

The Cabot Chronicle

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May 2010

Twin Valley Senior Center Volunteers Win Governor's Award



Governor Douglas presents the award for Outstanding Volunteer and Community Service to Twin Valley Senior Centers volunteers. Accepting the award for all the volunteers are Brien Ducharme, Jeanne Ducharme, Joyce Fowler, and Shirley Boardman. Thank you to all of our volunteers for serving our seniors.

On April 10 at the National Life Building Cafeteria in Montpelier, volunteers representing Twin Valley Senior Center attended an awards ceremony where they were presented with a certificate of appreciation for Outstanding Volunteer and Community Service from Governor Jim Douglas. Twin Valley Senior Center would not exist without these volunteers. Their time and effort in helping others make it possible to have a place seniors can attend, delivery of nutritional meals to the home bound, exercise program, social times, programs, crafts and many other activities.

Rita Copeland, Executive Director, explained how valuable the volunteers are to programs at the Center. "Words cannot express the gratitude and appreciation that I, as Director, have for all the volunteers at Twin Valley Senior Center. They are a special group of caring, compassionate people, and we cannot do the work we are doing without them. Hats off to all of our valuable volunteers."

Anyone who would like to become a part of the TVSC volunteer community can make the most of opportunities available in playing music, reading poetry, helping cook, deliver, and serve nutritious meals, planning activities, and other areas. Come give us a hand - there's sure to be something you'll enjoy.

May is going to be a busy month at the Center. We are delivering Meals on Wheels and serving lunch at the Center to three times as many seniors as before. The bone building exercise program is vibrant and all are welcome every Monday, Wednesday, and Friday from 11:00 a.m. to 12:00 noon. Bingo Fridays are creating

laughter and fierce competition.

On May 10, Teri Weinstein, dental hygienist, will be joining us to teach about dental care in aging, diabetes, dry mouth and other problems. May 19, Anne Smith of the Friends of the Winooski will be teaching us about the headwaters of the Winooski and what Friends is doing to help the river.

Don't forget our huge annual plant sale on Saturday, May 8, on Rt. 2 right across from Tim's in Plainfield.

Just a reminder that May 9 is Mother's Day. If your mother lives alone, or is homebound, remember that Twin Valley Senior Center has gift certificates available for meals at the center or meals delivered to the home.

Socializing is a great part of aging gracefully. Transportation arrangements can be made free of charge for attending the center and joining in with many other friends, neighbors or make new acquaintances and have fun three days a week. For more information, contact Rita, 454-7750.



Cabot School Principal Resigns

By Amy Hornblas

Regina Quinn, principal at Cabot School, formally announced her resignation April 12, after three years at the school.

Quinn was hired in 2007 and served Cabot during a challenging time.

"During the 2010-11 budget cycle, Regina Quinn showed inventive direction," said School Board Member Ann Cookson.

Cookson added, "As a board, we knew we were facing stringent cuts. In the beginning budget phase, it was not clear how it could or should look for the Cabot School. However, Regina's resourcefulness shone through; for amazingly, over a period of just days she was able to create a progressive curriculum and evidence-based reconfiguration for different school sectors that would allow for the necessary cuts as well as set in motion some needed changes to keep the education of our students fresh and inspired."

Surprising Results of Early Spring

By Anne Nadel

If you were counting the minutes until spring, reset your clocks for the onset of summer. Spring is here, and so are its usual indicators. In fact the most outstanding indicator, maple syrup season, and the most unusual, the Joe's Pond Ice Out, are done for the year.

According to Glenn Goodrich of Goodrich's Maple Farm, the season for gathering sap came on fast and furious. His farm taps 30,000 trees via tubing, and after an early start, the season came to a screeching halt with unseasonably warm temperatures in the first week of April. Still, Goodrich says it wasn't a bad season.

"We harvested less than normal, but it wasn't hugely less. We got about 10,000 gallons of syrup from our 30,000 trees," he said.

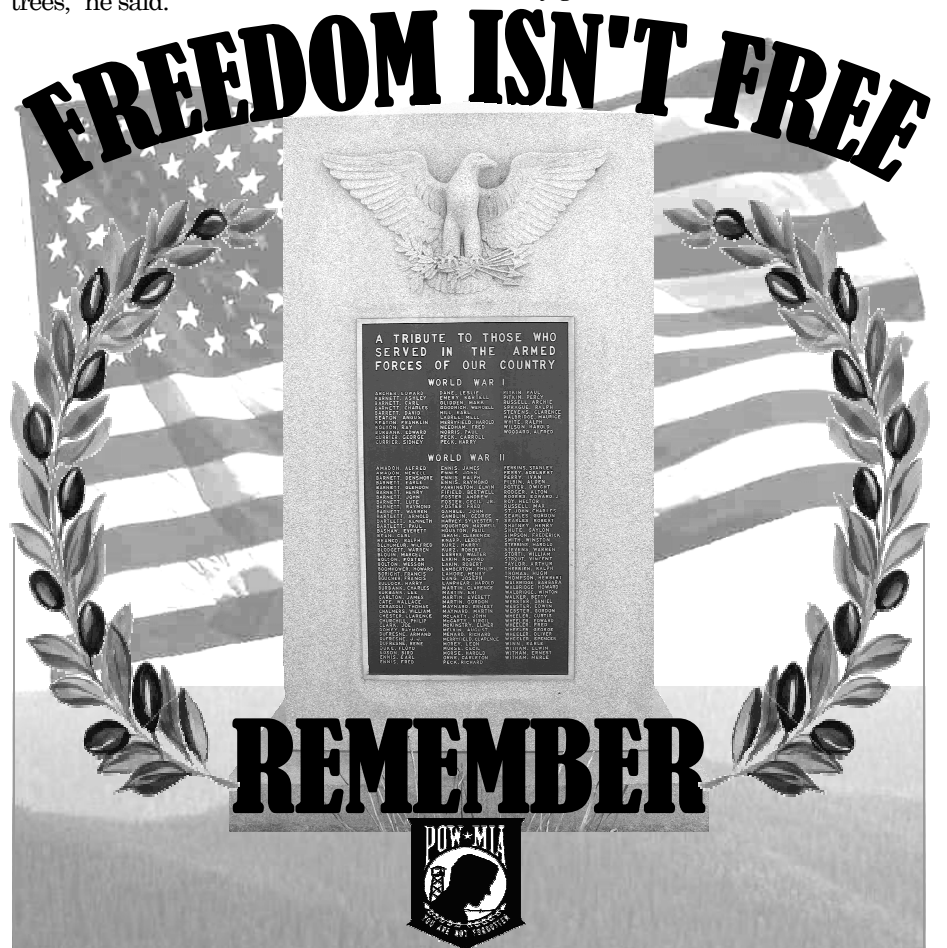
"Regina worked hard during her tenure to address student discipline issues," Washington Northeast Supervisory Union Superintendent George Burlison said. "She also diligently reviewed and made recommendations to strengthen the high school curriculum."

In her resignation letter to the school board, Quinn explained her reason for leaving was due to a desire to change course professionally.

The Cabot School board will host a meeting on Monday, May 24, at 6:30 p.m. to review the curriculum and schedule changes ahead for the school next year and to hear from families and community members about their interests and concerns. A spaghetti supper will be served in the cafeteria at 6:00 p.m. and childcare will be available. For more information please contact a Cabot School board member or the Cabot School at 563-2289.

As for the Ice Out in West Danville, Jane Brown, secretary of the Joe's Pond Association, and co-chairperson of the Ice Out Committee, said the clock that sits on the deck at Homer Fitts' home stopped at 2:46 p.m. on April 5, and ended the contest's twenty-third year. Like last year, the clock was not stopped by the falling through the ice of the cinder block to which it was tied, but rather by the movement of the chunk of ice on which the cinder block sat.

Like a lot of other things about this spring that have been unorthodox for Vermont, this was the earliest the contest has ever ended. Even more impressively, the winner of the contest guessed the exact time and date the ice went out. St. Johnsbury's Bill Barber was the contest's winner, gaining \$5,000 for his lucky guess.



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Permit Amendments Granted to Agri-Mark

The Vermont Agency of Natural Resources (ANR) recently approved the permit amendments submitted by Agri-Mark (Cabot Creamery's parent company). The permit (I.D. # 9-0043-5) allows Agri-Mark to dispose of its washwater, permeate and whey in fields and manure pits on area farmland.

The amendments that were approved update the list of farms participating in the program. The recent

ANR decision considered only the amendments to the permit, not the permit itself. The permit itself will be reconsidered in 2011.

The application approval and attached documents can be found online at <http://www.anr.state.vt.us/dec/ww/Decisions.htm> or by calling the Agency of Natural Resources Wastewater Management Division at 241-3822.

AGENCY OF NATURAL RESOURCES
DEPARTMENT OF ENVIRONMENTAL CONSERVATION
103 SOUTH MAIN STREET
WATERBURY, VERMONT 05671-0405

AMENDMENT OF
INDIRECT DISCHARGE PERMIT

File Code: WIN-9-0043

Permit No.: ID-9-0043-5
PIN: BR95-0213

In compliance with the provisions of 10 V.S.A. §1263, and in accordance with the following conditions, the permittee:

Agri-Mark, Inc. (dba. Cabot Creamery)
1 Home Farm Way
Montpelier, Vermont 05602

is authorized to indirectly discharge polished permeate, whey and washwater from their dairy manufacturing facility located in Cabot, Vermont.

This indirect discharge permit authorizes two indirect discharges by two methods. Part I authorizes the discharge of polished permeate via a spray disposal field onto 14.23 acres owned by the Agri-Mark, Inc. (dba. Cabot Creamery), to the groundwater and indirectly into the Winooski River. Part II authorizes the discharge of whey and washwater as a soil amendment for agricultural purposes, to authorized fields as outlined in Attachment A, "Approved Disposal Fields", to the groundwater and indirectly into the receiving streams identified in Attachment A. The receiving streams are in the following drainage basins: Black, Lamoille, Passumpsic, Stevens, and the Winooski Rivers. **This amendment adds fields in the Towns of Barton, Craftsbury, Lyndon, Marshfield, Plainfield, St. Johnsbury and Sheffield to the disposal program. The listing of fields in Attachments A-1 and A-2 and the summary in Attachment A as well as in Part II, Condition D3 (Reserve Area) and in Part II, Condition D9 (Other Restrictions), has been updated and revised. The permittee has also updated the listing of farms with manure pits remaining in the disposal program and the revised list has been included as Attachment B. Part II, Condition A5 (Modifications and Additions to Attachments A and B), has been revised to reflect the requirements of the Indirect Discharge Rules. Part II, Condition E2, Fields for Monitoring, has been updated to reflect the fields currently being monitored. Field #75A replaced Field #21F in the monitored group; the new monitoring well numbers and related information are listed in Part II, Condition E4 as well as the Attachments. No other significant changes have been made to the permit.**

Cabot Roamers
Rides for May'10

After School Rides-
May 6,12,14,27 3-5 pm
Meet at the Wood Chip plant
for more info, email Mark Bromley at onerevolutionvt@gmail.com

Sunday rides-
May 2, 16, 23 starting at 1 pm
Meet at Cabot elementary school parking lot

Special Lund Family Ride-
Sunday, May 9
For more info: <http://www.lundfamilycenter.org/ride.html>
For more info, contact Mark Bromley at onerevolutionvt@gmail.com

GMTA and RCT Partner To Offer US Route 2 Commuter Service

On April 19, the Green Mountain Transit Agency (GMTA) and Rural Community Transportation (RCT) began operating the new US 2 commuter service to provide connecting service between Washington and Caledonia counties.

