

The Cabot Chronicle

First Established 1920
Re-Established 2008

FREE
Serving Cabot
& Surrounding
Communities

Non-Profit Org.
U.S. Postage
PAID
Permit #9

Postal Patron
Cabot, VT 05647

Vol. 4, No. 7

P.O. Box 245, Cabot, Vermont 05647

July 2011

Voices After the Flood

By Julia Shipley

On Thursday, June 23, almost one month after storm waters inundated Cabot's roads, homes and businesses, I interviewed Cabot residents to find out two things: What were their feelings and experiences of the flood, and what is their current outlook? I tried to gather various perspectives to document, on a personal level, what happened, and in some sense, is still happening.

When I stopped over to speak with Mike Cookson of the Cabot Garage, I first asked him, "Are you totally sick of talking about this flood or can I interview you about it?" He flashed me a grin and said he was devastated, which I found sort of confusing, but then he told me: "My feelings about the flood? Overwhelming. Surreal. Something you don't expect to happen. Sadness. Concern for peoples' welfare. And questions like, 'Where do we go from here?' There's a lot of damage to repair, and we're doing what needs to be done, but there's a lot of unknowns, like whose paying for what, and what's taking place and what isn't. I see a lot of people wanting to help and

not sure how to help, and a lot of people trying to give, and not sure how to give. I see people taking the downtown businesses more seriously instead of taking them for granted. I've seen people down here I haven't seen in a while. The village's vibrance is part of Cabot's survival, it's what makes it what it is."

Twelve-year old Jeremy Maxfield was one of the first people to observe the flood across Main Street in the village. When I interviewed him on the steps of his home he said: "I saw it pretty early in the morning. Four A.M. my brother Caleb woke me up and said, 'Hey, come look at this.' You could see the water coming between the town hall and the garage because it reflected in the cars shining their headlights. It was cool to see, but bad that it happened, because it damaged quite a lot. I wonder if it's going to happen again. It was kind of scary seeing it, but kind of cool. Cleaning it up was kind of hard—all the mud in front of the store. You had to shovel that out onto the road and the tractors would take it away."

(See *Voices After the Flood*, pg. 2)



Some of the first responders to volunteer in cleaning up Main Street after the flood were photographed with Governor Shumlin in front of the Cabot Store during the governor's unannounced visit. The governor arrived by helicopter—landing on the Common, to assess the flood damage in town. From left, Adjutant General Michael Dubie, Tyler Abbott, Taylor Abbott, Governor Shumlin, Karen Abbott and Jeremy Maxfield.

Memorable Flood Disasters in Cabot

By Jane Brown

The first written account of flooding in Cabot Village was the flood of 1897. The *Barre Daily Times* reported it "broke all records for rainfall since 1833."

Rain started falling around on Friday night, July 24. Although the Winooski River was slightly raised Saturday morning, another five hours of pouring rain caused every brook to overflow its banks and water rushed down Bond Hill, carrying debris down Main Street. Danville Hill was also severely damaged. The road in front of the J. A. Farrington block (where Cabot Garage now stands) was completely undermined and rendered impassable. Water flowed from West Hill on the west side of town and Whittier Hill on the east into Lower Cabot, sweeping away farm wagons,

uncut and cut hay, timber, roads and bridges. Mills, businesses and homes all along the river were damaged. Men worked feverishly to prevent the dam at West Hill Pond from failing, and it was reported that, "Had that dam given way no human mind could compute the damage that would have been done."

The newspaper reported damage in Cabot was to an area three miles wide and three and one-half miles in length. There was reference to a similar storm in 1869 as being "widespread and did much more damage;" but added that the 1897 storm did more extensive damage to an area covering one-half mile east and west of the main street, and did it in a much shorter period of time.

Another well known storm, the flood of 1927, did not impact Cabot nearly as much as it did areas further down the Winooski. However, the newly con-

structed dam on Molly's Brook in South Cabot figured heroically in that flood. There was a great deal of concern that the dam, which had been finished only the year before and water had not yet filled the dam completely, would not hold. There was such concern, they had men and horses there ready to pull open the gates that would have let twelve feet of water rush into Marshfield Village. Fortunately, someone, we don't know who, convinced them to wait; the dam held, and Archie Bullard who was on duty at the power station, stayed at his post for 154 hours without a break keeping electricity flowing. All other stations had been shut down and phone lines were down, and without communications, Bullard didn't know that he was the sole provider of power for the hospital in Montpelier and other important emergency services.

Another cloudburst was reported in July, 1945. J. Newton Perrin, superintendent of schools at the time, reported, "... The water rolled down off Danville

hill, washed out a couple of bridges, swept two and three feet deep down main street, tore up the blacktop road, flattened the fields with sand and rocks and left mud a foot deep in front of Rogers' store . . ." He went on to tell how Harlie Dane found three suckers swimming on his lawn and kids were catching trout in ditches alongside the washed out road. Permanent and a temporary bridges at the north end of the village were washed out; the underpinnings of several Main Street buildings were washed away as a "regular river" flowed down Main Street, leaving in its wake debris, mud and destruction. Sound familiar?

Note: In 2006, Bear Creek Environmental of Middlesex, VT, did an analysis of flooding in Cabot for the Cabot Conservation Committee. That report can be found at: www.vtwaterquality.org/rivers/docs/FinalReports/rv_CP_Cabot.pdf

(See additional photos, page 2)



Flood, 1897, from river looking towards the Farrington Block (where Cabot Garage now stands).



Inside this issue

Features:
Obituaries

Page 1-2
Page 3

Buy Local:
Classifieds:

Page 7
Page 12

Directory:
Calendar:

Page 12
Page 6

Voices After the Flood

(Continued from page 1)



Larry Gochey

Larry Gochey, recently retired from 15 years as Cabot selectman and now in his 16th year as road commissioner, leaned on the counter in his shop as he described the flood: "Terrible. But it brought some people together, working together to clean up the mess. Right now we're getting the village cleaned up for the Fourth of July. For the grocery store—the Fourth, that's probably their busiest day."



Mike Cookson

This town was a mess, but we had good people helping volunteer. Gravel Construction donated two nights to get the Rec. field back in order—Tommy Sicely raked it all, then Johnson Paving lent their roller and he rolled it. Richie Bushy and Paul Yamamoto seeded it and mulched it—all volunteer. Gravel Construction donated equipment to tend to the area between Harry's Hardware. We had a stockpile a dirt we used, so it won't cost anybody anything. Johnson Paving came and helped there.



Jeremy Maxfield

Cabot Creamery really stepped up to the plate, thanks to Marcel Gravel and Ed Peolar of the Creamery, there were maybe thirty volunteers signed up. They painted the fence around the common, painted the Elm Street fence. They swept. Up where Marion Morrison lives—they cleaned that up. The Creamery's refrigeration unit saved the store's food. And their crew will be back again this week to help some more.

Rusty [Churchill], David [Pike] and Charley [Pilben] [the town road crew]—they've really worked hard up on Danville Hill, replacing two big culverts,



Tara Rogerson

where they had to be careful of a telephone cable.

You know what? Not one person called up and, well, I call it bitching, but maybe a proper word is 'complained.' Over on Porter Road, Rick White and Linda Howard were marooned over there for more than a week. The Goodriches tended to their hill all by themselves. There were seven or eight families out there in Hookerville and not one of them called to complain. They put a footbridge in over in Hookerville. Selectman Ted Domey and [Representative] Kitty Toll got on the stick and found a

bridge for folks so they could get in and out.

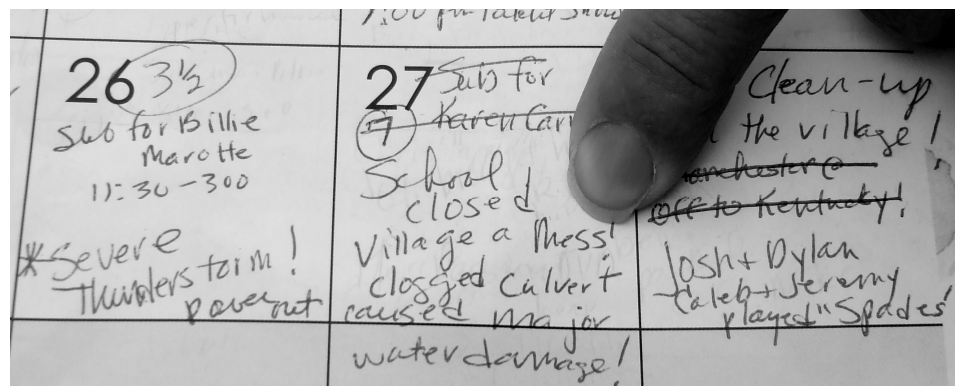
I never saw so much water in my life. I could have bawled. If no one had been there, I would have bawled. The water was just coming across the road, and I mean big boulders too—oh, it went everywhere."

And my last stop was to talk to Town Clerk Tara Rogerson, who was up in Canada when the flood occurred.

"I came back to a town disheveled. It was shocking to see what had happened. And I could see the shock on people's faces, especially Walt and Julie [Ackerman]—who own the Hardware Store] and Bobbie [Searles] who owns the Cabot Village Store]. But Linda Lemay Richards and Ted Domey took quick action preserving the records. The water only rolled over the surface of the carpet here.

