



The Cabot Chronicle

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& Surrounding
Communities

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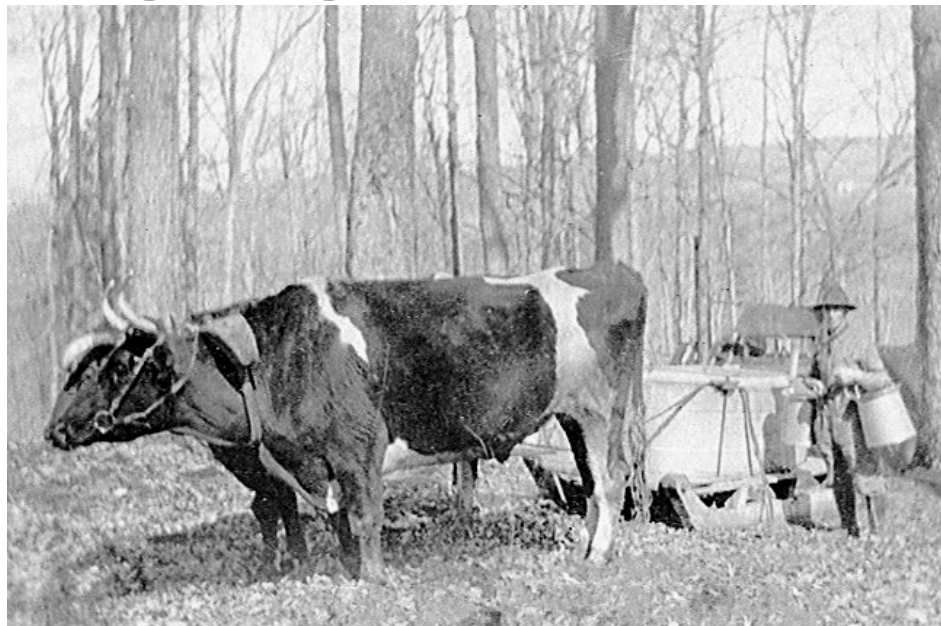
Postal Patron
Cabot, VT 05647

Vol. 4, No. 3

P.O. Box 245, Cabot, Vermont 05647

March 2011

Sugaring on West Hill, Churchill Road circa early 1900's



George F. Hill collecting sap with ox (above left) and Mrs. Lucia Hill, circa early 1900's (above right). Photos and historical reference courtesy of Jane Brown.

Photos and historical reference courtesy of the Cabot Historical Society.

The Hill family moved to Cabot in 1895, to the Laura Adams farm on West Hill, on what is now called Churchill Rd. Many Cabot farmers used oxen teams through the mid-1900's. I believe the man with the big Holstein ox is George F. Hill, son of George E. and Lucia Hill. George F. Hill taught

school at Cabot's West Hill School in 1910. His father died in 1911, at age 49, and George F. carried on the farm with his mother until she went to Washington, Vermont, for a time to keep house for her brother. She was in Washington in 1915, but returned to the farm later. Her brother died in 1937, and is buried in Cabot, so she probably had returned to the farm by

then. George F. didn't marry until 1939, when he was 55; his mother, Lucia, died in 1957, at age 93.

The first evaporator was patented in 1858. In 1872, a new design with two pans and a fire box was patented. Larger evaporators with shallower pans and flues to increase the heated surface and boil the sap faster came on the

market around 1900. The evaporator Mrs. Hill was using [in this photo] looks like one of the earlier models from the 1858 era. This doesn't help much to date the photo, but her long dress and upswept hair look like turn of the century [style], and to me she looks like she could have been in her 40's.

Cabot Cameos: Sugaring

Ruth and Glenn Goodrich



How long have you been sugaring and what gathering method do you use?

We started sugaring in 1979 and started with 25 trees, using buckets to gather in the back yard. We boiled on a 2x2 pan over a wood fire and cement block arch. Today, we use a tubing system, and this year we are tapping 43,000 trees.

What means a successful sugaring season for you?

A successful season for us is one in which we make a good yield of quality maple syrup per tap and still have fun doing it. It is rewarding to see all the hard work turn out a fine crop. There is much to work against, with weather, fatigue and working on snowshoes on steep hills.

What is your favorite way to use maple syrup?

Our favorite way to use syrup - on everything! We like it on vanilla ice cream, poured over a crumbled corn muffin, or as a glaze on meats & vegetables.

We are the parents of two maple queens of the Vermont State Maple Festival. All three of our girls were maple essay winners and Michelle and Sarah have both won best youth cooking awards at past festivals.

Chuck Talbert



How long have you been sugaring?

I've been at this since I was a little kid. My great-grandfather started the operation sometime in the 30's I believe, then things got shut down shortly after I was born. Then in about '69, my grandfather resurrected things and we've been at it ever since. Started with a few hundred buckets and a team of horses. Now we're up to 2500 taps plus another 1500 leased taps, all on high vacuum.

What sap gathering method do you use?

All our taps are on vacuum pipeline, but we've been doing 10 or 12 buckets to get the 5th generation 6 year old indoctrinated.

What means a successful sugaring season for you?

No machinery breakdowns and decent production numbers. I don't think I've ever not had something break down, though.

What is your favorite way to use maple syrup?

Packaging it for delivery day- every 3 weeks to our wholesale accounts!or on vanilla ice cream..

CABOT MAPLE FESTIVAL

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

Saturday, March 19, 2011
9 a.m.—3 p.m.
Cabot School, Masonic Hall
and other locations

Pancake Breakfast with local syrup buffet
Crafters and local product producers
Silent Auction ~ Kid's Activities, including bouncy house
Blood Pressure Screenings ~ Iron Forging demonstration
Horse-drawn rides ~ Raffles and drawings
Cabot Community Theater ~ Destination Imagination Skits
Pyramid Black Belt Taekwondo Academy demonstration
~ ALSO ~

The Flavors of Cabot:
Guided Snowshoe Tour
Cabot signature cheese sandwiches
Maple Desserts ~ Sugar-on-Snow
Maple Cotton Candy

If you are interested in being an exhibitor or want to know more, contact us at 563-3338

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CABOT CONFIDENTIAL

A column to help readers realize, recognize, and get to know a little bit more about their neighbors.

Rusty Churchill: Road Scholar (and Foreman)

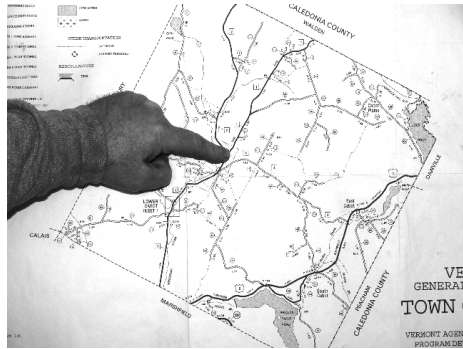
By Julia Shipley

(When I call Pauline Churchill, whom I guess to be Rusty's mom, and ask which listing in the phone book he is, she says, "Walter Paul." After which I am quiet, and then I bring myself to ask, "Uh... how'd you get 'Rusty' out of that?" She said, when he was a kid, he had reddish hair, rust colored. So, there you go.)

What's the best part about the job? Having a job. I've worked for the Town for 11 years. Second best job I've ever had. First best was farming. So far, I've only had two jobs. The beauty of this job is, when you get done for the day, you don't have to go home and milk cows.

How many miles of road does Cabot have and what's it like plowing them this winter? Cabot's got about 65 some-odd miles of road to plow, salt, sand and maybe grade. Some are class four roads. It's a good old-fashioned winter. Used to be, when they said you were getting a nor'Easter, you got two-three feet and the wind blew for four days. Now you get storm warnings for two-four inches.

Where does the mountain of sand come from? All the sand we spread



comes from Wolcott. We truck it over in the summer. It's a good rainy day job.

What's your favorite road, and your favorite part of your job: Churchill Road. Spent 58 years on it so far. But it's pretty everywhere you go around Cabot. I like plowing snow in winter, grading in summer; but personally, I like spring and fall the best, and probably fall the very best, because there's no bugs.

How'd you learn to plow and grade? Well, I've been working with equipment all my life. But, when I started the job, I went to school to learn to run the grader and then they sent a guy to come help me with it for half a day. He said, "So, is there anything else I can help you with?" and I said, "Well, I guess not." The first year was pretty nerve-wracking. I'm still the new kid here: Charlie Pilbin's been here 28 years and David Pike's been doing this 26 years.

What's your plowing strategy? We do the bus routes first. Then the black top—because of the Creamery, I try to keep the black top as bare as possible.

My personal route is: I do the black top to Danville Hill to Mack Mountain



Road on Route 2. It takes a good six hours to cover the route.

What do you listen to on the radio? Rock n Roll Frank FM 107.1.

Does your truck have a name? T-7. And on the radio—do you have a handle? I'm Mobile 3; Charlie's Mobile 2; Dave's Mobile 1. We're pretty quiet on the radio, though, unless there's something spectacular. If you hear anyone, you know they're either broke or stuck.

Do you feel like you've been jack-hammering after a day of plowing? Yes, your body feels like jello. It does—it shakes you all day long

Does the frost heave in the same spot year after year or different spots? Charlie's got a heave on Thistle Hill that collects car parts. Seems like they're in the same place year after year.

What's this big [thick!] book? The regulatory book. For example, all the road signs have to be changed by 2018. We just replaced all the stop signs. We just ordered some speed limit signs. The old channel posts aren't legal any more, so we gotta replace those.

When it comes to mailboxes, do you have a point system? We don't hit mailboxes on purpose. It's a matter of inches. The wing goes down fast, but it comes up real slow, sometimes there's no way to get that wing up ...we've even hit our own mailboxes.



Putting the final touches on the TLC snow dragon snow sculpture that was created on the Common. Check it out! Courtesy of Lindsey Scott

CABOT
MAPLE
FESTIVAL

 PICKLES AND DONUTS
FOR SUGAR ON SNOW 

Please consider contributing a couple dozen home-made plain donuts or a jar or two of pickles to make Anson Tebbetts' sugar-on-snow the best possible.

HILLTOP AUTO BODY

TIM and JENNIFER GOCHEY



Professional collision repair, associated with all insurance companies, we'll handle your claim from start to finish including rental cars.

802-426-3738 or 802-563-2377

The Cabot Chronicle

The Cabot Chronicle is distributed the first day of the month and is provided *locally* free of charge.

~ Mission Statement ~

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

Phone: 802-563-3338 • Email: inbox@cabotchronicle.org

Web: www.cabotchronicle.org • P.O. Box 245, Cabot, Vermont 05647

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Subscriptions available \$15 per year

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DEADLINE: 15th of the month prior

Publisher: Cabot Coalition

Executive Editor: Jeannie Johnson

Coordinator: Cia Considine

Design/Pagination: Todd Jones

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

Cabot, Our Town

A column about mapping a sense of place (sixth in a series).

