to noon, \$7.50/child. For children; nature program and ski/snowshoe instruction, while exploring our woods and ski trails. Includes equipment and group instruction. Please call ahead to sign up by Friday the preceding day 533-2647.

Sat., 1/2-3
Vermont Fancy Felines Annual Cat Show, Sheraton Hotel and Conference Center, Burlington. Annual event is fun for the entire family; more than 250 beautiful cats - many different breeds. Shop for cat furniture, grooming supplies, and more. Auction to benefit the Franklin County Humane Society. Admission. Information: 434-2598.

1/5-1/8
On the Planet, the art exhibit which is going to Japan and includes work by local artist Janet Van Fleet, will be doing a preview exhibit at Flynn-dog Gallery, 208 Flynn Avenue, in Burlington, with a presentation/talk/panel at 6, and then music by Sophie Hood's band Occam's Razor.

Wed., 1/6
Holiday Show and Sale at NEK Artisans Guild, St. Johnsbury, 10:30 a.m. - 5:30 p.m. Featuring paintings, jewelry, pottery and more by local artists. Information: 748-0158 or www.nekartisansguild.com.

Sat., 1/9
Family Fun Workshop, Vermont Historical Society Museum, Montpelier, 10:00 a.m. - 12:00 p.m., Ages: 6-10, \$8 fee per child (\$5 for members), includes admission to the museum. Mapping Where We Live offers families with children a behind-the-scenes, hands-on experience with the past. Once a month, young people can explore a different aspect of Vermont history. Each workshop features a demonstration or story, an activity, and snacks that fit the theme. Information: 828-2180.

Tea at Five, a One Act Play by Brittany French, Center for the Performing Arts, Cabot, free, 7:30 p.m.

Winter Trails Day, Highland Lodge, Greensboro. Fifteenth year of this national event, free snowshoe and ski rentals for novices at Highland Lodge. Come out and try a winter sport that will keep you healthy and active through the winter. Information: 533-2647.

Wed., 1/13
Classic Film Night, Jaquith Library, Schoolhouse Common, Marshfield, 7:00 p.m. Classic films from the Golden Age of cinema on the first Wednesday of every month, September through May. Information call Tom 426-3955.

Sat., 1/16
Avi & Celia, Center for the Performing Arts, Cabot, 7:00 p.m., \$5 students and seniors, adults \$10.

Carmen, The Met: Live in HD, Catamount Arts Center, St. Johnsbury, admission, one of the most popular operas of all time. Information: 748-2600.

Sun., 1/17
NEK Audubon field trip to Lake Champlain, from St. Johnsbury, NEK Audubon Society: We'll walk the causeway north of Burlington and look for over-wintering waterfowl. To register, call 626-9071 or e-mail blackpoll@myfairpoint.net.

Mon., 1/18-24
Stowe Winter Carnival, features an ice carving competition, celebrity game show, Stowe youth hockey tournament, snow volleyball, races, the famous Village Night Block Party, and more! Information: 253-7321 or (800) 247-8693.

Fri., 1/19-31
Smuggs Ice Bash, Triple Diamond Ski/Sports, Jeffersonville, admission. Ice climbing festival and gear show. Information: 730-2978.

Tues., 1/26-28
Vermont Farm Show, Barre Civic Center. A place to meet, and discover information about farm and

home products. Information: 241-3545.

Fri., 1/29
Farmer's Appreciation Day, Jay Peak Ski Resort. Ski with Vermont farmers or with "Vermontica," the promotional Vermont State Cow. Information: 988-2611.

Full Moon Snowshoe Walk, Highland Lodge, Greensboro, 8:00 p.m., free. Full Moon guided snowshoe walk, experience the beauty of the full moon in winter, and enjoy hot chocolate in the Lodge after the walk. Please call (802) 533-2647 to sign up.

Sat., 1/30-31
Snow Sculpture Competition, Studio Place Arts, Barre, free. Third Annual Snow Sculpture Competition. Information: 479-7069.

Sat., 1/30
15TH Annual Orleans Snowstormers Ride, for more info contact Gloria Rodrigue at (802)334-6179 or check our events link on our website www.orleanssnowstormers.com.

Second Annual Military Appreciation Day, starts at 10 am at Kenyon's Field, Route 100, Waitsfield. For more information contact VAST. www.vtvast.org, 802-229-0005

Sun., 1/31
IOTA Celebration, 8 a.m. - 6:10 p.m. Senior high school students from Cabot will present their senior studies as part of the IOTA program (Individual Opportunities To Achieve).

Ongoing:
Cabot Playgroup: Every Thurs., 9:30 through 11:00 a.m., Cabot United Church basement, free, ages 0-4, snacks provided. Information: 563-2184 or 563-2034.

Winter Farmers Market in St. Johnsbury, Saturdays 10:00 a.m. through 1:00 p.m. Seasonal produce, VT made products, art, crafts and more in downtown St. Johnsbury at the Welcome Center.

Public skating, Fenton Chester Arena, Lyndon, students \$2/adults

\$3, skate rentals and sharpening available.

Free Group Ski, Highland Lodge, Greensboro, 9:45 a.m. - noon. Thursdays January 7 through March 11, free Group Ski on Lodge Trails, return in time for the famous Ski Inn lunch (optional). Please call ahead (802) 533-2647.

CABOT
MAPLE
FEST



The Cabot Chronicle is proud sponsor of the Cabot Maple Festival.

Saturday, March 27, 2010

Watch for details in upcoming issues or call 563-3338 if you'd like to find out how you can get involved or how your group can benefit from fundraising activities.



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Open Mon-Fri 6:00 a.m.—5:00 p.m.

5/10

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3/10