In 2009, GMTA and RCT both submitted CMAQ (Congestion Mitigation Air Quality) grant applications to VTrans for Commuter services. GMTA submitted an application for a year-round commuter route to serve the US 2 corridor between Montpelier and Marshfield. RCT submitted a grant for a commuter service between St. Johnsbury and Montpelier. VTrans awarded GMTA and RCT a joint grant with the requirement to coordinate service plans for operating the full distance between Montpelier and St. Johnsbury. The CMAQ grant used to fund the US 2 provides 80% of the net cost of the route with the remaining 20% being provided in local match by the municipalities served. Request for local match in the amount of \$8,333 for each town served in the GMTA service area was placed on individual town meeting ballots and received approval from voters on March 2, 2010.

The US 2 Commuter service provides two full a.m. and p.m. round trips between Montpelier and St. Johnsbury. Two additional one-way trips between Marshfield and Montpelier is also offered to help meet the growing demand in alternative commuting options within the central Vermont region. Along with providing a ser-

vice that allows commuters an economical and efficient transportation service within US 2 corridor, riders can also make key connections to Burlington via the Montpelier Link, Northern Valley Regional Hospital and Lyndonville via the Jay-Lyn Shuttle, Waterbury via the Waterbury Commuter, Barre and Berlin via the City Commuter and the Central Vermont Medical Center via the Montpelier Hospital Hill.

"GMTA and RCT worked closely together and with the communities served during the planning and final design of the route. Both agencies understand that this service is an important community resource with collaborative efforts being the key to its success" said Meredith Birkett, Senior Transit Planner. "We are very proud of this joint effort and believe this expansion of public transportation along US 2 between Montpelier and St. Johnsbury closes a major gap in Vermont's public transportation network."

From April 19 until July 2, fares are \$2/one way, discounted \$1 for seniors, youth, and differently abled passengers. After July 2, all fares except the LINK Express will decrease by 50 per cent. \$16/10 Ride Passes and \$67/Monthly Passes are also available at various GMTA and RCT ticket outlet locations. For information on the US 2 Commuter and all transit services and ticket purchase, call GMTA at 223.7287 or RCT at 535.3354, or log onto gmtaride.org or rideRCT.org.

Let US connect you:
Connecting service available to the LINK Express/Burlington, Waterbury Commuter, Barre City Commuter, Hospital Hill routes and Jay-Lyn Shuttle. For complete route listings, go to gmtaride.org or rideRCT.org.

On-Board Request:
Passengers may request a stop along the service route in low speed zones at safe locations, such as the Health Center in Plainfield. Call 223-7287 for more details.

MONTPELIER TO ST. JOHNSBURY

	National Life	Montpelier - Dept of Labor	Montpelier - State Street	College Green	East Montpelier - WEC Lot	Goddard College	Plainfield Park & Ride	Twinfield School	Old Schoolhouse Common	Danville Park & Ride	St. Johnsbury Park & Ride	St. Johnsbury Welcome Center
	1	2	3	4	5	6	7	8	9	10	11	12
AM	-	6:17	6:20	6:25	6:35	R	6:45	R	6:55	7:12	R	7:30
	7:25	7:32	7:35	7:40	7:50	R	8:00	R	8:10	8:27	R	8:45
PM	4:10	-	4:15	4:20	4:30	R	4:40	R	4:50	5:07	5:20	5:25
	5:05	-	5:15	5:20	5:30	R	5:40	R	5:50	6:07	6:20	6:25
	R	-	6:10	6:15	6:25	R	6:35	R	6:45	-	-	-

R = Stop by request only

ST. JOHNSBURY TO MONTPELIER

	St. Johnsbury Welcome Center	St. Johnsbury Park & Ride	Danville Park & Ride	Old Schoolhouse Common	Twinfield School	Plainfield Park & Ride	Goddard College	East Montpelier - WEC Lot	College Green	Montpelier - State St	Montpelier - Dept of Labor	National Life
	12	11	10	9	8	7	6	5	4	3	2	1
AM	-	-	-	6:00	R	6:10	R	6:20	6:30	6:35	-	R
	6:10	6:15	6:28	6:45	R	6:55	R	7:05	7:15	7:20	-	7:25
	7:40	7:45	7:58	8:15	R	8:25	R	8:35	8:45	8:50	-	R
PM	3:50	R	4:08	4:25	R	4:35	4:37	4:45	4:55	5:00	5:03	5:05
	5:30	R	5:48	6:05	R	6:15	R	6:25	6:35	6:40	6:43	-

R = Stop by request only

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

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CABOT CAMEOS

Original FACEBOOK

By Julia Shipley

What's something that your mother taught you that you want to pass on to today's mothers?



"Keep on singing!"
Gene Reed, resident,
Cabot Commons



"Say 'I love you' every day to those you love."
Debbie Gordon, caregiver,
East Montpelier



"We were like friends all while I was growing up. I felt like I could ask her any question and talk with her about anything."
Natalie Beaton, resident,
Cabot Commons

The Cabot Chronicle

MISSION STATEMENT

The mission of The Cabot Chronicle is to regularly publish local news for the residents of the Cabot Area. Our purpose is to share information that will help readers become better involved in their Community.

The Cabot Chronicle

CORRECTIONS

Here at the Cabot Chronicle, we strive for accuracy, and to that end spend hours editing and researching. Once in a while, however, we inadvertently print something that may not be correct. For that we are sorry, and we regret the error. The following corrections apply to the April edition.

In reference to Selectboard appointments: Walter Bothfeld is the Emergency Management Agent, and Chip Taylor is the Law Agent.

Front page, fifth basketball player listed should have been indentified as Hakon Hanson.

Legislative Update

By Kitty Beattie Toll

The 2010 Legislative session is nearing an end. The 2011 budget (H.789) commonly referred to as the "big bill" passed the House with bi-partisan support and is now being considered by the Senate. The challenge that faced legislators was to resolve a \$154 million shortfall while preserving many needed programs and services to Vermonters. The gap is a result of many factors including \$70 million in Medicaid and health care growth; \$25 million in retirement expense pressures (in part due to investment losses); and an additional \$39 million in added pressures throughout state government.

H.789 maintains the health and well being of Vermonters and builds a balanced and responsible budget while at the same time addresses future fiscal challenges. Restored in this year's budget, as proposed by the House, is funding critical to keeping elderly Vermonters in their homes. This budget restores the Senior Companion grant; HASS- Housing and Supportive Services grants; Foster Grandparent grant, the neighbor to neighbor program and funding for long-term Ombudsman care. The budget also restores funding to support Vermonters with disabilities and programs and services for children.

As part of balancing the 2011 budget, the Legislature has been continuing its work on Act 68, the 'Challenges for Change' initiative. On March 30, a report from the Governor's administration was made available with recommendations outlining \$38 million in saving and new revenues by redesigning aspects of state government and identifying efficiencies. As of this writing approximately \$20 million has been identified with many Vermonters anxious as the Legislature continues its work to find the remaining \$18 million needed to balance next year's budget. Legislators will continue the difficult task of trying to improve outcomes in state government within budget constraints.

The Capital Bill also passed the House with bi-partisan support. Of interest to many is the payment of state aid for school construction projects. Both the town of Cabot and the town of Danville are owed monies for biomass heating systems installed in each town's school. The state recognizes it has an obligation to pay this debt and will uphold its commitments to Vermont towns. This year eight towns will receive partial payment for construction projects such as additions, renovations and consolidations. Biomass heating systems and solar projects will not receive any payments this year.

S.88, an act relating to health care reform and universal access to health care in Vermont has passed the Senate and is now in the House Health Care Committee. This bill sets up a process for the detailed redesign of Vermont's health care system with draft designs to be completed by January 1, 2011 and final designs to be completed by February 1, 2011. As part of the redesign process, health care options must meet specific principles and goals and must address a comprehensive list of features such as benefit packages, financing, delivery of care and budgeting.

It has been a pleasure to have groups from the Cabot School visit the State House. Mrs. Tormey's fourth grade class toured the Capitol and Vermont Historical Society Museum in April. On April 14, a group of teens under the guidance of Lori Augustyniak participated in drug and alcohol prevention activities on the State House lawn. It was an honor to have the opportunity to introduce both groups to members of the House and to share the working history of Vermont exhibited daily at the State House.

A full report of all bills can be found at www.leg.state.vt.us or please feel free to contact me @ kitty-toll@live.com; @ 684-3671; or at the State House @ 828-2228 for more information. As always, I look forward to hearing from you.

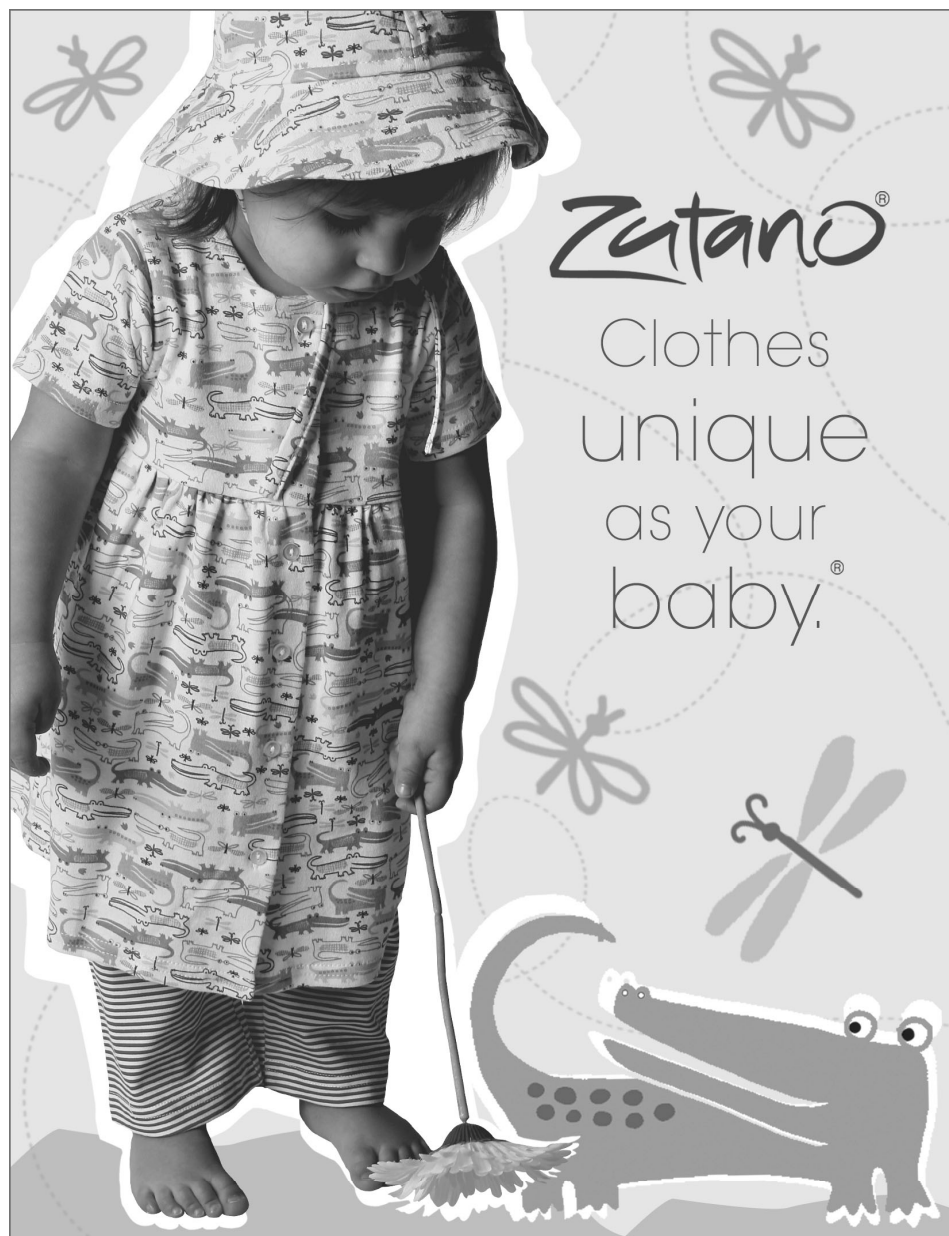
CABOT UDAG

Scholarship Application Deadline

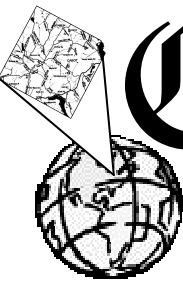
Monday, May 3rd

Application forms available at:

