The Cabot Chronicle

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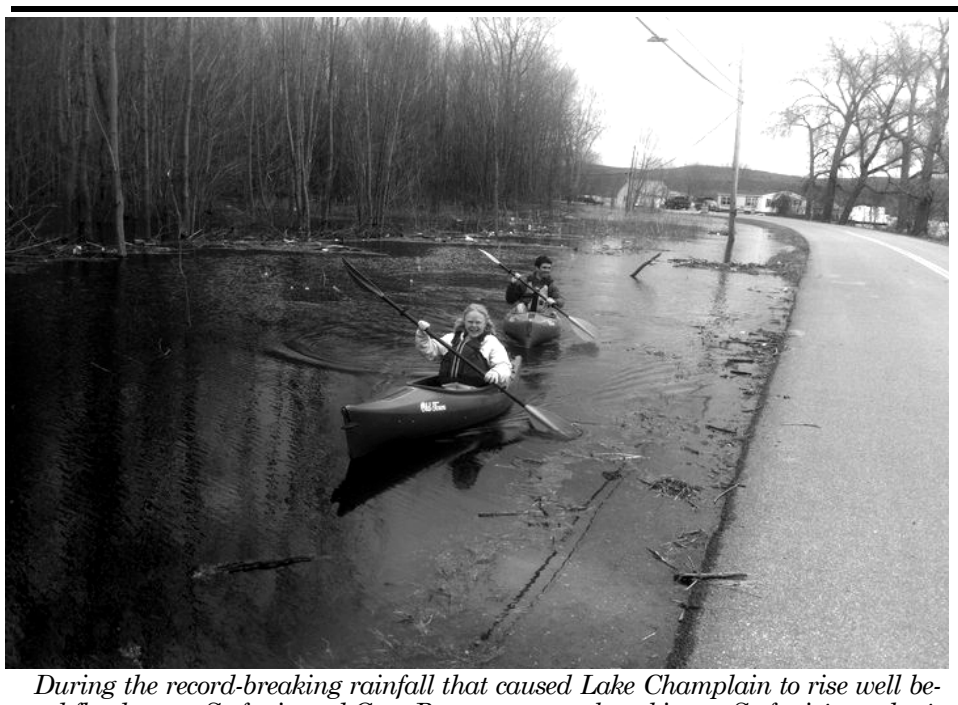

During the record-breaking rainfall that caused Lake Champlain to rise well beyond flood stage, Stefanie and Greg Burtt were seen kayaking to Stefanie's mother's home in St. Albans. The road, flooded, made several folks experience island living, at least temporarily.

Curriculum Changes Ahead at High School

By Chris Tormey,
Cabot School Board

For the past several months, principal Karen Stewart and middle and high school teachers at Cabot School have been working several days a week after school to design a new high school curriculum for the 2011-2012 school year. That work came at the direction of the Cabot School Board, which chose earlier this winter to devote considerable effort to improving and revitalizing our high school program, while avoiding additional staff reductions. Throughout this semester, Ms. Stewart and staff members have provided the board with regular updates on their progress in designing an innovative, research-based program that will re-engage Cabot students and possibly attract additional students through school choice. Their group has done a great deal of research on innovative teaching methods around the country, and members of the group have visited several schools where these new methods have been particularly successful. At the May 16 meeting of the Cabot School Board, Ms. Stewart and members of the high school staff presented a comprehensive overview of the changes their plan proposes for Cabot High School next year. The intent of these changes is to increase the rigor and relevance of the high school program, while at the same time developing the knowledge and skills needed by graduates to succeed in the 21st century.

One of the most significant changes reflected in the new curriculum is a shift away from discrete classes to integrated teaching and learning in the areas of language arts, social studies, music and art. Next year for 9th and 10th graders, these four disciplines will be integrated into an afternoon-long humanities block four days a week, during which students will develop both basic and higher order thinking skills in these areas through individual and collaborative study of "essential questions" related to the Vermont Standards for education. Essential questions are skillfully designed to engage students in relevant topics that require rigorous research, discussion and thinking. This replaces most rote-style learning, and is the foundation of learning for the 21st-century work force. This "project-based learning" model has been piloted this year in the freshman- and sophomore-level American Studies course. Most recently, students have been involved in a month-long study of the history, politics, music, poetry and literature of the Harlem Renaissance period, and are enthusiastically preparing to presented some of what they've learned at the CSPAC on May 19.

On one afternoon each week, these same freshmen and sophomores will have an opportunity to explore a wide range of outdoor activities within an expanded physical education program designed to promote life-long fitness. In addition to providing the time for life-long sports like canoeing, snowshoeing, mountain biking and cross-country skiing, this approach will also make possible a variety of service-learning activities: clearing trails, planting trees, cleaning up along the Winooski River, etc. This style of physical education adds to the relevance of classroom study by immersing students in areas of science, social studies and social responsibility that are a direct link to other curricular areas. In addition, it allows students to experience a wide variety of possibilities for healthy living in an outdoor environment.

The sequence of math and science courses has been adjusted so that students will have learned all required content prior to the 11th-grade assessment and to entering Barre Technical Center. Some science adjustments have been made to reflect current research on developmentally appropriate topics.

Next year's program will provide more time for all science courses, as well as a wider range of offerings. Ninth graders will start with physics, sophomores will take an integrated physics/

(See "Curriculum", page 2)

2011 Legislative Session Ends

By Kitty Toll
State Representative

The 2011 Legislative Session came to a close on Friday, May 6, one week earlier than scheduled. I would like to sincerely thank the residents in Cabot, Danville and Peacham for giving me the opportunity to serve again as your Representative in Montpelier. It is truly an honor and a responsibility that I take seriously. I was particularly pleased this year that the Speaker of the House gave me the opportunity to sit on the House Appropriations Committee. This committee is responsible for the state's yearly budget and this year was charged with solving a $176 million gap.

All major bills passed both the House of Representatives and the Senate, most with bi-partisan support. The Senate made minor revisions to the budget and passed it out of the Senate chamber with a vote of 27 yeas and 1 no. The financial plan for the state solves the $176 million dollar gap, retains essential services for Vermonters and plans for next year. There will be continued financial challenges in future budgets; however, the 2012 budget does not raid the $54 million stabilization fund (also known as the Rainy Day Fund) and additional excess revenues will be carried forward into the state's reserves to help address another difficult budget for 2013 and the likelihood of more federal cuts.

New revenues in the Miscellaneous Tax Bill also helped to solve the budget problem. Provider taxes were increased on health care, which for most providers are returned in the form of higher reimbursement rates. The existing assessment on medical and dental insurance claims was increased, raising $11.82 million. Finally, the controversial cigarette tax was increased 38 cents. The House had passed a 27 cent increase while the Senate proposed a 53 cent increase. There was pressure from many Vermonters to increase the tax by $1.00 and the Governor did not support any increase due to sales of cigarettes in Vermont towns located on the border. At the end of the day, a 38 cent increase was passed. No broad-based taxes, such as the sales tax or income tax, were increased.

H.202 addresses the future of heath care in Vermont. The legislature has taken a significant step toward controlling health care costs and ensuring health care for all Vermonters. Reforming our health care system is an enormous task. Legislation passed this year creates the Green Mountain Care Board and charges it with overseeing the implementation of health care reform efforts. This board ensures that important decisions related to our health care system will be made through a process that is transparent, democratic and open to the public. The legislature also established the health benefit exchange required by federal law. The exchange creates a more convenient way of comparing and purchasing health insurance. Information about qualified health insurance products will be displayed in

(See "Session", page 2)

CABOT'S TOWN-WIDE LAWN SALE

What it is: a town-wide lawn sale event. Set up at YOUR OWN HOUSE, and we'll send the people to you. Your place not convenient? Ask to reserve a spot on the common or in the Cabot School gymnasium by calling 563-3338.

How it works: sign up by sending your $10 fee to the Cabot Chronicle, Lawn Sale 2011, P.O. Box 245, Cabot, VT 05647. We will advertise your sale in over 10 local newspapers, on at least three community radio stations, and with signs directing drivers to your location. We will also feature your site on the official Lawn Sale 2011 map.

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~ Get in on the action for just $10! ~

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- town-wide signs directing drivers toward your sale

Remit requests and payments to the Cabot Chronicle, LAWN SALE 2011, P.O. Box 245, Cabot, VT 05647. or Call 563-3338 for more information.

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Session

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will be displayed in a way that allows apples-to-apples comparisons. Finally, the legislature established a framework to implement health care reform. This is a multi-year plan needing legislative approval along the way. The legislature has included specific requirements for future legislative action and ensures Vermonters have an opportunity to participate in making the decisions about Green Mountain Care. H-202 does not deliver a solution to our problems but it does provide a process through which we can reach one. There is much work to do in the coming years and I remain committed to that work and to our eventual success. Our current health care system remains in place until a new one is designed and passed.

Legislation was also passed strengthening Vermont's DUI laws. The challenge presented to the legislature to prevent harm to Vermonters and their families and friends by chronic DUI offenders was taken on in H.264. It is helpful to understand that we are challenged by a small population, but a hardcore population. While fifty percent of first offenders do not offend again, larger percentages of second time offenders, and even larger percentages of third and subsequent offenders re-offend and they are the focus of this legislation. An escalating scale of penalties has been set in place for these offenders. A third DUI conviction carries with it a term of imprisonment up to five years of which at least 96 consecutive hours must be served. For the conviction of a third or subsequent DUI offense with death or serious bodily injury resulting, a term of at least five years will be imposed and probation, parole, furlough, or any other type of early release will not be allowed.

Support of our Veterans and children of military families was also the focus of several bills. A Disabled Veterans Education Tax Credit was revised and a tax credit for the employment of veterans was established. Veterans and their families are encouraged to take advantage of the resources provided by the Vermont National Guard Family Support and the Vermont Office of Veterans Affairs. For more information, call the 24/7 toll free National Guard hotline at (888) 607-8773 or visit www.veterans.vermont.gov. Again, thank you to our veterans, their families, and their employers for your service and sacrifice.