I think things are coming along. There's money to get reimbursed for municipalities and roads, but not residential. Those homeowners with damage should call 211 to register what their damages are. If they are a business, then they should call me.

Are we afraid of this happening again? Of course. But we're trying to mitigate future occurrences. This was a one in 500 year event, but it was a doozy."



Lynn Maxfield's calendar notes



Mud and silt pile in front of the Village Store

Walt Ackerman's Truck beside the Hardware Store

COMMUNITY CLOSE-UP

By Chronicle Staff

Cabot Commons Senior Housing

The official name of Cabot Commons Senior Housing is Cabot Commons, Inc. It is a 501(c)3 that was initiated to develop affordable housing for Cabot's senior citizens. Our organization's mission includes being an active part of a vibrant Cabot community.

There is a seven-member board at present, that meets every quarter on site. Aside from some seasonal weeding projects around the Commons, a little fundraising and holding an occasional open house, the board's responsibilities center around small issues of the housing project and reviewing the budgetary reports supplied from the Central Vermont Community Land Trust (CVCLT), the property management company.

The Cabot Commons is the only property of CVCLT management that they do not own. It also is one of the smallest. The Commons board and CVCLT remain in close communication concerning the welfare of our Senior Housing property and its tenants.

There are eight senior apartments, two two-bedroom and six one-bedroom. Most of the apartments are eligible for subsidy. CVCLT maintains a waitlist for apartments and the apartments are open to anyone.

The Cabot Commons continues to explore ways to make Cabot Village more accessible for its elderly tenants and welcomes suggestions from community members.

Current Cabot Commons Board: Judy Pransky—President, Susan Carpenter, Marge Trautz, Connie Hourihan, Genia Schumacher, Cia Considine and Roz Daniels. Visit the Cabot Commons website: www.cabotcommons.org

The Cabot Chronicle

E-mail: inbox@cabotchronicle.org

Phone: 802-563-3338

DEADLINE: 15th of the month prior

Publisher: Cabot Coalition

Coordinator: Cia Considine

Design/Pagination: Todd Jones

Advertising Manager: Marina Cole

Send Ads to: ads@cabotchronicle.org

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

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

Printed in Vermont ~ Copyright 2011 by The Cabot Chronicle

All Rights Reserved ~ ISSN# 1942-0943

No part of this paper may be reproduced without express written permission from Cabot Chronicle. Publisher is not responsible for typographical errors. Acceptance of advertising is contingent upon editor's and publisher's approval and agreement by advertiser to indemnify publisher from loss or expense on claims based upon contents of advertising. Publisher does not assume liability for errors in any advertising beyond the cost of space occupied by individual item in which the error appeared.

Subscriptions available \$15 per year

Contact above for more information

One Marshmallow or Two?

By Anne Cookson

In the late 1960's Walter Mischel conducted an experiment called the Marshmallow Test at Bing Nursery School on the campus of Stanford University. During the experiment kids were asked to pick a treat to eat, the choices being pretzel sticks, cookies, or marshmallows. After having chosen the treat (mostly marshmallows were chosen), the kids were offered a deal. They could eat the treat immediately, or if they waited until the researcher returned from stepping out of the room they would receive two treats. Kids tried all sorts of tactics to try and keep themselves from eating their treat, if they opted to wait.

The initial goal of the study was to identify mental processes that allowed some kids to delay personal gratification. The longer a child could wait to eat the marshmallow would later translate into how the child would eventually function as an adult, i.e. chance for success.

As years passed and Mischel moved on to other areas of research, he would from time to time have the opportunity to follow up with kids that participated in the study. The students that were able to delay gratification were overall able to cope with problems and get along with peers. These students, who managed to wait 15 minutes to eat two treats also scored on average 210 points higher on their S.A.T. than the kids who could only wait 30 seconds.

These days, it would appear we reward persons who are aggressive, impatient, and demanding. In numerous industries we demand, and in turn rely on receiving goods and or services "yesterday". Whether we are on the supply, or demand end of this – we are only hurting ourselves.

With endless technology at our disposal most adults are unable to delay gratification; we refuse to wait in the checkout line at the supermarket – we

opt for self-checkout (which is not faster), we opt to fuel our vehicles at stations where we can pay-at-the-pump, we use drive-up windows at the bank, the coffee shop, fast food restaurants and in some states, liquor stores. We want Wi-Fi. We want our music when we want it – not when the radio station gets around to playing it. We order anything 24/7 from running shoes to lawn tractors on the internet. "I, I, I, me, me, me"... This laundry list is long, frightening and much to the detriment of our nation.

We decide we can't wait to be waited on by another person. Rather than call someone, we email or instead of asking our neighbor or local professional a how-to question, we proceed to go online and trust a random individual for an answer. We continue to drive out of our communities for goods and services. We put ourselves at risk – slowly but surely, we are becoming a nation of anonymity. We are driving the demand for supply to be met outside of our communities and our nation. All because we cannot wait!

Anonymity has its function in very specific circumstances but not when cities, towns and communities are in crisis, fiscally and socially. Who wants to wait for the beep, interface with the computer or press a series of numbers on the keypad of their phone when they are in crisis? Crises require timely responses by trusted people and that happens best in communities that are connected and built on strong neighborly relationships.

Mistakenly, many are of the mindset that our choices as individuals are unlimited, when the reality is we are more limited and reliant on strangers than we have ever been.

Instead of gobbling up the first marshmallow, or taking the easy way out, we should all be practicing a delay in gratification for the sake of our state, our communities and neighbors. This is a time when we should get to know and help our neighbors, and let our neighbors help us. If we don't, anonymity and our limitations will grow with the proficiency of a terminal disease and along with that we will become increasingly reliant on those entities that don't have personal interest in our communities or that care about the lives of our children.

Note: Anne Cookson's piece appeared in early June in the Cabot Garage Newsletter, but was abridged and reprinted, due to its pertinent message in the wake of our recent flooding events.

Northern Vermont Funeral Service

60 Elm Street
Hardwick, VT
05843-0063

802-472-6861

Dian R. Holcomb
Funeral Director

BIRTH ANNOUNCEMENTS



Malia Praline Burtt

Malia Praline Burtt was born June 16th to Stefanie and Greg Burtt. She weighed 7 pounds 3 ounces and was 20 inches long. Congratulations!



Jackson Henry Dunham

Jackson Henry Dunham, born at 8:24 am on June 2, 2011. Weighing in at eight pounds, six ounces and 21 inches long.

OBITUARIES & MEMORIALS

Dean James LeVasseur

CABOT, VT: Dean James LeVasseur, 79, died peacefully Saturday May 21, 2011 at his home in Lower Cabot.

He was born July 13, 1931 in Millinocket, Maine, the son of the late Onesim and Winifred (Freeman) LeVasseur. He attended schools in Millinocket and Jackman, Maine, and later attended the St. Johns School in Watertown, CT.

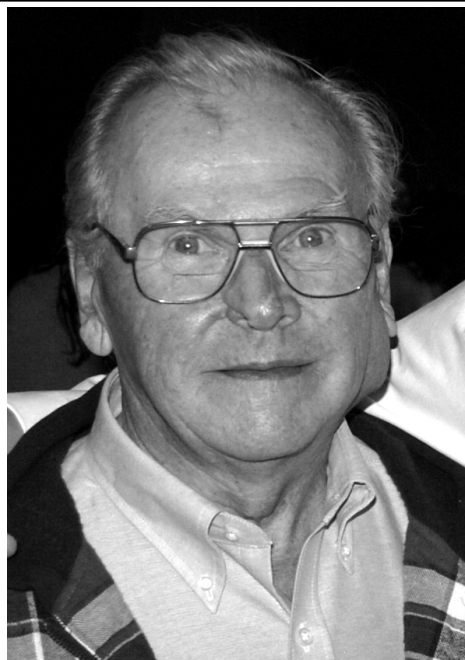
As a young man he helped with his parent's restaurant, Dean's Restaurant, in Naugatuck, CT. His skills in mechanics, led him to a profession as a Master Machinist, working in shops in Waterbury, Woodbury and eventually retiring from Seth Thomas Clocks, in Thomaston, CT in 1985.

On August 31, 1959 he married Jeanne Helen Galvin in Waterbury, CT, and raised his family of daughters, first in Cedarland, Southbury, CT and later in Morris, CT.

He was a humble man, loving father and husband.

Dean enjoyed his family, the outdoors, animals and fixing anything. He took yearly summer trips with his family to Maine – Chesooncook, Greenville, Millinocket and Eagle Lake. He enjoyed gardening, especially growing potatoes, and mowing lawns, which he did, on the side, on and off over the years. He was a constant tinkerer of engines, lawn mowers, tractors and especially clocks, of which he had quite a collection.

Dean is survived by his wife, Jeanne LeVasseur of Cabot; his seven daughters and several son-in-laws: Sharon Philbert of FL, Annette Casilla of Winnemucca, NV, Cia Considine and husband Thomas, of



Cabot, Judith LeVasseur and partner Darrell Telke, of Terryville, CT, Mary Turner of Alice Springs, Australia, Liz Herron and husband John, of Leadville, CO, and Kathleen Doychak and husband, Rick, of Torrington, CT; 15 grandchildren; 1 great grandson; a brother, Patrick LeVasseur and his wife, Wanda, of Joppa, MD; many nieces, nephews and cousins. He was predeceased by a brother: Nelson LeVasseur and two sisters: Ruth and Clodys LeVasseur.