School Office. Cabot Town Office, Online at www.cabotvt.us



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www.zutano.com - zstore@zutano.com



Cabot Across the Globe

Anna Bromley Shares Experiences in Africa

The following item was excerpted from a web log, or blog. The Cabot Chronicle reprints it with permission from its author, but neither claims nor accepts any responsibility for its content, including editorial clarity, spelling, punctuation or veracity. The editor

Anna Bromley is a 2007 graduate from Cabot High School. She is currently enjoying a study-abroad program in the Republic of Kenya (East Africa) as a part of her post-secondary education at St. Lawrence University. The following excerpts have been taken from Anna's online blog entries. A full account of Anna's adventures in Africa can be found at www.annabromley.blogspot.com. Note: some of the content may be disturbing to some readers, as Bromley gives vivid descriptions of some native customs.

Day 13- "At morning assembly a few kids were whipped with sticks for stealing mangos and not wearing their uniforms. When I asked Esther about it she said...that as a woman it's hard to establish authority in a large school and that whipping is an effective tool."

"For dinner we had cow intestines and I could see the villi protruding like [worms] from the tiny tubes. I tried some but didn't really like it, as expected."

Day 14- "The hotel was paradise and we swam in the pool, had an amazing meal on the terrace, went and saw a traditional Kikuyu circumcision ceremony (staged for tourists of course), got a tour of their village... It was great to shower and sit on a toilet!"

Day 15-21- "In the morning we got to Hekima for Swahili and then to the United Kenya Club for classes. I'm taking Health, Sickmess, and Healing in Kenya and Biodiversity Conservation in Kenya."

"On one occasion students in a matatu were cornered by four men working together, they attempted to pick pocket them...One of the men at one point told a student that if he didn't give him 100ksh he would kill him but apparently another man in the van told the man to stop and the students to get out; they gladly did. Other than these occasional run-ins with thieves Nairobi is feeling more and more like home and more and more safe with each day."

Day 22- "I looked with my binoculars and was able to make out 5 full-grown giraffes and a baby grazing on the short trees near the base. The buffalo were close to them and huge just the same."

Day 29- "We visited the immigration office and were essentially harassed by people selling things, telling us we looked like Hillary Clinton and Mona Lisa..."

"We drove for another four hours deep into what seemed like nowhere,



A photo of Anna Bromley in Africa, taken from her online blog.

thorny branches whipping us as we drove. The country had lots of short thorny trees and dirt bumpy roads barely wide enough for the truck. It was scalding hot but beautiful and for the first time I got the sense we were truly in the African country I'd pictured."

Day 30- "...the Hadza are the only tribe in Africa that has never experienced famine. They are so adaptable and respectful towards the environment. I really enjoyed learning about their simple and effective lifestyle. They seem so happy and generally content with living off the land."

Day 31- "The hut was made of grass and sticks and was barely 3 feet tall. Inside were a few skins that they used as bed, a few congo clothes, and a metal cooking pot next to a fire."

"After all of our arrows were made they made a target and we all took turns using their bows to shoot our arrows. Their bows are very large and the string is made from the tendon of an animal."

"The women took them* from me and turned them upside down, hit their little faces to break their necks, pulled out their guts, and put them on the hot coals. It was brutal and some still squirmed on the fire but I realized this was how they survived and it isn't as if there is an endangered bird population in the area."

**Editor's note: we at the Chronicle are not exactly sure to what "them" refers but know it is some kind of bird.*



Photo by Jeannie Johnson

Talking Trash in Cabot

By Shelby Maurice

Cabot is now part of the Northeast Kingdom Waste Management District, which provides free recycling service.

The new Cabot Recycling Center and Trash Drop is open Saturday mornings, from 9:00 a.m. until noon. It is housed in the grey barn at the wastewater plant in Lower Cabot. (Turn off Route 215 South at Saw Mill Road, cross the bridge, and take the left at the second driveway. You will see it there.) There will no longer be trash collection at the Creamery site.

The acceptable recycling items are the same as they were before: mixed paper, cardboard, brown paper bags and boxboard, tin/aluminum cans, foil and food trays, glass, and plastics, including plastic bags. Redeemable cans and bottles can still be left to benefit school groups. More materials may be added in the future. Residents will be informed of any changes.

John Cookson will collect trash at the new site for the same price per bag (generally \$3.50 for a 30-gallon bag), and will manage the recycling center, too. Recyclables must be individually separated. You can sort them at home or at the center, and John will be on hand to help you get the hang of it.



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Thank You!



Where In Cabot?



Where in Cabot Is This? Answer: page 10

OBITUARIES

Forrest H. Degreenia CABOT

Forrest Harry Degreenia, 79, of Cabot, died Sunday, April 11, 2010, at his residence.

He was born March 26, 1931, in Barre, the son of the late Raymond and Delia (Gonyaw) Degreenia. He attended Greensboro Bend public schools.

He was married to Brenda Belle Perry.

In his earlier years, he worked in the woods as a logger, and was a journeyman's stone cutter at Rock of Ages in Graniteville. He later was employed by Cabot Creamery, Airport Tractors in Berlin, Sam Butler Busing Service in Orleans, and was custodian and self-employed bus driver for Cabot Schools. He retired in 2003.

Forrest was a member of the Kingdom Hall of Jehovah's Witnesses in Hardwick. He enjoyed reading the bible and practicing his religion. He also enjoyed cutting wood, working outdoors, gardening, hunting, fishing and tinkering on his tractor. He will be missed by his children and grandchildren. He will be remembered for his sense of humor, his willingness to help others and his full-hearted laugh.

Survivors include two sons: Forrest M. Degreenia of Graniteville, Richard Degreenia of Walden; two daughters: Julia Frigon of Vancouver, Washington and Jennifer Kezer of Graniteville, seven grandchildren: Meghan Kezer and Alyssa Kezer, both of Graniteville, Joshua Frigon and Brandi Frigon, both



of Vancouver, Washington, Garett Frigon of Colorado Springs, Colorado, Meredith Degreenia and Miranda Degreenia, both of Walden; three sisters: Margaret Smith of Concord, N.H., Mercelina Smith of St. Johnsbury and Drusella Rice of Newark, Vt.; several nieces, nephews and cousins.

He was predeceased by a brother, Welcome Degreenia.

A Memorial Service was held on Saturday April, 17, 2010, at 2 p.m. at the Kingdom Hall of Jehovah's Witnesses in Hardwick.

In lieu of flowers, contributions in his memory may be made to Central Vermont Home Health & Hospice, 600 Granger Road, Barre, Vermont 05641. Northern Vermont Funeral Service, 60 Elm Street, Hardwick assisted the family with arrangements.

John McSweeney CABOT

John McSweeney, Cabot School's Technology Specialist, passed away suddenly April 15.

According to Cabot Principal Regina Quinn, "This is a terrible loss to our school, our community, and most of all, his wife and primary grade teacher, Donna McSweeney, as well as the rest of his family."

A celebration of his life was held April 24 at the Unitarian Church in Montpelier. Irish music was one of John's many loves. He loved the gatherings, called ceilidhs (kay-lee), of musicians playing music in pubs and town halls. A dinner and ceilidh followed the service, at which friends and loved ones celebrated John's life with music.

Cards can be sent to Donna McSweeney, c/o Cabot School, PO Box 98, Cabot VT 05647.

rence, Brittany and Brook Houghton, Alyssa Atwood, Andrea and Jennifer Houghton.

She was predeceased by her husband, Richard, in 1990, and a daughter, Donna M. Sentabar, in February 2010.

A Mass of Christian Burial was celebrated in March, and a graveside service will be held May 25 at the Durant Cemetery in Lower Cabot. Arrangements are in the care of des Groseilliers Funeral Homes, Church Street, Hardwick.

**Spring Cleaning?
Thinking of
having a
Yard Sale?**



Remember to let your neighbors know by advertising your sale in the Cabot Chronicle!

Call 563-3338 or email:
ads@cabotchronicle.org

Melvina Sentabar CABOT

Melvina (LaBrecque) Sentabar, 90, of Cabot, died on Friday, March 19, 2010, at Woodridge Nursing Home in Berlin.

She was born on May 14, 1919, in Barre, the daughter of Thomasina (Kesson) and Arthur LaBrecque. She attended graded school in Walden and high school at St. Michael School, in Montpelier. On December 31, 1940, she married Richard Louis Sentabar. They made their home in Walden and Cabot. She worked at The Glovers in St. Johnsbury and also as a telephone operator in Cabot. She was a member of North American Martyrs Church in Marshfield.

She is survived by a daughter, Marie Houghton, of Marshfield; a grandson, Brian Houghton; a granddaughter, Shelly Andrews and her husband Paul; a grandson, Scott Houghton and his wife Kimberlee; a grandson, Greg Houghton and his wife Donna; granddaughter Pam Houghton; seven great-grandchildren, Nick Mears, Jill Law-

MAPLE FESTIVAL 2010



*Above:
Passengers board the horse-drawn cart during Maple Fest activities.*



*Above:
People stand in line for their sugar-on-snow.*



*Above:
People peruse the wonderful items at the silent auction.*

*Below:
Two-year-old Oren Winters of Berlin enjoys his first sugar-on-snow.*



*Below:
John Hammer flips signature Cabot Grilled Cheese Sandwich to raise funds for eighth grade trip.*



All photos courtesy of Anne Nadel

CABOT MAPLE FEST 2010

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Will Ameden, Catamount Airfield, Ducharme Road, Cabot
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Hastings General Store, Rte. 2, W. Danville
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Cabot's Eighth Grade Class & parents
Cabot Destination Imagination students & parents

Individuals:

Marvie Domey, Route 215, Cabot
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Brigitte Codling, Route 215, Cabot
Cia Considine, Cabot
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Governor's Highway Safety Program, Department of Public Safety, Waterbury
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And special thanks to Cabot's Maple Sugarers for donations of maple syrup:
Marcia Maynard, Gregg & Keith Burt, Caleb Pitkin, Goodrich's Maple Farm, Skip & Rose Bothfeld, Chuck & Ken Talbert, Will Ameden, Cedric Houston, Cedric Alexander

COMMUNITY NEWS

It's All About Tradition for the Bothfeld Family

By Amanda Legare

Walter Bothfeld was 11-years-old when his family moved from Massachusetts to a hill farm in Cabot. At 83, Bothfeld still farms the same property, but now he shares the work with his son and his wife and grandson.