Maps by Donovan Bigelow and Maya Morse; Column by Julia Shipley

"What boy does not know the land of his boyhood? Every cave, every dolmen, every dip in the land and the holes in the hedges..." asks the narrator in Louis L'Amour's book, *The Talking Drum*. To which he might add, "And what child does not know the best place to buy candy? What kid does not know the glee of jumping on the neighbor's trampoline? What youngster in Cabot does not know a good sledding hill or how cold the Winooski River can be?"

In *Landscape and Memory*, John Stilgoe, a professor of Environmental Studies at Harvard, names the treasured places of his childhood: "The Bog, The Pit, Mrs. Norris's Woods, The Swamp, Fuller's Dam and the Landing." The Landing, he goes on to say, "remained the possession of small boys bored with the well-kept gravel and asphalt of the densely populated town...day after day the landscape of boys remained untrodden by adults, [and] passed eventually to younger boys when the wonders of driving automobiles...deflected sixteen year olds from marshes and swamps..."

And so, what do Cabot's boys and girls do for fun, where do they go to play, what are the special places of their

the trolley out to Sellwood when the cherries are in bloom/ Get married in Vancouver without the three day wait...; and in Seattle (Catch garter snakes/ Swim in Puget Sound below the railroad tracks/ Walk through the swamp and over the ridge to the pine woods...) and in a fire tower lookout (Wrap up in a blanket in cold weather and just read/ Paint pictures of the mountains/ Put salt out for deer...). If you read his entire list for each vicinity,

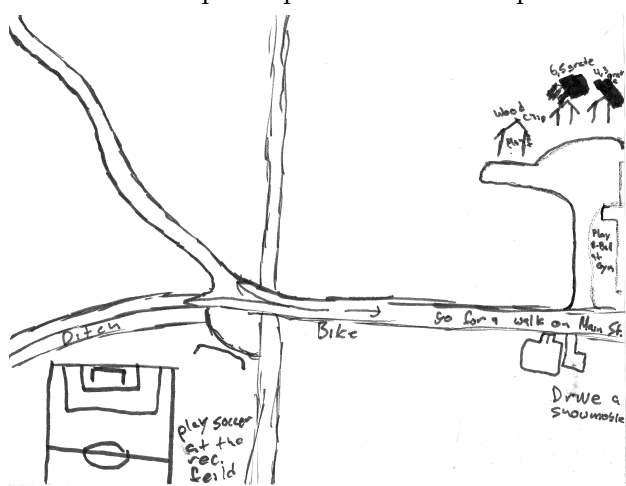


you'd sense a young man who had bent his boredom into a gorgeous litany of inspiring possibilities. When asked, "What can you do for fun in Cabot?" the participants in KAPOW also came up with plenty of activities, many of which involved roaming, riding and relishing the landscape of their childhood. Here is a partial list:

Go to the general the General Store and buy candy, then sit and eat it all; swim in the O'Connors river; you could hang out with the O'Connors and jump on their trampoline; you could go to the Creamery on a whim and eat cheese samples; go ice skate on the Common; you could run in the woods in the rain; you could run to the fields and pick apples; eat cheese; ride a bike; take a walk in the woods; walk

your dog; sled at my house; ride a four wheeler; go to Jasmine's house; you can get gum at the store with a giant 2\$ gift certificate; you can swim while freezing to death in the Winooski; you can say hi to your neighborhood cat-fanatic family; sled on Thistle Hill (not anymore); ghost hunt in the woods; bushwhack to the medicine cave; night swim at Mc Queeny's; swim at Urban Pond; bike from Cabot Plains to Danville Hill through woods; go appling; blow all your money on junk; watch TV at my house; chase cows; ride pigs; drive tractors; pick apples at Burtt's; ride horses; hang out with awesome Emma; blow junk up at John's house; flip canoe in cold water; bomb on your four-wheeler; get a haircut; wear hats; fix up trucks; drift canoes with Forest; go roping; hang out with Lyrica.

Thus, the terrain of Cabot may be owned in deeded chunks and parcels, but it is also the great estate of ram-bunctious, joyous youth



childhood? In an after-school workshop sponsored by KAPOW, seventh and eighth graders mapped out their play-worlds, drew routes to their favorite places, and made lists of "things to do in Cabot." Both Donovan Bigelow and Maya Morse used dots, squiggles and notes to show the viewer the landscape of their childhood, the paths and hills they know.

Maya's Map depicts a girl's view of the important features of downtown Cabot. Instead of indicating each of the practical businesses of Main Street, she maps exactly where to buy Starbursts and chocolate bars and then the best place to consume them. This is a map of happiness.

Donovan's map also shows where his joy lies. And though the land of his boyhood exists alongside the utilitarian roads and yards of town, his map features the places to play soccer, ride a bike, drive a snowmobile, in other words this is his landscape of fun.

Poet Gary Snyder once made a list of all the things to do in Portland (Take

COMMUNITY COMMENTARY

Dear Editor,

My daughter was nearly struck by an impatient driver in Cabot last month, and I'm furious. As a village resident, one tends to be over sensitive to nitpicky things - careless litter on the streets, speeding early morning traffic, down-shifting trucks off the surrounding hills.

But, one ignores it, seeks to not over react. We're all neighbors, doing the best we can to get by and get along. The occasional shoveling of a pet off the macadam gets to you, but you swallow it. Things happen and one must adjust, be patient, adapt.

Until now.

Imagine: it's three o'clock of a school day. Two children, recently released, walking toward each other along opposite sides of Main Street see each other. That innocent delight lights up the eyes. A mittened hand goes up, a wave, bright smiles. A halloo across the snow banks and that break into a nearing gallop.

They're smart kids. Maybe 8 or 9. They've been taught to stop, look both ways. They got it. Across from the Cabot School gymnasium, they stop; a neighbor's drive-way cut in through the banking snow makes a natural crossing point.

The first of five southbound cars slow, triggering a momentary cascade of brake lights north of the school. Hesitatingly, one child steps out into the road, beckoned by the first driver. Suddenly, horns, an angry blaring, and an impatient driver swings his compact blue import car into the oncoming lane - crossing double lines - and floors it.

Dear Editor,

Subject: John Christman—Write-In Candidate for Town Clerk/Treasurer

My name is John Christman, Sr. My wife, Joanna, and my daughter, Lyndsay, and I live on Danville Hill and have lived there since 2001. I have lived in Cabot for 30 years now, and you know me as the owner of the general contracting company of John Christman Construction, Inc. I have been in the construction business in Cabot since 1987.

You also know my son, Ken, from my previous marriage, as the Town Constable, Cabot Fire Department Captain and EMT on the Cabot Ambulance. My son, John Jr., has moved out of the area (So. Burlington), where he lives with his wife and son and is a Firefighter/EMT on the So. Burlington Fire Department. Lyndsay will be attending Castleton College in the fall of 2011.

Community Involvement:

I have been Town Lister for the last 2 years

I have been the Assistant Zoning Administrator for the last year.

I am a Captain and Treasurer on the Fire Department since 1993

I was an EMT-I for 10 years and now

My daughter leaps back. We're stunned. The other drivers are stunned. In slow motion, the cross is made. Hearts are racing. That sense of community, of safety, of reciprocal looking-after-each-other-ness is briefly shattered.

So now, fed up, I'm asking for your help. Three things you can do now to bring some sanity and safety back to Main Street for our pedestrians and children:

- First, walk. As much as possible, bring a visible and persistent pedestrian presence to Main Street. Whenever you can, leave the car behind and populate the pavement with pedestrians.

- Second, slow down. When you drive through town for the next week, make an effort to drive 1-2 miles per hour SLOWER than the posted speed limit. Condition yourself, and condition the drivers behind you.

- Third, advocate a school zone. On town meeting day, stand up and say something. Anything in favor of traffic calming on Main Street. One specific request is to ask the town to implement a school zone north of the school gymnasium driveway and south to the crosswalk at the Church. That should, at a minimum, be a 25 mile an hour zone from 8:00 a.m. to 9:00 a.m. and 2:30 p.m. to 4:00 p.m.

Thank you for considering making Cabot's Main Street a child and family friendly place again.

Lars Hasselblad Torres
Cabot

Treasurer on Cabot Ambulance since 1994

My wife has been one of the Town Auditors for the last 2 years

Town Clerk's Office:

I would like to see change in the office and believe that I would be good at it. I would try to do the following:

A. The office should be open Monday through Friday.

B. Town Clerk/Treasurer should be there more when the office is open.

C. When people come into the office, be more personal with them.

D. Be more helpful at times with townspeople, when they come in looking for something.

E. Maybe have an evening to be open later for people after work.

I am asking for your vote to help change this office. On Town Meeting day, won't you please write my name in the write-in box on the Town Clerk ballot and the Town Treasurer ballot? Any questions for me, please give me a call at 563-2101 or stop by the listers' office during Town Clerk office hours.

Thank You,
John Christman, Sr.
Cabot

CABOT COALITION MISSION

To reduce alcohol, tobacco & other drug use by young people in our community & to delay the onset of first use through on-going relationships with caring adults, substance-free environments, structured activities & effective education.

The Cabot Coalition will provide opportunities & education that encourage responsible decision making.

The Cabot Coalition will serve as a resource to organize & provide leadership opportunities for young & old.

A FRIEND IN THE BUSINESS

Aaron Bushey - Ravensong Forge, Custom Ironwork



Aaron Bushey at work on a chandelier. See him in action at Cabot Maple Fest on March 19.

By Jeanne Johnson

Smoke rose and music blasted from the shack at the intersection of Route 215 and Cabot Plains Road. Aaron Bushey was working at his forge, confirmed by the "OPEN" flag flapping beside the modest RAVENSONG FORGE sign.

I found Aaron leaning into the fire, in his own world of heat, smoke and music, concentrating on a piece of metal grasped tightly in his tongs, and watched him rotate it out of the forge and onto the anvil for hammering. While he worked, I checked out samples of his craft displayed on every surface, ranging from simple hooks to creative candlesticks. He showed me his remarkable portfolio, filled with pictures depicting rustic iron hinges and latches in big old barns and beautiful custom-made wrought iron candelabra hanging in spacious homes. (Did you know "candelabra" is the plural of "candelabrum"?)

