

## Cabot Has Its Own Stimulus Fund

By R.D. Eno

Even in the best of times, small business people can find it hard to afford the loans they need to start up a new enterprise or expand an existing one. But Cabot boasts its own, home-grown economic stimulus plan to benefit local businesses and take some of the crunch out of their credit quest. And that plan just became a bit more generous.

For the last four years, the Town of Cabot has made low-cost loans available to Cabot residents through its Economic Development Loan (EDL) program, run by the Cabot UDAG Committee in partnership with Union Bank. Now, thanks to changes ratified at Town Meeting this year, the benefits of the EDL can be extended to residents of other towns whose businesses are located in Cabot.

The EDL provides subsidies for business loans taken out through Union Bank. The subsidy lowers the borrower's interest rate by two points, and the period of the subsidy may soon be extended from 5 to 10 years. Potential borrowers must apply for loans to Union Bank; the UDAG Committee does not make the actual loans, and no UDAG money is ever at risk. The Bank must approve EDL loans under its usual procedures; there are no special rules for Cabot EDL applicants.

But once the borrower is deemed eligible for a UDAG subsidy and the loan is approved, the subsidy is contributed automatically, reducing the borrower's monthly interest obligation during the subsidy period. (A missed payment or default, however, can lead to termination of the subsidy.)

Under the terms of the revised UDAG Plan, residence in Cabot is no longer a requirement for a loan subsidy, so long as the business itself is located in town, as determined by the UDAG Committee. Eligibility will depend on whether the business meets the goals of

the UDAG Plan, available at the Town Office, from the UDAG Committee (P.O. Box 125, Cabot, VT 05647) or online at <http://www.cabotvt.us/UDAG/UDAG.html>. You can get more information about the EDL from Suzanne Roberts, Union Bank in St. Johnsbury, 802-748-3131 x 2126, [suzanner@unionbankvt.com](mailto:suzanner@unionbankvt.com).

All around Cabot, the results of previous UDAG loans can be seen – in the Cabot School cafeteria, the Cabot Commons Senior Residence, the Cabot Wastewater System, the restored Willey Building and many private projects from farms to sugarhouses to business ventures both small and not-so-small. With its K-12 school system, the Cabot School Performing Arts Center, Cookson's Garage, Harry's Hardware (lunch counter at the rear) and the Cabot Village Store (summer creemee stand now open), Cabot village boasts a range of services not usually available in such intimate rural communities. But the Wastewater System, completed in 2001, gives the village plenty of room for growth, and the EDL demonstrates Cabot's eagerness to support new enterprises that, in turn, sustain Cabot's traditional Vermont lifestyle.

Cabot's UDAG money comes from a federal Urban Development Action Grant of \$2 million, a Reagan-era economic stimulus. The Town lent the grant to the Cabot Creamery to help finance its expansion, and the Creamery repaid the loan to the Town over a period of 20 years. Today, the combined UDAG Fund still has about \$1.5 million in assets and an additional \$780,000 in receivables, including \$480,000, invested to earn interest for the Cabot Wastewater System that will be returned to the UDAG Fund between 2028 and 2030. The greatest part of these assets is available to support private-sector economic development in Cabot.

## School Board Hires New Principal

The Cabot School Board is pleased to announce the hiring of Karen Stewart as new principal of the Cabot School, following a diligent process involving multiple interviews, public and staff forums.

After a full day on campus, Karen Stewart accepted an offer of a three-year contract to lead the Cabot School as the new principal. Stewart has many years of experience leading small rural schools including formative principal positions in Monroe, New Hampshire and Barnet, Vermont. Throughout her hiring process, she displayed confidence and a strong desire to work collaboratively with students, staff and the community. She also showed a firm understanding of the challenges that face Cabot School as we work to educate all of our children in a time of diminishing resources.

The school board would like to thank all who participated in the hiring process: the search committee, the Cabot



Karen Stewart, Cabot School's new principal, meets the community at CSPAC. Photo courtesy Jeannie Johnson.

School faculty and staff, and community members. The input was invaluable.

Stewart will assume the role of principal on July 1.

## Children Pay Homage on Memorial Day



Students from Cabot School paid homage to fallen soldiers this Memorial Day by leaving wreaths at local cemeteries and memorials, and sending one down the river. They were joined by staff and faculty, including Principal Regina Quinn. Trumpets were played by Chris Chadderton and Henry Burke.

## Fiddle and Folk Music for Cabot Kids

By Katie Trautz

Due to diminished funding for the Cabot School elementary music program, music enthusiast Jen Boucher gathered a number of Cabot community members together to discuss the prospect of beginning an afterschool folk music program for children and adults. There was immense support for the project. Boucher asked this writer and Heidi Wilson, of Plainfield, VT, to help initiate the afterschool music program with fiddle and folk singing classes. The result was an eight-week session of classes by donation (\$5-10 sliding scale) open to the public. More than five children participated in each class, and the 'semester' closed with a performance in the CSPAC building, highlighting the efforts of students.

Having grown up surrounded by opportunities to explore music, this writer sees clearly the immense weight it carries in children's lives. Through group music making, we learn about working together, and listening to one another. Music can be very empowering and boosts self-esteem. Through folk music specifically, we can connect with our identities as Vermonters; we can connect with our European ancestors, and we can connect with each other. Jen, Heidi, and I plan on continuing youth music classes and finding more support for the growing program. We hope that the program will eventually reintegrate into the school system so every child may benefit from group music making.

As a professional performing musician and music educator, it has always been my hidden dream to return to the place of my birth and work closely with the community to reintegrate music making into our daily lives. This is just the beginning of a return to a great and valuable tradition.

There are several upcoming Folk Music classes for children and adults. Throughout the summertime, call Katie Trautz at 802-279-2236 for more details. The classes include; private Fiddle Les-

sons for children or adults, ongoing; beginning Fiddle for Teens and Adults, Thursdays at 4:00 p.m., beginning July 1 for five weeks; American Harmony Singing, in Hardwick, Mondays at 6:30 p.m., beginning July 5 for five weeks; intermediate Fiddle for Adults in Hardwick, Mondays at 5:15 p.m., beginning July 5, for five weeks.

There are some fall program ideas in the works (subject to change). Call Jen Boucher at 802-563-2103 for more details. These ideas include Fiddle from Scratch (Beginning Level) for children aged 8 through 11; Folk Singing for children (all ages), and Advanced Beginning Fiddle for children aged 8 through 11.

**\*Special Cabot Library Performance (Katie Trautz performs old-time fiddle tunes and original songs) July 10 (call the library for more details).**

### The Cabot PTO is collecting donations for the 4th of July Yard Sale/Rummage Sale

If you have any items that you would like to donate, you can drop them off at the Cabot Gym on July 1st, 2nd, and 3rd. If you have any questions please contact Mary Carpenter at 563-9965.

### Build a Float for the Parade

Prizes Given in Four Categories:  
**Most colorful ~ Most original**  
**Most humorous ~ Most Patriotic**

**\$50 cash prize to best in each category.**

Any one interested in having a float in the parade can contact Kenny Christman or Wendy Barnett, or just meet down by the back street by 10:30 a.m. at the latest.

We are always looking for new recruits! If you would like to volunteer to help with the celebration, please contact Wendy Barnett at 563-9907.

We can use all the help we can get, whether it's donations or peeling potatoes the day before. What ever you can give us we will take.

**Thank you. See you there!**



## Redeemable Bottles Can Help Students Fund Trip

Planning has begun for the multi-grade Marine Biology/Cultural Anthropology student trip to Belize in April 2011. Costs are covered by a combination of fundraising by the students and contributions from their families. Any assistance the community provides will be deeply appreciated.

Bottle drives are scheduled for the following weekends: July 11, September 5, November 28, January 2 and the Saturday after the Super Bowl.

For anyone who would rather not stockpile redeemables, another option is to drop them off at the Cabot Village Store in a bag marked "Belize Trip." Bob Searles has kindly agreed to accept bottle donations, and he has already begun a "Belize Fund."

There will also be an auction in December, and students will begin requesting donations after the beginning of the Fall 2010 school year. Please watch for items you no longer need and set them aside to support the students.

## Images of Cabot Wanted

What features of our town define Cabot for you – you know, the kinds of places that let you know you are home? Where is your favorite place to hang out with your friends? What makes Cabot beautiful to you, or evokes a sense of our unique character or history?

The Cabot Planning Commission would like to know. Locating and preserving the many places valued by residents of all ages is a priority of the Planning Commission. And we need your help to do it!

So we're inviting you to get out your camera, pencils, crayons or paint, and capture an image of a "place" in Cabot that you think is special. Send your photo or artwork to the Planning Commission and we'll display the images at a special community-wide visioning event to be held this coming September. All ages are encouraged to participate! The deadline for entries is August 15<sup>th</sup>.

Please send your entry with your name, contact phone or e-mail, and your age (if under 18) to cabotplanning@gmail.com (10 MB maximum please); or by regular mail to the Cabot Planning Commission, P.O. Box 36, Cabot VT 05647.

All entrants will be entered in a drawing for a gift certificate to the Cabot Creamery gift shop.

## COMMUNITY COMMENTARY

### To whomever might be interested:

I had a great time on the 4th running "the Stryker"! I got a few names and told them they might see their name in the paper! So, keeping my word I'd like to share this info to possibly be part of an article on the 4th of July activities on the Cabot Rec. field!

Many lined up to swing the heavy, wooden hammer, hoping to hit the top and make the bell ring! A local resident, Michael Gokey, holds the "Strong Man" record with 3 hits out of 3 swings!! Other strong men included brothers Eric and Jesse Foster who got things started, Christian Wagner from Las Vegas visiting relatives, Matt Barbieri and his son Ryan and a Cabot local, Scott Ackermann. They all struck 3-in-a-row! Congratulations!

Thanks for your consideration of these fun facts,  
Lynn Maxfield

### Dear Editor:

The Board of Cabot Commons, Inc. wishes to express its appreciation for the long standing support of the Cabot community for its senior housing. The apartment complex offers spacious apartments, a convenient location within the community and friendly common areas within the building.

Cabot Commons Senior Housing is managed by the Central Vermont Community Land Trust (CVCLT) in Barre. CVCLT's duties are: processing prospective tenant applications, tenant relations, indoor and outdoor maintenance, and fiscal management. The Board of Cabot Commons, Inc. oversees and aids CVCLT by reviewing budgets, helping to advertise for tenants, having work days, and supplying CVCLT with references to local support ser-

vices.

Recently some concerns have been expressed regarding the adequacy of the maintenance of the lawns. Although there are many generous and competent local people willing to provide their services for reasonable rates, CVLCT is required to contract these services only to those individuals or companies that carry liability insurance. A new local business has been offered a contract to provide the lawn maintenance services.