To read the bills as passed, please visit the state's legislative website at www.leg.state.vt.us.

Please feel free to contact me anytime to share your thoughts. Again thank you for allowing me to represent our communities in the Vermont Legislature.

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Curriculum

(Continued from page 1)

chemistry course, and juniors and seniors have the option of two different advanced placement science courses. Following on the heels of this year's successful AP Biology class, students from Cabot and Twinfield will be able to enroll in AP Environmental Studies at Twinfield or in AP Chemistry here in Cabot.

The math department will also be collaborating with Twinfield to offer both calculus and precalculus next year for interested juniors and seniors. As part of an effort to improve our students' general proficiencies, all eighth graders will be provided instruction in introductory algebra. This approach will also allow more students the opportunity to take calculus in their senior year.

Next year, a new foreign-language teacher will begin teaching Spanish to interested middle-school students, while continuing to teach introductory French at that level, as well as French 2 and French 3 at the high school level.

Students interested in music will be able to enroll in the Creative Music Experience course. This course will provide diverse opportunities for students to develop an understanding of music theory and composition, as well as knowledge of a wide variety of musical genres. In addition, students will improve their skill and technique in playing a musical instrument.

Ninth- and tenth-grade students with an interest in environmental studies or starting a business will have the option next year of enrolling in the semester-long SEED course, a collaborative effort of Cabot and Twinfield Schools and the Barre Technical Center. Much of the learning in this four-hour-a-day course will take place outdoors: the fall semester will focus on watersheds, forest ecology and sustainable agriculture, while the spring will concentrate on small business entrepreneurship along with renewable energy and winter ecology. A smooth re-entry to indoor classes will be accomplished through weekly collaboration with subject-area teachers.

After a good deal of discussion and clarification at our meeting about how these various changes would play out for our students, our board thanked Principal Stewart and the faculty present for their efforts to improve our high school curriculum, and gave our unanimous support to moving forward with their proposal.

In addition to more specific information that's been sent out to parents and posted on the Cabot School website, our board will host a community forum on Monday, June 6, at 6:00 PM in the Cabot School Performing Arts Center to outline these changes. We encourage all interested students, families and community members to attend.

Happy Fathers Day
~June 19~

Community Close-Up

By Staff Writer

Parent Teacher Student Organization (P. T. S. O.)

Chronicle:
What is your group's name & mission

P.T.S.O.
P.T.S.O.—Parent Teacher Student Organization. Our mission is to fundraise to help out the kids.

Chronicle
What do you and your volunteers do?

P.T.S.O.
Cabot Fourth of July is our only fundraiser (which is why it's so very important). We use that money for class trips, scholarships, enrichment grants for kids that need to take a course and can't get the funding and different things as they arise.

Chronicle:
When do you meet?

P.T.S.O.:
On an as-needed basis.

Chronicle:
Where do you meet?

P.T.S.O.:
Usually at the Cabot School Library.

Chronicle:
How does someone get involved?

P.T.S.O.:
Give any member a call – such as Wendy Barnett at 563-9907.

Chronicle:
What else would you like our readers to know?

P.T.S.O.:
We manage the Fourth of July activities, and always need help. It's our only fundraiser, really important to the town and we can always use volunteers.

Some of the tasks we're recruiting for include:

- Preparing or serving chicken dinner
- Running activities or selling food at any of the booths
- New this year— overseeing slide and rides for little kids
- Setup July 3 or cleanup July 4 after 2:00 p.m.

Contact: Wendy Barnett at 563-9907

- Rummage sale and donations at the gym -
- Collecting rummage donations four days prior, 8:00 a.m.-1:30 p.m.
- Staffing sale on July 4

Contact: Mary Carpenter at 563-9965 or Jill Ackermann 563-9996

Support Cabot and the P.T.S.O.—come to the Fourth of July festivities, and help out if you can.

Community Commentary

Hi to all readers of Cabot Chronicle.

We are a family of four in Norway who's so lucky to got CC in our mail box every month. We know a family in Cabot, so therefore it's very funny to get the local newspaper; " is there someone we know this month?". All of us like the paper, so we just want to send some words back from us here in Norway.

As I mentioned; we are a family of four, mother and father, Brit and Tor, and our two twin daughters at 22, Christina and Camilla. We live on a farm outside Kløfta, a little place about 4 norwegian miles north of Oslo, the capital of Norway. Kløfta is in Ullensaker County, with 30.000 residents.

We don't have animals at our farm any longer, just a dog and some cats, but we use our fields to grow grain, mainly oats and barley.

We both have work beside the farm, Brit is doing counting in Jessheim, which is the community center in Ullensaker, and Tor have seven trucks, which is driving cement, concrete, and some different stuff .

Camilla is working in the army in north of Norway, and Christina is enlisting in the army this summer.

The climate here is almost the same in Cabot. We also had a loooooot of snow this winter, but since about 2 weeks before easter, we have had the most beautiful weather, so the snow disappeared really fast this year!! Some of the farmers in our area, are soon done with the sowing and springwork already.

I guess every body will be done by 17th of May, which is our national day. You may know this, but we celebrate this day with flags, parades and music, just like 4th of july? And the kids can eat as many ice-creams and hotdogs they want this day.

This is pictures from our national day, from North of Norway, and outside the Royal Castle in Oslo.

Well, some words from Kløfta,
Best regard to the Considines and LeVasseurs and all of the CC readers.

Have a great spring and summer (Maybe you will hear from us again)

Brit, Tor, Christina and Camilla Wethal.

The Cabot Chronicle

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~ 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.

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Cabot, Our Town

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

By Julia Shipley, Map Painting by Lela Jones

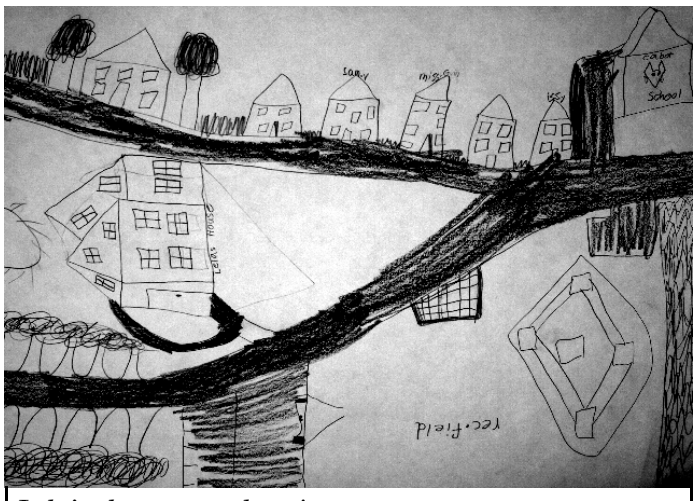
Lela's drawing

"Excuse me, we're looking for the center of town?"-- something a tourist might ask, it's a simple question, right? Ask 10-year-old Lela Jones and she'll say her house is located at the center of town, where two main roads into Cabot converge. She'll tell you that living in the center has it's perks, like having a great view for watching the Fourth of July parade, but it can be "kinda hectic when people park on our lawn."

Talk to Jane Brown about the center of town and she'll say, "Well that all depends. Do you mean the present center? Or the first center of town? Or the place that became the center right after that?" She'll cite three separate places, yet none of these are Lela's house.

Howard Mansfield, author of Bones of the Earth, describes in his chapter, 'The walking Stick and the Edge of the Universe,' how in pre-Christian times, some small villages were gathered around a roland, a post or a sacred tree that marked the center of the world. All the world moved around that axis."

In another book called, Mapping the World, by Caroline and Martin Laffon, they write of how, "Until the 19th century, 'Zhonngguo' meant the center of the country" to the Chinese. The emperor was placed in the center, the Zhonngguo, and the rest of the country was imagined as co-centric rings moving out toward neighboring regions, referred to as "barbarian."



Lela's classmates drawing

One more idea about the significance of "the center" comes from geographer, Yi-Fu Tuan. In his book, Topophilia: a study of environmental perception, attitudes, and values, he says, "… an early fundamental idea in the sacredness of place is that it represents the center, the axis, or the navel of the world." So how did Cabot come to have three civic navels? Jane Brown, of the Cabot Historical Society offers a detailed answer, but in essence, the reasons: the road, the wind and the water.

As Jane related in an email, "The first settlement [circa 1780] in Cabot was on the Plains, near where General Hazen's camp was during the building of the Bayley-Hazen Road…By 1790, there were 20 families in the town, most on the Plains." So why did another Center spring up a few years later? What would prompt a move away from the center to create another center? "Well," Jane laughs, "they probably just wanted to get out of the wind; it was definitely attributed to the harsh weather. There may have been politics at work that we don't know about, but in any case, weather took the blame." And so in the late 1790's it was decided to move the town's business about two miles down hill, out of the wind, where a small community had settled along what is now Menard Road and Old Center Rd, in what is coincidentally the actual geographic center of all of Cabot.

Yet, even this center could not hold and presently all that remains, according to Jane, are some cobbles of the Pound and a marker for the first church, a Congregational Meeting House. Hence Cabot now had two centers—and neither of them are great places to watch the present day Fourth of July Parade. Was gravity the force for establishing yet another center of Cabot?

Again, according to Jane, "The growing population would eventually shift to Lower Cabot and where the Village is now, because of the water resource," the Winooski River. And though even more "centers" or communities were formed, Jane assures me that, "Only the Plains, the Old Center and the Village were where the town's business was conducted." So I guess what Jane is saying is that Cabot has at least three axis around which the community has revolved, but still, if you ask Lela Jones, the center is where the South Walden Road meets Route 215.