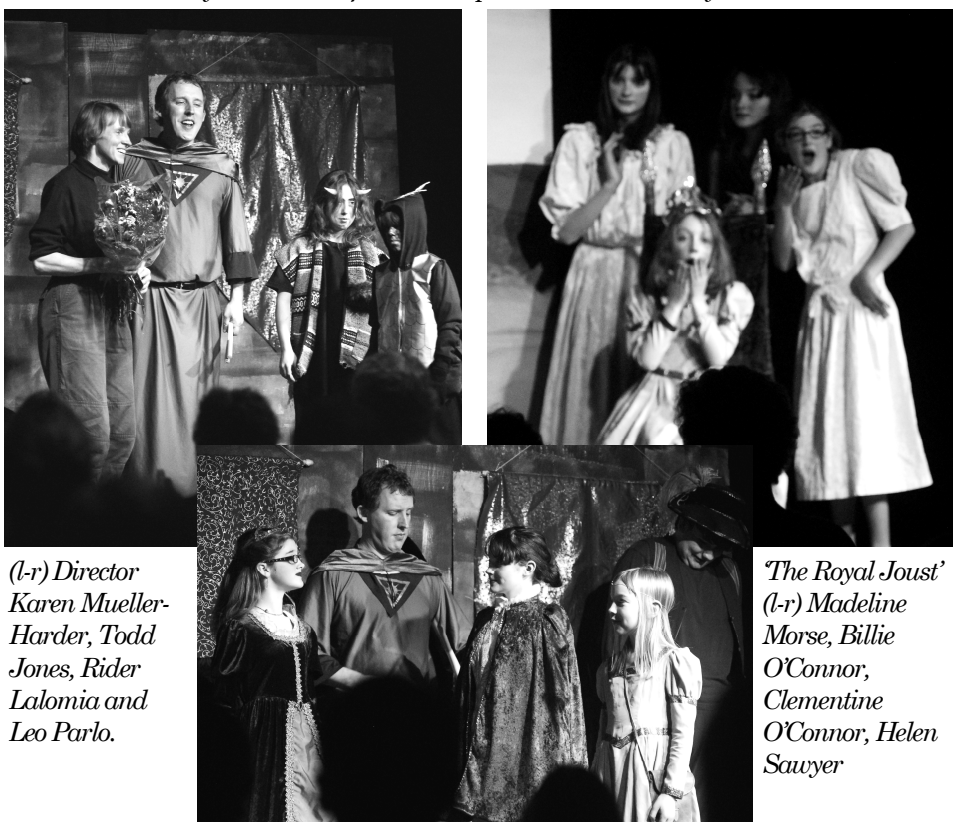
Aaron donated a handwrought candlestick from his shop for the Belize trip fundraising auction. The crowd buzzed when they realized it was Aaron's work, and bidding was vigorous. Later, another candle holder appeared, and the first question was: "Did Aaron make it?" "No" generated a collective sigh of disappointment.

Seventeen years old and home-schooled high school junior, Aaron is a talented blacksmith. Four years of apprenticeship under Lucian Avery, self-taught blacksmith and teacher in Hardwick, plus working with brother Jesse, co-founder of Striker Forge in California, have figured prominently in his skill development.

Aaron can be contacted about custom work or to see his portfolio at 802-563-2341, or RavensongForge@gmail.com. His website is www.webstarts.com/ravensongforge. It's definitely worth a stop if you're on Route 215 and see the flag out and smoke rising.

'Fresh Tales' Theater Production a Hit!

Congratulations to all the participants in the Cabot Community Production of Fresh Tales and thank you to all the fans. Both productions were very well attended.



(l-r) Director Karen Mueller-Harder, Todd Jones, Rider Lalomia and Leo Parlo.

'The Royal Joust'
(l-r) Madeline Morse, Billie O'Connor, Clementine O'Connor, Helen Sawyer

For 'The Love of Sunny' (l-r) Helen Sawyer, Todd Jones, Clementine O'Connor, Clara Mueller-Harder



COMMUNITY CLOSE-UP

The Cabot Chronicle

By Staff Writer

This feature profiles groups that make up our Cabot community. This month, we took the opportunity to highlight The Cabot Chronicle and its staff and volunteers, to commemorate the 3rd anniversary of publication. All "Close-Ups" are available collectively through our Cabot Chronicle website.

What is the name of your organization and its mission?

The Cabot Chronicle, first established in 1920 and reestablished March 2008, is celebrating our third year anniversary this month. The mission defined by the founding group is to regularly publish local news for residents of the Cabot area. Our purpose is to share information that will help readers become better involved in their community.

What do you and your volunteers do?

Chronicle staff and volunteers listen to our neighbors to hear what is important to them, reach out to community organizations to provide them an opportunity to inform people about their activities, and seek ways to promote and support the deep history, good work and economic vibrancy of our community. We are always looking for volunteer writers to tell the tale of the interesting history of community members or those features or individuals of our town whose light is hidden under a bushel basket. We also seek information about your events and activities for the community calendar, to ensure everyone has the opportunity to participate.

When do you meet?

We meet every Thursday afternoon at 4:30 p.m.

Where do you meet?

We meet at the Cabot Coalition office in the Willey Building. Please stop by.

Deadline for the following month is the 15th of the previous month. The earlier you pitch an idea, the more likely it can be included in the next edition.

How does someone get involved?

Email inbox@cabotchronicle.org or call 563-3338 to pitch a story concept, suggest a strategy or something we should cover, or to offer your thoughts or services. We're particularly looking for people to write about interesting Cabot citizens and businesses, sell advertising and share interesting blogs. We also want to know if you are opening a new business, in Cabot or elsewhere, so that we can highlight it for Cabot readers.

What else would you like our readers to know?

Chronicle Staff can offer logo development and graphic design services at extremely attractive rates. Economical photocopying (for newspaper inserts, etc.) is also available in the Cabot Chronicle/Coalition office. It's cheaper than Staples and saves a drive to Montpelier!

Startup costs for the paper were funded in 2007 by a grant. We have stretched that money as far as possible, but we need a new plan for long-term sustainability. It costs about \$18,000 annually to publish our free paper. The current funding strategy is one-third advertising, one-third fundraising (Maple Fest) and one-third requested town budget allocation. None of our staff or volunteers are professional salespeople, and the *Chronicle* could benefit greatly from a vigorous advertising effort. Call 563-3338 or email inbox@cabotchronicle.org if you would like to contribute to the *Chronicle's* economic future and make a commission for yourself.



RABIES CLINIC

8 a.m. - noon, Sat., March 26

64 N. Main St., Hardwick

next to the police station

Rabies vaccination - \$10

All other vaccinations - \$15

Cats and dogs welcome:

cats must be in carriers and dogs must be leashed.

Licenses available at your local Town Clerk:

Hardwick, Woodbury, Cabot (10-noon)

(802) 472-8400 • info@hardwickvet.com



OUR PETS

It is the Rabies Time of Year!

By Andrea Gilbert, D.V.M

The time to license your dog is getting near. It's a good time to check all your pet records and make sure their rabies vaccinations are current. Even though you don't have to license cats, cats can also be exposed, and then expose you to rabies, and, therefore, should be protected.

Rabies is a fatal viral disease. It affects different species in different ways. It can present itself with misleading signs. A common scenario is that an animal behaves as if something is stuck in it's throat, but is actually suffering from rabies. An animal can act completely normal and be infected with and shedding rabies. There is an incubation period for the disease that can last for two months or more. So, the original bite wound can be long healed by the time the animal becomes sick from rabies.

However, we are fortunate in this country that our incidence of rabies is low compared to many other countries. One of the reasons is that we vaccinate our domestic animals for rabies. So, by keeping your pets current on their rabies vaccine, you are protecting your pets, yourself and your neighbors.

There are many rabies clinics offered in the area. Check with your town clerk for details. Many vets also offer rabies vaccines year round at the same price as the rabies clinics. So, keep your pets current on their rabies vaccinations.

VACCINATION CLINICS

Dogs and Cats
Saturday, March 26

8:00-9:30 a.m.
at Walden Fire Department,
4704 Route 15 and 215
Rabies \$10
Distemper \$17
All other vaccinations \$20
For questions call
Danville Animal Hospital
at 684-2284

8:00 a.m.-noon
at Hardwick Veterinary Clinic,
64 North Main Street, Hardwick
(across from American Legion)
\$10 rabies
\$15 all other vaccinations
For questions
call Hardwick Veterinary Clinic
at 472-8400



PONDER THIS

By Lori Augustyniak

Trying to Quit Smoking? Be Careful What Movies You Watch

A new National Institute on Drug Abuse-funded study suggests that watching actors engaging in smoking in a movie might trigger cravings in smoker's who are trying to quit.

An article about the findings were published in The Journal of Neuroscience. The research was conducted at Dartmouth College Medical Center and used neuroimaging techniques to observe the brain activity of smokers and non-smokers while they watched a film that contains numerous scenes of smoking.

When observing actors puffing on their cigarettes, the smokers showed increased activity in certain parts of the brain associated with the planning and initiation of smoking behaviors. These findings suggest that observing another person smoking might lead tobacco users to mimic these actions without even being aware. Continued reinforcement of these habitual smoking behaviors may help to explain unsuccessful quit attempts.

These findings support prior studies that show smokers who exit a movie that had images of smoking are more likely to crave a cigarette, compared with ones who watched a movie without them.

Although the researchers acknowledged that additional studies are needed to determine whether brain activity stimulated by movie smoking can predict relapse for a smoker trying to quit, health advocates have been warning for years that exposure to on-

screen smoking makes adolescents more likely to take up the habit. Even though tobacco use in films has decreased, about half of popular movies in 2009 still contained tobacco imagery, according to a 2010 Centers for Disease Control and Prevention report.

Marijuana Use May Speed Psychosis

Published in the Archives of General Psychiatry February 7, 2011, this study suggests that among individuals diagnosed with a psychotic disorder, the age of onset of these disorders among marijuana users was significantly earlier than nonusers. Below is a link to a story on cnn.com and a link to the full text of the article.

<http://pagingdrgupta.blogs.cnn.com/2011/02/07/marijuana-use-may-speed-ps>

Bullying Linked to Depression and Substance Use in Girls

Although being a victim of bullying increases teen depression regardless of gender, a new study found it puts girls at additional risk for substance use, Science Daily reported.

Bullying is a serious problem among adolescents. Previous research has shown that it is associated with loneliness, depression, and suicide. But no previous national studies have identified depression as an explanation for the relationship between victimization from bullying and substance use.

If your daughter is a victim of bullying, take it seriously, do all possible to prevent recurrence, and attend to possible depression and substance use. The article was published in the December 2010 issue of the journal Prevention Science.



PLANNING COMMISSION

March 7 Work Session on Economic Development Looks at Growth

By Irene Nagel

Did you know that Cabot's growth in population and housing since 2000 is one of the highest in Washington County? If this growth trend continues, how might it affect Cabot's working farms and the vitality of local businesses in the downtown area? At the Planning Commission's next public work session on **Monday, March 7, at 6:00 p.m.** in the Willey Building, this question will be considered when discussing the Economic Development section of the Town Plan.

Census 2010 data recently released by the Vermont State Data Center show that Cabot's population grew by 18.1% from 2000 to 2010, while county-wide population only grew by 2.6%, with some neighboring towns actually losing population. The growth in housing units in Cabot was even more pronounced, with 137 additional housing units added from 2000 to 2010, representing growth of 21.6%. Comparatively, housing units throughout Washington County increased by 8.3%.

Since most of the growth in housing in Cabot has been outside the village centers, this growth trend can impact the future availability of land for farming. The retention of working farms has been identified as a top concern by residents of Cabot, and

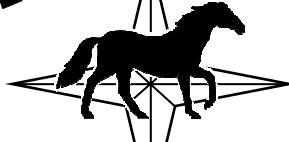
the State has identified agriculture as a key area of focus for economic development and the creation of sustainable jobs.