When Ted and Viola Bothfeld came to the farm, there was no electricity on the hill. "We had a Delco plant, which was enough for the lights in the barn, but that was it," Bothfeld remembered. "We milked the cows by hand." The size of the herd ranged between 20 and 35 cows. An ox, not horses, was used for the farm work.

As a youngster, Walter Bothfeld enjoyed school in the village, although the distance from his home presented a challenge. There were no school buses. "We could walk it in less than 30 minutes," he remembered. In the winter, he would ride his sled down the hill and stick it in the snow during classes. Bothfeld liked basketball, too, but he had to walk back up the hill and do chores before he could return to the village to watch or play a game.

At first, games were held upstairs in the Willey Building, in the same large room where town meetings were held. Fish nets were hung along both walls to stop the ball from hitting the windows. "You didn't want to catch your toes in that net and go down," he laughed.

The "gym" was then moved to the former Methodist Church next to the Common, which is also where Bothfeld had his classes. There was an outhouse for the students and teachers. There was no running water and students brought their own lunches.

At the end of tenth grade, he and his friend, Phil Pike, went to VTC (Vermont Technical College) in Randolph "to learn the modern ways." Last year, their class had its 65th reunion. "They had a regular farm down there. We learned to make butter and cheese, and how to butcher," he explained. "We produced all our food. You had to work so many hours in order to graduate. We got in all our wood, but still we got fat."

"That school was four miles from town, so we stayed on the hill," he recalled. There were no female students, which was alright with Bothfeld, as he had a sweetheart at home in Cabot, his classmate, Roberta Perry. Today, they have been married for 61 years. The Bothfelds have four children: Walter Jr. (Skip) and Stephen of Cabot, David of Morrisville, and Diane of Burlington.



In Cabot, the Bothfeld's first tractor was a Farmall H. The farm currently has six tractors. They raised 30 acres of potatoes, which were all dusted and picked by hand. "It was a cash crop around here. Everybody had a couple of acres of potatoes," he said. The crop was taken to Greensboro, where there was a storage facility for 70,000 bushels. Nowadays, Bothfeld still enjoys a large garden and his own potatoes all winter.

In 1945 the family started maple sugaring, and to this day they still use buckets only to gather sap, not a gravity system, hanging 4,500 pails each spring. An average year produces 1,000 gallons. The arch has always been wood fired. "Once you sugar some you get it in your blood. Family and neighbors all help out," he said. "Melvin Churchill is my standby."

Bothfeld's father started raising turkeys and the Bothfelds still raise 500 each year.

"You don't have to start out as early as you used to," he explained. "We used to start them in May, now maybe the first of July...If it wasn't for diversification and 'land use' we wouldn't be here," he said.

"If they fool around with 'land use' much, there won't be any large parcels of land around," he predicted. "It would be best to only make it available to people making a living off the land. Farming's not as physical as it used to be, but you still work just as many hours. It's a long day," he continued.

The family's farm, with its magnificent views, sits at the highest point of what is now called Bothfeld Road. "I like farming. I like to drive the tractor, and working in the woods. I like the cows, too. It don't look so good some days," he said. "They'll probably be raising houses up here eventually, but they won't while I'm alive."

Cabot Citizens Encouraged to Participate in Green Up Day

By Gary Gulka

Green Up Day is Saturday, May 1 from 9:00 a.m. to 2:00 p.m. This is the day to help spruce up the town roads. Take your pick – they'll all need some cleaning.

Every Green Up Day, town citizens clean up a significant portion of Cabot's 50-plus miles of paved and gravel roads. We need your help. Work by yourself, or form a group to clean a road section. Work with your neighbors to divide and conquer. Some folks get out picking trash sometime during the week before Green Up Day, when it is convenient, and bring the roadside trash down by the Fire Station on Green Up Day.

Green Up trash bags will be available at Harry's Hardware the week before Green Up Day and also by the Fire Station on Saturday morning. But you can also use your own bags. The Cabot Conservation Committee will have a map to keep track of roads that have been cleaned. Only roadside trash will be accepted.



There will be free metals collection during the day. Any items with metal will be accepted, but no TVs, VCRs, microwaves, propane tanks, freezers, refrigerators, or air conditioners. There will also be tire collection for a reasonable fee. Various size tires can be taken with or without a rim.

If you have questions contact Gary Gulka, 563-2284.

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Destination ImagiNation 2010 Cabot State Champions!

Would like to thank the staff and volunteers of....

The Cabot Chronicle

for their generous donations of time and space at the Cabot Maple Festival as well as their donation of a signed soccer ball and jersey from the Vermont Voltage Soccer Team.

The Destination Imagination Cabot State Champions continue to raise funds to go to the 2010 Global Championship on May 25th.

If you would like to donate or help, please contact Jane Youngbaer at 563-2289 ext. 225. Remember, all donations are tax deductible.

THE LIBRARY CORNER

From The Cabot Public Library

By Librarians
Kathleen Hoyne and Anne Walker

Please Help the Library

The Library is pleased to announce that we have applied for and received a "Books for Children" Grant from the Libri Foundation, whose motto is: "Donating quality children's books to rural public libraries."

The Library will receive \$1,050 worth of books from a general booklist and an additional \$350 from a math and science booklist. The Libri Foundation has generated both booklists from which the library can choose its books, but, in order to actually get these books, we need to raise matching funds of \$350. The Friends of the Cabot Public Library have generously donated \$175 already, so we are half way there. Earn our unending gratitude by stopping in, and helping us raise the remaining \$175.

Returning this year

Once again, the Vermont State Parks are partnering with the Vermont Department of Libraries to offer a free pass for the day-use parks. Vermont Historical Sites have created a similar pass program, debuting this year. Both passes will be mailed to public libraries and a few colleges in May, ready for the regular season, Memorial Day to Labor Day. This Parks Pass is a great savings for our patrons. This year, the Pass allows up to eight people in a car free access to the day parks. Library patrons are able to keep a pass for a three-day loan. Even though we had a rainy summer season last year, our pass was loaned 10 times. Let's surpass this number this year.

New DCF & Red Clover Books for young readers

The Library has purchased and put on the Dorothy Canfield Fisher (DCF)/Red Clover cart the 2010-2011 nominees for the DCF award. Come check them out. First given in 1957, the Dorothy Canfield Fisher Children's Book Award has honored quality literature for children for more than 50 years. Each spring, a committee of eight carefully selects 30 books to comprise the DCF Master List. After reading at least five books from the list, students then vote for their favorite titles the following spring. The 2010 winner of the Dorothy Canfield Fisher Book Award is *The Hunger Games* by Suzanne Collins.

Red Clover (Preschool through third grade)

The Library has purchased and put on the DCF/Red Clover cart the 2010-2011 nominees for the Red Clover award. Young book lovers can come and check them out. The Red Clover Award program is a children's choice picture book award program that promotes the reading and discussion of the best of contemporary picture books in nearly all of Vermont's elementary schools and public libraries.

New Books in the Library:

"House Rules" is the astonishing new novel from number one New York

Times bestselling author and New Hampshire resident Jodi Picoult about a family torn apart by an accusation of murder.

"Fang" is the newest Maximum Ride novel by James Patterson. The cover blurb reads, "Fang is Max's best friend, her soul mate, her partner in the leadership of her flock of winged children. A life without Fang is a life unimaginable... This unfolds a battle of perfection versus passion that terrifies, twists, and turns..."

The blurb inside the front cover of "City of Refuge" by Tom Piazza tells potential readers that "In the heat of late summer, two New Orleans families- one black and one white-confront a storm that will change the course of their lives."

MP3 Players

The Friends of the Cabot Public Library have bought the library four MP3 players and one is a donation. These players are to be used in conjunction with "Listen Up! Vermont," the downloadable audiobook program. Hopefully, by the time the paper goes out we will have our policies in place and the players will be able to be circulated.

Program for May: Making Better Photographs

What's the difference between taking a picture, and making a photograph? Taking a picture sounds as if it were simply laying on the ground and someone came along and picked it up, while making a photograph is a creative process.

Warren Walker, a local nature photographer, will be teaching a series of programs to help people make better photographs. They will include an introduction to composition, a field trip, and a review of photographs. While Mr. Walker is a digital photographer, most of the information provided will work equally well with film photography.

The first session will be held at the Cabot Public Library on Tuesday, May 4, from 7:00 to 9:00 p.m. It will include an introduction to composition for photography. There are several simple ideas which can affect a viewer's response to a photo. There will also be some information on digital photo editing.

The second session will meet at the Cabot Plains Cemetery on Saturday, May 8 from 4:00 to 7:00 p.m. There should be opportunities to photograph everything from wildflowers to landscapes. Mr. Walker will present ideas and techniques for outdoor photography. Familiarity with manual controls for the camera will be beneficial. If necessary, bring the manual. A tripod will also be useful. If it looks like there will be an interesting sunset, the session can be extended. Sunset will happen at approximately 7:30 p.m. The rain date will be May 15.

The third session will be a review of photographs from the field trip. Other photos may also be brought in for review. It will be held at the library on Tuesday, May 25 from 7:00 to 9:00 p.m.

See you at the Library!

Interview with Ben Hewitt

By Julia Shipley

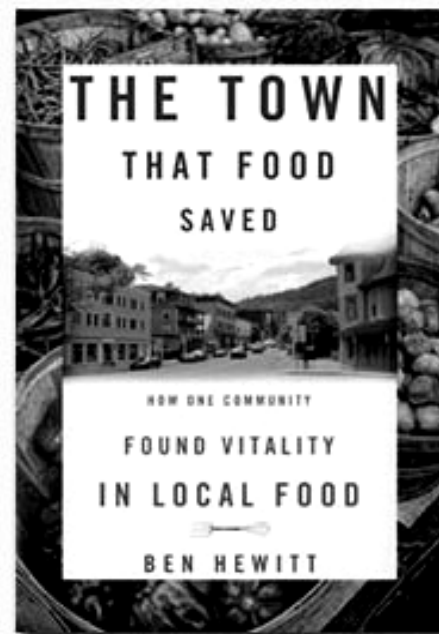
Ben Hewitt writes and farms in Cabot. His work has appeared in numerous national periodicals. His book "The Town That Food Saved" was published by Rodale in March and tells the story of Hardwick's attempt to blueprint and implement a localized food system. He answered some questions for The Chronicle about his work.

Q: What wasn't in your book that you wish had been included?

A: It's tricky writing about a community I'm a part of, and I would never say I wrote the definitive book about Hardwick's food economy. I've done my best to be fair and intellectually honest, but this book is a only snapshot of my experience during this period of time. Things are changing so fast and my own ideas are evolving too. I could have written 1,000 pages and the book would still be incomplete.

Q: What could Cabot residents learn and apply from your book?