Currently, one apartment at Cabot Commons is vacant. We encourage interested seniors to submit applications to the Central Vermont Community Land Trust. During the past few months, the application process has been significantly streamlined. If an application is complete and there are no complications during verification the applicant should receive notification of decision in 2 to 3 weeks. Of the eight apartments, seven are affordable subsidized units for low income senior citizens. Rental rates are set by the Vermont Housing Authority and individual's rental rates are based on ability to pay.

Completing the application process before the need for housing is urgent can also speed the turn around time. Applicants should be aware that an approved tenant is not required to take the next available apartment. Board members are always available to show the apartments to interested seniors and their families.

If there are any questions or concerns, please feel free to contact CVCLT in Barre at 476-4493 or local Board members: Susan Carpenter, Judy Pransky, Cia Considine, Roz Daniels, Marge Trautz, Genia Schumacher, and Connie Hourihan.

Sincerely,

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## We want to hear from you!

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E-mail: [editor@cabotchronicle.org](mailto:editor@cabotchronicle.org)

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# Cabot Across the Globe



Jeff Durgin on assignment in Afghanistan. Photo taken by unit member.

HELLO CABOT:

I wanted to send a letter to all the towns' folks and let you know how things are going in Afghanistan. The surrounding mountains are quite beautiful in the early morning as the sun comes up over them. Then about an hour later there is a lot of dust that seems to start rolling in from all of the traffic here on the base. We went thru the 30 days of rain which for the most part is just short storms each afternoon and now it is the windy season which isn't bad because it keeps the heat down somewhat. We have been keeping very busy getting supplies for all of the soldiers we support here. There always seems to be a need for something. The food is okay, but I definitely miss home cooked meals.

We have now settled into our routine for what our days entail. With modern technologies it seems a lot easier to keep in touch with family back home thru email and Skype. It definitely gives you peace of mind to be able to keep in touch with the ones you love and know they are okay. It allows us to focus on the job at hand when we need to. In closing I would like to thank all of the groups and communities for all of their support they have shown by sending some of the personally needed items for all of the troops. Everything you have sent us so far has gone to use and we all truly appreciate your kindness and generosity. Sincerely, Jeff Durgin

## Kitty Toll Seeks Second Term in Vermont House of Representatives

Kitty Toll of Danville has announced plans to run for re-election to a second term representing the towns of Cabot, Danville and Peacham in the Vermont House of Representatives. A campaign kick-off gathering and barbecue was held on Monday, June 14, in Danville. "I thoroughly enjoyed representing the people of Cabot, Danville and Peacham as their elected Representative in Montpelier," Toll said. "As a freshman legislator, I was pleased to be part of a group that was able to come to agreement on important issues affecting Vermont and its citizens, and to concur on key pieces of legislation designed to move Vermont forward in difficult economic times. "I am seeking re-election because I have a passion to be involved in Vermont State Government, to serve my constituents well, and to continue to be an effective voice in the Legislature. " During her first term, Toll served on the House Agriculture Committee. Among the bills developed by the Committee were measures that addressed

the inhumane treatment of animals by Vermont processing facilities; increased penalties for timber trespass; allowed the use of state lands to expand the maple industry; and, developed regulations for the sale of raw milk. These bills ultimately passed into law during the 2009-2010 Legislative Session. Toll grew up on a family dairy farm in Danville and is active in her community. She has served on the Danville Planning Commission and Zoning Board, is a past Trustee and Chair of the Pope Memorial Library, is a present Northeastern Vermont Regional Hospital Corporator and Capital Campaign Volunteer, an active member and Deacon of the Danville Congregational Church, present member and past Chair of the Danville Chamber of Commerce, and longstanding organizer of the annual Danville Community Fair. Kitty Toll may be contacted at PO BOX 192, Danville, Vermont 05828, kittytoll@live.com or by phone at 802.684.3671.



**Daniel Hourihan,** Cabot School class of 2005, graduated from the University of New Hampshire on May 22, 2010, with BA in Communications and in Film Studies. Dan has just finished making a short film, script written by him, funded by a grant from UNH. He will be living in Massachusetts and hopes to work at an advertising agency in Boston.

Photo courtesy of Hourihan family.



## LEGISLATIVE REPORT

By Senator Bill Doyle

Many thanks to those who participated in the annual Town Meeting questionnaire. As always, I would be pleased to hear from you. Below are some of the results of the 2010 Legislature. The legislature and Governor Douglas worked in a bipartisan manner to balance the budget. Vermont decreased taxes - one of the few states in the nation that did so. **Vermont Seal of Quality:** The Agency of Agriculture was directed to reestablish the Seal of Quality programs for agricultural products. **Unemployment Insurance:** Starting in July, changes in unemployment were made with the goal of bringing the funds out of a deficit in 2015. **Vermont Yankee:** Vermont Yankee's application to continue operating will expire in 2012.

**Bisphenol A Ban:** The sale and distribution of reusable food and beverage containers, bottled infant formula and plastic baby containers will be banned in 2012. **School Mergers:** Tax incentives will be given to those schools that would agree to merge. **Judicial Restructuring:** The criminal, civil, family, environmental and probate courts will be unified under a single administrative unit. Tax payer dollars will be saved. **Health Care:** The legislature will hire a consultant to design a way to provide health care for Vermonters. **Capital Gains Tax:** A 40 percent exemption on taxes on capital gains for business assets. **Texting Ban and Cell Phones:** All the drivers in Vermont will be prohibited from texting while driving. Teens and junior operators licenses are banned from using cell phones while driving.

### Senator Bill Doyle Town Meeting Day Survey - March 2010 12,500 Returns from 150 Towns and Cities from Vermont's 14 Counties in Percent

|                                                                                                                   |    |    |    |    |
|-------------------------------------------------------------------------------------------------------------------|----|----|----|----|
| 1) Should Vermont Yankee's license be re-n<br>ewed in 2012?                                                       |    |    |    |    |
| Statewide Results:                                                                                                | 1  | 31 | 52 | 17 |
| Cabot's Results:                                                                                                  |    | 18 | 53 | 15 |
| 2) Should drivers be prohibited from using<br>cell phones while driving?                                          | 2  | 74 | 20 | 6  |
| Cabot Results:                                                                                                    |    | 55 | 22 | 9  |
| 3) Should drivers be prohibited from texting<br>while driving?                                                    | 3  | 96 | 3  | 1  |
| Cabot Results:                                                                                                    |    | 82 | 4  | 0  |
| 4) Should the legislature enact a law that<br>encourages the drivers of cars and trucks<br>to do less idling?     | 4  | 51 | 34 | 16 |
| Cabot Results:                                                                                                    |    | 47 | 28 | 11 |
| 5) Are you satisfied with your health insur-<br>ance and cost?                                                    | 5  | 41 | 53 | 6  |
| Cabot Results:                                                                                                    |    | 23 | 55 | 5  |
| 6) Do you believe Vermont is an affordable<br>place in which to live?                                             | 6  | 32 | 55 | 13 |
| Cabot Results:                                                                                                    |    | 22 | 51 | 13 |
| 7) Are statewide cell service and broadband<br>important to the future of Vermont?                                | 7  | 85 | 6  | 9  |
| Cabot Results:                                                                                                    |    | 67 | 7  | 12 |
| 8) Are locally grown food and farmers' mar-<br>kets an important part of Vermont's eco-<br>nomic future?          | 8  | 88 | 6  | 6  |
| Cabot Results:                                                                                                    |    | 79 | 3  | 4  |
| 9) Should we reduce the Vermont prison<br>population through the use of alternatives<br>for nonviolent offenders? | 9  | 67 | 19 | 14 |
| Cabot Results:                                                                                                    |    | 64 | 15 | 7  |
| 10) Do you believe that President Obama is<br>doing a good job?                                                   | 10 | 53 | 32 | 15 |
| Cabot Results:                                                                                                    |    | 48 | 27 | 11 |
| 11) Are you concerned about the cost of your<br>local school district?                                            | 11 | 75 | 19 | 6  |
| Cabot Results:                                                                                                    |    | 71 | 10 | 5  |
| 12) Do you believe our federal stimulus funds<br>have been well spent?                                            | 12 | 18 | 49 | 33 |
| Cabot Results:                                                                                                    |    | 16 | 37 | 33 |
| 13) Should baseball and women's softball be<br>reinstigated at the University of Vermont?                         | 13 | 43 | 17 | 40 |
| Cabot Results:                                                                                                    |    | 22 | 23 | 41 |



# THE LIBRARY CORNER

## Friends of Cabot Library News for July

The 2nd Annual Cabot Blooms Garden Tour took place on Saturday, June 19. The group wants to extend a great big thank you to all who opened their gardens for us to show off. We couldn't have done it without your generosity. A special thanks also goes out to Cynthia Russell, member-at-large, who did an incredible job once again at organizing this event, as well as to all the volunteers who gave of their time in support of the tour. Successful events are always a group effort.

As always, proceeds from this and all other events will be used to supplement activities, equipment, and programs for Cabot's library. Often misunderstood, the Friends of Cabot Library is a separate 501(c)3 organization. Our proceeds pay for items that enhance the library's overall operation or décor, which are never part of the town's library budget. Your support of our organization helps us purchase items the library cannot buy. So, we thank you for your continued support, and please know they appreciate it.

Our next planned event, our annual July 4th Book Sale, is just a few days away. We have a terrific selection of books, CDs, and DVDs, which were lovingly donated to help make our event successful. Our booth will be in front of the library this year to make browsing and shopping easier. Sale hours will be from 9:00 a.m. until 1:00 p.m., so stop by while you're in town and get your summer vacation reading material.

Membership continues to increase, and everyone in the Friends group is grateful for the new support. This bodes very well for future event planning, bringing fresh new eyes and ideas to our group, and providing more manpower for events. Let us know what you'd like to see happen for the town's enjoyment, and we'll see what we can do to make it so.

As reported previously, meetings are held on the second Saturday of the month at 9:30 a.m. in the Willey Building meeting room, so feel free to drop in if you're in town or at the library that day. We'd love to meet more of you.

See you on the 4th of July.

### SUMMER THURSDAY DINNERS AT CABOT UNITED CHURCH

The Menu has changed, but the fun remains the same!

JOIN US THURSDAYS: July 15th, July 29th, August 12th

Served from 5:30—7:00 p.m. ~ Take-outs are available.

There is no charge for the meals.

However, donations are welcome.

Cabot United Church – On the Common, Rte. 215, Cabot, VT.

Call for directions or information: 563-2278

### GRAND VIEW WINERY

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## From The Cabot Public Library

July is chock full of programs. We have evening programs. We have story hour programs. Everyone may come to one program, or come to all programs.