"It's kinda busy," says Lela, "I see milk trucks for the Cabot Creamery go up and down the road; I see people out on the rec field playing soccer, baseball; I see people biking."

When China opened up to the Western World, Zhongguo ceased to mean the middle of the country and began to refer to the entire country, which shows again how relative and flexible the idea of the center can be, varying from person to person, emperor to emperor, and century to century.

It's fun to think of Cabot's center as a slowly migrating being, lumbering downhill in increments. Who knows where it's venturing next? Maybe it is headed for Lela's house. The word Zhong means center, axis, middle or intermediary and the design of its calligraphic symbol is a line going through the middle of a square. It looks remarkably like a picture of the old water pump the Jones' have in their front yard, where folks used to get water, an axis of sorts, surrounded again by spectators on the Fourth of July.

A Friend In The Business

Chuck Talbert-Woodchuck Painting

Chuck Talbert pauses from his careful painting at a job in Marshfield. Note: His salt and pepper (seasoned) beard is not unlike that of Leonardo da Vinci.

By Cia Considine

Chuck Talbert has been painting for just about 25 years, which may be the reason that his painting jobs, even through this sluggish economy, have been consistent. In fact, this year jobs are lining up slightly better than last year's, even with the record-breaking Spring rains.

Chuck has had many repeat customers over the years, for both exterior and interior painting. He manages the rainy days with small inside work when need be. Most jobs, now, are repeat customers or referrals from past customers. And, according to Chuck, when his beard started to gray, he suddenly seemed to get *more* business -- people seemed to want his painting advice! Was it the experience or the grays? Perhaps the two just coincidentally emerged.

Chuck's jobs are pretty local, in Cabot or neighboring towns, and he likes it this way. The longest distance he has traveled for work is to Montpelier. He believes in word-of-mouth advertising, professionalism, reliability, and supporting the local economy - "if you pay attention to it [local business], it does come back around".

Woodchuck Painting employs one or two employees during the summer months, since one of Chuck's self-adopted benefits, after all these years, is NOT to do any exterior house prepping; that means, scraping, sanding, etc. He then can focus on the brush painting, cutting, detailing, glazing windows or light carpentry-related tasks.

I asked him how he was with heights. Well, he often gets the standard Vermont cape-style house project, and so hasn't had but one three-story building. Besides, he hires very tall, long-armed workers that don't mind heights for those far reaches.

Buying Local Promotes Healthier Food, Citizens and Community

A commitment to eating local foods, has a positive impact on foods, citizens and the entire community. Many Cabot residents grow their own produce, buy CSA (community supported agriculture) shares or buy directly from local farmers. Alternatively, the Cabot Village Store carries as much local produce as they can get

How can lettuce from Cabot be healthier than lettuce from away? When consumers insist on locally grown produce, they are insisting on food at its freshest – recently harvested and with a quick turnover from the field to the market. The food is naturally high quality with good market appeal, great taste with optimum nutritive value. Lettuce from away is most likely handled more through the trucking and preservation to get it to Vermont markets. It may have even been warehoused for some time.

How can local produce benefit citizens, beside its obvious food value? Local foods can often be bought directly from local farmers, giving consumers 'peace-of-mind', knowing where their food comes from. An appreciation for farmers and their dedication to producing quality food becomes more apparent, especially when the produce can be purchased directly from farms. This often saves the consumer some money.

What does local food have to do with building a better community? Establishing a demand for local food insures the preservation of Vermont's agricultural landscape. This landscape produces food, but also conserves open land, supports various wildlife, encourages recreation, increases social connections, attracts visitors and in turn strengthens economies and the broader community.

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THE FLYING FARMER

The Chronicle welcomes the writing of Will Ameden, in a new column adapted from his online blog. As a farmer, pilot and father of teen boys, Will relays his personal reflections of day to day life in Cabot with a simple and honest journalistic style.

Van and Will

Willard Van Wormer, The Flying Dutchman

By Will Ameden

In late March, during a welcome lull in sugaring, I took a trip through southern Vermont to visit my old flying haunts - including the old Equinox airstrip in Manchester where I first learned to fly. I visited the Bennington Airport where I had my first full time job as a pilot and where I worked up until I combined flying with farmwork at Under Orion Farm in Cabot. The last stop on the trip was a visit with one of the most impressive pilots I've known, Willard Van Wormer ("Van"), and his wife Virginia.

Van and Virginia live in a beautiful old house just off the end of runway 31. Their warm and inviting house is filled with over 60 years of flying history. There were the usual pictures of planes flown, but also propellers setting in corners, aircraft engines on stands, shelves of aircraft instruments, flight manuals, many pictures and newspaper articles about the family. Van's garage walls were lined with spare parts for his four airplanes, his restored tractor, his hit-miss engine and saw rig, his motorcycle and his cub cadet lawnmowers. And, aside from the workbench top, no clutter!

I first met "Van" when I was an up and coming flight Instructor in 1990. His 1940's Stearman biplane and Taylorcraft, sitting in his often open hanger door, were like a big billboard saying "come see me".

Van was very inspirational to me as a pilot and instructor. He never seemed to tire of my many questions, and I surely never got bored listening to his stories, and there were many over his 30,000 flight hours! He wrote everything down. His hanger wall is covered with names, notes, and phone numbers.

I remember one day I had walked on the airport ramp and heard cussing coming from Van's Stearman. His legs were sticking up out of the cockpit! I went running over thinking he was stuck and calling for my help to get out. Not so, his exclamations were rants about too much damn paint on the airframe and the devil-of-a-time he was having getting a ground on the radio.

Van had quite a career, starting in Roosevelt Aviation School on Long Island, New York in the late 1930's. Roosevelt Field was where Charles Lindbergh took off from on his epic flight just a decade earlier. Van was a Flight Instructor in the Army Air Corp during WWII, and retired as chief pilot for General Electric. He continued flying and giving downtown Bennington weekly air shows of aerial acrobatics as recently as the week before.

I am honored to have friends like Van and Ginny. All the romanticized images of flying I had as a kid were brought to life in Van. I am so thankful for the visit I had with them last month.

The Flying Dutchman, Willard Van Wormer, passed away Friday, May 9th, 2011, at age 87. Link to Will's blog, The Flying Dutchman, at http://catamountaviation.wordpress.com and click on aerial acrobatics for video of Van Wormer's flying feats over Bennington.

Foraging On

By Cia Considine

According to the *Falcon Guide to New England Foraging*, the four seasons, geography and proximity of New England to the ocean make it one of the most bountiful areas for foraging diverse wild edibles. In fact, it is almost impossible to be abreast of all the wild produce available in its own micro-season. Despite the snow-covered winter months, plants foraged during the Spring, Summer and up to the first hard frosts, can more than sustain New Englanders, with some simple home processing.

Foraging is the act of seeking out food or provisions. My definition of foraging means finding free growing wild edibles, although I understand that modern foraging can be finding food anywhere, including dumpsters, but let me speak to traditional foraging.

Vermonters are not new to foraging. Vermont sugar-makers have continued with the foraging principles handed down from the Native Americans, collecting sap to make syrup and sugars. I, too, have had forage training handed down in my family. My father, raised in the north woods of Maine, introduced me to chewing pine pitch, black birch, wintergreen and sumac. His mother, my grandmother, was a great forager of wild strawberries, blueberries and sorrel. I remember visiting one of my aunts and helping her stuff an old washing machine with pails of dandelion greens to wash and spin for a family meal. Growing up, I had my share of dandelion greens and salt pork!

Foraging seems to be an innate female instinct. Thanks to Pauline Churchill, I was always reminded about the dandelions -- to pick the greens before the blooms and to then collect those blooms to make wine. She showed me where to find wild chive for my dooryard and which apple trees on West Hill were the best for eating and which for jelly. Another neighbor, Judy Plotz, mentored me in identifying and picking Chantarelles (mushrooms), and we often scour the area for what berries are ready, being somewhat fanatical berry hunters.

With the popular localvore movement, I have seen newspaper articles and recipes for weeds, and thought I might purchase a proper guide. I found one that was for New England, and my interest in wild edibles was renewed.

When my girls got home for good from college, we began regular foraging trips together. What an important thing I needed to pass on to them! We dug wild leeks (ramps – there are tons on Houston Hill Road). We picked and ate gads of fiddleheads, and, of course, dandelions as salad. On one foraging trip, we became aware of yet another food source that we had to try.

While picking fiddleheads along the Winooski, my daughter, Robin, began to complain of being itchy, with a stinging on her forearms. I recognized nearby the stinging nettle right away, the bush that we would threaten each other with as kids. A little plaintain rubbed on her forearms took out the sting, but, now, I was intrigued as to how people actually could eat such a thing.

On our next foraging trip, I wore thick rubber gloves and pinched off the new growth of a bunch of stinging nettle. I stuffed it into a bag, brought it home, and then, reading about preparation, realized that I would have to wash and chop the stuff, still wearing the thick gloves. Could this all be worth it? The *Falcon Guide to Foraging* assured me the result would be worth it. I steamed the stinging nettle in a small amount of water, just as you would any cooked green. Then, with glove-freed hands, I served a small bit to each of my family. To our incredible surprise, it WAS delicious! It looked like spinach, but was sweeter than spinach, with a flavor that was not familiar, but still really good! I was excited, and wanted to cook more immediately, but my zealousness was tempered by remembering the precautions necessary to gather the plant. I will make it again, but on some long, lazy summer afternoon.

Yes, the setback with foraging is that you have to be ready to utilize what is growing in your yard and beyond before it passes by. Some wild edibles require longer preparations, as I found with the cleaning of the fiddleheads, as well. But, isn't it interesting that, with the use of freezing and canning, you could conceivably put up free food to last the winter, even without a garden?