A private gathering will be held at the convenience of the family. In lieu of flowers, contributions in Dean's memory may be made to the Central Vermont Home Health and Hospice, 600 Granger Road, Barre, Vermont 05641. Northern Vermont Funeral Service, 60 Elm Street, Hardwick is assisting the family with arrangements.

Barbara June Griggs

Barbara June Griggs of West Danville passed away suddenly, Saturday, May 21, 2011, at age 62. She was born to Wilbur and Marian (Cerasoli) Griggs and was a graduate of Danville High School, Lyndon State College and University of Kentucky. Barbara was a dedicated end-of-life caregiver, helping many area families. She loved God, nature, art, reading and was an achieved artist and poet. Barbara is survived by her mother Marian Griggs of Cabot. Contributions in her name can be made to Compassionate Friends, Orleans Federated Church, 34 School St., Orleans, VT 05860.

John Leith Holloway, Jr.

Mr. John Leith Holloway, Jr., 83, of Boone, NC, died Saturday morning, June 11, 2011.

He was a career astronomer and meteorologist and retired to Cabot in 1983, to a house built for him that used solar energy and allowed him to concentrate on his hobby of astronomy. He lived there until the weather and isolation prompted him to move back to the Washington area in 1988.

**Support our advertisers.
Tell them you saw their ad in**

The Cabot Chronicle

UDAG FUNDS TO AID BELEAGUED CABOT BUSINESSES

When the natural disaster of early summer floods occurred (again and again), services available to Cabot residents were negatively impacted when stores were forced to close due to hazardous situations created by the water. Once reopened, the stores continued to have problems meeting the needs of the public due to lost inventory and reduced cash flow.

To address this damage to the commercial center of town, and responding to recommendations from the Select Board, the UDAG Committee agreed to work with these businesses to ensure their viability. UDAG funds will be utilized to address the impact of damage caused by the natural disaster.

The following assistance was approved:

\$15,000 to Harry's Hardware for inventory and cash flow replacement.

\$15,000 to Cabot Village Store for inventory and cash flow replacement.

\$4,500 to Harry's Hardware for reimbursement for hazardous materials cleanup related to the dislodged gasoline tanks.

The UDAG Committee will continue to work with the Select Board and businesses to see if additional appropriate needs can be addressed with UDAG funds.

If anyone has questions or suggestions, they can be addressed to Jan Westervelt, UDAG Chair.

THE FLYING FARMER



The Flying Farmer, raking hay.

Damp and Dismal Start to Haying

By Will Ameden,

The trials of making square bale hay are underway. Farmers who produce baled hay, like Under Orion Farm does, are becoming few and far between. . . and with the challenges of drying hay in springs like this one, it's not surprising.

Most dairy and beef farmers today put up their feed in large round bales, bunker silos, or long plastic wrapped tubes. This feed only needs to be 50% dry. The moisture in the grass, and the airtight storage, leads to fermentation which aids in grass digestion and palatability for cattle. It is possible to mow, bale and wrap the hay in a single day, so you don't need the stretches of dry weather that square bales require. It also takes less labor to produce; most of the work can be done from the tractor, without the need of handling square bales.

Small scale bovine farmers and horse owners generally prefer dry square baled hay for their winter feeding needs. Square bales can be fed without special equipment (round bales weigh around 800 lb). And, while cows digest the fermented hay best, horses digest dry hay much better than fermented round bales.

Baled dry hay needs two perfect weather days (sun, low humidity, and wind) or three "pretty good" days to put up. The majority of my hay is square bales. I first choose a field for dryness, crop maturity, and size. If I have help lined up and a good forecast I mow a large area (500-800 bales worth). If I do not have the help and the weather outlook is poor (this entire year so far) I will mow less.

My mower not only cuts the hay, but also conditions (crushes) the stems, which promotes drying, and leaves it in long windrows. Then the grass needs to be spread out evenly for maximum drying. This work is done with a tedder, a series of disks, each with long arms extending off from it. At the end of the arm is a spring tooth that flicks and turns over the grass. Tedding needs to be repeated until the hay is dry, generally two or three times. The grass then needs to be put back into a windrow for baling. The baler picks up the windrowed hay, compacts it, ties it up (the knotter is fascinating - I have no idea how it works, I clean and grease it religiously so I never have to figure out how to fix it), and kicks the freshly made bale into a wagon. Each wagon holds around 100, 40 - 45 lb bales.

I bring the wagon back to the barn and pull the bales out, one by one, to set on a hay elevator that sends them to the hay mow, where they then need to be stacked. We'll fill the barn with 4,000 bales or more. The hay mow is also where we build a maze for finding candy on Easter, have a trampoline and basketball hoops, pogo sticks, and airsoft battles.

Great strides in technology and efficiency have been made since I was helping my father hay as a kid, but making square bales is still a weather dependent, labor intensive, activity. Weather dominates life here on the farm, all plans are made around it. So in this very rainy spring we are just trying to string together those three dry days.

Brett Greaves Commendation



Brett Greaves, son of Gail and Tim Greaves and 1996 graduate of Cabot School, recently received a Commendation for his heroism as a Radnor, Pennsylvania Police Officer. Brett lives with his wife Katie, son Jack and daughter, Isla in Zieglerville, Pennsylvania.

WHERE IS THE CHRONICLE NOW?

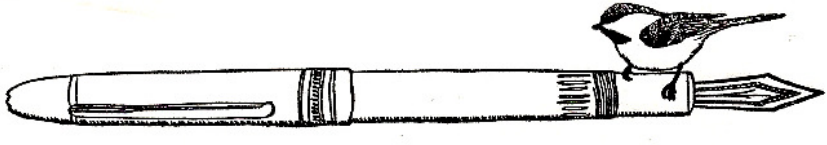


Naomi Bushey (left) and her sixth-grade class pose with the Chronicle outside their school in Ciudad Real, Spain. Naomi's colleague is on the right.

The Writer's Retreat in Craftsbury, Vermont

a cozy farmhouse studio

available by day, week, month



writingonthefarm.com ☞ 802.586.7733

COMMUNITY AND ECONOMIC DEVELOPMENT MEETING

No July Meeting

To reconvene in August.

Date to be announced

Everyone invited to join in the

continued conversation and actions

concerning Cabot's Community and Economic Development



Cabot: Cape style log home on 1.75/- acres offering outstanding views of the surrounding hills and valleys. 3 bedrooms, 2 baths, open living concept with vaulted ceilings, walkout basement, radiant heat, stone hearth.
\$225,000 – ML4010630



Cabot: 2 large BRs (with Joe's Pond view!), large living room, open kitchen/dining area. Basement has 2 finished rooms. Nicely landscaped. 1.4 acres. Front covered porch. A place to call "home" with the feel of a "lake home"!
\$194,888 – ML4003782



Joe's Pond: Year round home with town road access. 50ft. of frontage on 3rd pond. 3BRs, 2 baths, enclosed porch, approved septic, artesian well. Well-maintained waterfront home.
\$349,900 – ML2825706



Joe's Pond: seasonal home with 100ft +/- of frontage. 7 rooms, 3 bedrooms, 1 bath, approved septic, 3rd pond.
\$290,000 – L4003782

Start your Search here

Danville 802-684-1127

St. Johnsburry 802-748-2045

www.beginrealty.com



Retirement Reception



A reception was held at Cabot School to honor the Faculty and Staff that will be retiring. From left: Cam O'Brien, Helen Morrison, Janet Bird, Mary Anne Tormey and Gail Greaves. Not pictured is Wayne Lumsden, bus driver, who will also be retiring.

2011 Selectboard Appointments

The Cabot Selectboard made the following appointments on March 1, 2011:

Waste Water Commissioner	Larry Gochey
Pound Keeper	Cheryl McQueeney
Animal/Dog Control Officer	Jo Guertin
Fence Viewers	Walter (Rusty) Churchill Daniel Cookson
Inspector of Coal, Wood, Lumber and Shingles	Anson Tebbetts
Tree Warden	Roland Payne
Fire Warden	Andrew Luce
Health Officer	Jenn Persons
Town Energy Coordinator	Lee Blackwell
Zoning Administrator	Carlton Domey
Willey Building Committee	Carlton Domey
UDAG Committee	Jan Westervelt
Planning Commission	Gary Gulka (Chair) Dale Newton Lars Torres Greg Burt Kate Chatot
Zoning Board of Adjustment (1 year appointments)	Roy Folsom (Chair) Larry Gochey Karen Deasy (Vice Chair) Fred Pike Kevin Lehoe Sue Freeburn (clerk and alt. member)
Conservation Committee	Gary Gulka Chris Duff Cedric Alexander Mark Christensen
Master of Colors	Walt Ackerman
Road Commissioner	Larry Gochey
Town Attorney	Paul Gilles
Regional Planning Committee Rep.	Richard Payne
Emergency Management and Law Agent	Chip Taylor
Newspaper	The Cabot Chronicle and The Hardwick Gazette
NEKSWD Representative	R.D. Eno
NEKSWD Representative Alt.	Ben Davis

HOUSEHOLD HAZARDOUS WASTE COLLECTION CABOT RECYCLING CENTER - SAWMILL ROAD SATURDAY, AUGUST 13, 2011, 9 AM - NOON

We all have in our homes, , barns and garages accumulations of those nasty substances know as Household Hazardous Waste (HHW) – solvents and strippers, herbicides and pesticides, antifreeze and other vehicle fluids, oil-based paint, ammonia and bleach – that we know we shouldn't throw in the trash or spill on the ground or – heaven forbid! – flush down the toilet. So they mount up and pose both a health and a fire hazard to our homes. How on earth do we get rid of them?