A: The thing I hope people locally could take away is that through exploring people's lives, I found an affirmation of what I love about living in a rural community. There is a strength of community we've all felt here. I think we're socialized to the idea of towns like Hard-



wick as constantly enduring hard times. All those metrics we use to define a town's vitality i.e. employment statistics do a poor job of bringing across the strength of a community.

The Town That Food Saved is available at local bookstores and The Cabot Public Library. Ben is currently working on a book about food safety, to be published by Rodale in 2011.

Friends of Cabot Library News for May 2010

Spring is in the air – and we are in full motion planning for the second annual Cabot Blooms Garden Tour, scheduled for Saturday, June 19, come rain or shine (let's hope it shines). Last year's event provided eight beautiful gardens for those braving the misty weather to tour. We already have added 1-2 more gardens so far this year – and would love to have more Cabot gardeners show off their talent. Local and statewide advertising are expected to bring in significantly more garden lovers this year, so if you have a garden you would love to display – please contact Cynthia Russell at 563-2671 to get all the details and have your garden added to the self-guided tour map.

Hours for the Garden Tour will be from 11:00 a.m. to 5:00 p.m. Tickets will be on sale in front of the library from 10:00 a.m. to 3:00 p.m. the day of the tour, along with DVDs, gardening and nature books, book bags, and plants. This year, we will have pre-event ticket sales beginning June 5 at (or in front of) the library.

As reported last month, proceeds from our events are used to supplement

library programs, projects, and equipment. We are happy to report that last month, we provided several new MP3 players to the library for patron usage (release date still to be determined). Discussion of another great purchase is in the works – so stay tuned!

Memberships: We're always looking to add new members, and have memberships and/or tote bags available at the library. If you would like to sit in on one of our meetings prior to joining, our group now meets in the Willey Building meeting room on the second Saturday of each month at 9:30 a.m. (unless otherwise pre-empted by another event).

Donations: A small reminder – please do not drop books off at the library. Instead, please phone the library to arrange an appointment with us to have books reviewed and picked up. Donations of audio books, music CDs, and movie DVDs in good working order are also accepted for our sale days throughout the year.

Well, that's the last of it for this month. Here's hoping this update succeeded in putting a little SPRING in your step. See you in June.



IN HONOR OF JOHN MCSWEENEY

The Board of Directors and staff of the Cabot Coalition, Cabot Connects Mentoring Program and The Cabot Chronicle would like to express our sympathy to the family of John McSweeney. We are grateful for all his technological support to our prevention programs, this publication and his great contributions to our youth, school and community.

We will miss him.

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Youth News

Cabot Students' France Trip Hits Unexpected Detour

By Cia Considine

On Thursday April 15, the Cabot School France Trip participants were packed and ready for an 11:15 a.m. departure for Dorval Airport in Montreal. The Cabot group of 12 students and three chaperones were to be traveling with another group of 15 from Lake Region High School and four others from Lisbon High School in New Hampshire, a Vistas In Education (VIE) tour group totaling 34 in all.

Students hadn't slept the night before due to the anticipation for the life-changing travel opportunity, and neither had Iceland's active volcano, Eyjafjallajokull. In fact, Eyjafjallajokull had been fully awakened since Wednesday, unknown to most westerners at that time. By Thursday, the eruptions from Iceland's volcano had spread across northern Europe. With an unusual weather pattern dominating the strong east-west jet stream, this ash moved south and east across Scotland, England and into Western Europe, shutting down major airports.

By mid-morning the Cabot group was notified that their flight from Montreal to Paris was cancelled and the trip was on hold. Thousands of trans-Atlantic flights were being cancelled as airspace was spewn with chard-like ash up to 30,000 feet. This ash, known to cause jet engines to fail, caused the ordering of airports and airspace shut down all across Western Europe.

The Cabot students would start their April vacation on hold, as the VIE organization and group leaders scrambled to rebook the 34-person group. The France trip included a tour of Normandy with hotel stays and museum reservations that had to be rescheduled at the last minute. One reservation was for dinner in the Eiffel Tower, a highlight of the trip that was arranged months in advance.

National Youth Traffic Safety Month, May 2010

This month, teens in Cabot will join thousands of youth and organizations from across the United States during the fourth annual National Youth Traffic Safety Month.

National Youth Traffic Safety Month addresses the number one cause of death for youth in our nation. Every year, more than 5,000 youth die in traffic related crashes. Many of these crashes are caused by avoidable behavior. Youth can take specific actions to be safer as drivers and passengers. National Youth Traffic Safety Month is also a time to celebrate and promote those who work to help keep youth safe on the roads. Youth will be participating in activities to thank and support those working so hard to protect them.

Youth and organizations across the nation will host and participate in events and projects to increase awareness about youth traffic safety. Locally, the Cabot Coalition and Cabot School are working together to hold a traffic safety day on May 21.

"As young drivers, we learn a lot about traffic safety in driver education, but we don't remember it all. We need reminders from our parents and others about how to be safe behind the wheel and to not take unnecessary risks," says Shelby Maurice of C-YA (Cabot Youth Advocates, the coalition's high school prevention group). "So many car crashes are preventable and we are

Friday afternoon students were told that the trip was on. Hopefully, the departure would be Wednesday morning at 6:00 a.m. on a bus that would bring the group to Boston for a 5:30 p.m. flight. The recommendation by VIE was to check in by 11:00 a.m., to insure that no part of the group was bumped, since flights had been overbooked because of the volcano. So, there would be a several hour wait at Boston Logan, among stranded passengers that had been camping in wait at the airport.

The tour has been reworked. It will now begin with the students being delivered directly to their host families in Epernay, France. After a 6-day French family immersion, the students will meet up with their group again to begin an educational tour of Normandy and Paris.

In Normandy, visits are scheduled for Honfleur, Bayeux, Mont St. Michelle and the American Cemetery. A final 2-night stay in Paris was added to see the Louvre Museum, Notre Dame, Museum D'Orsay, Arc de Triomphe and other noteworthy sites the class has studied. The Eiffel Tower dinner reservation, incredibly, was accommodated for a new date. The group will return to native soil on May 2 into New York's JFK airport, an unexpected, but necessary detour.

Again, the spirits are high with anticipation as the new departure day approaches. Students are increasingly interested in volcanic ash, European weather patterns and the finite details of the upcoming trip. It seems travel, and we now know...a genuine anticipation of a trip, truly stimulates the mind, broadens perspective, and educates on a level beyond book learning. Certainly this trip has already begun to do that.

Editor's note: A follow-up to this item will run in a future issue.

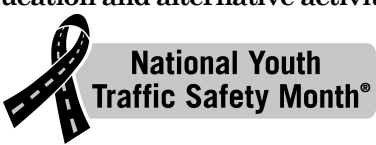
working to prevent a teen traffic tragedy in Cabot. We can increase awareness among youth and communities improving traffic safety and reducing the loss of more youth's lives to traffic crashes."

Steps youth can take to be safe on the roads include: *(If you are not a teen, please remind the teens in your life of these simple steps to safety.)*

- Wear a safety belt – EVERY TIME
- Drive at or below the speed limit
- Limit the number of passengers in your car
- Pull over if you need to make a call or text a friend
- Avoid drowsy driving by getting enough rest
- NEVER get in a car with ANYONE who has been drinking alcohol or smoking marijuana

For more information about National Youth Traffic Safety Month visit www.noys.org or call the Cabot Coalition. 563-3338.

The Cabot Coalition is a substance abuse prevention group that is dedicated to multi-faceted approach to prevention that includes community development, intergenerational programs, prevention education and alternative activities.



CONCERNING EDUCATION

A Letter from Vermont's Education Commissioner

By Armando Vilaseca

Commissioner of Education Armando Vilaseca submitted this to the Cabot Chronicle. We have reprinted it here in its original form, without editing.

In the ongoing debate about redistricting our current educational governance system, the focus has largely been on the adults in the system. I would like to shift the conversation to focus on what is in the best interest of our students and the impact a stronger educational system would have on their future and ours.

Vermont's 246 towns are served by over 280 school boards, with over 1,480 members, for approximately 92,000 students. I would like to see the number of school districts, and in turn boards, substantially reduced in order to provide consistent, high-quality opportunities to students. There is no magic number of school districts. However, they would have to be large enough to expand school choice for students, reduce the administrative inefficiencies we currently experience and economize the school staff.

In a more streamlined administrative structure, opportunities not currently available to our students and families could be realized. If there were more schools within each educational district, districts could offer options based on the interest and needs of individual students and families. School choice would not be limited to the particular town you live in, but rather be expanded across multiple towns that would have the flexibility to differentiate their instructional practices.

For elementary school students, most parents want their children attending school as close to their homes as possible for many obvious reasons. However, since Vermont's geography separates many of our communities, many children currently live farther from their community school than they do to a school in an adjacent town. Why would we not allow a parent to choose that school? By expanding education districts, we could. Other parents may choose to send their child to a school that is larger or smaller than their community school to better suit the needs of their child.

The option for school choice becomes even more significant in the higher grades. Middle and high schools could offer different options for students in order to attain their diploma. These schools could offer specialties in particular areas,

while still providing the liberal arts education our public schools have traditionally provided. Schools could offer students the opportunity to do semester-long internships while still attending their school of choice. Not all high schools would operate this way, as our current structure serves many students well. However, for those capable students who do not reach their potential currently these schools would offer an alternative. Schools partnering with private business could provide workforce development, internships, job shadowing or other forms of real-life learning that could be enhanced by such a model.

Schools could expand their offerings to concentrate on having a richer curriculum in specific topics, while their neighboring school may have a different focus. This type of "magnet" school concept could allow for one school to have a focus on arts/humanities while another school in their district could concentrate on math/science/technology. The convergence of theory and application could be accomplished, as schools would not be expected to offer everything to everyone because students/parents would have a choice in their education.

Many will argue that this could be done today. And in some forward-thinking districts across the state, it is. However, it is clear that with so many districts governed by individuals with varied opinions and agendas, these ideas could not be achieved across the state without more options within each district. With over 280 governing bodies, it is very difficult to have systemic movement along the lines described above.

There are several proposals currently being discussed in the Legislature that address redistricting. I urge all Vermonter to contact your local representatives/senators to share with them your desire to see Vermont schools improve opportunities for all students.

Cabot Historical Society

SUNDAY, May 23, 2010 at 5 p.m.

Annual Meeting of the Cabot Historical Society, at the Main Street building and museum in Cabot Village. Business meeting to elect officers and approve our annual budget will follow a pot-luck meal. Please bring a "dish" to share. Everyone is welcome to attend. Contact Bonnie Dannenberg at 563-3396 or e-mail <bonniesd@Together.Net>

Underage Drinking can be a Problem for Adults Too

The Laws in Vermont

- ♦ If you sell or furnish alcohol to someone under the age of 21, you can be imprisoned for 2 years or fined a minimum of \$500 to \$2,000 PER MINOR—EVEN IF YOU ARE ON YOUR OWN PROPERTY. If you provide a place for underage drinking to occur, you may be held accountable.
- ♦ If a minor who consumed alcohol at the party you hosted, breaks a law, you may be charged with contributing to the delinquency of a minor.
- ♦ Parents or other adults may be held responsible if there is property damage, fighting, sexual assault or any other injury.
- ♦ Adults who sell or furnish to a minor or provides a place to drink & that minor "while operating a motor vehicle on a public highway causes death or serious bodily injury, that person shall be imprisoned up to five years or fined not more than \$10,000 or both." That addition bumps the case of furnishing, selling or enabling up to a felony.
- ♦ If the party gets out of hand and someone drinks too much and dies, you may be prosecuted for involuntary manslaughter.
- ♦ Your civil liability for negligence is recognized under Vermont law if you furnish alcohol to a minor who causes injury to another.
- ♦ Many homeowner's policies will not cover damages where underage drinking is involved, which means you are personally responsible for the cost of a lawsuit or punitive damages.