Some of the Wild Edibles Found in Spring in our area:

Fiddleheads (Ostrich ferns)
Ramps (wild leeks)
Wild Violets (great in salad)
Jerusalem Artichoke
Dandelion
Stinging Nettle
Wild Chive
Horseradish
Bamboo (that nasty invasive weed)
Burdock Root
Purple Trilium
Plaintain

OBITUARIES & MEMORIALS

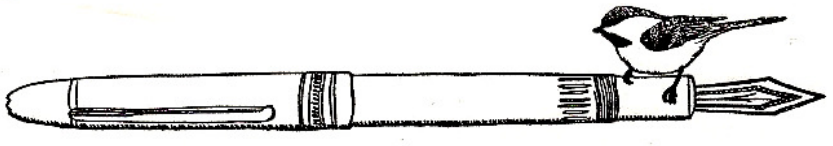
Patricia A. Alexander, 66, of Decatur, Illinois, passed away Tuesday, May 10, 2011. She leaves many family members including her son, Brad Alexander and his wife, Karen, of Cabot.

Barbara Annette (Lyndes) Bickford of Marshfield, 76, died May 2, 2011. Barbara was born June 4, 1934, in Plainfield, to Arthur "Bill" and Alda (Mears) Lyndes. She married Charles Bickford of Cabot on August 30, 1953.

Henry George "Philip" Carpentier departed this world for a glorious life beyond on May 4, 2011. Phil leaves a long legacy of family including, son, Philip Jr. and wife, Sharon, of Cabot and their children, Ryan, Nicky and Mindy Carpentier.

Master Sergeant James W. Lane, 48, of Berlin, died suddenly at Central Vermont Medical Center on May 9, 2011. He was a graduate of Cabot High School in 1980 and a devoted husband, father and grandfather.

The Writer's Retreat in Craftsbury, Vermont
a cozy farmhouse studio
available by day, week, month



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COMMUNITY CALENDAR

~ JUNE ~

Wednesday, 6/1

Cabot's Farm to School committee meeting, 4:30 p.m., Cabot School Library.

Friday, 6/3-5

Special Olympics Vermont 2011 Summer Games, 9:00 a.m.-4:00 p.m., University of Vermont Campus, free. One hundred coaches, over 400 volunteers. Athletes will compete in one of the four sports offered. Information: 863-5222.

Saturday, 6/4

Flea Market, at Plainfield Hardware, 9:00 a.m.- 3:30 p.m. Benefits Twin Valley Senior Center. Sell your treasurers along with others Table rentals $20.00, choice of indoor or outdoor setup. Call to reserve your table(s) by June 24th: 454-7750.

Children's Parade of East Hardwick, 11:00 a.m., free. Registration begins at 10. Awards for best costume, best decorations for girls, boys, bicycles, tricycles, pets, wagons, doll carriages. Local organizations are encouraged to participate - bring farm or construction equipment, other interesting vehicles, or floats. Plant Swap on the Grange lawn, entertainment and interesting demonstrations by various community organizations. Information: 472-5906 or hardwickvtarea.com.

VHSA Benefit Horse Show, (tentative) at the Caledonia County Fair Grounds in Lyndonville. Information: www.ilovehorseshows.com.

Barn Dance, with Pete Sutherland, Long Field Farm (intersection of Houston Hill and Coits Pond Roads), Cabot, 7:00 p.m., $10.00 adults, to benefit Cabot United Church.

Sunday, 6/5

VT Classic Horse Show, Caledonia County Fair Grounds, Lyndonville. Information: www.ilovehorseshows.com.

Saturday, 6/11

Walk for Animals/K9 Field Days, Fundraiser for Central Vermont Humane Society, 11:00 a.m.-2:00 p.m., admission minimum $25 pledge. 1589 Vermont Rte 14S, E. Montpelier. Information: www.cvhumane.com or 476-3811.

Touch-A-Truck in Montpelier, 11:00 a.m.- 2:30 p.m., Montpelier High School, $5 family/$3 adult/$2 child. Kids young and old can touch, honk, and climb on the many vehicles on display: fire truck, ambulance, backhoe, snow plow, dump truck, garbage truck, and semi. Admission includes a free day pass to the Montpelier Recreation Department Pool. Information: 225-8699 or montpelierrec.org.

Crafty Saturdays at Vermont Historical Society Museum, Montpelier, 1:00 - 3:00 p.m., ages 6-12, free with admission to the museum ($3-$12). Anthony Haswell published the first edition of the Vermont Gazette, the first newspaper printed in Vermont, on June 5, 1783. Report the news important to you by printing your own newspaper cover page. Pre-registration is not necessary. Information: 828-2180.

Saturday, 6/11-12

Vermont Days: Residents and non-residents may go fishing without a license (6/11 only), all Vermont State Park day areas, state-owned historic sites, and Vermont Historical Society Museum in Montpelier will be open at no charge. Information: 241-4680 or vtstateparks.com.

Sunday, 6/12

Mt. Washington Valley Horse Show, Lancaster Fair Grounds, Lancaster, NH. Information: www.mwvhsc.webscom

Saturday, 6/18

Fundraiser Dinner for Twin Valley Senior Center and Meals on Wheels, Plainfield Fire Station, 4:00-7:00 p.m., $10. Lasagna dinner, take-outs available. Reservations (not required but appreciated): 454-7750.

Katie Trautz and the Tall Boys at the Music Box, Craftsbury, 8;00 p.m., $10 adults/ $5 students & seniors. Old-time meets new folk, music intertwined with haunting melodies and southern fiddle tunes. Information: 586-7533.

Sunday, 6/19

White Mountain Riding Club Show, Lancaster Fairgrounds, Lancaster, NH. Information: penelopenoyes@myfairpoint.net.

Friday, 6/24-26

Vermont Quilt Festival, Champlain Valley Expo, Essex Junction, $12 / seniors and groups $10 / children under 14 free. Fri–Sat: 9:00 a.m. – 6:00 p.m., Sun: 9:00 a.m. – 3:00 p.m. New England's oldest and largest quilt event's 35th anniversary. More than 500 contemporary and antique quilts. Information: 872-0034.

~ JULY~

Sunday, 7/3

Circus Smirkus, Greensboro, 1:00 - 3:00 p.m., children 2-12: $15/adults $18/ kids under 2 free. Vermont's international, award-winning, traveling youth circus! Kids 11 to 18 on highwire and trapeze, as clowns, jugglers, acrobats and more. Information: 877-764-7587 or smirkus.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, Wed. June 1, 15, and 29. 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 Dept. 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 Saturday s, Good Shepherd School. Lessons at 7:00 p.m., open dance 8:00-10:00 p.m., 748-3044.

Danville Farmer's Market (starts 6/22), Rte 2, Danville, Wednesdays, 9:00 a.m.-1:00 p.m.

Diabetes Discussion Group, 6:30 on the 3rd Thursday of the month at The Health Center of Plainfield, free and open to anyone with diabetes and their families. Information: 322-6600 or dgrabowski@the-health-center.org.

Dungeons and Dragons Club, Fridays until school ends, 3-5:30 p.m., Cabot Public Library. Come and create a character to battle monsters, use magic and have a lot of fun!

Game Club at the Cabot Public Library, Wednesdays until school ends 3:00 – 4:00 p.m. Join us for a game, play one of ours or bring your own. Computers will be turned off during Game Club. Snack will be provided.

Hardwick Farmer's Market, Fridays 3:00-6:00 p.m., Rtes 14 & 15 Atkin's Field. Information: 274-0203.

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.

Junior Fishing Program, Monday mornings 9:00-12:00 through 8/22, $30 per child, ages 6-12, Fly Rod Shop, Stowe. Learn the correct way to cast a spin rod, tie a fisherman's knot, how to bait their OWN hooks, how to catch, handle & release fish. Call ahead to reserve your space 253-7346.

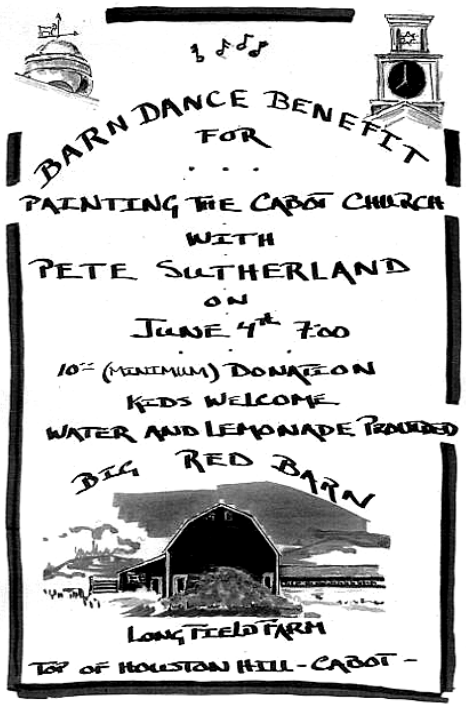
Just Parents, Mondays 7:00 p.m., meet with parents and discuss concerns for drugs and kids, Parent Child Center, St. Johnsbury, 748-6040.

Knit & Crochet group: meets the third Sunday afternoon of every month, 2:00 p.m., Cabot Firehouse. All skill levels welcome. Bring your yarn, hook or needles. 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 until school ends, 10:30 – 11:30 a.m. Join us for a book or two followed by a craft project. For the preschool-aged patron.

JUNE FOOD SHELF DATES

Wednesday, June 8, 12:00-2:00
Thursday, June 23, 2:00-4:00

SUMMER THURSDAY DINNERS AT
CABOT UNITED CHURCH

Mark Your Calendar:
July 7th: Pulled Pork
July 21st: Chicken Mostaccioli
August 4th and 18th

Take a night off from cooking!

Served from 5:30 to 7:00 with take-outs available.