Now the Northeast Kingdom Waste Management District is bringing its HHW Collection to the Cabot Recycling Center on Saturday, August 13 from 9 AM until Noon, the same hours as the regular recycling and trash operation. **The event is free and open to all households in the District.** Here's your chance to dispose of those materials safely, easily, without having to transport them over long distances.

Not all domestic industrial substances are hazardous. How do you know that whatever you've got stored under the sink or in the cellar requires special handling?

Check the labels. If you see the words: **Danger, Poison, Caution or Warning** you can be pretty sure that product contains ingredients that may be *Toxic, Corrosive, Reactive, Explosive, Flammable or Ignitable*. (Parents of small children find it useful to slap "Mr. Yuck" stickers on such products to warn little hands away.)

Not all dangerous materials are acceptable at HHW collections. Please don't bring gunpowder or ammunition , fireworks or flares, infectious waste (from animals or humans) or prescription medication. Don't bring radioactive material such as smoke detectors, and don't bring asbestos. These materials require very special treatment; you can find out more by contacting the District (see below). Also, alkaline batteries and dried out cans of Latex paint can be thrown in the trash.

Acceptable materials include bleach and ammonia and cleaning fluids, mercury thermometers, nail polish and remover, air fresheners and aerosols, oil-based paints and art supplies, Ni-Cad, Lithium, Ni-MH and button cell batteries, all -cides (for pests, herbs, fungi, rodents), gasoline, kerosene, creosote and antifreeze, paint thinner, strippers, stains and sealants, waxes, polishes, spot removers, used motor oil, car fluids and acid batteries ... but wait, there's more!

For a complete list of acceptable materials, contact the Northeast Kingdom Waste Management District at (800)734-4602 or at www.nekwmd.org.

This event is not open to "conditionally exempt generators" (small business), but the District's facility in Lyndonville receives hazardous materials from all generators in the District between May 28 to October 3. If you're a small business or just a resident who can't make it to the special HHW event, call NEK to make an appointment.



Cabot Across the Globe Spain 2011

By Aaron Bushey

My mother and I recently embarked on a trip to Ciudad Real, Espana. Ciudad Real is located an hour and a half south west of Madrid, the capital of Spain. The city of Ciudad Real is very Spanish. Ciudad Real is in the province of Castiamancha, which was said to have been discovered by Don Quixote. The small cobblestone streets, hundreds of cafes, meat shops, and restaurants give it it's own unique persona.

My sister, Naomi, has been living in Ciudad Real for three years now. She teaches English at a school in Miguelurra, a small town located half an hour east of Ciudad Real. She works with students from first grade through high school. Out side of school hours she gives private English lessons to people through out the province.

The Spaniards are very welcoming, taking you into their homes and they are not shy with their food. This hospitality makes this city very welcoming. The day of a Spaniard is extremely different from a typical American day. In Spain, the morning begins with coffee and pastries at one of the local cafes. This first small meal is eaten leisurely, usually taking an hour, then it is off to work. At 2 p.m. all the stores, schools and the city shut down for siesta time which lasts until 5 or 5:30 p.m. During this time, families come together and have their big meal. After the siesta, some people return to work, however, many go out and do their shopping or gather with friends and family. The Spanish dinner consists of vino tinto, the wine of the province, and or small beers that are served with tapas. Tapas are small meals, mini sandwiches, pyaya, jamon, morthea, and other unique foods of Spain.

We mostly stayed in Ciudad Real, however we did take a two-hour bus ride out to the city of Toledo. This city is built up on a hill and is surrounded by a moat. The architecture is surreal. The arches, cobblestones, tiny windy streets, plazas, and high stone walls made me feel like I was in another world. When I ventured away from the touristy part of town I



Mariano Zamarano and Aaron Bushey

found beautiful streets and hidden plazas empty from English words and occupied solely by the locals who live there. On an out of the way corner stands the shop of Mariano Zamorano, a local blade smith. When I walked into the small display room the walls were covered in hand forged swords and knives. A small man in a blue jumpsuit welcomed me with a big smile and a firm handshake, even with his two missing fingers. Mr. Zamorano was taught the art of bladesmithing from his father. Back in his small shop are hundreds of blanks for knives and swords, a small coal forge, an even smaller anvil, and hammers. Through another doorway is the machining room. This room is used to machine parts for his knives and swords. This room is also the filing room. The third room is the finishing room, where the knives are polished, sharpened, and handled.

España es un país hermoso con una cultura rica. Le recomiendo visitar España y explorar la cultura española. [Spain is a beautiful country with a rich culture. It is recommended that one visit Spain and explore the Spanish culture.]



Storytime: One World Many Sto-
ries, Mondays, July 11 to August 8,
10:30 a.m., Jaquith Public Library,
Marshfield: activities with cross-cultural
themes. Games, projects, and art from
around the world. Ages 0 to 6. For info.
call 426-3581.

Cabot Mason's Hall
Main St., Cabot

Amanda's Greenhouse

**"Buy local" has never meant more for our community.
Please support local contractors, service people, and businesses.
Show your pride in Cabot and buy local today.**

HARRY'S HARDWARE
Julie & Walt Ackerman
3087 Main Street
802-563-2291

Cabot Garage
Ann & Mike Cookson
3102 Main Street
802-563-2270
"Serving Cabot Since 1955"

Zutano
Uli & Michael Belenky
1785 Coits Pond Road
802-563-2961
"Clothes Unique as Your Baby"

TOP TO BOTTOM CONTRACTORS
Fred & Shirley Ducharme
128 Elm Street
802-563-2102
Service and installation of oil furnaces and boilers
with 24-hour emergency service

CEDRIC HOUSTON
238 Cathy Road
802-563-2318
Maple Syrup For Sale
And Small Excavator Work

LARRY & SON USED CARS
Larry Gochey
3619 Route 215 North
802-563-2496
"Car Sales, Repairs and Motorcycle Inspections"

**FRUITLANDS NURSERY
AND BED & BREAKFAST**
Dale & Janet Newton
506 Thistle Hill Road
802-426-3889
Pick your own
raspberries &
blueberries
in July

SUTTON PLACE REALTY
Beth Harrington
P.O. Box 96
802-563-6000

**Klinger Woodcarving
& Art Gallery**
Kenneth Klinger
558-560 Thistle Hill Rd.
802-426-3811
Gallery Open
To Public
Custom Orders
Accepted

MAPLE CREST FARM ENTERPRISES
Beverly Mitchell
2325 Route 215 South
802-563-2002
Accounting & Tax Services

MAPLE CREST ENTERPRISES
Martin Mitchell & Wayne Martin
2325 Route 215 South
802-563-2002
Lawn Care, Snow Removal,
Driveway and Landscaping Materials

MAPLE CREST BUSINESS SERVICES
Michael Vandenburg
2325 Route 215 South
802-563-2002
Carpentry, Plumbing & Electrical Services

AMANDA'S GREENHOUSE
Amanda Legare
Route 215 Goulds' Flat
802-426-3783
We Hire Local Folks & Of Course Buy Locally.
Please Do The Same!

CABOT VILLAGE STORE
Bobby & Stephany Searles
3109 Main Street
802-563-2438

PROVENDER FARM
Dawn Andrews, Lindsey Scott,
and Jonah Bourne
34 Langone Road
802-563-2029
Organically
raised eggs
from free
ranged hens,
organic produce.

GOODRICH'S MAPLE FARM
2427 US Route 2
802-426-3388
Open daily 9-5 Monday thru Saturday,
Closed Sundays & Holidays

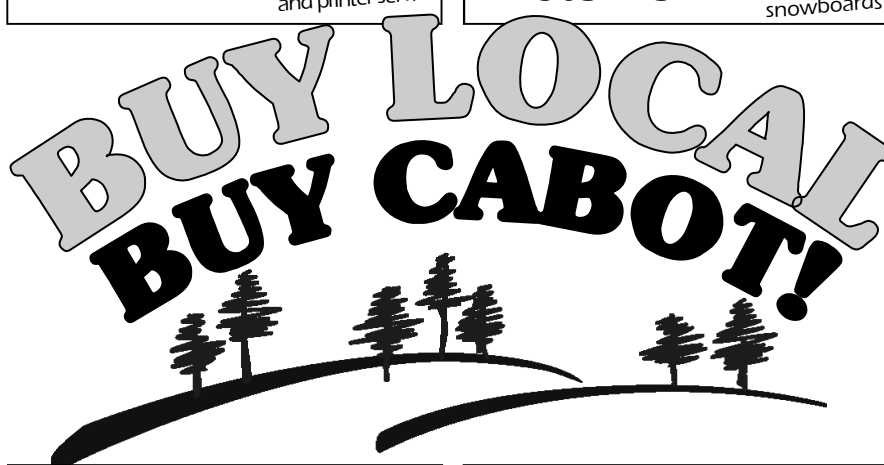
Construction & Remodeling
George Colgrove, Jr.
Cabot, Vermont
563-2097

APEX COMPUTER SERVICE
Tom Considine
1123 Coits Pond Rd.
563-3318
Virus and
spyware removal,
onsite computer
and printer service

FRESH TRAX WAX
Vinny Churchill
1332 Churchill Rd.
563-2239
Hot wax,
minor base
repair for
skis and
snowboards

MATT MOODY CARPENTRY
Matt Moody
Cabot, Vermont
563-3229
Timber framing,
remodeling, and
new construction;
I'll finish what
you've started.