To report a party where you suspect alcohol will be served to minors, you can call:

1-866-TEEN-USE
(1-866-833-6873)

This is an anonymous and toll-free call.



CONCERNING EDUCATION



FARM TO SCHOOL

Concerning "Concerning Education"

By Anne Nadel

In this issue, you will have the opportunity to read an item written by Education Commissioner Armando Vilaseca, espousing the wonders of "redistricting" our Vermont schools, as he calls it. I call it governmental interference where none is needed, and more importantly, ill-conceived.

To begin with, Vilaseca tries to paint this as a plan that will only mean good things for Vermont's students. He explains that parents will get more choices in where their children attend school, and that will result in better education for the young people. I beg to differ.

By allowing more choice in schools, the parents who can better afford to transport their offspring to a further location in order to attend school will create a greater disparity between districts. When one school becomes known as a "good school," or offers a particularly high quality subject program that attracts many students, problems will be created for the individuals who live in that community. As that school becomes more crowded, they may have to face expansion (and its associated cost), the challenge of attracting teachers to Vermont, and a higher student-to-teacher ratio, which in turn will result in poorer quality education.

Once the wealthy bring their students to a school that they believe is particularly good, they will want to relocate to that community (because nobody wants to have to drive vast distances in winter), resulting in a property value shift, and squeezing Vermont's less-affluent citizens into what will essentially be ghettos. The end result will be pockets of population centered on "good" schools, with high-value homes and the accompanying business bases, and the equivalent communities centered on the less-favored schools, where those with smaller incomes live. Or worse yet, Vermonters will be confronted by a paradigm shift that makes all of the state unlivable to anyone without a seven-figure income. Vermont is already perceived as the playground of the wealthy, an East Coast Aspen. Do we really want to bring this mistaken concept to fruition? By taking schools out of the control of communities they actually serve, we are surely marching on that road.

Part of what makes Vermont, and its educational system, unique, is the fact that the schools truly tend to reflect their communities. Commissioner Vilaseca offers that his idea will allow schools to enter into partnerships with community members and private businesses. They already do that. In the Washington Northeast Supervisory Union, our schools (Cabot and Twinfield) draw greatly on the strengths of individuals and businesses in the three towns of Cabot, Marshfield and Plainfield to both support and enhance our schools. The commissioner speaks about how his proposed restructuring will allow students the opportunities to do unorthodox and creative things in the name of education.

It seems to me that with chances to do things like build an arts center or get hands-on experience at farms like Cabot students do, or take part in Renaissance programs, like Twinfield students do, here in the WNESU we are ahead of the curve, despite our small schools. Nothing Vilaseca writes will change that, except the strengths of the community members involved in this sort of project may not be drawn upon for the youth in our own communities. Will these individuals, many of whom volunteer their time and skills, be so eager to work with the children of people from other communities? My bet is no.

And then we come to the issue of local control. Our taxes pay for these schools. Love them or hate them, they belong to us, and what they accomplish is a direct reflection on everyone in the community. Every time a school budget is voted down, I think to myself, "Don't people realize that by shortchanging their school, they make themselves look foolish and diminish the value of their own communities?" Our schools *are* our communities, even for those who do not have children in the facility. They provide economic bases, educational opportunities for adults as well as youth, hubs for community activity, stability. Our village centers grew around gathering places. As communities grew more and more diverse with immigration in this country, so did our faith-base, and so the churches which once anchored the town centers were replaced, in a way, by the schools. Take away local control of the schools and we take away a certain level of autonomy.

More importantly, consolidation means the loss of some of those schools altogether. The result will be a loss of jobs, of a central force in those communities affected, and of an actual sense of community in some cases. The people in those towns will come together once a year on Town Meeting Day, and then may see one another occasionally in the post office (unless, as is rumored, some of those are closed for consolidation). There will no longer be a common goal and sense of unity. Our schools do all of this.

One final thought. As a general policy, with the exception of blog excerpts, this editor examines every written item that comes into the newspaper's e-mail before it is published. I then change or repair most (unless it is a personal reflection or committee notes). In the case of Education Commissioner Vilaseca's message, I chose to leave it intact, although there is certainly some language use that could stand editing. I thought it would be good for *Cabot Chronicle* readers to see the original language use of the man offering his ideas of what can fix our schools.

Like Vilaseca, I urge all Vermonters to contact their local representatives/senators to speak out loudly for keeping local schools serving and representing the communities in which they exist. If we are going to prevent school consolidation, it will take efforts from all of us.

Cabot Farm To School News Update

On April 1, the Cabot School fourth grade students shredded parsnips fresh from Blackwell Roots' fields (they are sweetest in the spring after resting all winter in the dirt). They added carrots and apples, eggs and oil, flour and baking powder, mixed the wet with the dry and baked some muffins. (Did you ever notice that *muffins* spelled backwards is *sniffum*?) The students then conducted a taste test with the rest of the school during lunch. Here are the results: 123 students tried the offerings, 115 of them liked it, 107 said they would eat it for breakfast and 105 said they would eat it for lunch.

As a result of this market research, the muffins are being served as a springtime item on the cafeteria menu. The Farm to School staff wants to thank the fourth graders for all their hard work.

Last month, Farm to School staff put out the call for tips on eating fresh and local on a budget. Here is a sample of replies.

- #1) Canning and freezing: buy up fresh local items in season (when they are cheapest and freshest) and preserve them, then stash them for good eating year round. Farm to School gets several bushels of drop apples from orchards (they are discounted when they are not on the tree), and uses the apples to make applesauce. Berries are picked and frozen. If they are not sprayed, blueberries and raspberries can be frozen without washing. Strawberries only need to have stems and leaves removed.
- #2) Check with homesteading neighbors: there are lots of residents with extra eggs, lettuce, tomatoes, etc, who would happily sell extra at a reasonable price. Some may be interested in barter, too, trading summer produce for winter plowing, etc.
- #3) Eggs can be added to just about anything to make a meal. Free foods

such as wild greens and other edibles, leftover vegetables (such as French fries or broccoli) and leftover grains (such as rice and pasta) can all be made into a quick meal. Just heat up the vegetable and/or grains in a frying pan with some oil or butter. Once they are warm add some eggs (scrambled or not) with salt pepper and any other seasonings. Throw some cheese on top if you want. Cook it until the eggs are almost done. Flip one side over the other and cook until finished. Enjoy your inexpensive meal with some toast or a side salad. There are many local sources for eggs, including many producers right here in Cabot.

- #4) Buy a CSA share from a local farm. Community Supported Agriculture (CSA) is a way of buying a share in a farm. The prices for shares vary depending on the farm and the produce they offer. There are often choices between an individual share and a family share, so people can start out small to see how they like it. Every week, the CSA members pick up their share of the produce. Participants claim that they save a lot on their food bills over all by sharing in the bounty when things are in season. Some of our local CSA farms even offer produce from storage throughout the fall and winter.

Do you have some money and time saving tips to suggest? Send them in and we will share them in print and on our upcoming Website.

Cabot's Farm to School meetings are on the fourth Wednesday of every month from 4:00 - 5:30 p.m. in the Cabot School Library. The next meeting is on May 26. For more information, the coordinator can be reached at Cabot School or amyhornblas@gmail.com.



Carrot Parsnip Muffins



Sift Together:

1 cup unbleached flour
1/2 cup whole wheat flour
3/4 teaspoon baking soda
1/4 teaspoon cinnamon

Add:

1/2 cup sugar
2 beaten eggs
1/2 cup vegetable oil
1 teaspoon vanilla
1/4 teaspoon salt

Blend together with a few strokes, then add:

2 cups grated carrots and parsnips
1 cup raisins
1 cup diced apples

Bake at 350 degrees in a greased pan or muffin tins until golden brown, about 1/2 - 1 hour.

Cool in pan for 10 minutes, then turn out onto a rack for further cooling.

CABOT SCHOOL INVITES COMMUNITY MEMBERS TO VOLUNTEER FOR ONE OF THE FOLLOWING PLANNING COMMITTEES:

Developing Partnerships: Working with other schools and organizations to expand course offerings available to our students.

Athletics and Recreation: Building a strong and positive collaboration between 7-12 grade school athletics and recreation programs and elementary athletics to be offered through the Recreation Committee. A key question for developing a continuum of activities for each of the levels of sports is *What are the key technical and interactive goals at each level and for each area of athletics?*

Secondary Curriculum Planning: Examining existing models, in Vermont and nationwide, to assist in our development of multi-disciplinary courses.

To volunteer for one of the planning committees contact Cabot School at 563-2289.



Plant a Row for Farm to School

Share your favorite vegetables with the students at Cabot School!

As you plan your garden this spring, consider planting a little extra to share with the Cabot School cafeteria.

Fresh vegetables and fruits are welcome!

Just give us a little warning before you bring them in.

Call the Cabot School Food Service Director for information, or to find out what vegetables are most in demand (563-2289).

BRAIN AWARENESS

COMMUNITY NEWS

UVM Neuroscientists Enlighten Cabot Students



University of Vermont neuroscientists, Rachel Hannah, Carolyn Roman (pictured above) and Holly Stradecki visited with Cabot Students in grades 3-7 during Brain Awareness Week in mid-March.

On March 19, members of the Vermont Chapter of The Society for Neuroscience (SfN) visited with Cabot Students in grades 3-7 to promote a general understanding of basic brain function and inspire the next generation of scientists. University of Vermont neuroscientists, Carolyn Roman, Rachel Hannah (pictured above) and Holly Stradecki volunteered their time to spread the word about brain health and safety with Vermont kids as part of 2010 Brain Awareness Week (BAW).

BAW is an inspirational global campaign that unites those who share an interest in elevating public awareness about the progress and benefits of brain and nervous system research. Visit the SfN internet site at www.sfn.org for more information on the brain and brain science.

In a tip of the hat to Brain Awareness Week's existence, the *Cabot Chronicle* offers you these entertaining Brain extras.



Brain Facts

More electrical impulses are generated in one day by a single human brain than by all the telephones in the world.

How much does a human brain think? 70,000 is the number of thoughts that it is estimated the human brain produces on an average day.

Albert Einstein's brain weighed 1,230 grams (2.71 lbs), significantly less than the human average of 1,300g to 1,400g (3 lbs).

The **slowest** speed at which information travels between neurons is 260 mph.

How much does a human brain weigh? At birth our brains weigh an average of 350-400g (about 4/5 lbs), as adults the brain averages 1300-1400g (about 3 lbs).

Brain Teasers



In the group of letters below, cross out six letters so that the remaining letters, without altering their order, will spell a familiar word.

BSAINXLEATNTEARS

I have a tail, and I have a head, but I have no body. I am NOT a snake. What am I?

What does an Island and the letter T have in common?

Brain Teaser Answers:

By crossing out 'SIX LETTERS' the word left is 'BANANA'.

I am a coin.

They're both in the middle of water.