$8 Adults, $4 Children
We appreciate your support

Cabot United Church – On the Common, Rte. 215, Cabot, VT. Call for directions or information: 563-2278

CABOT SCHOOL

JUNE EVENTS

High School Awards Ceremony
Thursday June 9 @ 1:00 PM
CSPAC

Baccalaureate
Sunday June 12 @ 7:00 pm
Cabot United Church

Middle School Graduation
Wednesday June 15
(Social begins @ 5:15
Graduation begins @ 6:00 pm)
CSPAC

High School Graduation
Friday, June 17 @ 6:30 pm
Cabot Common
(weather permitting) or Gym

International Folk Dancing

Ethnic foods available

Celebrate the beginning of "One World, Many Stories" summer program at the Cabot Library.

All ages welcome ~ No partners necessary

Saturday, June 18, 6:30-8:30 PM

at the Cabot Willey Building

Donations for dancing and food benefit

DestinationImagiNation®

GRADUATION CELEBRATION
CLASS OF 2011 KEEPSAKE

Graduating seniors were asked the following:

A = After graduation…..
Q = Favorite quote……
M = One thing I'll miss……
F = One thing I am looking forward to……

Trevor Banister

A - Trevor will attend the University of Connecticut.

M - One thing I'll miss is Bill's harp playing.

F - One thing I am looking forward to is college.

To the Class of 2011 ....
Congratulations, What a wonderful class!! Hard to believe we are at graduation. Seems like yesterday we were headed to Boston for the 6th grad trip! Best of Luck to ALL!!
John & Joanna Christman

Carrie M. Harvey

A - Carrie will attend the University of Vermont.

Q - "A #2 pencil and a dream can take you anywhere." - ***Joyce A. Myers***

M - One thing I'll miss is the family feeling that you get from a small school like Cabot. I'll also miss my teachers and my friends.

F - One thing I am looking forward to is new friends, new places and new experiences.

Theron Lay-Sleeper

A - Theron will attend Tufts University.

Q - "Let the wild rumpus start!"

M - One thing I'll miss…I'll miss the good ol' Huffy.

F - One thing I'm looking forward to … I'm shipping off to Boston!

Thanks to the teachers, thanks to the town, thanks to the geese and their oh-so-soft down.

Samuel Mattson

A - Sam will attend Johnson State College.

Q - Dream as if you'll live forever, live as if you'll die today.

M - One thing I'll miss…fishing with friends after school

F - One thing I'm looking forward to… getting outta Cabot and going to JSC!

Jena Margaret Bastress

A - Jena will attend the University of Maine at Farmington

Q - The older I get, the more I suspect there's a trick.

M - One thing I'll miss is all the people I've gone to school with for the past four years.

F - One thing I am looking forward to is moving on in my life and traveling all around the world.

UDAG SCHOLARSHIP WINNERS ANNOUNCED

The Cabot UDAG Committee and UDAG Scholarship Committee congratulate 2011 Cabot UDAG Scholarship winners:

Lillian Alexander	Harvard University	Environmental Science and Public Policy
Jena Bastress	University of Maine	International Studies
Lindsay Christman	Castleton State College	Social Work
Bryden Considine	University of New England College of Osteopathic Medicine	Osteopathic Medicine
Ann Cookson	Johnson State College	Counseling
Allison Dudley	Suffolk University	Accountancy
Amber Graves	University of Vermont	Psychology
Shane Gochey	St Michael's College	Pharmacy
Allison Gulka	University of Vermont	Natural Resources/Wildlife Science
Julia Gulka	School for International Training	Conservation Biology
Theron Lay-Sleeper	Tufts University	International Relations
Nicolas Martino	Castleton State College	Criminal Justice
Raymond Martino	Columbia Southern University	Associate of Applied Science
Shelby Maurice	Johnson State College	Biology/Wildlife Biology
Peydon Wright	Vermont Technical College	Equine Studies

The Scholarship Endowment is an integral part of the Cabot UDAG Plan. Eligible recipients are residents pursuing post-high school education, continuing education or professional development, who have been Cabot residents for at least twelve months and who will be Cabot residents on the award date. Eligible activities that may be funded with these scholarships include the purchase of books and equipment required in connection with educational activities and the payment of tuition and fees for degree programs, courses and seminars. Congratulations to the successful applicants.

The deadline for 2012 scholarships is May 1, 2012, and the application form can be found on the Town of Cabot website or from any UDAG committee member.

Shelby Lynn Maurice

A - Attending Johnson State College this fall..

Q - "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." - ***The Lorax, Dr. Seuss***

M - One thing I'll miss is my connections with teachers and seeing my friends every day.

F - One thing I am looking forward to is meeting new people and freedom!

Lyndsay Christman

A - Lyndsay will attend Castleton State College.

Q - "Be the change you wish to see." - ***Ghandi***

M - One thing I'll miss are Charlene and my parents.

F - One thing I am looking forward to is summer!