Evening programs begin at 6:30 p.m.

On July 6, River Tracking Tuesday, will be a dynamic, hands-on tracking workshop with Angella Gibbons, Director of Earthwalk Vermont. Attendees will learn about the signs, movements, and tracks of river mammals, such as: mink, muskrat, otter and beaver from plaster casts of tracks, skulls, pelts and more. The program will take place outdoors, weather permitting. Angella Gibbons is a professional tracker and has been connecting children to the earth for over 20 years. Earthwalk Vermont is a nonprofit community and nature based education organization, in Plainfield. For more information on Earthwalk, please visit [www.earthwalkvermont.org](http://www.earthwalkvermont.org)

July 10 will herald a performance by Katie Trautz (of Mayfly, Wooden Dinosaur, & The Tall Boys). She will be performing solo, a selection of original folk songs and old time fiddle tunes. Trautz, of Cabot, is also the director of Summit School of Traditional Music & Culture in Montpelier, a folk music school offering a variety of courses in music instruction.

On July 13, the library will host Pizza and Oceans of Artrageous Fun. Pizza will be served, and then participants will help create a sea mural which will be displayed in the library throughout the summer.

Cody Michaels will perform on July 20. Michaels, a solo pianist, will perform "Conversations with Nature." For award winning piano soloist, composer, and storyteller/poet Cody Michaels, "the piano is a way to connect with the mystery of creation and every song is a prayer". A former park ranger and farmhand, Michael's performances and workshops celebrate the wonders of nature, simple living, and the human spirit.

Tom Joyce, Magic Man, will offer a program on July 27, featuring an all-new comedy magic show for the whole family. As always, Tom's shows are filled with audience participation, pup-

pets, and magical transformation of our library.

Story Hour Programs take place on Wednesday at 10:30 a.m. They include; July 7, Look Out For Turtles! Turtles have been on the earth for nearly 200 million years. Come discover how and why these creatures have survived so long and make your own artistic sea turtle; July 14, Life's a Beach at Your Library. Come learn how water flows from brooks, to streams, to rivers, and to eventually reach the ocean. We'll also head outside for beach volleyball; July 21, Life in a Coral Reef. Come learn about the amazing world of coral reefs and the marine life they support and help create our own sidewalk coral reef mural with colored chalk; July 28, Splish, Splash, Water Bash. Read about a very special friendship between a very large sea mammal and a very small land mammal and prepare to get soaked while we play splash tag, water balloon toss, and other "get wet" games.

We want to extend a special Thank You to the Friends of the Cabot Public Library and the Cabot Creamery for support with our Summer Programs. Also, many thanks to Marshfield's Jaquith Public Library for splitting the cost of two programs. We would also like to thank the Friends of the Cabot Public Library for their generous donation of the popcorn popper. It has been a great hit.

Reminders: Summer Hours start June 22 and end August 21. Open Tuesday 9:00 a.m. to 2:00 p.m., and 5:00 to 7:00 p.m. (with programs at 6:30 p.m.). Wednesday (Story Hour at 10:30 a.m.), Thursday, and Saturday, open from 9:00 to 2:00 p.m.

The 4th of July Friends of the Cabot Public Library Book Sale is coming up. The library has State Parks and Historic Sites Passes available to borrow, and Listen UP! VT! online, downloadable audiobooks for free. Also available are MP3 players to borrow (thanks to the Friends of the Cabot Public Library), and we will load the audiobook for you from the Listen UP! VT! Website.

See you at the Library.



### CABOT FOOD SHARE DATES:

Wednesday, July 7th  
from 11:00 - 1:00

Thursday, July 22nd  
from 2:00 - 4:00

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Food is distributed at  
the the Cabot Mason  
Lodge on Main Street.  
All families and  
individuals who are  
in need of food  
are welcome.

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For more  
information, call:  
Bill Cobb at 563-3322  
or Kathleen Hoyne, at  
563-3338.

### From the CABOT Public Library Calendar

Sun, July 4 –  
Friends of the Cabot Public  
Library Book Sale

Tue, July 6 –  
River Tracking Tuesday

Wed, July 7 –  
Look Out For Turtles!

Sat, July 10 –  
Katie Trautz

Tue, July 13 –  
Pizza and Oceans of  
Artrageous Fun

Wed, July 14 –  
Life's a Beach at Your Library

Tue, July 20 –  
Cody Michaels

Wed, July 21 –  
Life in a Coral Reef

Tue, July 27 –  
Tom Joyce

Wed, July 28 –  
Splish, Splash, Water Bash

*Ahoy Readers Story Hour.*



# CONCERNING EDUCATION

## What's Missing for Rural Schools in Obama's Blueprint?

By Caitlin Howley

We received permission to reprint the following to provide food for thought, as Cabot residents reconsider the way education is provided.

Jack Corn Children at recess in Chat-teroy, West Virginia (Mingo County), in 1974. Rural schools have different needs than urban schools — a fact that the Obama Administration's *Blueprint* doesn't acknowledge.

It's difficult to argue that the Obama administration and the U.S. Department of Education (ED) have overlooked rural schools and districts. At the same time, administration officials don't appear to have seen rural education either, at least in their major proposals.

A *Blueprint for Reform* introduces the administration's priorities: in particular, it spells out how the Obama administration wants to change the nation's most significant federal education law, the Elementary and Secondary Education Act (ESEA), otherwise known these days as No Child Left Behind. Plans range from revising all state learning standards so that students leave school "college- or career-ready" to measuring student academic growth rather than student grade level proficiency.

The *Blueprint* certainly gives a nod to rural communities. For those of us who like to count things, the word "rural" is used 18 times in the document; by contrast, "urban" is not used at all. This attention is thanks to the efforts of various rural education advocacy groups, including the National Rural Education Advocacy Coalition and the National Rural Assembly, among others, which have worked to ensure that the heavily urban-centric Obama education department acknowledges and grapples with rural issues, too. The administration even appointed a Deputy Assistant Secretary for Rural Outreach, who has been meeting and speaking with a wide variety of rural stakeholders.

The *Blueprint* proposes several explicitly rural efforts. For example, the administration says it wants to "maintain and strengthen" formula grant programs for rural districts, update the way it classifies districts as rural (the current rural formula grant programs exclude larger rural districts, such as those in the Southeast and Appalachia), and fund technical assistance to rural districts as they apply for competitive funding.

But these priorities aren't all that rural. As the Rural School and Community Trust puts it, "only one provision would address a real circumstance of rural schools." This *Blueprint* recommendation is that teachers in schools in the Rural Low-Income Schools (RLIS) program would have additional time to become "highly qualified" in all the subjects they teach. Because teachers in rural schools often must teach multiple subjects, whether because of teacher shortages or lack of funding, they often have had difficulty meeting NCLB's requirement that all teachers be "highly qualified" in all subjects they teach.

Other rural-related provisions are of ambiguous benefit to rural places. For example, the *Blueprint* proposes technical assistance to rural districts applying for new competitive funds, acknowledging that many rural districts lack the staff to develop winning proposals. But an increase in competitive funding may herald a decrease in formula funding based on district or state needs, assuming this is a zero-sum game.

Moreover, competitive funding for federally-mandated programs is especially worrisome. The *Blueprint* makes no mention, for example, of technical

assistance to largely rural states which would need to apply for competitive monies to implement the (proposed and increasingly probable, despite union resistance) federally mandated requirement that states develop teacher evaluation systems that are based in part on student achievement growth.

The recommendations for turning around struggling schools are also of unclear help to rural schools and districts. Federal money flows to states, which in turn award funds competitively to districts with struggling schools. But the Obama administration would pay for school turnaround options that would be difficult to do in rural communities. The school turnaround options associated with such grants require replacement of staff, conversion to charter school status, or outright school closure — options that would be difficult, if not impossible, to implement in rural places. (If you close the only school in a rural community, where are the children going to go? And if you fire all the teachers in a small town, where are you going to hire new ones?)

This problem has led critics to suggest that the competitions don't have much meaning for rural districts. During a recent discussion among chief state school officers and Education Secretary Arne Duncan, Montana's state superintendent said that this *Blueprint* provision wouldn't work for her state's lowest performing schools; many of them are located on extremely remote reservations and wouldn't even be able to provide housing for new staff.

Some of the *Blueprint*'s provisions simply neglect rural challenges. The recommendations for educating English Language Learners (ELL) are an example of this. The *Blueprint* suggests that districts that fail to improve the achievement of English Language Learners (ELL) should be penalized by losing control of how they may use formula funding for all ELL services. In addition, districts must implement state English language proficiency standards and state identification criteria, and participate in state evaluation of language instruction programs.

None of this is bad, in theory. It's just that some rural districts aren't prepared to do all of it without help. Rural schools with new ELL populations will have to put these new state requirements into effect—AND they'll also have to develop, identify and provide instructional and support services to their ELL students. That's a lot to handle if you're the leader of a small, rural district—and you're also the curriculum director, the Title I director and a part time bus driver/janitor.

Nor does the *Blueprint* address the needs of rural communities with new immigrant populations that are nonetheless still too small to warrant meaningful amounts of formula funding for ELL services. To provide really excellent services to their ELL students, and to help such students receive a truly equitable education, such rural districts may need more assistance than the *Blueprint* offers.

Another provision may have implications for how teachers of small rural classes are evaluated, leaving ratings in part up to the vagaries of statistical fluctuations in small numbers. Teacher effectiveness would be gauged by whether or not they are able to improve their students' achievement by some as-yet unspecified metric.

But if, as this provision seems to suggest, the effectiveness-rating of a teacher in a rural school depends on one year's worth of data from a small class,

that's about as valid as leaving effectiveness ratings up to chance. The scores of a few students in a small class can significantly impact the class's average score.

Moreover, because socioeconomic class plays an enormous role in achievement and achievement-growth rates, and because many rural schools serve large proportions of students from families in poverty, our hypothetical teacher may appear "less effective" than her colleague in a neighboring school serving students from more affluent families. Her effectiveness rating may end up being more of statistical artifact than a solid measure of how well she does her job.

In a recent phone conference between rural education stakeholders and ED officials, one participant noted an issue of real rural significance that the *Blueprint* ignored altogether — the disadvantage engendered by federal Title I weighted grants on small rural districts' funding. Title I is an ESEA provision intended to help schools address the needs of impoverished students. Districts may choose to use either the percentage or the absolute number of students who are Title I eligible when applying for these funds.

Large, urban districts often choose number weighting rather than percentage weighting because they can receive a higher score by relying on their large numbers of students. As a result, small rural districts receive a far smaller share of Title I funds, even if they serve larger percentages of impoverished students.