CABOT SMITH FARM
Richard & Connie Hourihan
391 Smith Rd.
563-2369
Firewood available;
choose and cut Christmas trees



CAMP LAUGHING TURTLE
Judy Pransky
234 Pransky Rd.
563-2730
Join us for our "off-
Broadway" production
of the Lion King. Total
camp tuition available
for subsidy-eligible
families.

Blackwell Roots Farm
Ruth Richards & Lee Blackwell
Cabot, Vermont
563-2356
Certified organic
winter storage
vegetable producer,
featuring kimchi
and sauerkraut.

CABOT CREEK CREATIONS
Todd Jones
3469 Rt. 215 N
272-8355
•All Natural Skin Care
•Photography
•Graphic Design
•Logo's, Ads, etc.

North Country Septic Design
Aaron S. Fuller
556 Danville Hill Rd.
1-802-793-7484
Septic & Water System Design, Septic System Inspection,
Construction Surveying, Project Management.

GREAVES ELECTRICAL SERVICES
Tim Greaves
P.O. Box 124
802-316-6961

TRINITY RECREATION CLUB
Michelle Delaney,
316 Last Rd.
802-563-2427
Offering 1-on-1 personal trainer, small group sessions, classes,
kids outdoor recreation camp, and outdoor fitness class for
all ages, kayaking instruction and skiing instruction.

BLONDIN BUILDERS
Doug Blondin
2506 RT 215S
793-5954
Building,
remodeling,
kitchens, baths,
floors, and tile.

DIRECTIONS HOME
Mark Bromley
Cabot, Vermont
802-461-5471
Professional residential
architectural services at a
fair price. Helping friends
design responsible,
energy efficient houses
that feel like home.

Old Crow Craft Farm
Martha Foster
5728 RT 215N
563-2526
A country shop featuring
a wide selection of
homemade items and
furniture for your country
décor - candles, braided
rugs, curtains, wreaths,
and more!

SUNWISE SURVEYING
Lisa Ginett, RLF and Uriah Paire
193 McKinstry Rd.
426-3025
Specializing in
boundary surveying
and ancient road
surveys.

TREE DOG KENNEL
Cheryl McQueeney
149 McQueeney Rd.
For a one day stay or a holiday vacation

CABOT VACATION RENTALS
Cia Considine
1123 Coits Pond Rd.
563-3318
Visit www.vacationrentals-shutterfly.com

The Cabot Chronicle
Your hometown newspaper
Main St., Willey Building
563-3338

Woodchuck Painting Co.
Charles P. Talbert
Cabot, VT
563-2127
Professional and dependable interior and exterior work,
including wallpapering, stenciling, and faux finishing.

CATAMOUNT AVIATION
Will Ameden
1009 Ducharme Rd.
563-2351
For scenic tours and flight instruction;
come see your town from above!

COOKSON'S TRUCKING, INC.
John Cookson
1048 Lovely Road
426-3817
Trucking, excavating, and trash hauling

HILLTOP AUTOBODY
Tim and Jen Gochey
1155 VT Rte 232
426-3738 or 563-2377
Professional collision repair, associated with all insurance companies,
we'll handle your claim from start to finish, including rental cars.

Bigelow Tree Service
Gary Bigelow
Cabot, Vermont
563-3052
Landscaping, tree removal, and tree pruning.

**YOUNG'S LIVESTOCK AND
PROPERTY MAINTENANCE**
Richard Young
Cabot, Vermont
563-2282
Buying/selling all types of
livestock, livestock truck-
ing, complete lawn care,
shrub/hedge pruning &
installation, brush clearing,
complete home cleaning.

ORGANIX HAIR STUDIO
Lisa White
3037A Main Street
563-2275
Cuts, colors, curls, and waxing. Certified organic ingredi-
ents, 100% ammonia-free, not tested on animals.

Water Tower Farm
Diane LaShoones
426-3781

Dunstable Farm
Walter Bothfeld and Son
Cabot, Vermont
563-2715
Maple syrup and turkeys

BURT'S APPLE ORCHARD
The Burt Family
283 Cabot Plains Rd
802-917-2614
Pick-your-own apples and farm store; 40 varie-
ties, fresh pressed cider, u-pick pumpkins.

This ad sponsored by



CABOT UDAG COMMITTEE
Cabot UDAG Committee, P.O. Box 125, Cabot, VT 05647

You Didn't Hear It From Me...

By Chronicle Staff

You didn't hear it from me, but there was a flood in Cabot, two flooding events in fact.

It was reported along with other flooding on the news programs and the weeks since have brought townsfolk together, dignitaries in helicopters and rubber-necking tourists coming just to see. One Village resident walking on the South Walden Road, was asked by a passing motorcycling group, "Which way to the Cabot Village. Just want to check it out".

It was a devastating mess and although the Village is getting its 'company' face on for the Fourth of July, there are still many unresolved problems for Cabot to deal with. How can the water flow be better diverted? Will the Village businesses survive? Do Village residents have any resources for lost boilers and basement appliances?

The days following the floods were not without surprises. Linda Savoca sat in her living room, listening to the hum of

what she thought to be lawn mowing. "Why are they mowing the grass when it's wet?", she asked her husband. That mower she found out to be a National Guard helicopter that was landing just outside her window on the Common! Out stepped Governor Shumlin for a look around. Several village residents stepped out of their houses to look around - get a close look at the helicopter parked on the Common. Who knew one could land there with all the wires?

Another sighting, although apparently, not so rare, was of a bear and her cubs on Cabot Plains. Jessica Miller is reported to be healing well after her bear encounter. Mary Lou Delacey, also from the Plains side of Urban Road also reported a bear on her deck, so everyone on that Plains should take note.

Bill Walters was seen shopping the Town-Wide Yard Sales, reported to be asking for any second-hand lightly used Kevlar outerwear. Wonder if he found

PONDER THIS

By Lori Augustyniak

Kids Should Not Consume Energy Drinks

The American Academy of Pediatrics issued a statement last month that children and teens should avoid energy drinks, the hazards of which are being increasingly scrutinized. The report, "Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate?" was published in the June 2011 issue of *Pediatrics* (published online May 30).

Energy drinks contain substances such as caffeine, guarana and taurine. Caffeine - by far the most popular stimulant - has been linked to a number of harmful health effects in children, including effects on the developing neurologic and cardiovascular systems. Some cans or bottles of energy drinks can have more than 500 mg of caffeine, which is the equivalent of 14 cans of soda.

The report states that **energy drinks are never appropriate for children or adolescents** and caffeine-containing beverages, including soda, should be avoided.

Study Finds Moderate Levels of Secondhand Smoke Deliver Nicotine to the Brain

Exposure to secondhand smoke has a direct, measurable impact on the brain—and the effect is similar to what happens in the brain of the smoker. In fact, exposure to secondhand smoke evokes cravings among smokers, according to a study funded by the National Institute on Drug Abuse, part of the National Institutes of Health.

The study, published in *Archives of General Psychiatry*, demonstrated that one hour of secondhand smoke in an enclosed space results in enough nicotine reaching the brain to bind receptors that are normally targeted by direct exposure to tobacco smoke. This happens in the brain of both smokers and non-smokers.

Previous research has shown that exposure to secondhand smoke increases the likelihood that children will become teenage smokers and makes it more difficult for adult smokers to quit. Such associations suggest that secondhand smoke acts on the brain to promote smoking behavior.

Leadership to Unveil New Underage Drinking Prevention Program

If teens start to drink early, they are six times more likely to develop alcohol dependence. That's why preventing underage drinking is the key to improving the health of both adolescents and adults. To help parents learn the necessary skills to prevent youth alcohol use, the Leader-

ship to Keep Children Alcohol Free Foundation (Leadership) launched the Leadership Reads Initiative last month.

The Leadership Reads Initiative is a nationwide effort to connect parents to books that will guide discussions, strengthen their families, and protect their children from substance abuse.

Messengers In Denim: The Amazing Things Parents Can Learn From Teens by Parmell Donahue, M.D. (Mapletree Publishing, 2010 (Mapletree Publishing.com)) is the Leadership's first selection. Dr. Donahue (MessengersInDenim.com), a pediatrician from Nashville, TN invites parents to, "Listen to your teens." In his book he reminds parents that their teenager is still the little angel they brought home from the hospital—only now that little angel is wearing denim. He encourages each parent to be the adult they want their child to become: guiding children toward that goal by their example.