Community development and economic development go hand-in-hand. A vibrant local economy can provide us with the resources we need to pursue a more sustainable future for Cabot and a better quality of life for all residents. Recent community discussions sponsored by the Cabot Coalition have shown a strong interest by community members to form a working group or committee to plan strategies for community and economic development.

In preparation for the March 7 work session on Economic Development, the Planning Commission sent a survey to over 30 local farms in an effort to gather data about current agricultural operations and to better understand how to plan for the long-term economic and physical sustainability of agriculture in Cabot. Preliminary results from this survey will also be discussed at the March 7 work session.

Look for the preliminary draft of the Economic Development section at Town Meeting on March 1, or email cabotplanning@gmail.com the first week in March to request an electronic copy. Then, join the discussion at the work session on March 7.

NORTHERN EQUINE



VETERINARY SERVICES DR. STEVE B. LEVINE

Practice Limited To Horses

Our website is being updated. Submit suggestions, questions, classifieds to:

danvillevermont@hotmail.com

Even though our house is for sale, we will be staying in the area and continuing business as usual, including yearly vaccinations, dentistry, health, purchase, and lameness exams, reproductive services, Coggins testing, emergency coverage, etc.

254 Rt. 2, Danville, VT 05828 ~ 802-684-9977 ~ northernequine.com

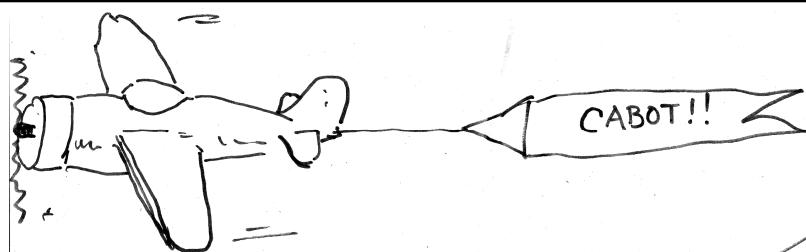
- Routine health care/dentistry
- Lameness evaluations
- Reproductive services
- Purchase exams
- Educational programs
- Radiology
- Ultrasound
- Endoscopy

CABOT MAPLE FESTIVAL



Saturday, March 19, 2011

Bouncy House ~ Coordinate CSPAC events
Cashier and Runner for Sugar on Snow
Sell maple desserts ~ Operate Hi Stryker
Operate information booth
Coordinate horse and buggy rides ~ Many other tasks
Call us at 563-3338





COMMUNITY CALENDAR

~ MARCH ~

Tuesday, 3/1

Town Meeting Day: Cabot School Gym, 10:00 a.m. Polls open 10:00 a.m.—7:00 p.m.

Wednesday, 3/2

Classic Film Night: The Gay Divorcee, Jaquith Public Library, Marshfield, 7:00 p.m. Starring Fred Astaire and Ginger Rogers. Information: 426-3581.

Free Tax Preparation Assistance, Old Schoolhouse Common, Marshfield. Why pay when you can get your taxes done for free? Twin Valley Senior center, in collaboration with CVCAC, will prepare and efile federal and state income tax returns free of charge if your income does not exceed \$49,000. Appointments are needed so please call 426-3447 or 454-7750.

Thursday, 3/3

The Art of Salesmanship: How Do I Sell My Product or Service? Business Building Blocks Workshops, Key Concepts for Your Business Success, given by Central Vermont Community Action, Barre, free, 6:00-8:30 p.m., call Cecile 477-5217 to register.

Friday, 3/4

Wines of Italy by Niall McCallum, Cabot Public Library, \$15, 7:00 pm. Come taste 5 specially selected wines from Italy with descriptions from Niall about each one. Space limited: for more information call Kathleen 563-2721.

Friday, 3/4-6

Vermont Flower Show “Sweet Dreams”, Champlain Valley Exposition, Essex Jct., \$15 adults, \$3 students, Fri/Sat 10-6, Sun 10-4. Medieval inspired journey filled with flowers and fragrance, seminars and educational workshops, over 80 vendors. Information: 878-5545 or www.cvexpo.org.

Saturday, 3/5

Contra Dance with Susannah Blachly and Friends, Vivien and Michael Fritz's barn in Marshfield, 7:00 p.m., fundraiser for the Jaquith Public Library: \$10 adults, \$5 children 10 and up. Great refreshments!

Ben & Jerry's Winter Festival, Waterbury, 11:00 a.m.- 4:00 p.m., free. Games, snow sculptures, music, ice cream, free tours! Local offerings for sale/sample from Green Mountain Coffee, Cabot Cheese, American Flatbread, Cider House BBQ & Pub, King Arthur Flour and Lake Champlain Chocolates. Umiak Outfitters will offer guided snow shoe tours (fee), VINS Bird on Glove 2:30 p.m. showtime. Information: 882-1240.

Local Farm Tour w/ Pete's Greens: Greensboro, 4:00-5:30 p.m. w/Pete Johnson of Pete's Greens, followed by dinner featuring his products at the Highland Lodge, and post dinner talk. Information: 533-2647 to reserve your stay or to join the tour, talk, and dinner.

Monday, 3/7

Planning Commission Session on Economic Development - Looking at Growth, 6:00 p.m. in the Willey Building, Cabot. All are invited to attend.

Monday, 3/7-13

9th Annual Mardi Gras, Jay Peak Resort. Celebrate Mardi Gras week at Jay Peak! Information: 451-4449 or jaypeakresort.com.

Wednesday, 3/9

How to Recognize and Care for Diabetes, Old Schoolhouse Common, Marshfield, 1:00 p.m., free. Lisa Willette, Outpatient Health Educator at Central Vermont Medical Center, will teach us how to recognize and care for diabetes. Sponsored by Twin Valley Seniors.

Saturday, 3/12

Crafty Saturdays @ Vermont Historical Society Museum, Montpelier, 1:00 - 3:00 p.m., ages 6-12, free with admission to the museum: \$12 families |\$5 adults | \$3 students and children 6-17. Paul Sample unveiled his mural of Vermont history at the National Life Building on March 5, 1961. Draw your favorite thing about Vermont in a large mural that will be on display at the museum. Information: 828-2180 or www.vermonthhistory.org.

Sunday, 3/13

Shawn Colvin & Loudon Wainwright, III, Chandler Music Hall, Randolph, admission. Two outstanding singer/songwriters. Information: 728-6464 or email tickets@chandler-arts.org.

Monday, 3/14

Life, Estate, and Medicaid Planning, Old Schoolhouse Common, Marshfield, free, 1:00 p.m. Michael Caccavo, Esq., TVSC Board Chair, will discuss. Sponsored by Twin Valley Seniors.

Monday, 3/14-20

US Open Snowboarding Championships, Stratton Mountain, free. Longest running snowboard event! Information: 800-787-2886 or opensnowboarding.com.

Tuesday, 3/15

History of the Irish in Vermont, Cabot Public Library, 6:30 p.m. Vincent E. Feeney, author of *Finnigans, Slaters and Stonepeggers*, tells the little-known story of the impact Irish immigrants had on Vermont life in the mid 19th century. Come taste authentic Irish soda bread baked by Erica Burke. A Vermont Humanities Council event.

Thursday, 3/17

St. Patrick's Day Dinner, Cabot United Church, 5:30-7:00 p.m., \$8 at the door or \$6 in advance. Corned beef and Cabbage or Beef Stew. Call Sandy for advance tickets: 793-6432.

Friday, 3/18-27

Green Mountain Film Festival, The Savoy and City Hall, Montpelier, fee. Feature films, documentaries and short films from around the world are presented. Information: 262-3423.

Saturday, 3/19

Annual Cabot Maple Fest, Cabot School, Masonic Hall and environs, 9:00 a.m.—3:00 p.m. Pancake breakfast with local syrup, sugar-on-snow, maple cotton candy, maple desserts, local crafts, silent auction, ironsmith demo, food, food, food. Information: 563-3338 or www.cabotchronicle.org.

Saturday, 3/19-20

Relay For Life NordicStyle, Trapp Family Lodge, Stowe, Sat. 6:00 a.m. - Sun 8:00 a.m. One day. One night. One community. Join the American Cancer Society's 8th annual Relay For Life NordicStyle, the only winter cross-county ski and snowshoe relay in the world. Start a Relay team - or join a team, enjoy music, activities, and entertainment all night long. Information: 872-6304.

Vermont Maple Open House Weekend, statewide, 10:00 a.m.-4:00 p.m., free. Held at sugarhouses throughout Vermont, learn how maple syrup is made and sample maple products. Information: vermontmaple.org or 899-9926.

Monday, 3/21

Total Care Foot Clinic. Old Schoolhouse Common, Marshfield, \$15. Winter takes a toll on feet. . Please call 223-1878 for an appointment. Sponsored by Twin Valley Seniors.

Wednesday, 3/23

National Meals on Wheels Day, Old Schoolhouse Common, Marshfield. Local officials from all towns invited to see our Meals on Wheels and Center lunch programs first hand. Sponsored by Twin Valley Seniors.

Vermont Women's History Month, Sponsored by Cabot Creamery Cooperative, events at 3 locations: Vermont Historical Society, the Vermont Women's Commission and Vermont VFWs to honor our state's military women. It wasn't until recent history that women have been recognized as veterans. Information: 479-8505 or email tess.taylor@state.vt.us.

Sunday, 3/27

Family Concert by the Vermont Philharmonic, Montpelier High School, 3:30 p.m., \$15-adults, \$12-seniors, \$5-students. Selections will include music by Beethoven, Saint-Saens, Rossini, Offenbach, and Vermont composer Dennis Bathory-Kitsch. Youth who have submitted an entry for the cover contest and/or bring a homemade instrument to the concert enter free, and a reduced rate of \$10 is extended to their parents. Information and tickets: http://www.vermontphilharmonic.org .

Monday, 3/28

Kindred Connections Cancer Survivor's Network, Old Schoolhouse Common, Marshfield, 1:00 p.m., free. Cancer? Need someone to talk to? Survivors helping those newly diagnosed or at any time. Come learn how Kindred Connections can help. Sponsored by Twin Valley Seniors.

Wednesday, 3/30

The Wizard of Oz @ Flynn Theater, Burlington, 7:00 p.m., \$41-61. There truly is no place like home as they travel down the Yellow Brick Road and beyond with Dorothy, Toto, and their friends the Cowardly Lion, Tin Man, and Scarecrow. Information: 863-5966 or email box@flynncenter.org.

Ongoing:

Bingo! Every Friday, Old Schoolhouse Common, Marshfield, 1:00 p.m. Come join us for friendly fierce competition and laughter. Sponsored by Twin Valley Seniors.

Cabot Playgroup, Every Wednesday 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.

Cabot Recreation Department monthly meeting, second Tuesday of each month, Willey Building, Cabot, 6:00 p.m.

Cabot United Church services are every Sunday at 10:00 a.m. To reserve the church for a function or any other reason call 563-2278.