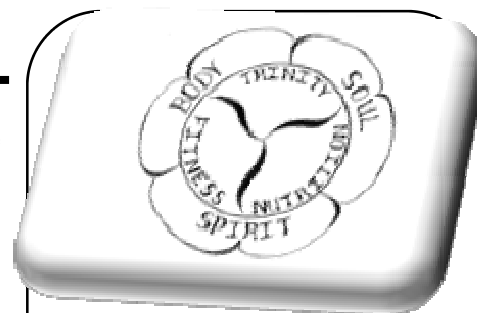
Although this issue has been a problem for some time, the *Blueprint* doesn't mention it at all. Education Department officials said during their call with rural stakeholders that they would be interested in addressing the problem.

The *Blueprint*'s increased use of competitive funding as a policy tool may have repercussions for rural schools and districts. For instance, the Education Department proposes to fund a competitive grant program for innovative teacher preparation and recruitment approaches that target high-need classroom subject areas and schools. Rural communities certainly have recruitment needs. But the downside of competitive funding is that, although there are winners, there are also losers—communities with needs that go unmet as a result. So, some rural places might benefit from a federally-funded teacher recruitment program, while others will continue to be under-staffed and stretched too thin.

There's much that is left undefined in the *Blueprint*. We don't know when ESEA will, in fact, be reauthorized. The teacher unions have criticized the document roundly, and the Education Department continues to seek input from legislators, stakeholders, and educators. The road ahead is still coming into view.

At this point, however, we can say that although there's more "rural" in the law than ever before, it could be more *meaningfully* rural. To get the rural part of the new legislation right, we'll need the insights of people who are from and of rural places.

Caitlin Howley is a Senior Manager for Education and Research in the Appalachian Regional Office of ICF International. For more rural related articles, check out the website [www.dailyyonder.com](http://www.dailyyonder.com).



## FITNESS CLASS

Four weeks, beginning Monday, July 12th



Monday, Wednesday & Friday mornings from 6:30 - 7:30am. at the recreation field.

All ages

Led by NFPT certified personal trainer Michelle Delaney.



We will work on core strength, overall body strength and cardio and explore the benefits of barefoot running.

You will learn body weight exercises and progressions that can be adjusted to your fitness level.

Going barefoot strengthens your feet and puts your body in proper alignment. If you



have not gone barefoot much your feet will be weak and you would want to gradually increase your barefoot time.



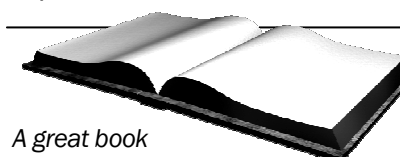
By the end of the 12 sessions you will have the tools you need for lifetime fitness that you can perform anywhere and anytime without any equipment. How much money have you spent over the years on gym memberships and equipment for your home? Your own body is the best piece of fitness equipment.

The class cost \$60, but please come anyway if you cannot pay.

"Motivation is what gets you started. Habit is what keeps you going."

Jim Ryun: Former track athlete and politician

Please register for the classes at 563-2427 or [mpsoccer2@aol.com](mailto:mpsoccer2@aol.com)



A great book to read before the class is "Born to Run" by Christopher McDougall. You can find it at the Cabot Public Library or borrow a copy from Michelle.



CONCERNING EDUCATION

Vermont Virtual Learning Cooperative  
Increases Learning Options

Cabot School has collaborated with Montpelier High School, Spaulding and U-32 to offer Vermont Virtual Learning Cooperative classes to students in grades nine through twelve.

Cabot's art teacher, Ruth Kaldor, is offering two classes through the program, Digital Photography and 3D Modeling. Ruth's involvement, combined with a grant written by Cabot School Principal Regina Quinn and the schools listed above, means the courses are offered free of charge to students in those school districts. There are currently approximately 20 Cabot students enrolled in the Virtual Learning courses next fall. Below is some information about the courses offered and how to get involved. More information can be found on the VTVLC website: [VTVLC.org](http://VTVLC.org), or by contacting the school guidance counselor.

**WHAT IS VTVLC?**

The Vermont Virtual Learning Cooperative (VTVLC) is an organization developed through a partnership of public schools which is funded by a grant provided by the Vermont Department of Education using ARRA/Title IID funds. The VTVLC coordinates the efforts of Vermont public schools to offer online classes using an online Learning Management System (LMS).

A broad range of professional development activities are used to prepare teachers to meet the challenges of teaching in an online environment. A substantial training program for lead teachers is provided through the Community College of Vermont and the Marlboro College Graduate School. These programs, coupled with training in mentoring protocols and strategies, support the lead teachers to train other teachers within their region to become online educators as well.

Classes are able to access other courses being offered through VTVLC from around the state with no exchange or loss of tuition dollars. This program allows students greater access to programs and courses while allowing schools to maximize teacher resources for low and underenrolled classes. As an example, a school that offers AP Environmental Science may only have seven or eight students at their location desir-

ing to enroll in the course, while the remaining seats go empty. VTVLC helps schools to offer courses like these to other students, thereby maximizing the use of instructional staff and course content.

**VTVLC COURSES**

Every VTVLC course is created to meet national standards of instruction and is taught by a highly qualified Vermont State certified educator. Educators and students interact regularly through email, voice mail, telephone conversations, and a variety of Web 2.0 tools. Students are encouraged to contact the instructor with any questions as they arise. All of our instructors will communicate via telephone with students and their parents at least once every month while the student is enrolled.

To enroll in courses offered by VTVLC, please see your school's counselor to verify that the course you wish to enroll in will satisfy your graduation requirement(s). After you complete our registration form for your VTVLC course request, we will contact your school counselor to finalize your enrollment in the course. You will be notified of your acceptance via email, so please make sure you use your correct email address and include your school counselor's correct email address as well. Enrollment priority is given to those that enroll first, as well as consideration for each partner school. Each course is limited to 25 students, so early application is encouraged. If you are not a student from one the VTVLC Partner Schools, you may apply on a space-available basis, but no guarantee of acceptance can be made at this time. Please see your school counselor or contact VTVLC for more information. Because each course is offered by a Vermont public school, each school is accredited independently.

VTVLC Course Listings for next fall are: AP Calculus, AP English Literature and Comp, AP Environmental Science, AP US History, 3D Art – Modeling, Computing for College and Careers, Digital Photography, Flash Animation, Green Technology Science, Personal Fitness, English III/ English III Honors, Latin I, Spanish I, Spanish III, Algebra I/Algebra I Honors, Physics/Physics Honors, Conspiracy Code, Global Studies.

**UDAG Scholarships Awarded**

By R.D. Eno

The Cabot UDAG Committee is pleased to announce that UDAG Scholarships have been awarded to the following graduating seniors:

Ashley Ambroz  
Brittany French  
Amber Graves" under the \$1300 list  
Haylee Smith  
Nick Martino, a Twinfield senior but a Cabot resident

UDAG Scholarship have also been awarded for continuing post-secondary or adult education to the following Cabot residents:

Lillian Alexander  
Malcolm Dale-Brown  
Cara Cookson

On behalf of the Town of Cabot, the Committee congratulates these recipients and sends them every encouragement for future success.

The UDAG Committee extends its thanks to Scholarship Subcommittee members Ann Cookson, Cathleen Maine, Jen Boucher, Marie Thompson and Erma Perry. In particular, the Committee wishes to recognize Erma Perry for her extraordinary contributions over the years. As a teacher in the Cabot School, Erma taught and nur-

tured generations of students, some of whom are community leaders today; and to generations of teachers who passed through the School, Erma was a mentor, a role model and a conservator of timeless educational values. For both teachers and students, to earn Erma's respect was the most important test of all. In her retirement, Erma has dedicated herself to community service and become Cabot's First Lady, loved and trusted by everyone. Though Erma Perry is stepping down from the Scholarship Subcommittee, we know her wise counsel is only a phone call away.

By, R.D. Eno

CABOT  
UDAG



FARM TO SCHOOL

Cabot Farm To School Update



Greg and Keith Burt of Maple Glen Farm joined Cabot's 9th/10th grade health class for breakfast and egg talk.

Cabot School has been awarded a Fresh Fruits and Vegetables grant, which will result in two fresh fruit and vegetable snacks every week to the entire elementary population next year (pre-K through sixth grade).

The produce can be purchased locally, as well as from exotic places. The only stipulation is that it be fresh, not frozen or processed in any way. The goal is to increase students' awareness about and consumption of fresh produce.

Faculty will be supported in providing education about the produce, encouraged by the fact that it will need to be offered in addition to any snack/breakfast program that is already in place. There is some funding in the grant to hire staff to prepare the foods, but it is hoped volunteers will also be helping with the program. Students who are available on a regular basis (Tuesday and Thursday mornings) could earn community service or other credit in exchange for learning food preparation skills. Interested students or support people can contact the Farm to School coordinator or the Food Service Director for more information.

This summer the Cabot F2S committee will be focused on fundraising. We will have two committee meetings to plan fundraising events for next school year, including a Harvest Supper and other, ongoing activities. The funds will be needed to continue to supply the cafeteria with fresh, local produce, as well as to raise awareness of our F2S activities. The meetings will be Wednesday, July 14, from 4:00 to 6:00 p.m., and Wednesday, August 11, from 4:00 to 6:00 p.m., in the Cabot School Library.

On June 2, the freshman and sophomore health class taste tested hard boiled eggs during lunch in the cafeteria. The results were overwhelmingly positive, and every student who tried them liked them and would eat them again (64 students in total). Since fresh eggs

can be harder to peel than those that have sat around a little longer, some suggestions from people included putting vinegar in the water when boiling them and peeling them under water. Everyone seemed to agree that they are a high-protein food that is easy to prepare.

To celebrate farm-fresh eggs, the health class invited local egg producers Keith and Greg Burt of Maple Glen Farm in Cabot to join them for breakfast. Students made omelets to share, asked many questions about how the eggs are raised, and wrote egg poems. Following is an excerpt of the poems the class came up with:

*Farm Fresh Eggs  
Eat them scrambled,  
Fried or boiled.  
Eggs are so good  
They are like gold-  
You can bank on them!*

~

*Farm Fresh Eggs are very edible  
Their yellow yoke is so delectable.  
The white is good for you  
But the whole egg is better.*

~

*Farm Fresh Eggs  
Are very uncommon  
They taste like ramen.  
They are from farm chickens  
And chickens are very fantastic  
Their eggs are real,  
not made from plastic.*

~

*Farm Fresh Eggs  
Are local and taste good.  
I'd eat them when I could.  
Go eat them in the woods  
Or in the hood  
Thank you chickens!*

The Farm to School committee wishes to thank everyone who helped make this year's F2S programs a success, whether in body or spirit.

COMMUNITY MEMBER WANTED

Community members are invited to express interest in being appointed by the Board of Selectmen to fill a position on the UDAG Committee.