The Leadership Reads Initiative will release a discussion guide with each book selection to help adult and youth leaders as they discuss teen alcohol consumption and family relationships. Its first discussion guide based on *Messengers in Denim* is available as a FREE download on the Leadership's website at www.alcoholfreechildren.org. Contents of the guide include ways to develop bonding and trust with children through such activities as having family meals, working together, using a language of strength and resiliency, and behavioral contracting.

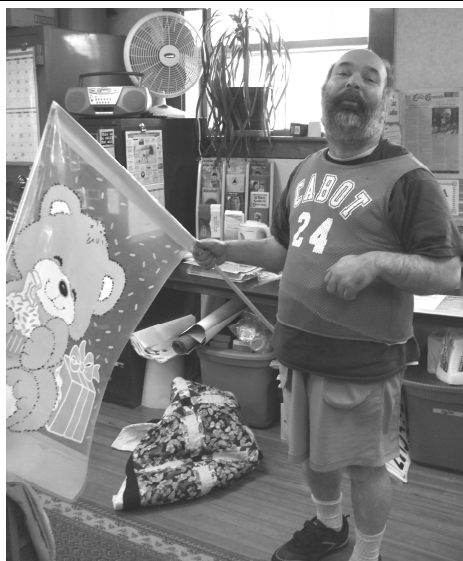


Flight Instruction
Wildlife Habitat Surveys
Cremains Scattering
Aerial Photography
Scenic Flights

Will Ameden, CFII

1009 Ducharme Rd.
Marshfield, VT 05658
802-563-2351

catamountaviation.com
underorionfarm.com



Chuck on his birthday

any. There were plenty of good buys and an array of treasures sold all over town.

Happy 41st birthday to Chuck, who celebrated his birthday in June. Chuck purchased a favored home-made quilt from the Hardware Store, his favorite Cabot shopping place and restaurant.

THE Manifestivus

BRETT DENNEN TO HEADLINE AT THE MANIFESTIVUS

The 9th Annual Manifestivus in Cabot, VT ~ July 22-23, 2011

Billboard's Top 40 performer, Brett Dennen, joins The Manifestivus (<http://manifestivus.com>) as a headliner this summer. He will be performing with his full band Saturday night (July 23). He will also play a special solo kids performance Saturday afternoon for the 200+ children that attend the Kid's Mini-Manifestivus on Saturday, 11 am - 6 pm. Special ticket prices of \$10 for children ages 7 to age 18, adults \$15 and age 6 and under free.

This year Manifestivus has agreed to donate all proceeds after costs to Cabot's Mentoring Program, a highly successful program that has recently lost its funding due to Federal and State budget cuts. This is a gracious offer and is greatly appreciated by the Cabot Community, which values this program and its youth.

Brett Dennen will be joining Toubab Krewe, Giant Panda Guerilla Dub Squad and Locos por Juana as this year's featured performers. "Brett Dennen is one of my favorite live acts," says David Pransky, bassist for Toubab Krewe and founder of the festival. "He's a good friend and I've wanted him at Manifestivus for three years. I'm thrilled it's finally happening." Rolling Stone Magazine named him one of the "10 Artists To Watch in 2008."

For schedule of events visit <http://manifestivus.com> or for tickets, <http://manifestivus2011.eventbrite.com/>



MAZIE'S
AMAZING
SCIENTIFIC
ADVICE

Where to go on your Summer Family Vacation

By Mazie O'Connor

Mazie O'Connor is a 15-year-old student at Cabot High School with a remarkable interest and scientific knowledge about how the universe works. From principles of Quantum Physics to the serendipity of finding four-leafed clovers, Mazie has a theory.

When considering where to travel this summer with your family, there are unlimited possibilities. There are so many interesting things to see and do in space for example.

Titan, the Moon of Saturn has an incredibly thick atmosphere and an incredibly low gravitational pull. Because of this your family would enjoy putting on 10-foot wings and flying around to see the sights.

Most planets have ridiculously extreme weather, either scorchingly hot as the sun, or absolutely freezing, but Mercury, might be a choice with the right gear. One Mercurian year equals 88 Earth days so a three week vacation from Earth would actually be a three month vacation on Mercury. That might be popular.

Glias 851C, is possibly the only habitable destination science knows of. It is very big and conversely has a low density, which indicates that it is probably made up of water and so named the 'Ocean Planet'. So, bring your bathing suits and snorkel or scuba gear. Glias is tidally-locked to the sun, which means that one side is mostly always sunny and warm, while the other side is mostly cold and dark. It is recommended to choose a location in between, where the weather is agreeable and the sidereal day (one Earth year) is perpetual twilight.

There are other planets orbiting around a pulsar that I can't recall the designation number of... just a reminder that unless your star map you use includes 3D hologram features, you may get hopelessly lost.

Seriously though, there is not yet convenient technology to get families of the Earth for vacations. It is not certain which planets a human could definitely survive and recreate on. Only Mercury and Titan are reasonably close destinations, without having to be in a space ship for the rest of your life. Other destinations would require that you travel faster than the speed-of-light, which totally messes around with the fabric of space time.

My advice for vacationing on the cosmic scale is this. - For total comfort and relaxation, you should just stay at home.

Announcing a Special Family Event

KID'S MINI-MANIFESTIVUS!

NEW at the Manifestivus music festival weekend
Saturday, July 23, 11 am to 6 pm
RT 215, in Cabot, Vermont

A special day rate will be offered to allow families with children to enjoy a day of Music and special children's activities, including a performance by Brett Dennen, Bread and Puppet, 9-year-old DJ Don P., Face Painting, Drumming workshops for kids, Bouncy Castle, bubble fun, great food and much more.

Special Day Rate: children 6 and under FREE; ages 7 to 18, \$10; adults \$15.

ALL PROCEEDS TO BENEFIT CABOT CONNECTS MENTORING

Cabot Recreation Department News

By Libby Hale

At the time of this writing the three Little League teams have just completed their seasons and have had a lot of fun despite the rains and the wet fields. Many thanks to the volunteer coaches, Bobby Searles, Michael Gokey, Anson Tebbetts, Chuck Talbert and Brad Alexander, as well as all the others who umpired, kept books, kept the bench under control, set up and cleaned up. You all contributed a lot to our kids by giving of your time, care and attention as well as your knowledge and enthusiasm thanks for being role models for the sportsmen and women we are helping our children to become.

At this time Larry and Son's Field is a flooded mess and we are looking into the best way to deal with it. Please stay tuned and keep your eyes open for field fix-up dates to help get it ready for your children's fall soccer and baseball next year.

The very popular CABOT RECREATION DEPARTMENT SUMMER SOCCER CAMP is scheduled for the first week in August. Please find registration forms at the Town Clerk's office. Please sign up early to guarantee a space!

Fall soccer for Preschool thru 6th grade is taking shape at this time. Registration is **DUE BY** July 11th. This seems early but it is necessary for us to have a head count so we can make appropriate arrangements for coaches and other logistics. If you missed the ones handed out at school, registration forms

are available at the Town Clerk's office and they can be mailed or dropped back to the Clerk's office with ATTN: to Rec. Dept or Rebecca Nally. Any questions regarding summer or fall soccer please call Rebecca Nally at 564-3503.

The Rec. Dept is offering a Coaches two-hour Clinic for any who want to coach, assist or learn more so you can know the proper way to help your child when they are not at practice with the team. This is free and open to all interested in helping and learning. It will be held on Tuesday, August 16th and again on Thursday August 18th from 5:00 to 7:00. Coaches need attend whatever date is best for them. Please call if you are interested in coaching, officiating, attending this clinic or have questions. Rebecca Nally 563-3503.

There will be a sports equipment sale in August before the beginning of school. Keep this in mind as you see things outgrown and unused around the house to donate. We will be collecting donations of any usable sports equipment or items in good condition closer to the date. Call Tamara with questions at 426-3014.

We will be looking to form committees of interested folks to assist in the planning, execution and maintenance of the winter Skating Rink and also the Town Trail System. If you have expertise, experience or an interest please make a commitment to help. These projects have a very positive impact on the community but are more than one or two people can manage. Please contact Libby Hale at 563-3226 to inquire.

Basketball Wrap-Up

By Raquel Bigelow

The overall message of the evening on March 26 was "hard work pays off". I want to thank our coaches, parents, community members and most of all, our athletes for a successful basketball season. "It takes a whole community", says Ben Brown, boys varsity coach. Awards were handed out and the boys and girls were praised for their hard work.

The evening started out with great food, "Cabot style". David Hale kicked off the night with comments from the boys middle school team. Hale says "we have the opportunity to really make something happen." As he reminisced over the last 4 months David was excited with the teams buzzer beater wins and 1 point losses. Hale would like to encourage all the athletes of all ages to work on your game during the off season.

Next up Patrick Tibbetts. He appreciated his varsity girls for a great season. Patrick said, "these girls played their hearts out." Tibbetts challenges the kids to work harder. "losing is an easy thing to do, winning is a hard thing to accomplish." Congratulations to

Charlotte Robinson, picked 1 in 5 girls in the division 4 for the CVL North All Star team.