Dance in the Kingdom, Latin and Ballroom, 1st and 2nd Saturdays, Good Shepherd School. Lessons at 7:00 p.m., open dance 8:00-10:00 p.m., 748-3044.

Family Contra & Square Dance, First Friday of each month. Danville Town Hall, 8:00 p.m., donation requested. Chip Hedder will do the calling and David Carpenter will lead the band.

The dances are taught and are easily learned by young and old. The Danville Family Contra and Square Dance is held on the first Friday of the month through May. Information: 563-3225 or email samlyman@sover.net.

Game Club at the Cabot Public Library, Wednesdays 3:00-4:00 p.m. Join us for a game, play one of ours or bring your own. Snack will be provided.

Healthy Living Gentle Exercise Program, every Monday, Wednesday, Friday, Old Schoolhouse Common, Marshfield, 10:45 - 11:45 a.m., free. Come join us for a free exercise program that strengthens bones and builds balance, strength and endurance. All levels welcome. Wheelchair friendly. Sponsored by Twin Valley Seniors.

Just Parents, Mondays 7:00 p.m., meet with parents and discuss concerns for drugs and kids, Parent Child Center, St. Johnsbury, 748-6040.

Knit & Crochet Group: meets the third Sunday afternoon of every month, 2:00 p.m., Cabot Public Library. All skill levels welcome. Bring your yarn, hook or needles. Enjoy chatting and sharing your projects with other knitters & crocheters. Information: 563-3396 or e-mail bonniesd@Together.Net

Planetarium Show, Fairbanks Museum, St. Johnsbury, Saturday and Sunday 1:30, \$5.00, 748-2372.

Qi Gong Breathing Classes, every Wednesday, Old Schoolhouse Common, Marshfield, 9:30 - 10:30 a.m., \$5 per class. Come join our classes and learn the ancient secrets of breathing for life, energy, and stress reduction. Sponsored by Twin Valley Seniors.

Scrabble Club, 1st Saturday, St. Johnsbury Athenaeum, Noon-4:00 p.m., 748-8291.

Story Hour, Cabot Public Library, Tuesdays 10:30 – 11:30 a.m. Join us for a book or two followed by a craft project. For the preschool-aged patron.

Yoga and Wellness Classes, Cabot Public Library, Tuesdays, March 1, 8, 15, 22, and 29th, 6:00 p.m. given by Alicia Feltus, by donation.

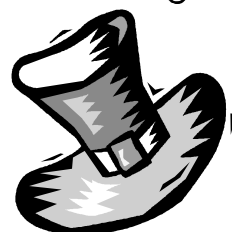
NOTICE of TOWN MEETINGS

**Annual Cabot School
District Meeting,**
Monday, February 28,
6:00 p.m. at the
Cabot School Gym.

Town Meeting Day,
Tuesday, March 1,
10:00 a.m. at the
Cabot School Gym.

St. Patricks Day Dinner

Corned Beef and Cabbage Or Beef Stew
Thursday, March 17th at the Cabot United Church
\$8 at the door or \$6 in advance
Proceeds to benefit Cabot United Church
Dinner served from 5:30-7:00 p.m.
(take-outs available)
Call Sandy Noyes for advance tickets
793-6432



Just Wiggle Your Toes!

Kevin Brooks ~ Parent Night Presentation
March 23, 2011, at 6:30 p.m.
Hazen Union School
NO CHARGE

Kevin Brooks is an amazing motivational speaker from Vancouver, Canada, who tells the story of his bad decisions as a teenager, resulting in a horrific car crash that left him paralyzed from the chest down. He tells his life-changing story to audiences of all ages and sizes across North America. It will make you laugh and cry!

Kevin's greatest attribute as a speaker is that people can relate to him. His story is told in a very honest and straightforward manner. He doesn't hold back. Kevin tells it like it is, as only he can. Having beaten the odds and survived to tell his story, Kevin can talk the talk about no longer being able to walk the walk. But just because Kevin can no longer stand does not mean he cannot stand for something.

Kevin's story is more than just an example of the potential consequences of dangerous driving and destructive decisions...you will wiggle your toes, and you will remember Kevin's story.



Vermont students and Kevin Brooks (center) at the SADD National Conference in Orlando.



~ LEFTOVER MEDICINE ~ ~ COLLECTION DAY ~

Help prevent misuse of medications and environmental pollution. Kinney Drugs is offering a free medicine collection day on Saturday, MARCH 26th. Simply bring your unwanted NON-CONTROLLED medicines to the pharmacy counter at any Kinney Drugs location and they will dispose of them in a safe, environmentally-friendly manner.

What you can bring: NON-CONTROLLED prescription medications, over-the-counter medications, ointments, sprays, inhalers, creams, medication vials and pet medications.

Do not bring: controlled medications (oxycontin, percocet and hydrocodone), illegal drugs, biohazardous materials, needles/sharps, personal care products (shampoo, soap, lotion, sunscreen, etc.), or household hazardous waste (paint, pesticides, oil or gas).



An alarming trend is emerging in the U.S.
More than 4,000 children
and young adults begin
experimenting with prescription and
over-the-counter drugs every day.

70%

of the people aged 12 and older
who abuse prescription drugs get
them from friends and family.

www.lockyourmeds.org

You DIDN'T HEAR IT FROM ME...



Clearing Cabot Commons roof.

An over-five-foot snowdrift was shoveled off the west end of the Cabot Commons roof last month. Probably from the sweeping winds down Thistle Hill. It was good business last month for shoveling, plowing, clearing roofs and chiropractors.

Thank you to Leonard Spencer, who challenged the dates concerning historical events in last month's article about the post office bicentennial. 1866 was clarified to be the date of the incorporation of Cabot Village and not the Town of Cabot. Leonard also challenges the accuracy of the pony express and the issuance of the first stamp. Our source was the U.S. Postal Service website. Can anyone verify by a more reliable source for history? We all want to know.

Thank you to Steven Watkins for the great job he does clearing and sanding the entry way to the Coalition/Chronicle Office. We appreciate it!

The new USDA Dietary Guidelines have dropped the weekly average number of alcoholic drinks suggestion and returned to a recommendation of a maximum of 2 drinks/day for men and 1 drink/day for women. This is a significant change that makes the guidelines consistent with current scientific evidence. Thanks to Tim Naimi of Boston University for spearheading this important change. <http://www.jointogether.org/blog/posts/2011/federal-dietary-guidelines.html>

Congratulations to Tara and Greg Rogerson on the arrival of their sweet baby girl, Mary Elizabeth 'Molly'. She arrived February 13th, which is Tara's birthday. What a great gift! Mom and daughter share the same birth date, but the question remains... are they, indeed, under the same astrological sign?

To add confusion to the validity of horoscopes, according to many reputable sources, like The Minnesota Planetarium Society, there is now a new astrological sign, "Ophiuchus" (November 29th to December 17th). In addition, all the other astrological signs have new

date designations, so before you consult your daily horoscope, you best be sure under what sign you fall. Could it be that your old sign is grandfathered to you, or does it change?

After many years of service to the Cabot Selectboard, Larry Gochey will be stepping down from his duties. Bill Walters says it has been 15 years that Larry has served, but Bill Walters also says...."Just enjoy gossip, don't believe it!"... In any case, thank you, Larry, for your many contributions to Cabot. Your legacy will live on. Whatever will you do with your Wednesday nights, now? We'll bet Cherry has ideas.

A second basketball contest between Cabot and Twinfield Alumni is in the works! The date is yet to be determined. Last year's games were great with a huge turnout!

Skiing at the Beaver Brook Farm has been amazing! Beautiful trails and conditions – just the thing for making friends with winter.

Thanks to Val Covell, who is cooking for many community functions behind the scenes. Your attention to every serving detail is so appreciated.

Those that can – don't forget to come out for the Annual School Meeting and Town Meeting. People in Egypt are putting their lives on the line to have such an opportunity. Frustrating though small-town politics can be, many people don't have the luxury of participating.

It seems like more people than ever are speeding on our roadways. Please take a minute to remember that kids, pets, and pedestrians of all ages are often out, and also have a right to use the road. It would be a shame if an effort at physical fitness resulted in bodily harm!

We are grateful to the mail carriers who deliver our mail even in this crazy weather. It can't be easy to get close to the mailboxes when the snow banks just get higher and fatter. Thank you. But you could forget the bills, if it would make your job any easier.

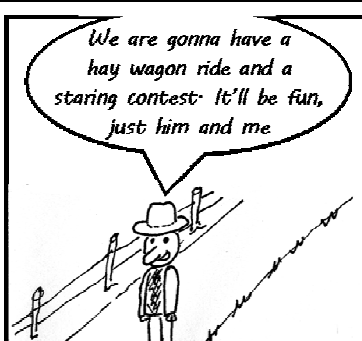


BIRTH ANNOUNCEMENT

Mary Elizabeth Rogerson

She has finally arrived! Greg and Tara Rogerson joyfully announce the arrival of their beautiful daughter, Mary Eliza-

beth Rogerson, born on February 13, 2011 at 3:11am and weighing 5 lbs 15 oz. Her brothers, Elias and Ian Lewis, are thrilled to have someone new to love.



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"Spring Ahead" Sunday, March 13

The U.S. begins Daylight Savings Time at 2:00 a.m. local time on the second Sunday in March and reverts to Standard Time at 2:00 a.m. local time on the first Sunday in November.

FROM THE CABOT PUBLIC LIBRARY

By Kathleen Hoyne and Anne Walker

Programs

Wines of Italy by Niall McCallum
Friday, March 4, 7 p.m.

Come taste five specially selected wines from Italy with descriptions from Niall about each one. This is a fundraising event for the library and space is limited, so please call ASAP to reserve your place. Tickets are \$15.00 each and light fare will be served.

The Irish "Wave" in the Green Mountains—Tuesday, March 15, 6:30 p.m.

Vince Feeney, author of *Finnigans, Slaters and Stonepeppers: the History of the Irish in Vermont*, tells the little known story of the impact Irish immigrants had on Vermont life in the mid 19th century. Come taste authentic Irish soda bread baked by Erica Burke. A Vermont Humanities Council event.

Yoga & Wellness Classes—Tuesdays 6:00-7:30 p.m., March 1, 8, 15, 22, & 29 with Alicia Feltus, by donation

To register and for more information contact Alicia at 802-563-3220/ aliciafeltus@gmail.com.

Knit - Crochet Group—Sunday, March 20, 2:00 p.m.

All skill levels welcome! Bring your yarn, hooks/needles. For more info, call Bonnie Dannenberg @ 563-3396. Meeting on the 3rd Sunday monthly.

Game Club - Wednesdays, 3:00-4:00 p.m., Ongoing

Back by popular demand! Bring your own game or come play ours- all are welcome! Light snacks provided. Computers will be turned off during Game Club.

Thank You!