I would like to thank my parents for supporting me and giving me the guidance I need to realize the type of person I want to be… so thank you mom and dad.

~~~~~I love you.~~~~~

Miss Rebecca Rossell!
You may not be graduating, but I feel you deserve a public display of your accomplishment.
Congrats on getting into VAST!
Much love, ***Lady of the Vine***

Laura Nally

A - Attending Castleton State University this fall.

Q - Where the heart is willing it will find a way. Where it is unwilling it will find a million excuses.

M - One thing I'll miss is my brothers and friends.

F - One thing I am looking forward to is going to college and expanding my horizon.

GRADUATION CELEBRATION
CLASS OF 2011 KEEPSAKE

Josiah Nunn

A - Attending Universal Technical Institute this fall.

Q - "Memory lane up with the headlights has got me reminiscing about them good times." - ***Dirt Road Anthem, Jason Aldean***

M - One thing I'll miss is playing in the mud with our trucks.

F - One thing I am looking forward to is attending Universal Technical Institute.

Tyler Placey-Noyes

A - Tyler will begin working full-time.

Q - The man who laughs last, probably doesn't understand the joke.

M - One thing I'll miss is all the mud.

F - One thing I am looking forward to is not going to school.

Elijah Schumacher

A - Elijah S will attend Cornell College.

I'd like to just say thanks to my parents and friends, and good luck to my brother Josh. Also, congratulations to the class of 2011!
Kayla

Kayla Leigh Therrien

A - Kayla will begin working full-time

Q - Why live it down when you can live it up?

M - One thing I'll miss…is seeing my friends every day in the hall and knowing I'll have to plan ahead to come back and visit.

F - One thing I'm looking forward to…is probably getting to explore what the world is like.

CONGRATULATIONS TO MARK SCHUMACHER AND ALL HIS FRIENDS IN 8TH GRADE! WE ARE SO PROUD OF YOU, MARK. LOVE, DAD AND MOM

CONGRATULATIONS TO ELIJAH SCHUMACHER, GRADUATING FROM VAST AT VTC. GOOD JOB AND GOOD LUCK AT CORNELL NEXT YEAR! WE LOVE YOU! DAD, MOM, AND SIBS

Lynn-Ann Nunn

A - Lynn-Anne will begin working full-time.

Q - My favorite song lyrics, "forget those things not worth remembering!"

M - One thing I'll miss...giving looks to teachers.

F - One thing I am looking forward to is Looking forward to starting my cooking and baking career.

Congratulations Class of 2011 From The Cabot Chronicle

LuLu,
We are SO proud of the wonderful, responsible, intelligent, humorous and loving young lady you have become! So hard to believe that in just a few weeks you will be done with your high school career and moving into your College Career! Follow your dreams and the sky's the limit with you!!
Love, Mom & Dad

Peydon Mae Wright

A - Peydon will be continuing studies at Vermont Technical College.

Q - Song lyric "Love those who treat you right, forget the ones that don't. If you get the chance take it, if it changes your life let it. You only get one life, but if you live it right, once is enough."

M - One thing I'll miss…the friends I've made and all the memories with them. Time freakin' flies!

F - One thing I'm looking forward to… furthering my education in something I love to do, and meeting great people who will help me go far in life and keep all my experiences positive. Life's too short, I'm just ready to get out there and make some-

Congrats Seniors! We did it!
Special thanks Helen, Lee and Charlene - thanks for everything. Mom & Dad - I love you and thanks for everything ! You have been the best parents ever!
-Lyndsay

Dear Ben, *I want you to know how proud I am of you at this time of your graduation. I love you!*
Mom.

Emma,
Congratulations on your 8th grade graduation.
We are so proud of you!
Well done!
Love, *Mom and Dad*

Gaston Lee Paquin

A - Gaston will begin working full-time.

Q - My favorite song "Country Bumpkin " - ***Cal Smith***

M - One thing I'll miss…friends.

F - One thing I'm looking forward to… working on the farm.

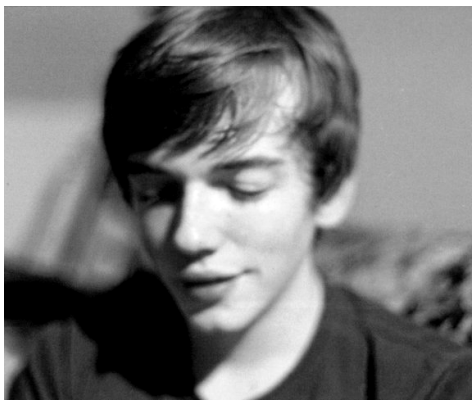
Charlotte Nasta Robinson

A - Charlotte will attend the University of Vermont.

Q - But really there's no trip at all that doesn't result in a fall or faltering.

M - One thing I'll miss is seeing my sister everyday. She is my best friend.

F - One thing I am looking forward to is trying something new!



Elijah Tebbetts

A - Elijah T will work for a year before attending college.

Q - "I like parties. I like fun. I want to live in a hamburger bun." - ***Casey and his brother***

M - One thing I'll miss is the short commute.

F - One thing I am looking forward to is learning things that will allow me to make a living.

Ben Younce

A - Ben will attend a tech program.

Q - "Lovin' What I Got" ***by Sublime.***

M - One thing I'll miss is playing soccer for Cabot.

F - One thing I am looking forward to is having more freedom.

You Didn't Hear It From Me...

By Chronicle Staff

This months celestial events and other goings-on are sure to make us quickly forget last months 'rapture' threat. Although, I will never forget the report of the savvy entrepreneurs, who were able to cash in on pet sitting for those that were 'taken up'. Ridiculous!

The summer solstice, at times a day of cultic worship, is now just a benign reminder that, yes, summer is here, despite the rainy cool weather. The 'Solstice' begins at 1:16 p.m. on June 21st, for us here in Cabot.

The word solstice is derived from the latin words, 'sol', meaning sun and 'stice', meaning standing still. The sun has risen so high in the sky, that on the longest day it will appear to stand still.

Congratulations to all the graduates – Cabot's 8th graders and Seniors, University graduates, Lynn Maxfield who graduates into mid-century womanhood and Blanche Lamore, who celebrated her 99th birthday on May 26th.

Thank you to the Twin Valley Seniors and the Meal on Wheels crew, who are helping us out with our Route 2 paper distribution. We really appreciate that. Also, thanks to Claudette McAllister, PROIC, who is dropping papers for us at the Stop Inn on her way home (PROIC, Postmaster Relief Officer In Charge, her semi-official title).

Thanks to Joshua Maxfield, who helped UVM establish a new policy, concerning the parking of RV's on campus. Congratulation also to Knight Ducharme, who is also getting involved with the governance at his college. Knight was recently appointed Inter-Residence Association President, a position similar to a class president, but presiding over the entire student body. The responsibilities include promoting diversity, a sense of belonging and trying to cultivate an overall healthy and happy community on campus.

Matt Nally recently achieved the level of Eagle Scout and Colin McQueeney recently achieved a perfect score on his Coast Guard Academy Entrance Exam. Both individual accomplishments worth noting! Congratulation Matt and Colin.

A few announcements: The Touch of Grace Church, Assembly of God Church, on Route 16 in Hardwick, will hold a special Pentecost/Feast of Weeks program on Sunday, June 12, at 10 a.m.

Monthly herb walks at Two Rivers Center, in Montpelier, will be held on every third Thursday starting June 16. These herbal adventures will include plant identification and learning each plant's gifts. Walks will be 5:00 p.m. – 6:30 p.m.

Ponder This

By Lori Augustyniak

Children with ADHD at Greater Risk of Substance Abuse

Children with attention deficit hyperactivity disorder (ADHD) are more likely to use substances including nicotine, marijuana and cocaine, and to develop substance use disorders, a review of 27 long-term studies concludes.

The study found that children with ADHD are up to three times more likely than children without the disorder to use, abuse or become dependent on these substances. *USA Today* reports that the researchers found teenagers with ADHD were 1.5 times more likely to try marijuana than those without the disorder. They were also more likely to try nicotine and illegal substances at an earlier age, the researchers reported in Clinical Psychology Review.

The study was an analysis of 27 long-term studies that included a total of 4,100 youth with ADHD and 6,800 without the disorder. They were followed from childhood into young adulthood.

Colleges Band Together to Fight Binge Drinking

Fourteen colleges and universities announced a plan to test and measure new strategies to cut binge drinking by their students. The institutions, including Dartmouth, Cornell, Duke, Boston University, Northwestern, Princeton and Stanford will share their results with other colleges. The initiative, called the Learning Collaborative on High-Risk Drinking, is still recruiting colleges to participate and will begin meeting this summer.

Teens Who Drink with Adult Supervision Have More Drinking-Related Problems

than their peers whose parents don't allow them to drink, a new study shows. Researchers at the University of Washington studied 1,945 teenagers from Washington state and Australia. They chose to include teens from both the U.S. and Australia because the two countries have different attitudes about teens and drinking.

While the U.S. Surgeon General recently issued a call to action promoting a zero-tolerance position toward youth alcohol use, in Australia surveys indicate that 30 percent to 50 percent of teen drinkers get alcohol from their parents.

The study found that by ninth grade, 71 percent of Australian teens and 45 percent of U.S. teens used alcohol. More than a third (36 percent) of Australian students reported having experienced harmful consequences resulting from alcohol use, compared with 21 percent of U.S. teens.

Cecile Johnston Named SBA-Vermont Home-Based Business Champion 2011

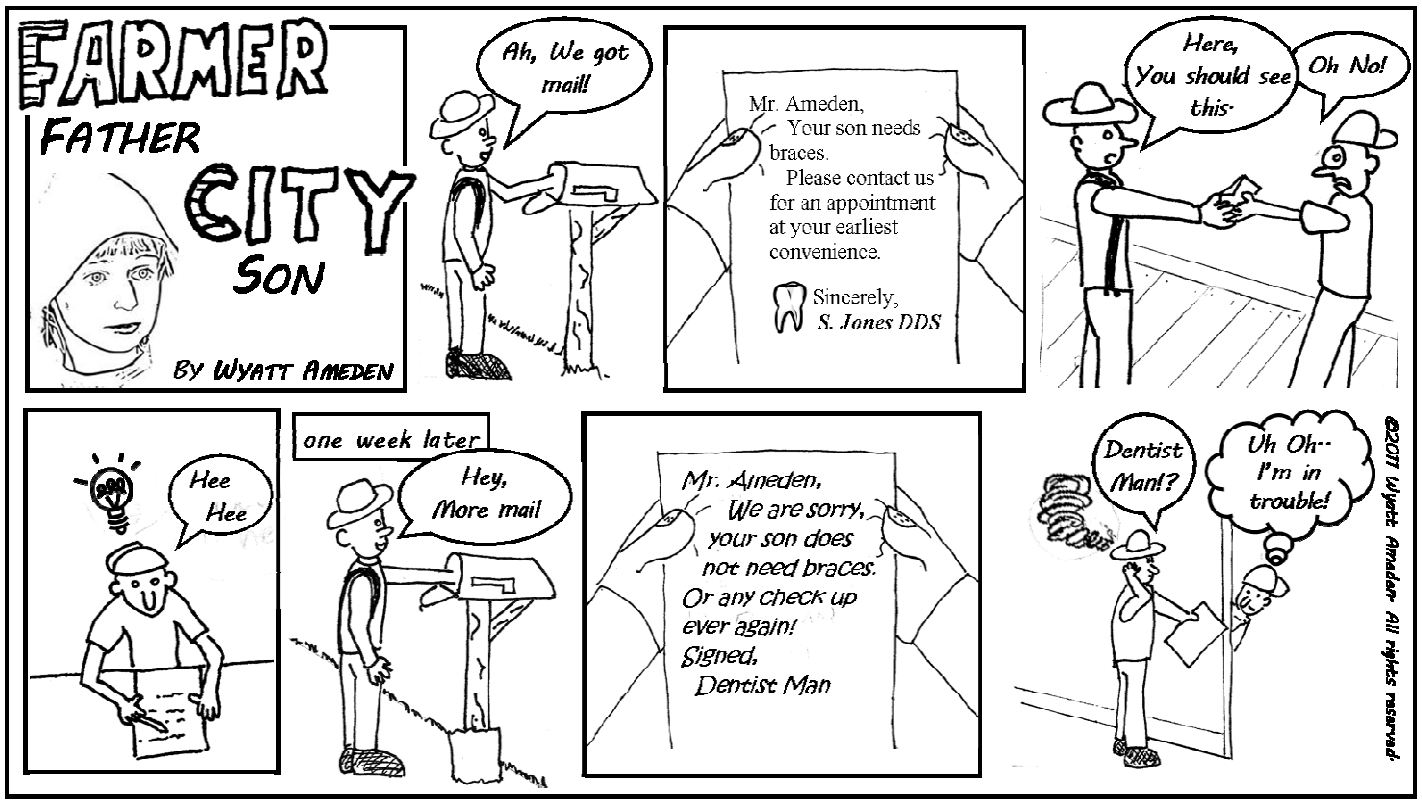
Barre, Vt. Cecile Johnston, Intake Counselor for the Micro Business Development Program at Central Vermont Community Action Council, has been named Vermont's Small Business Association's Home-Based Business Champion of 2011. This award honors the support Cecile has given to micro-entrepreneurs as they start or expand their businesses.