Interest in business finance, economic development or community development are assets but not required. The committee is responsible for administering UDAG funds, which includes scholarships, economic development loans and planning grants.

Anyone interested is encouraged to contact a member of the Board of Selectmen.



# RECREATION NEWS SENIOR NEWS

## Recreation Department Update

By the Cabot Recreation Department

After a full spring, Little League is over. I believe it was a very successful season; everyone had fun and knows a bit more about baseball than they did just a few short months ago. The Cabot Recreation Department would like to thank all the folks who stepped up to organize and coach the teams and who made the commitment to assist the coaches in supporting the players to make things run smoothly and the dug-outs a bit less crazy. Also, a big thank you to the umpires. Several fair and knowledgeable folks eagerly agreed to Ump. the major and minor team's games and did a great job in an often thankless position. And, thank you to the makers and the dryer-outers of the field. The field was beautiful and dry(er) this year thanks to the efforts of many: digging, hauling, filling, raking, riding... the list could go on. Thanks to

Larry for the use of the field and Mr. Richardson for maintaining it so diligently. We are very lucky to have so many people in this small town willing to contribute so much for the fun and growth of our children!

Looking forward to summer, the Rec. Dept. is hosting a soccer camp August 2<sup>nd</sup> through 6<sup>th</sup>. Skilled soccer coaches will offer age appropriate skills training, games and fun for younger children (4-7YO and 8-11YO) in the morning and ages 12&up in the afternoon. For more information and to register, contact Rebecca Nally at 563-3503.

The Rec. Dept. is also working hard to prepare for its' first elementary soccer season this fall. We welcome all knowledgeable and enthusiastic individuals to fill out volunteer application forms for the opportunity to coach an elementary team this fall. For more information and a volunteer application, please contact Rebecca Nally at 563-3503

Get out and enjoy the summer!



## Twin Valley Senior Center Plans New Outreach Program

Thanks to a generous donation from The North Country Credit Union, East Montpelier branch, Twin Valley Senior Center is undertaking a major outreach program. The center staff is attempting to get the word out to every senior within the six towns served by the center, letting them know about what is offered.

With this generous donation, the center will be able to increase newsletter printing and distribution, along with printing and distributing brochures to reach as many seniors and their family members as possible. Meals on Wheels are offered for those who cannot cook for themselves or travel to purchase food. Nutritious meals are served at the center, in addition to an all-levels exercise program, games, bingo, health screening clinics and classes, musicians, artists, programs on fraud, nature, books and other topics, entertainment, picnics, holiday feasts and parties, and lots of camaraderie and laughter.

The center is now able to provide free transportation door to door throughout the six towns. Staff and volunteers also want to reach families that don't live

with their elderly family members but want to make sure they receive the nutritional meals they need and are aware of the many programs available to relieve their isolation, a critical need especially in our rural area.

This month don't miss the entertaining music of local troubadour Ben Koenig on July 14. Ben is a favorite at the Center and his performances are eagerly awaited. The Foot Clinic will be held July 12 at a cost of \$15.00 for complete foot care. To make an appointment, call (802) 223-1878. All seniors aged 55 and older are welcome whether or not they are an active Center member.

The need for volunteers is ongoing. Helpers are needed to help with the ever growing Meals on Wheels program. These volunteers help with the packaging, labeling and sealing of meals. Volunteers are also needed to help in the kitchen, washing dishes. Help would be welcome in the dining area, assisting, socializing and serving the seniors. A back-up driver for our dedicated drivers who deliver meals is also needed. An hour or two of time weekly would be very much appreciated by the existing volunteers and staff. Anyone interested should contact Rita at 454-7750 or 426-3447.

The "Grow a Row for Seniors" program is having good success. Anyone who wants to be part of this great six town effort should add an extra tomato plant or two, a row of beans, peas, even that huge supply of extra zucchini at summer's end. Fresh fruits and vegetables are too expensive for the budget at the Center, but are so important for the seniors. The creative cooks will be able to use whatever is grown, and the seniors will enjoy a fresh nutritious meal tasting of the bounty of summer. Just call Rita at 454-7750 or 426-3447.

The Center will be closed on Monday, July 5.

## Masons C.A.R.E. Training



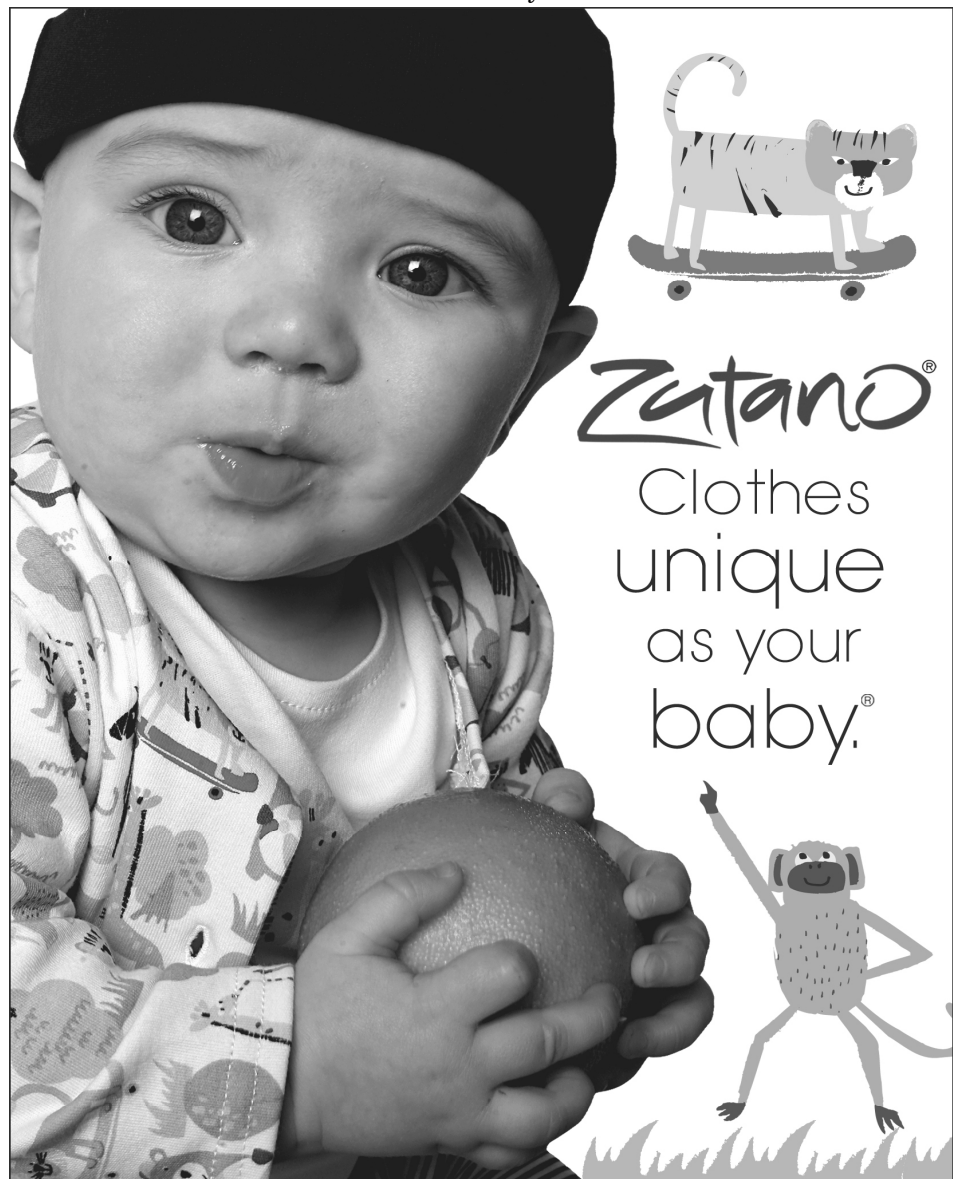
Cabot School staff and community members participated in the 2010 Masons C.A.R.E. (Comprehensive Assessment & Recovery Effort) training program. This 2-day training helped educators design a team approach for identifying and responding to factors that contribute to a student's behavior or inability to learn such as bullying, substance abuse, depression and violence. Those representing Cabot (pictured left to right) were Dick Spaulding, Lori Augustyniak, Jeannie Johnson, Sue Polen and Jody Philllips.



## Where In Cabot?



Where in Cabot Is This? Answer: page 10  
Only your mail carrier knows for sure?



79 MAIN STREET - MONTPELIER, VT - 802-223-BABY  
Mon-Sat 10am to 6pm - Sun 12pm to 4pm  
www.zutano.com - zstore@zutano.com

# COMMUNITY NEWS



## WHAT'S ON YOUR MIND?

### The Scapegoat and the Mirror

By Todd Jones

The word "Scapegoat" is a mis-translation of the Hebrew word *Azazel* (written in Hebrew, *אזאזל*). Although mentioned in the Bible, its origins are actually based in much older rituals in which groups or even entire civilizations symbolically placed the sins and woes of a group onto a single animal or person (usually a criminal or mentally challenged individual). These unfortunate souls were then either banished or killed. Although most modern day practices of this behavior are not as overt, they can be just as harmful to the scapegoat, the accuser(s) and society in general.

Scapegoating is a dynamic psychosocial process by which individuals or groups project conflict or blame to others. The purpose of this is an often unconscious attempt to reduce confusion or guilt. Most individuals have little conscious realization of their actions, and within groups the conscious awareness is even less. The fact of the matter is that nearly everyone has participated in scapegoating at one time or another. Individuals will often revert to this behavior when they are unable to find a reason or solution to a problem. Groups will do so when the collective problem seems insurmountable.

The ultimate challenge with scapegoating is that it is a self-replicating cycle that can quickly become a habit. It begins as an attempt to eliminate or avoid a conflict (known as a conflict projection). However, if projection fails to resolve the conflict, then a new unresolved conflict is created. The pattern also generates confusion with where the actual problem exists. In the case of group scapegoating, the faction being scapegoated will often become defensive and begin projecting back on the scapegoater. This results in both sides blaming, neither side taking responsibility, and the conflict continuing without resolution. In addition, the more a person or group feels accused of something for which they are not responsible, the less likely they are to try to resolve it, resulting in the rationale, "If I am going to be blamed anyway, why try?"

One of the most common forms of scapegoating involves blaming a "group" for the conflict, creating the perception of "us" or "me" versus "them." A group is

a much easier target as it cannot defend itself as easily as an individual. It is human nature to focus on the most evident and different aspects of an individual or group when we are attempting to project. Therefore, projections are typically based on gender, skin color, ethnicity, sociology (religious, political or economic affiliation) or sexual orientation. If you are noticing that you are against a group that appears to have similarities that are not related to the conflict, you may be unknowingly scapegoating.