Ben Brown completed the night recognizing the varsity boys for their efforts. Browns emotional reflection of his season was pleasing. He recounts "hopefully I've taught you as much as you have taught me." According to Ben, "these guys made me a better basketball coach." Brown wants the kids to believe in a bigger picture. Trevor Banister was also chosen for the CVL North All Star team.

The evening was truly a unique event. There is no telling what these athletes can accomplish if they work hard with determination that exceeds something higher than they can imagine today. There was definitely a spark in the air, thinking of the possibilities our athletes will bring in the years ahead. However basketball is not over, several of our players are continuing their game on AAU teams. Please support these athletes as they continue their high school basketball careers at Cabot School. Check out a game next year! Also see the notice below for open gym times.

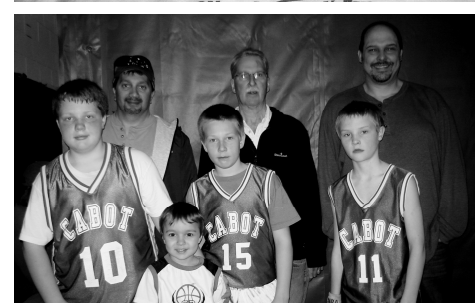
One on One Tournament Fundraiser

By Lynn Maxfield

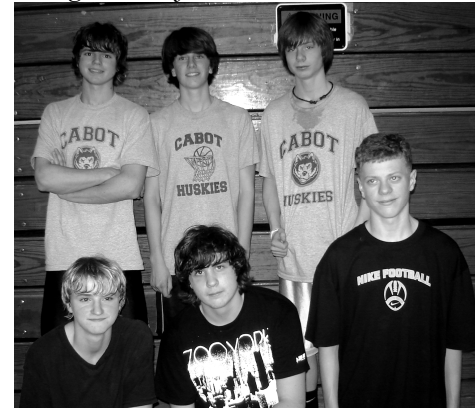
Even though it was the month of April, basketball enthusiasts were still at it! Two basketball events, both making their 2nd annual appearance, were held one weekend after the other. One was at the Hazen Union School and the other was at Twinfield School. They were putting the "brown thing in the round thing!"

Over at Hazen Union School, Cabot players of all ages from grades 3- 12, along with other players from surrounding communities, participated in the 2nd 3-on-3 basketball tournament hosted by the Walden Recreation Committee. There were over 150 players competing in nearly 50 games over two days. It was an 8 team double elimination competition. Proceeds from the event will help fund the creation of a new soccer field in Walden. The field will have a memorial to honor three young men who recently passed from Walden. One of the teams from Walden, calling themselves "Walden's Pride", had these boys names, Brandon Wright, Tristan Southworth, and Carson Tilden, written on their hand painted T-shirts, stating "They are Walden's Pride."

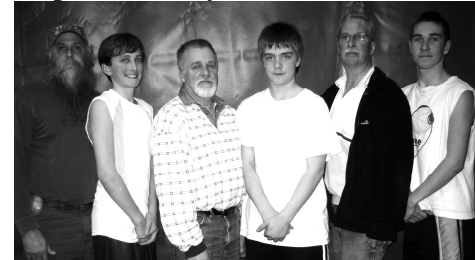
The following weekend the 2nd annual Cabot vs. Twinfield Alumni Games took place at Twinfield. It was a great way to spend a cold, gray Saturday. There was lots of food, fun and friends to be enjoyed by all! Proceeds from this event were split between the Cabot and Twinfield athletic programs. Non-perishable item brought allowed a dollar off the admission price and will be donated to the VT foodbank. To view highlights of both the girls and boys games, click onCV-TSport.net. Commentary is made by Cabot's former athletic director John Pellegrini and Cabot's middle school (and grades 3-4!) basketball coach David Hale. Happy Viewing!



6th grade boys with dads.



High School boys.



Middle School boys and dads.

Cabot Gym Open This Summer

By Mike Cookson

The Cabot Gym is open for basketball and skills building through the summer as long as the kids will commit to it. If the numbers are not consistent then there will not be scheduled times. Right now it is open Sunday nights from 6:30-8:00 and ALL school-aged players from Cabot and neighboring towns are welcome. Varsity Boys Coach Ben Brown

will be opening the gym after Graduation for the summer on Friday nights. The students who have led in getting their buddies together are Caleb Maxfield, Lars Hammer and Camden Celley. Players may call anyone of these guys to be a member of the pack that will be at the Barre Aud. some day. Or they can call Mike Cookson at 563 2406, 563 2270, or Ben Brown at 279 0542 with any questions.

Cabot Roamers at Work!

Saturday morning hauling and delivery!



Every Saturday Cabot Mentors working with Cabot Kids will be offering our services to haul items with our bikes and high capacity trailer – all for a donation of any amount to support Cabot Mentoring.

Our capacity is about 300 pounds – really! Our enthusiasm is boundless. The possibilities are endless!

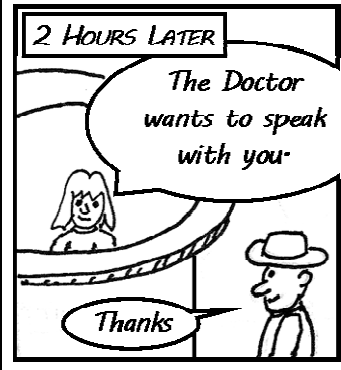
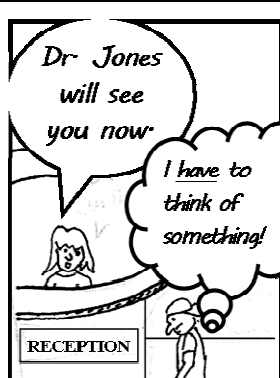
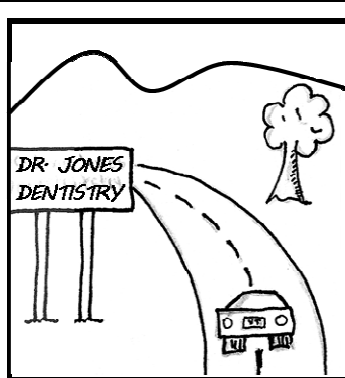
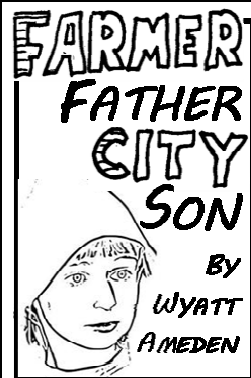
We can pick-up and deliver your trash and recycling to lower Cabot on Saturday

mornings. We can pick-up groceries, produce, packages of all sorts, garage sale items, furniture such as couches and beds, mattresses, tables and chairs, donations to the July Fourth sales, or just about anything. We have experience hauling!

Let us know if you have a special event need. We can arrange hauling almost any day with prior notice.

We do it all for a donation to the Cabot Connects Mentoring Program. Help sustain this great program! We're ready to work!

**Contact Mark Bromley at 802-461-5471
or Pedaltothesea@gmail.com**



©2011 Wyatt Amaden. All rights reserved.

8th Grade Graduate Salutations

By Peter Stratman

Donavon Bigelow

Topping 6 feet tall, its easy for Donavon to make a big impression in the middle school. He is instilled with a wide collection of interests and talents: Donavon is a confident writer and a strong all-around student; and he's active on the basketball court and soccer field. Through scouting, volunteering at the local food shelf, and participating in the Cabot Coalition, Donavon also contributes to the Cabot community--a true expression of his positive character. He's done exceptionally well in Cabot Middle School. No doubt he will continue to grow in high school...maybe even to 7 feet! Best of luck next year.

Becky Blaisdell

It's common knowledge that many incoming middle school students have trouble adjusting to new routines, teachers, books, and homework. The bottoms of backpacks become black holes with the gravitational power to swallow entire projects. Early in her 7th grade year, Becky battled this age-old organizational affliction. Yet, with focus, perseverance and talent, Becky has risen to remarkable heights. Today, Becky is an outgoing, self-confident young woman with many interests and talents. She enjoys dance and drama; she's a creative story teller with a clever sense of humor; she can build web sites, and this year she represented Cabot School as our Geo Bee champion. For the middle school Global Citizenship Project, Becky also earned the position of Assistant Director.

Kyle Celley

Kyle is not your typical middle school student. One of his cousins once remarked that Kyle seemed to evolve into a mature adult as 11 year old kid. Coming from strong family ties with a Cabot legacy, Kyle is indeed, even keel, grounded, responsible, and incredibly self-directed. He's a young man who says what he means, and means what he says. Over the last two years, we've appreciated this stability, and relied on it to tackle middle school learning expeditions and DC fundraising. For the global citizenship project this year, Kyle was responsible for organizing and setting-up all of the sound equipment for our field shoots. His get-the-job-done mentality was instrumental in filming over 300 students across Vermont!

Heidi Cookson

Heidi is naturally outgoing, driven to succeed, and determined to make her positive mark on the world. Heidi is already plotting her someday Ivy League education, and establishing a realistic roadmap for achieving her lofty goals--right down to taking up learning the bassoon, because it would give her a leg up against her musical competition. She's a stand-out student, an accomplished musician, and she welcomes opportunities to cultivate leadership skills. This year, she served as the 8th class president and was a middle school Vermont Rural Partnership representative. Heidi led an effort to map out a business plan for the Cabot Community Bread Oven and dreams that it will someday evolve into a student cafe.