Much of Cecile's work consists of one-to-one meetings with individuals considering starting businesses or who already operate a small business they would like to expand. "It's great to meet with so many different people," says Cecile. "I learn something every day about what people do – I meet with photographers, technicians, massage therapists – you name it. They are the experts in their business; I'm here to support them in getting where they want to go."

Cecile has been with the Micro Business Development Program for over ten years, helping people understand the regulations and the resources available to them, and to guide them through the process of creating a business plan and understanding the importance of cash flow. "Creating a business plan is a lot like planning a vacation: how are we going to get there? What is it going to cost? What are we going to need to know along the way? Planning for these things will make for a more successful experience in the long run, and make it much more satisfying for the business owner."

The Micro Business Development Program is part of Community Economic Development, a program that was created to assist individuals in becoming economically self-sufficient. "It's an important part of building a strong grassroots economy. A thriving local economy is sustainable, and I think Vermont's relative stability through the last economic downturn is proof of that." For Cecile, however, there is more to it. In addition to her work with the MBDP, she is also the president of the Board for the Vermont Low Income Advocacy Council, helping to support programs that provide services to Vermont's most vulnerable citizens. "This is so vital to what Vermont is all about," says Cecile. "We take care of each other. Neighbors look out for one another. But there needs to be support for families; we see more and more people caught in between taking care of young children and aging parents and not having enough income to make ends meet. We see individuals who become disabled and are struggling to navigate the system under the most difficult circumstances. This is not a character issue, it's a social justice issue."

The Small Business Administration Awards Ceremony will be at Shelburne Farms Coach Barn, June 16, 4:00 p.m. – 7:00 p.m. Tickets are $35 per person. To register you may call 802-865-5202 or email info@delaneymeeting event.com.



The Manifestivus

For two days and two nights, July 22-23, Cabot, VT will be rockin' as 2,000 people dance to the music of some of the best bands in the country. The Manifestivus is an uplifting international world music festival that promotes personal evolution through music, art and culture. This year the festival joins with more of Vermont's best music and local culture. The Cabot Connects Mentoring Project and the Cabot Coalition will be offering new children's activities, as well as, offering local Vermont food specialties, like sno-cones with local organic berry syrups, maple cotton candy, Cabot Signature Sandwiches and more. Other new attractions include a bouncy house and a "Try-Your-Strength/Luck" High Striker. Mark your calendars for this fun weekend event.

For more information visit www.manifestivus.com

AT CAMP LAUGHING TURTLE

We have a strong tradition of learning to live in health, harmony and respect in every part of our lives.

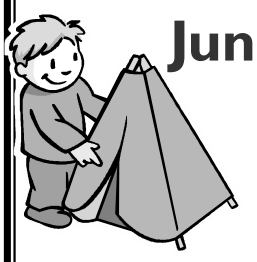
Our first priority is having fun together while learning to take personal responsibility for our choices.

Our goal is to develop caring, connected and capable young people who share a strong and abiding commitment to themselves, their community, and the natural environment.

Our staff is variously gifted in music, drama, creative arts, outdoor living, hiking, sports, backpacking, outdoor, carpentry, gardening and leadership skills. They reflect the values we most appreciate and share a commitment to providing positive and healthy learning experiences which foster creativity and promote feelings of independence and self-esteem.

At camp we help kids understand that they are special and that summer is about the fun they create as they find new friends and face new challenges.

CAMP WEEKS:



June 20th through August 26

8:30 a.m. to 4:00 p.m.

DAILY TRANSPORTATION AVAILABLE FROM ST. JOHNSBURY

(bus pick-ups possible in Danville and Walden)

RATES:

$170 per week

which includes a fee of $2 per day for the bus.

Family rates, sliding fee scale, grants and scholarships.

(Don't hesitate to ask about a payment arrangement that would be suitable for you and your family.)

NEW STRENGTHENING FAMILIES GRANT

Families eligible for any level of subsidy can attend Camp at no cost. Please call.

For more information, call Judy at

(802)563-2730

or visit the website. To register online,

www.camplaughingturtle.com

Recreation Department Update

By Libby Hale

Little League is well under way. This spring we have a T-Ball team, a Farm team and a Minors team. We are lucky to have knowledgeable and fun loving folks eager to coach and teach our kids about baseball. We would like to thank Chuck Talbert, Brad Alexander, Anson Tebbetts, Michael Gokey and Bobby Searles for volunteering their time and energy to allow baseball to happen in our town. Thanks also to all the others who are making this season run: umpires, schedulers, field maintenance etc. This is all volunteer effort and it takes time and energy to keep things running. Many thanks to all who are stepping up to help! Big thanks to Larry Gochy who keeps his field open for the kids in this town to use.

Spring Soccer is off to a good first season with players from several area towns to field 3 and almost 4 teams!! The teams span the ages from 7 through high school. They will be scheduling scrimmages this spring as a first year team in the Vermont Soccer League and will be full members next spring. Please contact Donna Mackinnon or Michelle Delaney with questions.

The Rec. Dept. will run a summer soccer camp in the beginning of August. We will offer ½ day camp for the younger kids and a full day camp for the older ones. Please watch for more information on this next month and through the Friday information from the school. Contact Rebecca Nally at 563-3503

We are planning an equipment sale just before school starts in August so please save your old but usable sports stuff to donate for the sale. All types are welcome, but must be in usable condition. Watch for more on this next month too.

Your Post Office Is Going Green!

We've designed a series of 16 stamps showing what each of us can do to promote the health of our environment. The Go Green stamps are just one of a great variety of new forever stamps available for 44 cents.

The Cabot Post Office counter hours are M-F 7-12 and 2-4:30 and Saturday 8-11. Post Office Phone 563-9929.

Postmaster Relief, OIC – Claudette McAllister.

Discover

WALDORF EARLY EDUCATION

NURSERY & KINDERGARTEN OPEN HOUSE

at The Farmhouse at our Main Campus

2290 Vermont Route 14N, East Montpelier

Monday, June 6 / 9:00a–11:00a

Early childhood education at Orchard Valley's Main Campus happens inside and outside the classroom. Bring your children and explore the Nursery & Kindergarten classrooms, the yards and orchard. We will be churning butter, collecting eggs and feeding the Kindergarten hens.

We have 2-day, 4-day, and 5-day openings for children 3½ to 6 years of age.

PUPPET SHOW AT JAQUITH LIBRARY

at The Old Schoolhouse Common

122 School Street, Marshfield

Monday, June 13 / 10:00am

The Queen Bee, a Grimm's Fairy Tale, will be performed by the early childhood teachers of Orchard Valley Waldorf School. Join us afterword for a simple felted craft activity.

Call for more information – 802-456-7400!

Orchard Valley WALDORF SCHOOL

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Always Fresh Always Friendly
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CREAMEE STAND NOW OPEN!!!
SPEND IT HERE
BUY LOCAL
KEEP IT HERE
BUYING LOCAL KEEPS MONEY IN OUR COMMUNITY!
BBQ SEASON IS HERE, PLEASE CHECK OUT OUR MEATS CUT FRESH DAILY.
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The Searles Family
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Farm to School: ON THE RISE

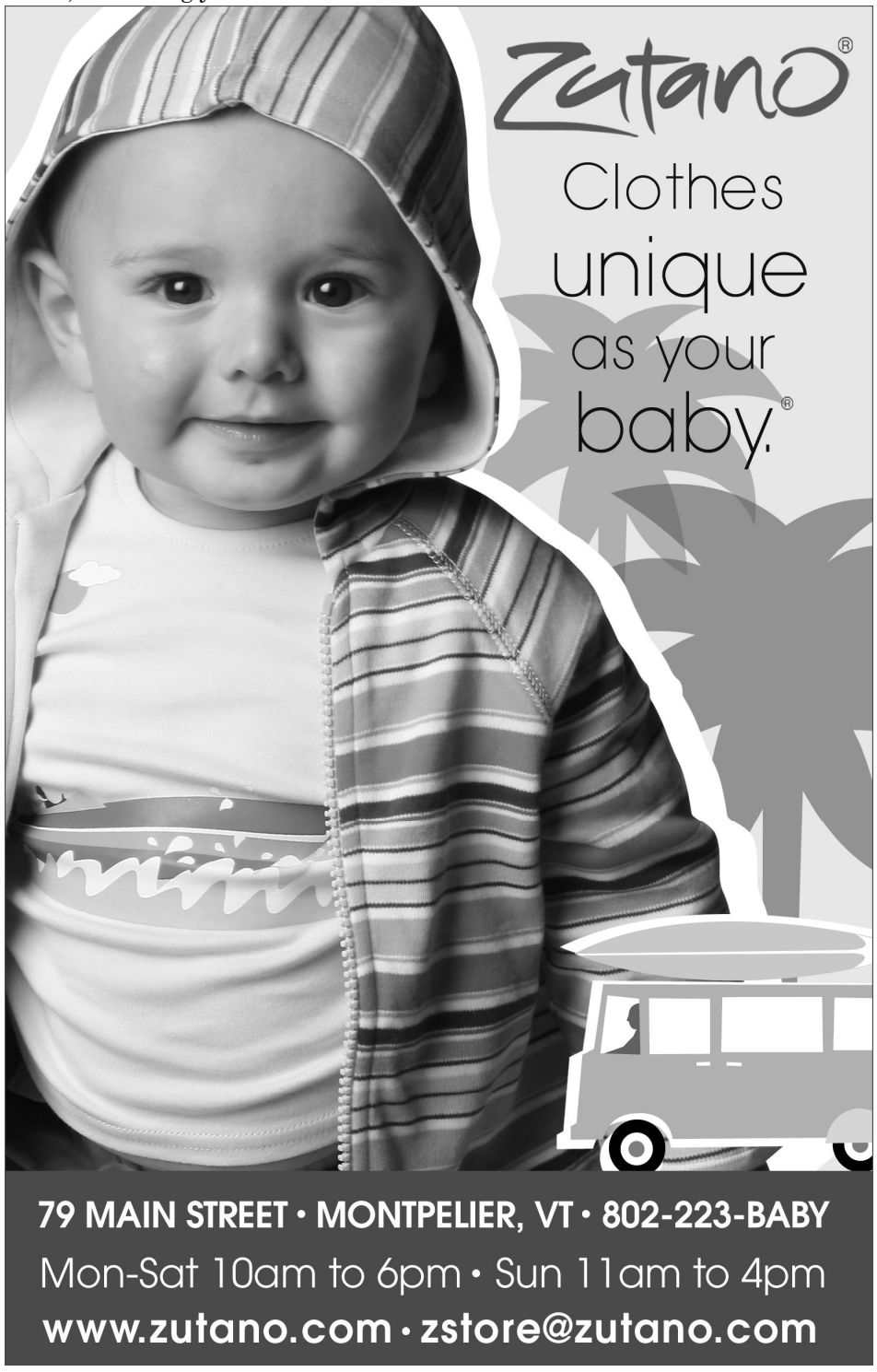
Sarah Zettelmeyer, local herbalist, shares her wisdom and enthusiasm with Cabot's 5th and 6th graders.

By Amy Hornblas

Local Cabot herbalist, Sarah Zeddlemeyer, took the fifth and sixth graders on an herb walk around the playground. She showed them how to find two kinds of plantain, which can be helpful for bug bites. She brought nibbles of herbs from her own yard, including mint, sweet cicely, and wild leek. Sarah also brought some treats she had cooked up at home, including dandelion greens and dandelion petal cookies. She cooked the leaves, which are bitter, with olive oil and garlic. Students learned about the traditional use of bitters to aid in digestion throughout history. Sarah's dandelion sugar cookies sure passed the taste test! She said she used a regular sugar cookie recipe, but added yellow dandelion flowers to them. They were delicious! Thank you, Sarah, for sharing your enthusiasm and knowledge. The fifth graders are preparing to do a dandelion taste test for the rest of the school in June- keep you eyes peeled for your own chance to try some!

Helen Morrison's AP Biology students are also conducting their own taste test this month. They will be sharing some all-important greens with students at Cabot and Twinfield Union School. Greens are very nutritious, and easily found locally this time of year. The results of this taste test could influence the salad bar options students have for lunch in the cafeteria.