The first step to eliminating the tendency to scapegoat is to look at ourselves. We need to determine what the actual conflict/upset is. Next, we need to determine if the group or individual being scapegoated is related to this conflict. Finally, and perhaps the most important question to ask is, "how am I related to this problem?"

In any conflict, there are two possibilities, the problem and the solution. For every conflict there is always a solution. However, the solution is not always the easiest route to the end. Avoidance is often a much easier path, and here is where scapegoating often occurs. So, are we part of the solution? We need to look in the mirror and see what role we play in the situation. It is important to recognize the difference between avoidance and solution. Another aspect of scapegoating is that we unconsciously assign power or knowledge where it does not exist. The assumption is that because a person or persons are professional, they must have the answer. This is not always true. Ideas are not exclusive to people who went to college or have positions of power. To be part of the solution, we must be willing to come forward with our own ideas and listen to the ideas of others. Remember, there will always be others that take the easy path of scapegoating, even when we are attempting to find true solutions. Keep your eyes on the solution.

**HOMEWORK:** Is there an unnamed conflict that you are assigning to a group? Are you assuming that they know how to fix it? What have you done to fix the problem (even if it is not your responsibility)? Your homework is to simply present your ideas for solutions. At least then you can say that you are part of the solution and not part of the scapegoating.

## July 4th Crackdown On Drunk Drivers "Buzzed Driving is Drunk Driving"



Vermont law enforcement officers will be out in full force during the 4th of July holiday period, cracking down on impaired drivers

with an aggressive *Drunk Driving. Over the Limit. Under Arrest* enforcement blitz.

According to National Highway Traffic Safety Administration data, the Independence Day holiday is the second most perilous holiday for drivers, with almost 41 million people on the roads and more than half of all crashes caused by impaired driving. Recent statistics underscore the importance of the crackdown. In 2008 during the July 4th holiday period (6:00PM THURSDAY JULY 3rd TO 5:59 AM MONDAY JULY 7th, 2008) there were a total of 491 traffic related fatalities. Out of that number, 43 percent involved a driver or motorcycle rider with a BAC of .08 or higher.

Impaired driving is one of America's deadliest problems. In 2008, 37,261 people were killed in motor vehicle crashes. Out of that number 11,773 people were killed in traffic crashes that involved at least one driver or motorcycle rider with a blood alcohol concentration (BAC) of .08 or higher.

Much of the tragedy from drunk driving can be prevented with a few simple

precautions before going out to celebrate:

- Plan a safe way home before the festivities begin;
- Before drinking, please designate a sober driver and give that person your keys;
- If you're impaired, call a sober friend or family member, so you are sure to get home safely;

And remember, *Friends Don't Let Friends Drive Drunk*. If you know someone who is about to drive or ride while impaired, take their keys and help them make other arrangements to get to where they are going safely.

Driving impaired is simply not worth the risk. The consequences are serious and real. Not only do you risk killing yourself or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be significant. Violators often face jail time, the loss of their driver's license, higher insurance rates, and dozens of other unanticipated expenses.

Don't let this Fourth of July blow up in your face. Remember, *Buzzed Driving Is Drunk Driving*. Designate your sober driver before the parties begin.

For more information, please visit [www.StopImpairedDriving.org](http://www.StopImpairedDriving.org).



### ...even you can feel better!

Are you living with a chronic health condition or are you a support person of someone who has a chronic health condition?

If so, these **FREE** Healthier Living Workshops are for you!

- Deal with frustration, fatigue, and pain
- Improve strength, flexibility, and endurance
- Talk with your health care providers
- Manage medications
- Improve eating habits

Thursdays, July 15<sup>th</sup> – August 19<sup>th</sup>

8:30 - 11:00 AM

The Health Center, Plainfield, VT

Call to register for a Healthier Living Workshop 371-4292

All participants will receive a one month complimentary membership to First in Fitness, The Confluence, Body Fit, Jazzercise, Ladies Workout Express, OR Snap Fitness.

**Central Vermont Medical Center**

Central to Your Well Being  
[www.cvmc.org](http://www.cvmc.org)

**VERMONT Blueprint for Health**

Smart choices. Powerful tools.





# REAL ESTATE NEWS

## Cabot Real Estate Transactions 2010

As received from the Cabot Town Clerk's office.

Format is: recording date, seller name, buyer name, property address (all addresses are Cabot unless otherwise noted), property description, selling price. Any omitted items were not listed on the Town Clerk's records.

6/3, David and Donna Winters to Andrew Adams and Karen Carver, 334 Tetreault Rd., 3.44 acres plus dwelling, \$180,000.

6/1, David Creighton to David and Michelle Creighton, 316 Last Rd, \$0.

5/25, Sandra Williams to Darien McElwain, Ducharme Rd., 2.0 acres land, \$3,000.

5/3, Henry Menard to Dawn Andrews, 34 Langone Rd., 2.87 acres plus dwelling, \$106,250.

5/3, Henry Menard to Dawn Andrews, 37 Langone Rd., 159 acres plus dwelling, \$393,750.

4/19, Cedric Houston to Cedric Houston and Norma Dutil, 238 Cathy Rd., 43.4 acres plus dwelling, \$0.

4/15, Marc Whitman to Jean Whitman, Th 61 Lovely Rd., 53.0 acres land, \$0.

3/29, Erica and Robert Burke to Erica and Robert Burke, 2226 Cabot Plains Rd., 96.0 acres plus dwelling, \$0.

3/25, David and Linda Johnson to Roland and Theresa Gerhart, 1897 Bricketts Crossing, 17.0 acres, \$88,000.

3/24, Jessica Lloyd to Peter and Jessica Lloyd, 125 Rt. 215 S., 5.13 acres plus dwelling, \$0.

3/4, Cynthia Vanetti to Daniel and Karen Keene, 1539 West Shore Rd., .62 acres plus seasonal dwelling, \$410,000.

2/18, Roland Sr. and Cecile Payne to Roland Payne Jr., Bayley-Hazen Rd., 39.0 acres, \$0.

2/10, Abel and Catherine Toll to Catherine Beattie Toll Revocable Trust, Joe's Pond, Cabot and Danville, 0 acres plus dwelling, \$0.

2/10, Richard and Constance Hourihan to Marie Dubois, 1136 Bricketts Crossing Rd., 39.0 acres plus farm buildings, \$77,000.

2/4, Alison Paner to William Ameden, 1009 Ducharme Rd., 244.2 acres plus dwelling, \$0.

2/3, Bruce Putvain to Sandra Putvain, Ducharme Rd., 2.0 acres plus dwelling, \$0.

2/1, Karl Grohs for Earl Grohs Revocable Trust to Eric and Brace Hoffman, 90 Bayley-Hazen Rd., 13.2 acres plus dwelling, \$299,000.

1/27, Todd Ambroz to Juliann Ambroz, Danville Hill Rd., 7.0 acres land, \$0.

1/19, Christopher Winters and Sarah Alberghini-Winters to Tavis Morse and Lisa Olson, 370 Tetreault Rd., 61.94 acres plus dwelling, \$225,000.

1/5, Larry and Cherry Gochey to Shon and Billie Marcotte, 2466 VT Rte. 215, 3.41 acres plus dwelling, \$170,000.



# YOUTH NEWS

## Destination ImagiNation 2010 Cabot State Champions!

A group of elementary students from Cabot recently returned from an amazing international experience, the Destination ImagiNation Global Finals. From May 24-30 University of Tennessee in Knoxville was filled with 1,031 teams from every continent, along with thousands of adult volunteers and supporters – more than 18,000 people in all. Most of them were in the gigantic Thompson-Boling Arena (usually used for basketball by the UT Volunteers) for Opening and Closing Ceremonies, complete with a parade of states and nations, music by the band MAE, laser light shows, and indoor fireworks.

Everyone was very busy from morning till night. First the team had to find the boxes of props, costumes, and materials that had been shipped in advance, then spent some time on reassembly and repairs. Our Cabot kids competed against 45 elementary teams. They did well with their Instant Challenge and their performance skit, and were proud that their lightweight newspaper and glue structure held 50 pounds, twice what their winning invention held at the Vermont tournament. However, the winning teams at Globals had structures that held 900-1,000 pounds!

A highlight of Global Finals is pin-trading. All teams bring colorful pins from their state or nation to trade with people they meet. Imagine a marketplace where people of all ages spread out pin collections on floors and tables. Cabot kids had conversations with people from all over the world, which



2010 Cabot Destination ImagiNation state champions prepare for their skit at University of Tennessee, in Knoxville. Standing (l-r) Helen Sawyer, Natalie Mudgett-Fox. Sitting (l-r) Billie O'Conner, Desiree Chadderton, Lela Jones. Photo courtesy of Lynn Jones

started by trading their Vermont pins.

Other activities included a costume party, fitness challenges, a Dcoupage art activity, swimming, and watching other teams perform. An incredible variety of creative work was visible everywhere - costumes, props, scenery, and inventions.

The Cabot team didn't win any awards, but the reward was really the trip, itself – an experience these kids will never forget. Many thanks to everyone who helped the team by participating in events and making donations. More fundraising will be taking place this summer in order to finish paying for the trip expenses. Thanks for your continuing support of Destination ImagiNation!

## Are you ready to take the next step?



Do you want to quit tobacco use (cigarettes, chew, cigars, pipe etc.) but need help? For many tobacco users, support from others makes the difference in staying tobacco-free. Special attention is given to developing a quitting strategy, including dealing with weight control and managing stress. These workshops will offer ways to change your behavior and help you start a tobacco free lifestyle. For more information and to register, please call 371-5945. Free Workshop.

**Central Vermont Medical Center**  
Starts the first Wednesday of each month  
6:00-7:00 PM  
Conference Room 5

**The Health Center- Plainfield**  
Thursdays July 8 - Aug 5  
(No class July 22)  
4:00-5:00 PM



every try counts

1-800-QUIT-NOW (784-8669) vquitnetwork.org  
VERMONT DEPARTMENT OF HEALTH



Central to Your Well Being  
www.cvmc.org

## Cabot 4th of July!

### Sunday July 4th, Main Street, Cabot

\*\*\*\*\*

- ★ Parade will start at 11am
- ★ Rummage/Yard Sale 8am-2pm
- ★ Historical Society Exhibits
- ★ Chicken BBQ noon on the rec field
- ★ Lumber Jack demo 1 pm on rec field

\*\*\*\*\*

### LIVE MUSIC

\*\*\*\*\*

NEW: Fried Oreo and Snickers, Cotton Candy!

As always there will be lots of fun games to play for the whole family on the rec field after the parade.



# COMMUNITY NEWS



## Where In Cabot?

Answer from page 7 - Cabot Plains Road

Only your mail carrier knows for sure?