Many thanks, again, to the Friends of the Library for purchasing a new Kodak digital camera, so we can now have pictures of our programs and events at the library. Also, thanks so much to the many volunteers who have helped this past month with shelving, labeling, and helping with our giving letter: Karen Alexander, Kathleen Higbee, Vicki Palmer, Marge Trautz, Beth Wade and Janet Whitlock.

Community Outreach

If you or someone you know has difficulties getting to the library and would like to receive home deliveries of library materials, please let us know. We would be happy to arrange for home library services to any patrons in the Cabot area. You can call us at 563-2721 or email us at cabotlibrary@yahoo.com.

FRIENDS OF CABOT LIBRARY NEWS

By The Friends of Cabot Library Team

The Friends' first event of 2011 – the 3rd Annual SOUPFEST – was just about in full swing at the time of this submission, and will have undoubtedly been a resounding success. So, "Thank You" to all the members and volunteers who helped prepare and dispatch the plethora of amazing homemade soups, muffins, and cookies that were enjoyed by our hungry customers! Now, on to the next event! (Stay tuned for details in an upcoming issue of the *Cabot Chronicle*.)

And, don't forget to take advantage of our recent donations to the library this winter by stopping by Wednesday afternoons to check out a movie. Great selections have recently been added – plus, that's when you'll get a bag of fresh-popped popcorn to go with it! A great FREE service happening all winter to help keep a little money in your pocket! Thanks go out to Kathleen Hoyne for making this possible for everyone – you sure do pop up a mean batch of popcorn!

Spring is in the air ... can you feel it?

Two Children's Books By E. Jane Brown

By Cia Considine

Do You Suppose?

On a recent bookstore visit, I noticed a thin, wire-bound book on the Local Authors shelf, titled *Do You Suppose?*, by E. Jane Brown. I recognized Jane Brown to be from Cabot, which drew my interest, but what ultimately held my attention to this modest booklet were the drawings - sweet, colorful depictions of animals personified. The pictures were reminiscent of early Beatrix Potter.

Imagine a fashion-conscious frog who favors orange, a yellow duck that doesn't like the rain or a violet hippo climbing trees for fun. Each page asks a question about the character, which, in turn, can spur on a host of other questions, guesses, suppositions. "Can a tree support a heavy hippo?" "How does a hippo get a grip to climb?" "Do hippos turn purple from eating too many violets?"

This book is versatile. It can be read and talked about with the very young, much like a picture book, or it is suitable for early readers. It's a wonderful exercise for the imagination.

Pinkie

Jane Brown was born and grew up in Cabot on the family farm, and she attended Cabot School. Her book, *Pinkie*, the story of a young girl and the runt pig that she raises, is the main theme in this book that includes realistic youthful experience. What is especially appealing is the setting – some mix between Cabot and Plainfield culture, in a time when many Vermont



children were raised on farms with animals.

Susan, the main character, is allowed to take the sickly pig runt into the house to nurse and care for. The book is about Susan raising her pig on the farm, in Vermont weather with all its effect, with native wild animal encounters and with the imagination of a young girl who believes that a neighbor living alone on the mountain is wild and dangerous. The story then reveals the mountain neighbor to be of native-American descent, with curious words and a wisdom about the wild that enchants Susan.

This book, *Pinkie*, is a valuable piece of local historical fiction that all Cabot kids should read, to become more aware of the history of their place and also to support a fine local author and artist in her quest to promote Vermont history.

FARM TO SCHOOL NEWS



By Amy Hornblas

Willa Burke, a junior at Cabot School, was invited to speak at the Farm to School Statehouse Celebration on January 20. She addressed the packed room and shared the many reasons she feels passionate about farm to school programs. Willa has been an active member of the Farm to School team since its beginning, and has shared her enthusiasm for animals and food with the community in many ways. Cabot School also had a display at the Statehouse

event, which highlighted the activities the school and community have completed together over the past year through the Farm to School implementation grant. In attendance were law makers, including Representative Kitty Beattie Toll and Janet Westervelt; Cabot's own Karen Stewart (school principal), Lynn Talamini, Meghan Hewitt, and Mary Ann Tormey (Cabot school teachers); and community members Judy Boucher and Roman Kokodyniak.

CABOT SCHOOL HONOR ROLL

Home of the Huskies 2010-2011 2nd Quarter

Cabot School is very proud of the students who earn high grades and are on the Honor Roll. The Honor Roll is published after each marking period and announced in the *The Cabot Chronicle*, *The Times Argus*, *The Caledonia Record*, *The Hardwick Gazette* and *The World*. Academics are very important in Cabot School, and we encourage all students to strive to gain high grades.

Honor Roll requirements are:

High Honors—No grade below 90
First Honors—No grade below 85
Second Honors—No grade below 80

High Honors

Grade 12 Theron Lay-Sleeper,
Lynn-Anne Nunn

Grade 9 Wesley Ameden,
Olivia Bellavance,
Cypress Ellen,
Lars Hammer,
Kassandra Morse

Grade 8 Heidi Cookson
Grade 7 Megan Walker

First Honor

Grade 12 Robert Lanphear

Grade 11 RaShawnna Downing,
Rebecca Rossell,
Christopher Schumacher
Grade 10 Timothy Mueller-Harder
Grade 8 Donovan Bigelow,
Kyle Celley,
Gage Sironi,
Emma Stecker,
Lyrica Stelle
Grade 7 Tiger Bastress,
Clementine O'Connor

Second Honors

Grade 12 Samuel Mattson,
Shelby Maurice,
Tyler Placey-Noyes,
Charlotte Robison

Grade 11 Willa Burke
Grade 10 Darren Celley,
Joshua Hough,
Sebastian King

Grade 9 Ashley Maurice,
Nell McQueeney
Grade 8 John Miner,
John Nally

Grade 7 Zachary Coolbeth,
Eli Hale,
Galadriel Morse,
William Nally,
Alexandria Simmons,
Jasmine Tetreault,
Joshua Therrien

CABOT MAPLE FESTIVAL

CRAFTERS WANTED

**\$20 includes free breakfast before the crowd arrives.
There's still time to grab a table and promote your
craft or product. Bring in some cash before Tax Day.**



TWIN VALLEY SENIOR CENTER CELEBRATES NEW SPACE

By Stacey Sharp

An exciting change is taking place at Twin Valley Senior Center. With the support of taxpayers, community members, businesses and fundraising, we are adding a room at the Old School House Common in Marshfield. This will allow us to move our overly-crowded dining area down the hallway and have a more comfortable seating arrangement for dining, card playing, storage, puzzle table, bookcase to hold the many picture albums of the senior center in past years, video and movie shows, and overall host more entertainment in a more comfortable environment. No more eating all scrunched together! If you have any of the following items and would like to donate them to the center, please give us a call at 426-3447 or 454-7750. We are seeking a manual middle- or large-size foldable wheel chair, a solid wooden rocking

chair, a floor lamp and a small bookcase. Once we have made the actual move, which we hope will happen in April, we'll be hosting a grand open house so that the communities who have supported us so generously can see how our Center is growing and offer suggestions on other ways we can meet the needs of our seniors, both homebound and those who come to our Center.

March is national Meals on Wheels month, and Twin Valley Senior Center is focusing on nutrition and eating well. We have invited local officials in our towns to join our Meals on Wheels drivers on March 23 to deliver meals to our disabled and homebound seniors, or to join us at our Center in Marshfield to see Meals on Wheels in action and join us for a delicious and nutritional lunch. TVSC, with the help of meal planning by Kass Phillips and our wonderful new cook, Waneta Mayhew, is focusing on preparing hearty meals in a nutritious way. We offer both old favorites and some new dishes. Waneta's use of herbs and spices is teaching us how to eat with less salt. We hope you'll encourage your town officials to join us on March 23 to see how your tax dollars are being spent to bring needed services to our seniors in the community. We also look forward to meeting with our officials that day and collaborating with them to make our small center even better by bringing in services that will enable seniors to remain independent in their own homes.

Recreation Department Update

By Libby Hale

Basketball is winding down, with only a few exciting games left for the 5-6 teams. See the calendar for dates and come to cheer the kids on! Teams were competitive and everyone had a good time, learned more about basketball and gained skills. We had 55 participants from preschool to sixth grade! Thanks to all who volunteered time, knowledge and skills to keep the season going; coaches and referees, schedulers, timekeepers, (timekeepers trainers), bookkeepers and school folks so critical for the juggling and communications. Varsity boys helped with the pre-2 program and refereeing, special thanks to high school senior Sam Mattson, who refereed almost every home game!

Looking forward to **Little League**, we hope to broaden the circle of involvement. If you have knowledge, experience or a desire to help, please let us know! We need coaches and assistants, bookkeepers and umpires, help with field maintenance, concessions, dug-out crowd control, and communications.... There is always room for help!! Please watch for sign-ups and register early (at sign-ups) before the season begins, so we can create the proper size and number of teams. Kids have more fun and are more invested and involved when they play rather than sit on the bench with 20 others.

Spring Soccer sign-ups will be **March 15 & 24** at Cabot School gym 6:30-8:00 p.m. Separate boys and girls teams will be formed. The season will run May - June. Practice will begin weekdays in April (depending on field conditions), with games on weekends. The fee is \$20 plus approximately \$14 for uni-

forms, checks payable to Cabot Recreation Department. Number of teams will depend on how many players sign up. Player passes are required; therefore, an electronic picture is needed before your son/daughter can play. Questions, comments, concerns, contact Donna MacKinnon (563-2631) or Michelle Delaney (563-2427). This is an exciting opportunity for players to increase their soccer skills and be better prepared for fall soccer season. Interested in coaching or becoming a board member? Come to any Recreation Department meeting, held the second Tuesday of each month, or talk to us at sign-ups.

Many thanks to all the families and community members who keep these programs running; they are very important for the kids!!

By Jeremy Hoyne

Lynn and Martha Rockwell run Cabot Long Field Farm. Lynn and Martha have been milking since 1996, when they started with three goats. The goats were named August, Michaela, and Dakota. Lynn and Martha now have 43 milkers, 5 bucks, and 10 baby goats.

The oldest goat, Velveteen, a milker, is 12 years old. The goat farm just bred their goats and they're expecting their earliest baby on June 2, 2011.

Lynn and Martha are selling their milk to Vermont Butter and Cheese Creamery. They produce 46,656 pounds of their milk to the creamery.

These goats don't just milk all year; they retire when they get pregnant. Goats eat two things: grass grain and hay. The goats together eat 1,800 bales of hay. Lynn and Martha make their own hay. Only the milkers get grain; the milkers all together eat 3 tons

The Future of the Dairy Industry in Vermont is NOT Bleak!

By Steven Judge

The future of dairy farming in Vermont WILL NOT be 25 or 30 large farms in Addison, Franklin and Orleans counties trying to compete with farms in the mid west and west milking 5,000 or 10,000 cows, as some dairy industry insiders would lead you to believe. The commercial dairy industry is rapidly consolidating and commercial dairy farms are becoming ever and ever larger. I recently spoke with a dairy farmer from the Snake River Valley in Idaho. He told me that within a five mile radius of his farm there are 400,000 dairy cows and one of the neighboring dairy farms milks 70,000 cows in SEVEN 10,000-cow barns. That farm produces well over one billion pounds (116,000,000 gallons) of milk per year. The United States needs less than 150 farms that size to produce all the cheap milk to meet consumer demand.