MOTHERS DAY POEM

Someone's Child

From someone's child she came forth -
She was A child herself.
Forever a child she would remain -
Precious, rare, so delicate, so fragile.
Yet, the child was strong in character,
And the child was sturdy enough
And steady enough to plant her feet in the
Cool of our Mother Earth.

And from the child - someone's child -
Another child came, and another,
And another, until the Earth was filled with love:
So full of generations of children,
That there were no beginnings
And there would be no endings -
Only the daisy chain of children's hearts -
A circle of who mothers have always been

And what mothers will always be.
You will always see her
In the strength of generations.
She is there
In the face of Anyone's Child.

By Susan Griggs Cowburn
May 2006



Church Pastor Reaches Out to Community



Laura Cadmus at the United Church of Cabot. Photo by Sue Freeburn.

The following is an open letter from Laura Cadmus, Pastor of the Cabot United Church, to the Cabot and surrounding community. She wrote it in response to our interview questions.

I feel very grateful and privileged to have been asked to serve as the United Church of Cabot's interim pastor. I am serving along with Rev. Peg Slater, who is providing consultation to the church regarding its administrative and financial organization. Together, we hope to provide meaningful worship and help the church celebrate what it is and become what it is called to be in this community and beyond.

I've been asked a number of questions regarding what I'm going to do regarding various concerns, such as church participation, increased revenue, worship, mission and volunteer activities, etc. While I have ideas, I am one person in the mix of an entire community. It is what we will discern and do together that will invigorate the life of both the church and community in Cabot.

A few ideas I would toss into the mix for consideration include inviting people throughout the community to share their skills and talents in worship and in church and community events and efforts; to partner with other organizations that support and enrich this community, and to offer opportunities to gather together and enjoy one another and the beautiful land around us. I would also like to offer Bible study and book group opportunities with open discussion, start a youth group and enliven the Sunday school program. My hope in engaging the youth and children of Cabot is to foster open and safe environments where they can ask questions, serve others, and have fun while they learn of the Christian faith through which they can help to realize peace and justice in our world into the future.

The Church holds a vital place in the fabric of a community, and, tragically, due much to the failings of individuals and institutions and the relentless pace of today's lifestyle, participation in the Church has declined dramatically in our area of the country. While these aspects are important, the Church is much less the building or the doctrine or the particular tradition than it is the vessel that

holds us in just and loving relationship with one another, based upon our relationship with Divine One, who is called by many names. The Church can happen anywhere – anywhere prayer or praise or the work and works of faith happen with others.

Part of the Church happens inside the doors of one of the most beautiful churches in Vermont, right here in the center of Cabot village. Join one another there. Part of the Church happens in reaching out to your neighbor in need and in abundance, in sorrow and in joy. Join one another there. Part of the Church happens in genuine conversation and laughter at the dump, over coffee, shopping in the store, while on a hike. Join one another there. The Church has always been called to be, as the United Church of Christ invites, where all people are welcome, no matter whom or where they are on life's journey; where people can live life honestly rather than prescribed, so that their relationship with God and one another is more meaningful. People's experience of the Church has too often been less than that, but that is truly the call of the Church, and it is the Church I believe in and will work towards in Cabot and wherever I'm called.

Cabot is a community of people after my own heart. My experience is that it is a place where people are real and aren't full of pretence; are independent and able but also know how much they need each other, and where people care about one another no matter if they agree or not. The folks in Cabot embody the Vermont ethic of which I am fiercely proud as a native daughter: meaningful relationships with God, all that's Holy and sacred, one another, and place that have enough integrity to withstand the tensions that arise within them. I feel blessed to serve in Cabot.

The juggle of seminary studies, part-time work as an apprentice electrician and the part-time pastorate in Cabot keep me busy most of the time, and all are great pleasures for me. When I do find some leisure time, I enjoy most active outdoor activities, motorcycling, cooking and baking, gardening and working on my 1890 house.

Laura Cadmus

Where in Cabot Is This? - Not! (answer from page 4)

This photo was actually taken about 1000 feet outside of Cabot, in Marshfield. It is a picture of the penstock which brings water from Molly's Falls Pond (a.k.a. the Marshfield Dam) to the Winooski River in Marshfield Village for hydropower. It will never look this way again because the penstock is in the process of being replaced with steel pipe, which will not leak. The Cabot portion of the penstock leading up to the dam will be replaced over the next few years. The old wooden stave pipe, which was originally built in 1927, was replaced once already in 1960.

COMMUNITY NEWS

Earth Mamas Offer Free Prom Gowns

By Chronicle Staff

Free prom wear is an almost unheard of thing, and formal wear prices are prohibitive. Last year, two mothers, one of students at Cabot and the other of students at Twinfield, decided to do something about that when they conceived of the Earth Mamas' Free Prom Boutique. The second such event was held April 10 at Twinfield, and numerous girls attended.

Dubbing themselves the Earth Mamas, Allison Joyal Silveria of Cabot and Anne Nadel, who lives in Marshfield, planned the first such event last year after Nadel heard about a similar project in another state.

"I realized there are plenty of people that cannot afford to shell out a lot of money for a prom gown for their daughters, especially in a bad economy, and thought, 'gee, there has to be something I can do to help.' Short of going out and buying those girls their dresses" she laughed, "I decided to see if Allison wanted to help me with this project. She did, and it just kind of snowballed from there."

Girls attending the Cabot/Twinfield prom may attend for all four years of high school, unlike many schools that hold a junior and senior prom. The cost of a new dress every year could be prohibitive. Nadel said parents with more than one daughter, like her, could easily find the bill climbing to well more than \$1000 over a span of four years. She said the thought of a way to alleviate that was like a revelation to her. Even more, she said, the generosity of individuals and businesses is overwhelming, even in a challenging economy.

The first year, the two posted requests for donated gowns on Freecycle and made the rounds of friends and family. Two new gowns were donated by Lubiana's Bridal, and four used gowns came from the Salvation Army Thrift Store, both in Barre. One More Time in Montpelier also donated a gown. The two women had approximately 20 gowns last year. Shortly after that event, an additional 30 dresses were donated by OUR House in Barre, central Vermont's resource for helping abused children. This year, there were several more dresses added to the collection, including two brand new gowns courtesy, once more, of Lubiana's.

Silveria said that although her daughter has graduated from high school, she recognizes how important prom can be for many high school girls, and that she is

glad she could help some of them find a nice dress for the event.

"There are some really gorgeous dresses, and it's so awesome when the girls can find a dress, to know we're helping in some way," she said.

Silveria and Nadel hung posters, and Nadel created an event on the social networking internet site Facebook, sending the notification to Twinfield teachers and students, in an effort to generate hype for the boutique.

Cabot junior Charlotte Robison, 17, chose a hand-beaded red sheath dress. She held it up for her friends to see, smiling. When asked why she came to the event, she said it was due to a mixture of curiosity and frugality.

Of her dress, Robison said, "I think it's awesome," adding that it is hard to do better than "a free dress."

Rebecca Rossell, 15, a sophomore at Cabot, also found a dress she loved. Actually, her brother Brian, 23, chose the dress for her. The black and purple gown is, like Robison's, glittery and beaded.

Brian Rossell said he chose the dress for his sister because it "flows and is elegant and stylish. My imaginary dance partner looked good in it, too," he joked.

Nadel's own daughter, Holly, 16, a junior at Twinfield, found a dress she liked in the selection. She chose her sky blue dress because, as she said, "It's pretty and I love the color."

One Twinfield student who wanted to remain anonymous said she had a hard time choosing her dress.

"There were so many pretty ones, and three of them looked nice, so I had a hard time choosing. I love the one I got, though. It fits perfectly and is sparkly and gorgeous."

Silveria and Nadel still have a large selection of gowns in varying styles, sizes and colors. They hope to make the boutique an annual event, and may add one close to the schools' Winter Ball. Next year, they would like to add mini-classes on makeup and special event hair styles. Nadel has had runway and stage makeup training, and they hope to find someone who can show the girls tricks to looking particularly special for formal dances.

Any girls who still need a dress for prom can call Silveria at 279-0762, or Nadel at 426-3573, to set up a time to see if there is a free dress waiting for them. "The dresses may need hemming or alteration, so it is a good idea to do so more than a day before the prom," Nadel laughed.



America's Seat Belt Campaign Click It or Ticket (CIOT) is the most successful seat belt enforcement campaign ever, helping create the highest national seat belt usage rate of 83 percent. Coast to coast, day or night, the message is simple - **Click It or Ticket.**

CIOT National Mobilization The cornerstone of NHTSA's seat belt communications program is the national **Click It or Ticket** May Mobilization. The primary audience continues to be men ages 18 to 34, which research shows are less likely to wear seat belts.

Day and Night, Cops are Cracking Down.

Every year during this holiday period, law enforcement agencies join forces day and night, from coast- to-coast, for an enforcement blitz that delivers the message **Click It or Ticket.** The mobilization is supported by national and local paid advertising and earned media campaigns aimed at raising awareness before the blitz that ... *Day or Night - Click It or Ticket.*

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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.

HELP WANTED

Wanted-

Volunteer Webmaster needed for The Cabot Chronicle. Webmaster will administer website, uploading articles monthly, ensure proper operation of hardware and software, generate and revise web pages and examine traffic through the site. Contact cabotcoalition@fairpoint.net if you want to be part of an exciting team of people who love local news.

FOR SALE

Firewood - Green.

Delivery within 10 mi. of village. \$165/cord. 563-2369.



Send my regards to Cabot's Graduates!

The Cabot Chronicle is creating a special classified section in the June issue to recognize graduates from Cabot High School and Eighth Grade.

If someone special to you is graduating from high school or eighth grade or you'd like to congratulate the entire class of 2010 or 2014, send your greeting in writing. (Classifieds cannot be accepted by phone) along with payment before **May 15, 2010.**

Classified ads for graduates must be paid in advance. The charge is \$2 for the first 20 words, and 10¢ per word after that up to 50 words (\$5). Ads may not exceed 50 words.

Yes, please send my regards to Cabot's graduates:

My name: _____

Phone #: _____

Greeting to read: _____

Number of words: _____ Amount Enclosed: _____

Send your greeting to:

Cabot Chronicle, P.O. Box 245, Willey Building, Cabot, VT 05647

or Email: editor@cabotchronicle.org

Questions? Call 563-3338.