Photo courtesy Jeannie Johnson.



Come get motivated and form some great lifetime habits!

### OUTDOOR RECREATION CAMP

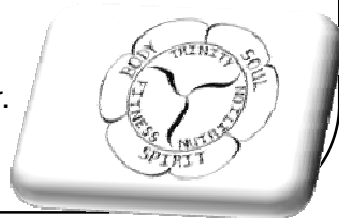
for kids in 1st through 6th grade. Led by Michelle Delaney and Dave Creighton

**JULY 12 - 16<sup>TH</sup>, 8 A.M. TO 4 P.M.**

Learn how to kayak, shoot a bow & arrow and fish. We will be swimming, trail running, and doing various other outdoor activities, arts & crafts and reading about the great outdoors.

Kids need to know how to swim and bring their own lunch and water bottle. The cost is \$125 for the week. The camp is limited to 6 kids so that each one will get plenty of one-on-one instruction time. Those with allergies to dogs and/or cats should not register.

Please register for camp at 563-2427 or mpsoccer2@aol.com



## Healthy Eating and Activity

From the Green Mountain United Way June Newsletter

### How We Eat

Last summer GMUW convened focus groups to ask families about their eating habits. Parents of young children in Washington County cited busy lifestyles, fast food, eating on the run, and the high cost of healthy food as barriers to healthy eating, being more concerned about their children's diet than their own. They said affordable locally grown food in stores, healthier options at restaurants, public places and events, and access to recipes, and cooking/nutrition information would make it easier for them to eat healthy.

The amount of highly advertised convenience and snack foods available at supermarkets, corner stores, food banks and pantries across the nation has steadily grown since 1980. Prepackaged foods can be costly with a higher content of sodium, added sugars, and trans and hydrogenated fats all linked to the growing epidemic of obesity and related chronic diseases. The CDC advises eating moderate portions of a balanced diet that includes whole grains, lean protein, fruits and vegetables while minimizing salts and fats helps to maintain a healthy weight. Using a shopping list to plan simple meals at home and replace snack food with nutritious options can be a first step in changing your families eating habits.

Communities can play an important role in healthy eating by partnering and planning together to support Farmer's Markets, Farm to School Programs, local produce in local stores, and school and community gardens. To learn more about food councils and other local resources in communities please contact any of the following GMUW staff: Barbara Christie-Garvin, 229-9532, bgarvin@gmunitedway.org

Physical Activity Recommendations  
Current research shows that even moderate physical activity on a regular basis can reduce the risk for many chronic diseases. The Center for Disease Con-

trol's recommendation of 30 minutes of daily physical activity 5 times a week may be attainable for some, yet 43% of Washington County adults do not achieve this goal. Green Mountain United Way held focus groups in Washington County to ask **what would help make it easier to fit in physical activity as part of your daily routine?** Responses included maintained sidewalks, marked bike/walking lanes, affordable accessible workout spaces and equipment, social support for motivation, scheduled outings and walks, fun/healthy public spaces and activities. Similar focus groups were held in the Northeast Kingdom in conjunction with the CHAMPPS grant through NEK Community Action.

GMUW is encouraging individuals to join or form a healthy living workgroup to recommend and support ways to improve access to physical activity and healthy eating opportunities in local communities where they live, work, go to school, shop, and play. Communities can play a significant role in making it easier for individuals to incorporate physical activity into their daily routine. Here are some tips:

- Physical activity does not have to be strenuous to get the benefits. Begin by walking.
- Start out slowly, 5-10 minutes and gradually build up the time, intensity, and effort.
- Split the 30 minutes into three 10-minute workouts, morning, noon, and evening.
- Schedule it into your daily routine, after morning coffee, before eating lunch . . .
- Balance screen time with periodic breaks of activity time.
- Set goals and keep track of your weekly physical activity. Reward yourself!

For more information about Building Healthy Communities and the Central Vermont Physical Activity Group contact bgarvin@gmunitedway.org.

## ATTENTION GMTA PASSENGERS: GMTA TO OFFER REDUCED FARES BEGINNING JULY 1, 2010

Effective July 1, 2010, GMTA will be reducing fares by 50%, with the exception of the Link Express, to help Vermonters get to work, services and school in an affordable manner, along with encouraging the use of alternative transportation.

### JULY 1, 2010 NEW FARE STRUCTURE

#### REGULAR (includes the City Commuter)

\$.50/Single \$4.50/10-Ride Pass \$16.50/Monthly Pass

#### DISCOUNT

\$.25/Single \$2.35/10-Ride Pass \$7.50/Monthly Pass

Discounted fare available to those six to 17, seniors age 60 and over and passengers with disabilities.

#### COMMUTER ROUTES

##### (Rt. 100, Waterbury and US 2 Commuter)

\$1/One-way/crossing town lines \$.50/Discount

\$.50/One-way/within same town \$.25/Discount

\$8/10-Ride Pass \$33.50/Monthly Pass

#### MONTPELIER LINK EXPRESS (no fare decrease)

Monthly pass allows full access to GMTA & CCTA routes

\$4/Single Fare \$40/10-Ride Pass \$125/Monthly Pass

FOR COMPLETE SERVICE AND FARE INFO  
CALL 223.7287, OR LOOK FOR GMTA'S NEW BUS  
MAP & GUIDE AVAILABLE JULY 1, 2010.

Thank you for your support.



www.gmtaride.org/802-223.7287

## Personal Fitness Coaching and More

If getting fit has been a challenge for you, then NFPT certified personal trainer Michelle Delaney might be able to help.

We will work together to design a fitness program to meet your fitness goals. This is not cookie-cutter fitness. We will focus on the things you can do on your own with little to no equipment, so that as soon as you are comfortable you can work out on your own. Personal coaching fee is \$25/hour.

Or find a friend and sign up for team training sessions for just \$30 an hour.

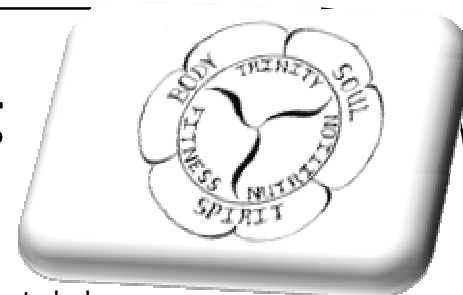
If you like to work out alone, but need some guidance inquire about the keychain trainer or go to [www.mynextfit.com/trinityfitnessclub](http://www.mynextfit.com/trinityfitnessclub).

If you are interested in health or weight loss products go to [www.shopherbalife.com/mdelaney](http://www.shopherbalife.com/mdelaney). I have used Herbalife products for over 10 years now.

Also check out Essanté products most of which are 100% organic. The power pops are great for snack-a-holics and the kid's pops are a great healthy treat, go to [www.essanteworldwide.com/delaney](http://www.essanteworldwide.com/delaney).

Come use the far-infrared sauna in the studio for \$10 per session or \$5 per person if you take a sauna with a friend. Saunas help your body to release the toxins that we are surrounded by today and burn around 300 calories per session. Call to sign up for a sauna session.

Please register for the classes at 563-2427 or mpsoccer2@aol.com





# COMMUNITY NEWS

## At the Dinner Bell Plants Want Meat

By Charles W. Johnson

When I was a boy, I would see Venus-flytrap in pots on sale at the local five-and-dime. With money from my paper route, I bought one, took it home and marveled at how its hinged leaf could shut in a second around small insects that I would drop into its maw, and imprison it within spiny bars, so the plant could consume it.

To me, Venus-flytrap was a creature from an alien world, a plant that could turn the tables on animals, capturing and eating them instead of being eaten. I was unaware my treasured plant had been dug from wetlands in our own world, in the Cape Fear region of North Carolina, the only known place where this species grows wild. Now, thankfully, strict laws protect this plant.

It wasn't until years later that I found carnivorous plants, just as intriguing as Venus-flytrap but less flamboyant, living in New England. Most species of carnivorous plants grow in the tropics, but some do grow here, where they are reclusive in their habitats. This means one must work to find them. (These plants are called "carnivorous" rather than "insectivorous," because, in addition to insects, most can eat various other creeping organisms, including worms, millipedes and spiders. I once even found a dead spring peeper in a pitcher plant – the poor creature apparently having fallen in while waiting at the plant's opening for insects.)

Carnivorous plants are lumped into three groups based on how they capture prey. Some are "passive" because they don't move or change shape; others are "semi-active," and still others are "active," such as my own Venus-flytrap.

Only one species of passive captor lives in Vermont and New Hampshire: the pitcher plant. Its name refers to the shape and function of its leaves, which form a liquid-holding upright vessel, wide and open at the top, but narrow and eventually closed at the bottom. These plants, from an inch long in acidic bogs to a foot long in fens, don't move except in a breeze. An insect will wander in, attracted by the plant's nectar glands and the bright venation in the hood surrounding the opening. After alighting, the victim will be directed down into the 'pitcher' by the plant's downward-pointing hairs. Below the hairs is a zone of smooth, waxy cells

arranged like shingles on a roof, which shed when the prey tries to scramble free. With no purchase, the insect falls into the pitcher's watery basin and drowns. The plant secretes digestive juices that help decompose the corpse.

Semi-active carnivorous plants in our region are the sundews, so-called because their leaves, an inch or two long, have small "spines" emanating like rays (the sun). The leaves are inviting, and they are treacherous, being tipped with sticky droplets that glisten (the dew) and act like flypaper. Once an insect -- say black fly or damselfly -- touches the droplets, it's in big trouble. The more it struggles, the more gummed up it gets. Spines and leaves begin folding (actually growing) slowly around the insect, eventually engulfing and digesting the victim. After the meal, the spines and leaves return to their normal shape. The complete process can take several days to several weeks.

The active carnivores of Vermont and New Hampshire are all bladder-worts -- aquatic or wetland plants that instead of roots have underground or underwater root-like stems. These stems are studded with tiny 'bladders,' each with an opening covered by an inward-swinging flap. When idle, a bladder is deflated, much like a miniature collapsed basketball. When prey, such as a microscopic crustacean, swims by and touches the opening, the bladder instantly inflates, creating a current that sweeps the victim inside. After the victim is captured and the bladder full of water, the flap closes and digestion occurs. And after digestion, the bladder pumps out the water and any residue, and returns to its relaxed state to await another victim.

All these carnivorous plants consume insects and other creatures to obtain nutrients and essential minerals in environments that are either poor in them or stingy in releasing them. None seems to require a diet of "meat," but they do grow more robustly and flower more regularly with such a diet.

Most of our carnivorous species are found in only a few specialized environments, such as peatlands. Sundews, however, are more widespread. I have found them in peatlands, sandy uplands, and along logging roads or old railbeds in coniferous regions.