The average dairy farm in Vermont milks 100 cows. How can we possibly compete with 70,000-cow farms!

Forget about how and ask yourselves why? So Vermont dairy farmers can keep producing lots of cheap milk for suburban and urban markets and selling it for wholesale prices that don't even cover their operating costs? So the milk can continue to be trucked out of Vermont, helping to fuel the endless bickering between the commercial dairy industry and those who desire to sell milk direct from farms in local communities?

The natural future of the dairy industry in Vermont is the cultivation of local micro-dairies and farmstead dairies that today can have the option to produce raw milk or on-the-farm pasteurized milk, due to innovative technologies being developed right here in Vermont. Let Vermonters lead the way with small local dairies producing milk for their friends and neighbors, as we have done with

our inspirational localvore food movement, as well as our nationally recognized sustainable living, buy local, and smart growth commitments.

Micro dairy farms work because they can limit production to match demand, eliminating over-production and waste through a reverse economies-of-scale milk production model. Four grazing hillside Vermont dairy cows can supply up to 60 families with farm fresh milk. In addition, micro-dairy farms require very little time to operate and do not dominate a farmer's life, allowing for diversification of farmstead income options - a perfect mix in the strong and steady localvore movement here in Vermont. Today, keeping and milking four cows is no more difficult than having a couple of horses or a few sheep. And a carefully managed small herd dairy can actually be profitable!

What a wonderful opportunity we have to embrace a bright future for Vermont dairy farms. Let's do it - let's bring those cows back home - happy and serving our own local Vermont towns, not just smiling in artwork. Let the future of the dairy industry in Vermont be 1,000 micro-dairy farms or "small herd dairies" producing farm fresh milk for their local communities located throughout the state. These farmstead dairies will be milking two, four or maybe six cows on a part-time basis and providing the farmers who operate them with a solid supplemental income that, along with the milk they produce, will stay safely in Vermont. Our cows will once again graze the fields and hillsides of Vermont and our fabled working landscape will once again truly be a working one.

Steven Judge is the founder and owner of Bob-White Systems - the John Deere of the farmstead dairy industry located in South Royalton, Vermont, and at www.bobwhitesystems.com.

Long Field Farm Wins it Again

of grain every month.

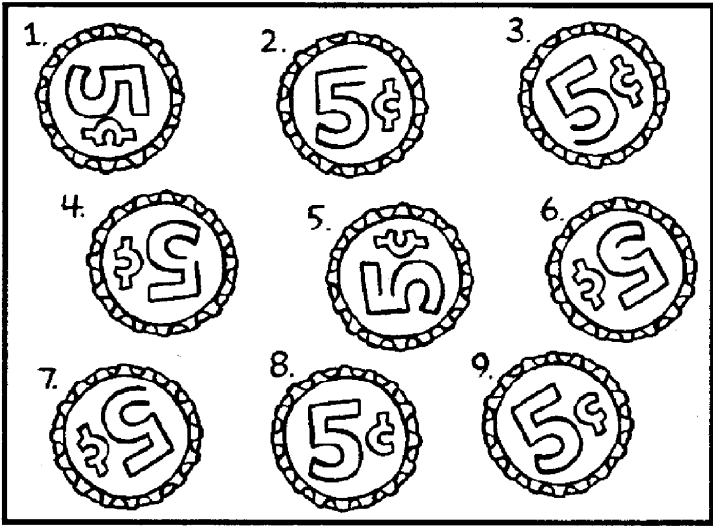
Long Field Farm received the award downstairs in the Barre Auditorium. The Farm Show was upstairs. On January 27, 2011 Lynn and Martha were presented with the 1st Runner Up (2nd place) for All Around Goat Milk Quality. Right before the award ceremony everyone had lunch.

The Vermont Dairy Association decided that Long Field Farm should get this award because of 5 reasons: #1 Standard Plate Count (SPC); to get a good score, your herd needs to be healthy, good milk management, and milk equipment sanitation. #2: Preliminary Incubation Count (PIC), the PIC tests for bacteria that grow in the holding tank at cold temps. #3: Lab Pasteurized Count (LPC); this tests the farms hygiene procedure. #4: The Somatic Cell Count (SCC); this tests the health of the goat's udder. The SCC is associated with the inflammation of the goat's ud-

der. When the udder gets inflamed, a large number of these cells come off in the milk. If this occurs there is some kind of abnormal activity. #5: the last thing they grade on is flavor. Good quality milk should be pleasantly sweet with no distinct aftertaste. Milk is scored on a 1-10 scoring system counting all the defects.

I wrote this article because on Wednesday nights I help out at the goat farm. I bring the goats into the holding pen (that holds the goats till they are ready to be milked). I bring two bales of hay and put them in the hay racks so the goats can eat. Then when the milkers are done milking I take them back into their living pen. I really love working at the goat farm; it's fun and it's with nice people.





DON'T FIZZ OUT! Two of the old soda-pop bottle caps above are exactly alike. Can you find them in 30 seconds?

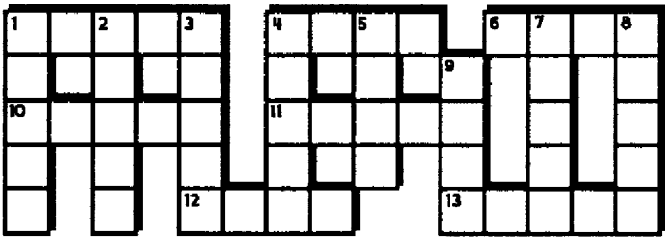
Answer: Caps 3 and 7.



Junior Whirl

by Charles Barry Townsend

TRY BEING “DEFT” AT “DECIPHERING” THIS “DELIGHTFUL” PROBLEM!



Below is a list of 15 words that start with either “D” or “E.” You must use these words to complete the puzzle grid to the left. Use the good old trial-and-error method.

“D” Words

- DADO
- DEED
- DENSE
- DENTS
- DODGE
- DREAD
- DROLL
- DUDED
- DUPED

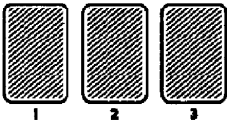
“E” Words

- EDGE
- ESPY
- EYED
- EASEL
- EAVES
- ENDED

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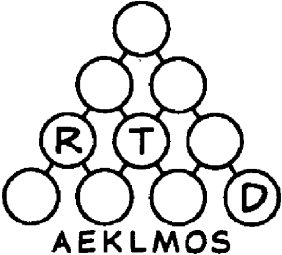
A CARD CONUNDRUM! To the right are three facedown cards. Can you figure out their values using these hints?

- 1. There is at least one queen just to the right of a king.
- 2. There is at least one queen just to the left of a queen.
- 3. There is at least one spade just to the left of a heart.
- 4. There is at least one spade just to the right of a spade.



Answer: Card 1: King of spades. Card 2: Queen of spades. Card 3: Queen of hearts.

CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.



Answers: Top to bottom, left to right: Mark, mars, mats, mate, mots, mote, mole, mold.



Hardwick Chiropractic Doctors

Complete Barral Institute’s Training



By Gwyn Harris

Hardwick, VT – Doctors Grace Johnstone, Rick Eschholz, and Teri Dodge recently participated in a three day seminar, Neuromeningeal Manipulation; an Integrated Approach to Trauma. The Neural Manipulation curriculum was developed by French Osteopaths Jean-Pierre Barral and Alain Crobier, and was presented by the Barral Institute, a health resource center that presents continuing education courses to healthcare professionals worldwide.

Neural Manipulation is a manual therapy in which gentle, spe-

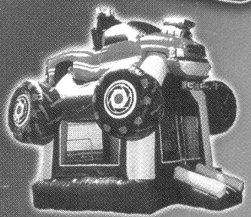
cifically directed pressures encourage normal mobility and tone of the nervous system and surrounding connective tissue. Releasing local nerve restrictions often resolves more comprehensive dysfunctional patterns throughout the body, such as carpal tunnel, tinnitus, asthma, and chronic ear and sinus infections.

Dr. Johnstone founded Hardwick Chiropractic 19 years ago. Presently, the practice serves patients mostly from central and northern Vermont and northern New Hampshire. All three doctors at Hardwick Chiropractic use a gentle, low velocity approach called BioGeometric Integration. According to Dr. Johnstone, “This work fits beautifully with what we do at our office, and it allows us to offer new techniques to help people recover from head trauma and whiplash type injuries”. Visit www.hardwickchiropractic.com or call 472-3033 for more information.



802-476-7894
802-839-0149-cell
rick@realbounce.com

REALBOUNCE.COM



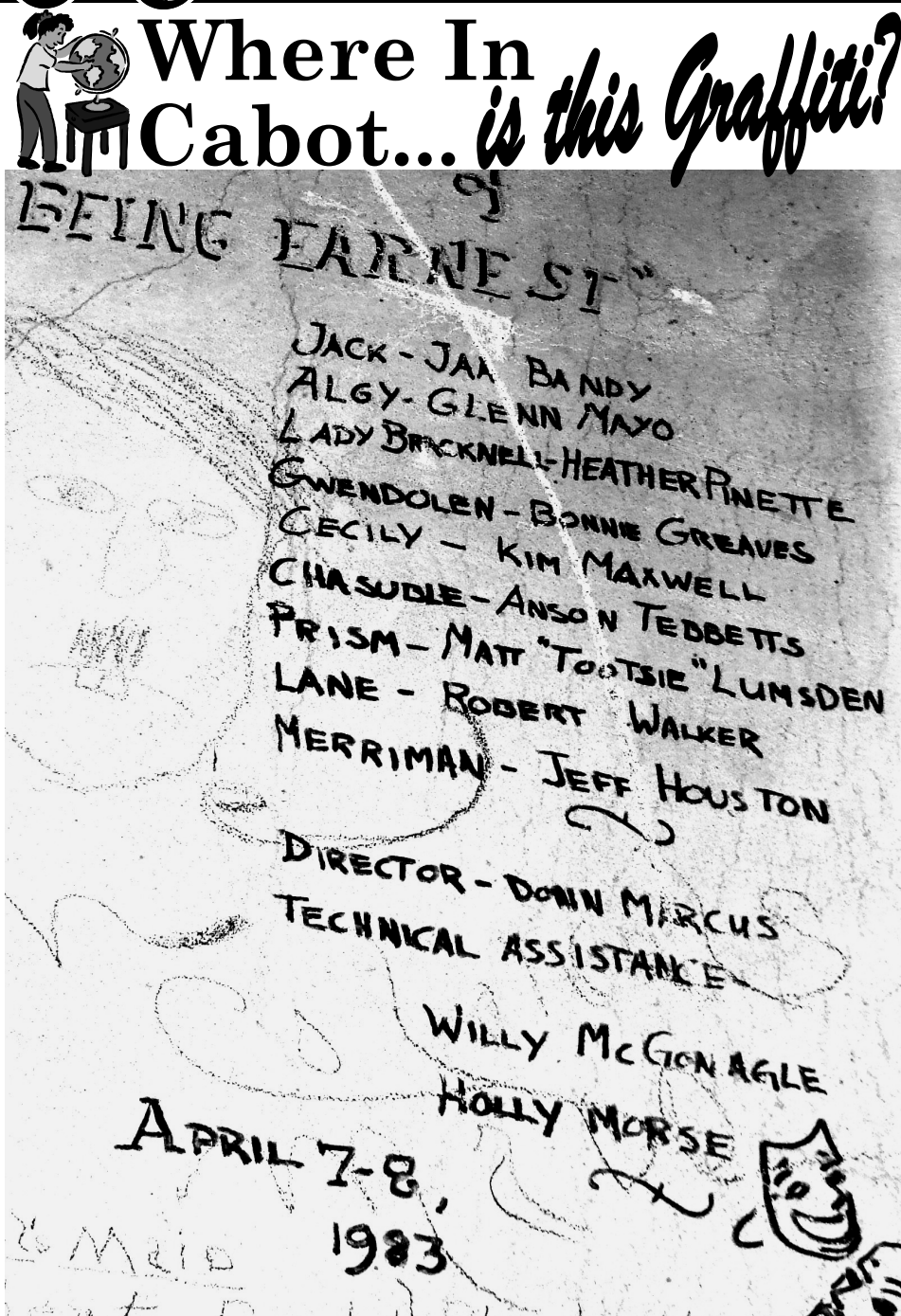
Rick Choquette
Choquette Inflatables, LLC
100 Cheney Road
Barre, VT 05641