There will be a Farm to School committee meeting on Wednesday, June 1st at 4:30 in the Cabot School Library. We'll be discussing fundraising for local food purchases next year and other Farm to School activities. See you there!



From The Cabot Public Library

By Kathleen Hoyne and Anne Walker

Programs

Join us this summer for *One World, Many Stories,* the 2011 Summer Reading Program. We will have evening and daytime presentations for youth and adults. For detailed information on each program, please see the insert in this edition of the Cabot Chronicle. We will be learning about and celebrating many different cultures from around the world through jewelry, music, food, and games. In keeping with our theme, we are making several requests for patrons:

Please send us postcards from your travels this summer, so that we may display them in the library! Just mail (or bring) to: Cabot Public Library, P.O. Box 6, Cabot, VT 05647.

Lend us anything you are able to from around the world- a piece of clothing, coins, dolls, stamps, hats, flags, etc. We promise to return them!

Come in and place a pin in an area of the world you have traveled on our world map. We'll see where people from Cabot have been!

Consider a donation of any amount to Heifer International, a global non-profit helping to empower millions of families toward self-reliance through gifts of livestock, seeds, and trees to provide a source of food and income. We will collect what we can over the summer and Cabot children will help decide what to purchase –we'll let you know! Thanks!

Thank Yous!

Thanks so much to **Jon Vara** for showing us how to lube our rusty bikes, tighten brakes, check for frayed cables, and get those gears changing right. See you next spring! Thank you to **Sandra Mennella** for showing the beautiful film *For the Next 7 Generations,* and leading the discussion that followed. Visit www.councilofallbeings for info about the grandmothers' visit to Vermont College June1-3. Thanks, also, to **Amanda Legare** for a fascinating look at the world of new and old favorites in perennials and annuals. Visit Amanda's any day except Mondays. We thank **Judy Lewis** for helping to bring Nancy Prince to our library for a special story time about the natural history of loons, and also **Lisa Olsen** for tons of hours facilitating the Dungeons and Dragons Club.

Thanks to all who have helped with our programs for the summer -- **Beth Wade, Susan Green, Ed Lewis, Katie Trautz, Megan Walker, Helen Sawyer, Tamara Feldman, Lisa Olsen, Kassandra, Maya and Gala Morse.**

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. Call us at 563-2721 or email us at cabotlibrary@yahoo.com.

Home sharing:

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Home Share Now

matching people and homes

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479-8544

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This ad proudly sponsored by WEC Washington Electric CO-OP

Twin Valley Seniors, Inc.
Old Schoolhouse Common
PO Box 143
Marshfield, VT 05658

TWIN VALLEY SENIOR CENTER CELEBRATES NEW SPACE
By Stacey Sharp

By Rita Copeland

Our May article, "Brooklyn Schoolmates Meet at TVSC", brought out one of our home bound residents who also went to the same school at the same time as the ladies. He came to the center to visit them and brought some of his school pictures for some great reminiscing time with the Madeline's.

The Perennial plant sale was successful, and because of that, a huge thank you to Linda Fowler for digging, potting the plants and being at the sale with her plant knowledge to help anyone who had questions. Thanks also go out to Tori Hodgkins and Wanda Berte for their time and help. We really appreciated each of you that donated plants, and to each of you who stopped by to purchase plants, say hello and to those that left a money donation.

June is Maintain Strong Muscles Month…..Prevent Sarcopenia. Spring has sprung! And soon summer will follow, bringing long sunny days with more time for activities and exercise outside in the fresh Vermont air. Exercise is important to maintain or strengthen muscles in order to help prevent the gradual loss of muscle that occurs with aging, called sarcopenia. This overall weakening of the aging human body is caused by a change in body composition, with a decrease in muscle and an increase in fat.

Over 300 scientists have been trying to understand sarcopenia at the world's largest research center on nutrition and aging in Boston, the Tufts University Laboratory of Nutrition, Exercise, Physiology and Sarcopenia. They make these recommendations to help prevent sarcopenia:

Avoid excess weight gain: Extra pounds make harder work for your bones, joints, and heart and strongly predict possible physical disability. Weight gain can also contribute fat to muscle cells, making them less strong.

Eat a varied, nutritious diet: Including whole grains, fruits and vegetables, good sources of calcium and vitamin D, and lean protein daily will help keep both muscles and bones strong as you age. Protein provides the building blocks for muscle tissue—from amino acids found in meats, fish, eggs, cheese, nuts, and milk. Choose lean meats and low fat dairy foods to help control total calories and saturated fats.

Be physically active…get daily exercise!: Either aerobic exercise-- such as walking and biking, or resistance exercise-- such as lifting weights or using stretchy bands to increase arm and leg muscles, help to build stronger muscles.

Twin Valley Senior Center

First Annual Flea Market
July 4th, 2011
Plainfield Hardware on RT 2
9:00 AM—3:30 PM
Indoor & Outdoor Table Space
$20.00 Call (802)454-7750 for
Table reservations by June 24th.
Sell your Treasures with others
in one great location!

LASAGNE DINNER
June 18th, 2011
4:00 PM—7:00 PM
Plainfield Fire Station
$10.00 per person
Take out orders and sit down
(802 454-7750/
reservations appreciated

Friends of Cabot Library News

By The Friends of Cabot Library Team

Summer's almost here, school's almost out, and days are getting longer and warmer – which means the annual Cabot July 4th Parade and festivities will soon be here! So, with that in mind, these are the final weeks of "spring cleaning" and clearing out all the stuff no longer wanted or needed – like books!

If you're thinking of weeding through your bookshelves (or movie and music collections) to make room for new material – consider donating them to our Annual July 4th Book Sale! We'd love to take some of your unwanted books, movies, or CDs off your hands to offer our visitors, so call the library or email us at cabotlibraryfriends@gmail.com to arrange a time for review and pickup. Your contributions are instrumental to our success and help make supporting the Cabot library a wonderful thing. Plus, did you know … your donations are probably tax deductible? We con-

LOCAL DIRECTORY

ACCOUNTING

M. STUART & ASSOCIATES, INC.
DENISE STUART~MICHAEL STUART, CPA
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Hardwick, VT 05843
802-472-6192
denise@mstuartassociates.com
michael@mstuartassociates.com
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www.edwardjones.com Member SIPC
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Essex Junction, VT 05452
802-878-8002
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HEALTH & FITNESS

Trinity Recreation Club
Michelle Delaney
NFPT Certified Personal Trainer
316 Last Road, Cabot, VT 05647
563-2427 ~ mpsoccer2@aol.com
Consultations are free.
$30/session or 5 sessions for $125
Call/E-mail for class information
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Cabot Heights Property Maintenance RLLP
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6:00 a.m. - 8:00 p.m. every day
DVD Rentals ~ Full Deli ~ Spices
Old Time Candy
Unique Beverage Selection
Helium Balloons ~ Free air pump

SALONS

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Complete and affordable hair care services for the whole family.
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Specializing In Boundary Surveying
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Specializing in couples therapy (GLBT) with strength-based focus. Most insurances accepted.
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Custom Slaughtering . All Types of Poultry
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Maple products-holiday gift baskets, sugaring supplies, tanks
Everything for all your sugaring needs
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Hardwick, Vermont 05843
(802) 472-8400
info@hardwickvet.com
www.hardwickvet.com
Open Tuesday - Saturday
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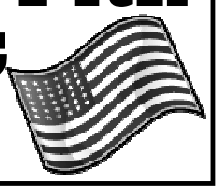
June 14th FLAG DAY!



CLASSIFIEDS

WANTED

Land Wanted: 3-5 acres of land, close to power, must have great views. Call Sue at 609-238-2898.

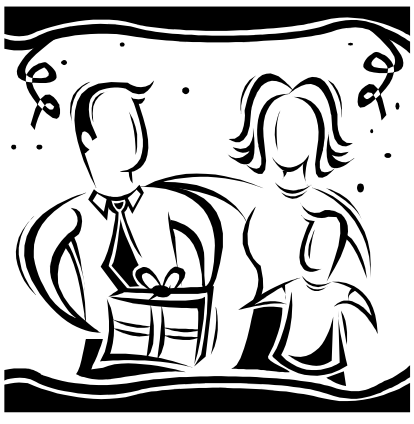
SERVICES

BABYSITTER with references and experience, Call Lynn at 563-2140 or 917-3113

TILLING ~ MOWING Spring is here! Ready to till your garden, large or small. Lawn mowing any size. Dave 563-3156.

Classified ads are 10 cents per word, minimum of $2

HAPPY FATHER'S DAY FROM ALL OF US AT THE The Cabot Chronicle



PUBLIC INVITED TO RETIREMENT RECEPTION

The Cabot School Board will host a reception on Friday, June 10th to honor four veteran and much-valued teachers who are all retiring from Cabot School this year. The retiring staff members are Janet Bird, Helen Morrison, Cam O'Brien, and Mary Ann Tormey. Students, former students, parents, staff and community members are cordially invited to attend the reception, which will be held from 5:00 PM to 7:00 PM at the Cabot School Performing Arts Center. Refreshments will be served.

Underage Drinking , a Problem for Adults Too

The Laws in Vermont

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

To report a party where you suspect alcohol will be served to minors, you can call the Vermont State Police at 229-9191.