I remember the pangs of guilt I had when feeding bugs to my pet Venus-



flytrap, sacrificing living things for my own pleasure. Much better now to put on hiking boots, head out, and observe the plants in action in their own habitats. At this time of year, too, with biting insects buzzing all around, I bid them "bon appetit."

*Charles W. Johnson of East Montpelier is a former Vermont state naturalist and the author of several books. The Outside Story is assigned and edited by Northern Woodlands magazine and is sponsored by the Wellborn Ecology Fund of New Hampshire Charitable Foundation.*

## 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](http://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 a brief resume to [cabotcoalition@fairpoint.net](mailto:cabotcoalition@fairpoint.net).

#### 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 a brief resume to [cabotcoalition@fairpoint.net](mailto:cabotcoalition@fairpoint.net).

### HELP WANTED

#### Wanted-

**Youth Group Advisor with the Cabot Coalition.** Part-time school year position responsible for coordination & management of the high school & middle school prevention groups; assisting with implementation of in school prevention curriculum; recruiting youth and assisting them in the organization of prevention activities and education programs. Candidates must possess knowledge of prevention and alcohol and other drug use issues, experience working with adolescents, teens and families, ability to facilitate teams & work collaboratively among all constituents of the Cabot community, and have experience initiating and managing programs. Complete background check and fingerprinting required. Call 563-3338 or email [cabotcoalition@fairpoint.net](mailto:cabotcoalition@fairpoint.net) for more information.

### HELP WANTED

#### Wanted-

**Assistant Coordinator with the Cabot Coalition.** Part-time full-year position responsible for assisting in all Cabot Coalition operations and activities. Qualifications include a clear commitment to substance abuse prevention; ability to work cooperatively with youth, parents and community members; experience recruiting, training, and working with volunteers; ability to facilitate meetings & teams; ability to work independently and to initiate new programs; experience with community collaboration with an understanding of the local community; excellent communication and administrative skills; strong organizational skills and commitment to accurate record keeping for evaluation needs. Complete background check and fingerprinting required. Call 563-3338 or email [cabotcoalition@fairpoint.net](mailto:cabotcoalition@fairpoint.net) for more information.

### 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](mailto: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.

### WANTED

**Wanted Model Trains-** Used, new or broken. I am a model train recycler and buy and sell model Trains. Any donations of unwanted trains are a tax-deductible donation. Send to P.O. Box 134, Cabot, VT 05647. Call 802-563-3208. Email [graybuddybear@fairpoint.net](mailto:graybuddybear@fairpoint.net).

# COMMUNITY CALENDAR

**Friday, 7/2-4**  
**Northeast Kingdom Vermont 4<sup>th</sup> Festival**, Mountainside fireworks, fresh Vermont strawberry shortcake, unique Vermont crafts, and more. Information: [vermontfourth.org/index.html](http://vermontfourth.org/index.html).

**Sunday, 7/4**  
**July 4<sup>th</sup> Celebration**, Main St., Cabot: parade at 11:00, rummage sale 8:00 a.m. - 2:00 p.m., historical society exhibits, lunch on the recreation field after the parade, lumber jack demo 1:00 p.m., live music.

**Friday, 7/9-18**  
**Vermont Festival of the Great Outdoors**, Waitsfield, 9:00 a.m. through 11:00 p.m. Designed for all ages and skill levels; join a bike trek, sit in a circle listening for bird calls, play a little golf, bocce or tennis or search for moose and other wildlife. Information: 496-3260 or [vtoutdoorsfest.com](http://vtoutdoorsfest.com).

**Friday, 7/9-11**  
**Stoweflake Hot Air Balloon Festival**, Stowe. One of Vermont's most popular summer celebrations includes a children's corner, live band, great food and drink, balloon launches, and tethers! The morning launches are complimentary for all visitors, admission for the evening festival events is \$8 (children 12 and younger, free). Information: (800) 253-2232, [www.stoweflake.com](http://www.stoweflake.com).

**Saturday, 7/10**  
**40th Annual Antiques and Uniques Show** Craftsbury Common, free, though donations are gladly accepted. More than 100 vendors of antiques, crafts, collectibles, and much more, with a legendary grill tent and bake sale and live music. Information: 586-7596.

**Wednesday, 7/14**  
**Cabot Playgroup**, 9:30 through 11:00 a.m., Cabot United Church basement, free, ages 0-4. Snacks provided, all are welcome. Information: 563-2184 or 563-2034.

**Thursday, 7/15**  
**Concert: Sara Grace and the Suits**, Jaquith Library, Marshfield, 6:30 p.m., free. A unique blend of styles. Snacks available, library open for check-out.

**Summer Thursday Dinners at Cabot United Church**, 5:30 to 7:00 p.m. with take-outs available, free however donations are welcome. Information: 563-2278.

**Friday, 7/16-17**  
**2010 Vermont Brewers Festival**, Waterfront Park, Burlington, \$25/session, 6:00 to 10:00 p.m. Friday, noon to 4:00 p.m. and 6:00 to 10:00 p.m. Saturday. Approximately 40 craft brewers from Vermont, New York, New Hampshire, Mass, Maine, DE commemorate the 400th Anniversary of the European discovery of Lake Champlain. Information: 760-8535

**Wednesday, 7/21**  
**High Mowing Organic Seeds Trials Garden Tour**, Wolcott, 4:00 to 6:00 p.m., free. Tour High Mowing Organic Seeds' 3-acre trials garden. Attendees will get a preview of new varieties that may soon be available as organic seed. Information: [www.highmowingseeds.com](http://www.highmowingseeds.com) or 472-6174.

**Thursday, 7/22**  
**Concert: Cold Country Blue Grass**, Jaquith Library, Marshfield, 6:30 p.m., free. Traditional bluegrass tunes, gospel numbers, and some contemporary tunes. Band members include Bill Moulton, Craig Whipple, Jeanette Hogan, Con Hogan and Tony Washburn. Bring a picnic if you wish, snacks available, library open for check-out.

**Friday, 7/23-25**  
**Lamoille County Field Days**, Johnson. Arts & crafts, produce and agricultural exhibits, lumberjack roundup, talent show, bingo, 4-H exhibits, draft horse show, open horse show, gymkhana, midway, live entertainment, plus horse, pony and ox pulls. Information: 635-7113.

**Saturday, 7/24**  
**7th Annual Onion River Century Ride**, Registration Fee, 8:30 a.m. Join us for one of the most scenic century rides in Central Vermont to raise funds for the Kellogg-Hubbard Library. Information: 229-9409.

**Thursday, 7/29**  
**Summer Thursday Dinners at Cabot United Church**, 5:30 to 7:00 p.m. with take-outs available, free however donations are welcome. Information: 563-2278.

**Tye-Dye Party**, Montpelier Library, noon to 3:00 p.m., free. Dude! Its back! Bring your white clothes and we'll provide the buckets, dye, and vibe, right on the library lawn! Information: 233-4665, [kelloggshubbard.org](http://kelloggshubbard.org).

**Thursday, 7/29**  
**Bug Walk**, North Branch Nature Center, Montpelier, \$5 per family, \$3 per individual, 3:30 to 5:00 p.m. Grab a net and come join us for a walk filled with tiny discoveries. We'll search for dragonflies, butterflies and other flying, hopping six-legged creatures. Please pre register: 229-6206.

**Concert: The Roaring Dandelions**, Jaquith Library, Marshfield, 6:30 p.m., free. Dan Chodorkoff , Ellis Jacobs, Dave Smith and Ric Nudell. Blues and Rhythm and Blues: rocky blues. Bring a picnic if you wish, snacks available, library open for check-out.

**Saturday, 7/31**  
**Champlain Valley Folk Festival**, Waterfront Park, Burlington, 10:00 a.m. to 10:00 p.m., admission (free admission for those younger than 12, 1/2 price kids 12 through 17). This festival has concerts on three stages, a dance tent with a wood floor, a children's area showcasing a Petting Zoo and allowing children to "try out" instruments, crafts, international and local food and workshops. Information: (877) 850-0206, [cvfest.org](http://cvfest.org).

**Ongoing:**  
**Danville Farmer's Market**, every Wednesday 9:00 a.m. through noon. Many local gardeners and farmers will be setup every week with fresh vegetables, most picked that day. Others sell donuts and bread that they have made, yarn that they have woven, maple syrup they have processed and goat's cheese that they have made. This year the new product is Vermont made wine, you can even sample it before you buy. New vendors and new shoppers always welcome. Town Green, Danville, VT

**Concert in the Park in Lyndonville**, every Wednesday evening from 7:00 until 9:00 p.m., starting in June and running through the summer. Bandstand Park in Lyndonville, VT.

**Hardwick Farmer's Market**, Fridays from 3:00 through 6:00 p.m. Buy Local. Produce, baked goods, fresh bread, ethnic foods, soy products, meat, eggs, maple syrup, jams & jellies, cold drinks, free spinal screenings, composting worms and castings, cut flowers, and garden plants (annuals, vegetable, fruit-bearing, trees, shrubs, perennials and houseplants). Rte 14 & 15 between Aubuchon's and Greensboro Garage in Hardwick, VT.

**St Johnsbury Caledonia Farmers Market**, Saturdays from 9:00 a.m. till 1:00 p.m. Locally grown, homemade baked goods, Vermont made crafts and more. Downtown St Johnsbury on Pearl St behind Bank North.

**Volunteer Work Day at Kingdom Trails**, the first Sunday of every month (June-October) we meet at the Darling Memorial Park at 9:00 am for a day of trail maintenance. You can get to the park by driving through the village of East Burke, north on VT Route 114, about 1/4 mile past the village on the left you will see the playground and parking area. Dress appropriately and bring plenty of water. We supply tools, but bring along one of your own if you want. We usually wrap up the day around 1:00 pm or so. Phone: 802-626-0737.

**The Great Vermont Corn Maze** opens for the 2010 Season on 7/31, Danville. Information: 748-1399.

**Craftsbury Chamber Players**, Hardwick's Historic Town Opera House. Offerings for this season include: Bach, Mozart, Beethoven, Brahms, Dvorak, Debussy, Faure, Janacek, Gershwin/Heifetz and more. Thursday evenings in Hardwick: July 15, 22, 29, August 5, 12, 19, all concerts begin at 8:00 pm. Information: 800-639-3443 or [www.craftsburychamberplayers.org](http://www.craftsburychamberplayers.org).

**Pick Up Soccer** for all ages, the Cabot recreation field. This is a free community activity, every Wednesday at 6:30p.m.



# LOCAL DIRECTORY

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4/11

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8/10

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Tony Palmiero ~ 802-472-6503

East Hardwick, VT

11/10

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5/11

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Mark & Brigitte Codling, Owners

10/10

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