CABOT MAPLE FESTIVAL



SILENT AUCTION DONATIONS

Please call Jeannie 563-3147 or Chronicle Office 563-3338 to coordinate drop-off or pickup of unwanted but still useful items that can generate cash to support ongoing operation of the Cabot Chronicle. Businesses making a donation of goods or services receive an equal value of Chronicle advertising as our thanks.



Where in Cabot Is This? Answer: below
Backstage at the Willey Building's third floor theater. Staff photo

Destination ImagiNation

By Jane Youngbaer

Destination ImagiNation is a world-wide non-profit organization for creative problem-solving. For the tenth consecutive year, Cabot School is sending teams to the annual Vermont Destination Imagination Tournament in Burlington, this year on Saturday, March 26. Three Cabot teams have been working for several months to develop unique solutions to creative challenges. Team members must create every aspect of their challenge, without "interference" from adults or other non-team members. Volunteer team managers are facilitators who guide and supervise the teams, but cannot give them ideas or work on their projects.

At the tournament, each team presents an eight-minute performance that demonstrates their challenge solution. In "Triple Take Road Show" Cabot's middle level team will travel (theatrically) to three pretend audiences, telling the same story in three different ways. The elementary team is tackling the challenge "Verses! Foiled Again!" They must build a very strong and light structure using only wood, foil, and glue, as part of a skit that includes poetry and a character that is foiled. A large percentage of their score will come from the amount of weight held by their structure.

Rising Stars is a non-competitive level for kids who are about 5-8 years old. Their Challenge is "Big Bug's Bad Day," in which a variety of team-created characters help Big Bug with a problem, also chosen by the team. Rising Stars receive



2011 State Destination ImagiNation Pin
Designed by Cabot resident, Todd Jones.

special recognition at the Opening Ceremony.

Each team will do a short, secret Instant Challenge that they have never seen before. Teamwork and skill in the Instant Challenge are figured into each team's total score. In addition to points, all of the Appraisers who evaluate challenges give teams written comments about what they did well.

The tournament includes opportunities for art, building activities, watching challenge performances, and festivities with teams from all over Vermont. Trophies are given for exceptional creativity and teamwork, as well as for the highest scores. First place teams are eligible to go to Global Finals at the University of Tennessee in Knoxville this May.

The Vermont Destination ImagiNation Tournament is free and open to the public. For more information, please contact Jane Youngbaer at Cabot School 563-2289. Also visit the websites: www.idodi.org and www.vtdi.org

The Cabot Chronicle

Chronicle Seeking Volunteer Support

The Chronicle welcomes ad-hoc volunteering.

We have several one-time monthly jobs

as well as ongoing small projects.

Most volunteer tasks can be done at a volunteer's convenience.

This is a great opportunity to understand the newspaper publishing process.

(High School students encouraged to join in.)

Ongoing maintenance of a Facebook page, feature editors, newspaper pick up – 1x/month, deliveries - 1x/month, inserts, stuffing and mailing – 1x/month, photographers, sell ad, buy an ad, manage subscriptions, Maple Fest Volunteer, solicit or donate a silent auction item.

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The Cabot Chronicle

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Letters: The Chronicle welcomes the thoughts and opinions of its readers. Articles, letters, your responses-good or bad. Let us hear what you have to say.

Articles: Any writing that is connected with Cabot is a top priority. If you like to write and even if you don't, we will help you or your organizations get your thoughts and news printed.

Photos: Send us your photos of Cabot, its people, events and scenery.

Announcements: Births, weddings, engagements and obituaries are welcomed always FREE!

Advertising: Get your business or want ad into the Chronicle. The Cabot Chronicle proudly supports buying and selling local.

Submission Deadline: All submissions are subject to editing and must be received by the 15th of every month. Send to inbox@cabotchronicle.org or mail to: The Cabot Chronicle, P.O. Box 245, Cabot, VT 05647. Or, call us at (802)563-3338.

Legislative Update

By Kitty Toll

February was a busy and productive month in the House Appropriations Committee. Testimony on the Governor's proposed budget for fiscal year (FY) 2012 was completed at the end of the month. Three public hearings were held, one through Vermont Interactive Television, enabling Vermonters the opportunity to voice concerns directly to the committee. By mid-March, after careful consideration, the Appropriations Committee will present a revised budget to the Legislature. This year, the gap is now projected to be \$176 million.

The most difficult and controversial cuts are those to services provided by the Agency of Human Services. No new federal stimulus funds (ARRA) are available for FY2012. Tough budgets were balanced in FY 2009, 2010, and 2011 through the use of ARRA funds, cuts to departments and programs, the elimination of 660 state employees and one-time funding from other sources. To balance this year's budget, difficult decisions will have to be made even though financial analysts feel we have begun a slow economic recovery. It is encouraging that Vermont's unemployment rate is the 2nd lowest in New England and the 5th lowest in the country.

The 2012 Transportation Budget is decreased 7 percent over last year. The budget focuses on the maintenance of bridges and highways. Highlights include \$77.1 million for paving projects, which include over 100 miles of interstate and 135 miles of state highway. The roadway budget includes construction of the first three segments of the US 2 Cabot-Danville corridor and recon-

struction of US 2 in the village of Danville. The budget also funds major construction on more than 65 bridges and culverts as well as preventive maintenance. Town highway programs have received a \$2.2 million decrease from FY2011. This decrease is largely due to the loss of ARRA funds. However, funding for the Town Highway Structures and Town Highway Class 2 grant programs were level funded this year.

On Friday, February 18, Dr. Hsiao, commissioned to develop options for a new health care system for Vermont, presented his final report on Health Care Reform to the Legislature. A total of 170 Vermonters shared their comments with Dr. Hsiao on the draft proposal prior to the presentation of the final report. With the current system, it is estimated that the state will spend \$5.9 billion on health care in FY2012 and costs are expected to climb an additional \$1.6 billion by FY2015. The present costs of health care are not sustainable and must be addressed. The report can be reviewed at www.leg.state.vt.us/jfo/healthcaredesign.aspx.

Committee discussions and House and Senate deliberations are always open to the public. I look forward to hearing from you and encourage all to visit the Legislature this session. To get more information on the Vermont Legislature and the bills which have been proposed and passed visit the legislative website: www.leg.state.vt.us. Please contact me at:

State House: 828.2228
Home: 684.3671
Email: ktoll@leg.state.vt.us
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CLASSIFIEDS

Classified ads are 10 cents per word, minimum of \$2 (not including help wanted or employment classifieds).

HELP WANTED

WANTED Craft and Maple product vendors for Cabot's 3rd Annual Maple Fest . Saturday, March 19, 2011. Call 563-3338 or email inbox@cabotchronicle.org

WANTED Are you 55+ and unemployed? Paid, part-time job training opportunities for eligible, mature workers are available in Cabot. Call Vermont Associates for more information, 802-748-8635 or 1-800-439-3307. www.vermontassociates.org

WANTED Do you know how to set up an auction on the web? If so, The Cabot Chronicle needs you! Please email inbox@cabotchronicle.org to discuss a mutually beneficial working relationship.

FOR SALE

FRUIT TREE and BUSH SALE. Pre-order fruit trees and plants and receive a 10% discount. Also rootstocks, scionwood and seed. Organic. Locally grown. Details at waldenheightsnursery.com or call 563-3012.

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Getting you where you need to go!

US 2 Commuter - Service Update (through Nov. 2010)

Service

In April of 2010, GMTA and Rural Community Transportation (RCT) began operating the new US Route 2 Commuter service, providing transportation along the Route 2 Corridor during peak commuting hours between St. Johnsbury and Montpelier. The route includes intermediate stops in East Montpelier, Plainfield, Marshfield, West Danville and Danville. Not only does the service provide typical employment-commute and student-commute rides, but also provides for basic mobility for those along the Route 2 Corridor who are transit dependent. Additionally, the service removes vehicles from the corridor, thereby reducing air-pollution in communities along Route 2 and wear and tear on Route 2 and feeder roads. The route not only serves the single corridor, but enables transfers to/from the Waterbury Commuter, Link Express, Montpelier Hospital Hill and City Commuter routes, as well as the Jay-Lyn Shuttle. Fare structure is as follows: \$1/One way, .50/Discount, \$8/10 Ride Pass, \$33.50/Monthly Pass.

The US 2 Commuter service is funded through a Federal Congestion Mitigation Air Quality (CMAQ) grant, which funds 80% of the route's operating costs (net of fares) for three years. The remaining 20% of operating costs are funded through approved local funding support from the towns directly served.

Ridership

The US 2 continues to demonstrate its success through increasing ridership numbers and rider utilization of connecting services to locations beyond Montpelier. FY11 YTD (July – December) trips per day is 41, which exceeds the first-year ridership estimates of 38 trips per day, and is on pace for >10,000 annual rides.

US 2 RIDERSHIP, FY11 YTD, GMTA & RCT

	ST. J	DANVILLE	MARSH-FIELD	PLAIN-FIELD	E. MONTPE-LIER	MONTPE-LIER	TOTAL
JUL-DEC TOTALS	1087	307	499	1135	137	2266	5431



CABOT MAPLE FESTIVAL

NEED A FUNDRAISING IDEA?
Cabot groups are invited to take advantage of Maple Fest to raise funds. Call 563-3338 to secure space and brainstorm ideas to make cash for your organization.