COMMUNITY CALENDAR

Saturday, 5/1
Green Up Day: more than 15,000 people volunteer annually in picking up litter on Green Up Day. 40,000 bags of trash are collected. Cabot Green Up Day information: contact Gary Gulka 563-2284, or www.greenupvermont.org.
Bike Swap & Sale, sale day, Alpine Shop, South Burlington, 9:00 a.m. through 6:00 p.m. Information: 862-2714.
Spring into Summer Celebration: Pie Breakfast and Silent Auction, Christ Church, State Street, Montpelier, 8:30 a.m., \$7.00 per person, \$25.00 per family. All You Can Eat Pie Breakfast, Silent Auction, and free children’s activities with No Strings Marionette company performing “Jack and the Beanstalk” at 10:30 a.m., followed by a puppetry workshop.
Line it Up and two more art shows, Studio Place Arts, Barre, 12:00 through 4:00 p.m. Come to the opening reception for three new shows at SPA: On the main floor: Line it Up, exploring lines through traditional drawings and works made from nontraditional materials. On the second floor: "In a network of lines" by Paul Calter. On the third floor: "Building Blocks" by Mark Lorah. Information: 479-7069.
Kingdom Trails opens for the season - gear up. The trails will open for mountain biking, conditions permitting. Phone: 626-0737. Kingdom Trails, East Burke, VT. www.kingdomtrails.org
Vaudeville at the Hardwick Townhouse, 6:00 to 8:00 p.m., suggested donation \$10. Vermont Vaudeville is back again with a laughter-filled evening for the whole family. Brent McCoy, Maya Curvelo, Rose Friedman and Justin Lander bring internationally touring musicians, circus performers, comedians, and eccentrics to the historic Hardwick Town House stage for a community event you don't want to miss. Information: 472-5920.
Saturday, 5/1 – Sunday, 5/2
Joseph and the Amazing Technicolor Dreamcoat, Haskell Opera House, Derby, \$10.50 adults, \$8.50 students. Saturday, 2:00 and 7:30 p.m., Sunday 2:00 p.m. For every ticket sold, Act Three Theater will donate one dollar to relief work in Haiti. Tickets are available through www.actthreetheater.com as well as through the Box Office at 766-8815.
43rd Annual Vemont Maple Festival, downtown St. Albans, 7:00 a.m. through 5:00 p.m. Exhibit hall, crafts, sugarhouse tours, entertainment, snack stand, and parade. Information: 524-5224 or www.vtmaplefestival.org.

Saturday, 5/1 – Monday, 5/3
Here and There: Paintings of rural Vermont and coastal Maine by Emily Johansen, Blinking Light Gallery, Plainfield, 10:00 a.m. through 6:00 p.m. An exhibit of watercolor paintings depicting familiar and intimate views from home, both "here" (around Marshfield, VT) and "there" (Brooksville, ME). Information: 426-3411.
Saturday, 5/1 – Sunday, 5/9
A Song for my Father by David Budbill, Lost Nation Theater at City Hall Montpelier, tickets \$10.00 to \$20.00. The World Premiere of VT's most popular poet-playwright's touching new theatrical event. A son facing the long-distance challenges of caring for his dad also hopes to bridge the personal distance between them. From the author of *Judevine*. Rated R for language and themes. Information: 229-0492 or boxoffice@lostonationtheater.org.
Tuesday, 5/4
The Hobbit, Flynn Theater, Burlington, 7:00 p.m., \$24/\$20. Montreal's Theatre Sans Fil recreates J.R.R. Tolkien's fantastic tale of Bilbo Baggins. The story is told through giant Bunraku puppetry with black light, lasers, magical effects galore, and even a 25-foot long dragon. Purchase tickets at FlynnTix for this show. Information: 863-5966 or www.flynncenter.org/.
Free Comic Book Day, Berlin. Free comics for all at Wonder Cards and Comics. Information: 476-4706.
Line Dancing, Canadian Club, Barre, 6:15 p.m., \$7.00. Beginners welcome.
Photography: Introduction to Composition with Warren Walker, Cabot Public Library from 7 to 9 p.m.
Friday, 5/7
African Children's Choir, Flynn Theater, Burlington, 8:00 p.m., \$39/\$33. Performed entirely by children, an inspirational show that blends joyful song and dance from across the African continent. The choir -all orphaned by war or AIDS - shows the world that Africa's most needy and vulnerable children (indeed, all children) have beauty, dignity, and unlimited ability. Purchase tickets at FlynnTix for this show. Information: 863-5966 or www.flynncenter.org/.
Friday, 5/7 – Sunday, 5/8
Quilt Show and Competition, Old Labor Hall (46 Granite Street), Barre, Friday 2:00 through 7:00 p.m., Saturday 9:00 a.m. through 5:00 p.m., \$5.00. Quilts , vendors, and more. Information: 476-4185.
Saturday, 5/8
Annual Perennial Plant Sale, Plainfield, across from Tim's Convenience Store, 9:00 a.m. through 3:00 p.m., to benefit Twin Val-

ley Seniors, for information or if you have plants to donate call 454-1263 or 454-7750.
Steve Gillette and Cindy Mangsen, The Music Box, Craftsbury, 7:30 p.m., \$10.00, \$5.00 students and seniors, kids free. Two of the best in the folk music world: Steve's warm baritone voice and his unique finger-picking guitar style, and Cindy Mangsen on guitar, banjo, concertina, or mountain dulcimer. Information: 586-7533 or www.themusicboxvt.org.
Heart of Vermont Fiber Workshop, Agape Hill Farm, Hardwick, 9:00 to 11:00 a.m., free (\$10.00-15.00 materials charge if applicable). Calling all fiber fans: join us for a morning of conversation and fiber fun. Bring your own projects or use our materials to try something new. Felting, knitting, spinning, etc. Beginners welcome. Information: 472-3711 or enkagape@aol.com.
Outdoor Photography with Warren Walker Field Trip, Meet at Cabot Plains Cemetery from 4 to 7 p.m. Rain date: Saturday, May 15th.
Sunday, 5/9
Bike Ride in Peacham with the Green Mountain Club, Ottauquechee Section. Mother's Day Loop from Wells River, VT to Peacham via Ticklenaked Pond, back on Peacham Rd. and Rte 302. About 25 miles. Road or hybrid bike. Moderate to strenuous. Call to register. Phone: 785-2129. Web: www.greenmountainclub.org
Friday, 5/14
Rock Extravaganza, CSPAC Building, Cabot School, 7:30 to 9:30 p.m.
Saturday, 5/15
Songwriting Success Workshop, Catamount Arts building downstairs, St. Johnsbury, 9:00 a.m. through 4:30 p.m., \$30.00 (\$20.00 for NSAI members). This day-long class will cover the fundamentals of how to write songs designed for the commercial market. Class will be taught by singer/songwriter David Maguire. Bring a song you wrote with typed lyrics and get a professional evaluation. Information: Pre-registration and prepayment required. More info 633-2204 email: john@heartson.com
Tuesday, 5/18
Reading & Book Signing: 52 Loaves by William Alexander, The Galaxy Bookshop, Free. Bill Alexander, who previously wrote on gardening in *The \$64 Tomato*, decided to undertake a self-assigned mission to bake the perfect loaf of bread, from scratch. He chronicles his year of breadmaking in the new book, *52 Loaves*. Information: 472-5533.
Line Dancing, Canadian Club, Barre, 6:15 p.m., \$7.00. Beginners welcome.
Wednesday, 5/19
Current Film Night, “Haiti: Killing

the Dream,” Jaquith Library, 7:00 p.m. To put the history of Haiti in context, we turn to the 1992 documentary “Haiti: Killing the Dream” narrated by Ossie Davis. In this excerpt, the film looks at the nearly 20-year occupation of Haiti by US Marines beginning in 1915.
Friday, 5/21
Peacham Corner Guild Opening Day, Peacham. Through mid-October: Mondays and Wednesdays through Saturdays, 10:00 a.m. to 5:00 p.m.; Sunday 11:00 a.m. to 5:00 p.m.; closed Tuesdays. Antiques, handcrafted gifts, specialty foods and plant sale. Information 592-3332
Friday, 5/21-Saturday, 5/22
Woodworkers Symposium and Trade Show, St. Johnsbury Academy, 4:00 p.m. Gallery & Sale of VT Wood-Net members' work, vendor exhibits, classes/workshops, wood working demonstrations, key note speakers (Gov. Jim Douglas on Friday night) and a panel discussion. \$10.00 per workshop, tradeshow is free and open to the public. Information: 751-8261 or www.vtwoodnet.org.
Saturday, 5/22
Heart of Vermont Fiber Workshop, Agape Hill Farm, Hardwick, 9:00 to 11:00 a.m., free (\$10.00-\$15.00 materials charge if applicable). Calling all fiber fans; join us for a morning of conversation and fiber fun. Bring your own projects or use our materials to try something new. Felting, knitting, spinning, etc. Beginners welcome. Information: 472-3711 or enkagape@aol.com.
Sunday, 5/23
The Russians are Coming to the Hardwick Townhouse, 3:30 to 5:30 p.m. Vermont Philharmonic Orchestra to perform classics from some of the great Russian composers, including Belle Russo, Igor Stravinsky, Vladimir Dukelsky, Nikolai Rimsky-Korsakov. Information: 472-5920.
Tuesday, 5/25
Photography: Review of Photographs with Warren Walker, Cabot Public Library from 7 to 9 p.m.
Ongoing:
Game Club at the Cabot Public Library: Tuesdays from 3:00 to 4:30 p.m. All are welcome! Bring your own games or play ours. Snacks provided.
Story Hour at the Cabot Public Library: Fridays from 10:30 to 11:30 a.m. Come join us for stories and arts/crafts projects!
Cabot Playgroup: Every Thursday, 9:30 through 11:00 a.m., Cabot United Church basement, free, ages 0-4, snacks provided. Information: 563-2184 or 563-2034.

LOCAL DIRECTORY

HEATING & COOLING	CHILDCARE	MAINTENANCE	SURVEYING
Fred Ducharme Service and Installation of Oil Furnaces Licensed & Insured Cabot, VT - 563-2102 4/11	Happy Hugs Family Daycare Come and play with us! Fenced in yard, large indoor play area, lots of games and crafts and within walking distance to Cabot School. Meals and snacks provided. VT registered daycare provider. Contact Angela Ward at 563-3056 or happyhugsfamilydaycare@gmail.com Open Mon-Fri 6:00 a.m.—5:00 p.m. 5/10	Cedar Brook Farm Brush Hogging & Custom Tractor Work Tony Palmiero 802-472-6503 East Hardwick, VT 11/10	Sunwise Surveying <i>Specializing In Boundary Surveying</i> Lisa M. Ginet, RLS & Uriah Paire 193 McKinstry Rd. Cabot, VT - 426-3025 6/10
CONSTRUCTION	HORSES, PETS & FEEDS	Dunham Brothers Painting	MERCHANDISE
Wright & Son <i>Construction from the Ground Up</i> Excavation/Building/Construction Site Clearing, Foundations, Carpentry, Heating, Plumbing, Siding, Roofing, etc. Cabot, VT - 563-2597 4/10	Morrison's Feed Bag Premium pet foods & supplies. Locally made organic bagged feeds by Morrison's Custom Feeds. Horse Tack. Livestock Supplies. Wild bird seed. Muck Boots & Clothing. Premium wood pellets and so much more! 1186 Memorial Dr., St. Johnsbury (802) 748-0010 www.morrisonsfeeds.com M-F 8:30 - 5:30 Sat 8:30-1 8/10	Dunham Brothers Painting Member of the Green Mountain Chapter of the PDCA <i>(Painting & Decorating Contractors of America)</i> & National Guild of Professional Paperhangers. Office (802) 426-4077 Fax (802) 426-4037 dbp@charterinternet.com 5/10	“Step back in time to...” The East Calais General Store 4520 VT Rt. 14 ~ 456-8861 6:00 a.m. - 8:00 p.m. every day DVD Rentals ~ Full Deli ~ Pizza Old Time Candy Unique Beverage Selection Ethanol-free gas ~ Free air pump 8/10
		Cabot Heights Cleaning Services & Property Maintenance RLLP Light Construction, Yard Care, Snow Plowing and much more! 802-563-2397 (direct) ~ 802-274-6646 (cell) www.cabotheights.com Mark & Brigitte Codling, Owners 10/10	