Eric Creamer

First impressions may tell you that Eric is about as mild mannered as one can get. On arriving to school in the morning, there are days where Eric is barely alert enough to put one foot in front of the other. His mellow, go-with-the-flow spirit, however, is only half the equation. By 2nd period, his playfulness ripples through the class of 2015 like a wildfire! Socially and politically Eric is a critical thinker who is wise beyond his years. When he dives into a topic, as he did during our Japan earthquake expedition and Bill of Rights discussions, Eric truly becomes an expert.

Heath Hanson

Heath is unique young man who truly feels the world around him. He has a unique ability to connect with people--students and adults alike--and he is known as a thoughtful, caring, and sensitive human being. These traits define him as a faithful friend and an individual willing to go the extra mile to help those in need. Heath is also voracious reader, helping propel his team to the top in this year's DCF battle of the books. His ability to soak in the world makes him deep thinker, wise beyond his years. Heath is bright, curious, and questioning --a tremendous asset to any learning community. Heath was instrumental in representing Cabot at the Vermont Rural Partnership conference this spring and he helped lead the Bread Oven Culinary committee through many adventures in middle school baking.

Brittany Houghton

Brittany is known for her mellow, go-with-the flow demeanor. She loves music and would likely volunteer to get an ipod implant if she had the option. Brittany is responsible, helpful, and willing to jump in and lend a hand at a moment's notice. She was instrumental in organizing ingredients for our Flatbread Friday and Bread Lab baking events. Brittany is a well-rounded student who produces amazing work when she sets her mind to it. She is also athletic and loves basketball, particularly the Boston Celtics. Her quirky sense of humor and sincerity are unique qualities define her personality and will serve her well in high school and beyond.

John Miner

John is the type of kid who always has a story to share. At some point in the tale, he typically gets that mischievous Miner smile on his face where it's difficult to tell whether or not he's veered into fiction. The stories are often of his adventures four wheeling or fishing for hungry trout--two of his favorite pastimes. John is confident in his own abilities and willing to jump in and try new things, even though it might be accompanied by a smart remark or two. Continuing the family tradition, John has taken the initiative to begin training in Barre Town to be be a junior EMT. One of our favorite memories of John occurred this year when he showed impressive skills on a West African Djembe drum.

Madeline Morse

Maya joined the class of 2015 last year and made an instant impression. Maya has strong family ties and is a loyal, caring friend. She's a young woman who is engaged in her studies and takes pride in her work. She's stretched herself to take advantage of opportunities at Cabot and in the broader community. She served as the class treasurer, took high school algebra, participated in the drama production this spring, and was active in KAPOW. Maya is exceptionally artistic and is an expert in anime illustration. She is a creative writer and thinker, and an all-around successful student. She loves dance and drama and is a natural on the stage. Ultimately, Maya is committed to carving her own path. We're sure that she'll take advantage of all the opportunities along the way.

Ian Nally

As a Nally, Ian is a legacy member of Cabot School. While he shares a wide variety of endearing Nally traits, Ian also marches to the beat of his own drum. He is known for his protective affection for hats, particularly the one that belonged to his grandfather. Ian's classmates will also tell you that he endlessly exuberant, and blessed with a sometimes over-active imagination. He is a master of non-linear storytelling, spurred by his rapid-fire attention span and desire to speak his mind at the precise moment the thought arrives. Most notably, Ian is at home tromping through the woods or

navigating a canoe through white water. He has a natural athletic ability and team spirit. Ian even earned time with the varsity soccer team this year, playing his heart out against young men twice his size. On a personal note, Ian is kind, helpful, and hard-wired with a strong sense of integrity that is unusual for a young man his age.

Seth Norman

Seth joined us this spring and quickly made a positive impression on his teachers and classmates. He is polite, respectful, and helpful, and he projects an easy sense of maturity that is well beyond his years. He is outgoing and always willing to lend a hand or offer a smart remark. Seth is also a confident, capable builder who excels in industrial arts and shows a natural instinct for working with his hands. If you meet Seth for the first time, you'll quickly learn that he loves trucks, four wheelers, and snow machines and knows enough to teach a college course on the subject. Seth appreciates the quiet pursuits of paddling rivers on the 8th grade leadership program.

Forrest Paquin

For those who know him, Forrest Paquin can aptly be described as enthusiastic and energetic. He plays recess football like a runaway freight train and spends about as much time picking himself off the ground as he does chasing down his opponents. His presence looms loud and large, much to the chagrin of classes that are in session when Forrest walks by. Rarely is he hampered by a shortage of energy or something to say. Whether he's talking farming, politics, or trucks, the ideas spill from his mouth like the torrent of a late May flood in Cabot. He's grown into a big boy these last two years, and though he won't readily admit it, he has a heart to match his stature. His unique and independent spirit is endearing, and thought it will be quieter, he will be missed next year.

Mark Schumacher

Mark is a sweet kid with a definite sweet tooth. We've confiscated bottles of maple syrup that Mark would sip over the course of the school day. Like a modern way Willy Wonka, he also loves all things chocolate and will engage in a healthy debate about which chocolate bar is the best. Those of you who know Mark will also note that he has a mischievous sense of humor and an endless supply of energy; Mark is a bit like a wind up toy with no off switch. He excels at climbing trees and does well when he has plenty of room to run. In school, Mark is a capable writer and storyteller who creates characters that come alive

on the page. We look forward to the day when we'll able to buy Mark's famous Schumacher chocolate bar.

Gage Sironi

Upon meeting Gage Sironi, one is quick to realize that he is an exceptional young man. He is unabashedly kind to those around him, a dedicated student and friend who willingly serves the needs of others. Gage's teachers recognize him as a 21st century Renaissance man: a talented woodworker, baker, capable writer, problem solver, leader, and team player. Gage served as the 8th grade vice president this year and was willing to tackle any obstacle in this path with confidence and good humor. Overall Gage has a calming presence on those around him, even in difficult circumstances. Watching him paddle a challenging, rock-filled stretch of the Black River last week, Gage reacted more like he was enjoying a relaxing symphony while his classmates ricocheted downstream. Ultimately, Gage seeks to produce excellent results in whatever he does. Good luck next year.

Emma Stecker

It's a popular notion that good things come in small packages. Emma Stecker fits the bill perfectly. Emma is tough, talented, and kind-hearted. She is a good friend, an animal lover, and caring to those in need. She works hard in her studies and has made amazing progress in her middle school years, particularly in math and writing. Her good-natured spirit is much appreciated by her teachers; she is a bright light in the middle school community. Her winning smile is missed on days when she is not there. Emma has an interest in photography and has been instrumental at documenting work during the Global Citizenship project. On the river, she can handle a canoe with ease and keeps her partner on track.

Lyrica Stelle

Lyrica is a young woman with an upbeat personality, cheerful smile, and all-around good nature. She is a capable student, a confident and critical thinker who raises the stakes for those around her. Lyrica served as our class secretary this year, dedicating hours to keeping us organized and on track. And, when it comes to grammar study, Lyrica is not bashful about helping her classmates learn all of the rules. Her interest and talents extend well beyond the confines of Cabot School. Lyrica is comfortable camping, backpacking, and speeding down steep slopes in knee-deep powder. On the water, she can handle a canoe with the poise and grace of an expert.

Cabot Farm to School Update



The Cabot School 5th graders conducted a Dandelion Coffee Taste Test in June. They targeted the high school students, who were in the middle of exams, and the teachers, who are more likely to enjoy a bitter drink. Popular with the 5th graders themselves, the coffee was tried by 40 people during the test. 33 people (82.5%) said they enjoyed it, and 32 (80%) said they would try it again. The coffee, which was made from roasted dandelion root, had sugar and milk mixed in. Many people were surprised that was all that went into it. The students made the dandelion root coffee as part of their health class. Pictured conducting the taste test are Desiree (special 4th grade assistant), Clara, Helen and Alexis.

FROM THE CABOT PUBLIC LIBRARY

Programs

Join us this summer for *One World, Many Stories*, the 2011 Summer Reading Program. We will have evening and daytime presentations for all. For more details, please pick up a schedule at the library desk. We will be celebrating many different cultures from around the world through jewelry, music, food, and games. In keeping with our theme, we are making several requests from patrons:

Please send us postcards from your travels this summer so we may display them! 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- clothing, coins, dolls, stamps, 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 nonprofit 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. Thanks!

Children and Teens – Come in and sign-up for the Summer Reading Pro-

gram. You can earn T-shirts and prizes!

Especially for Teens - we will have a shelf of Young Adult books this summer, borrowed from the Cabot School.

Yoga & Wellness Classes – No Yoga in July- Will Resume in August with Alicia Feltus. For more information contact Alicia: 802-563-3220/ aliciafeltus@gmail.com

Thank You!

Thanks so much to all who have helped with our programs for the summer. Thank you to **Beth Wade, Susan Green, Ed Lewis, Katie Trautz, Megan Walker, Helen Sawyer, Tamara Feldman, Lisa Olsen, Kasandra, Maya and Gala Morse, and Jane Youngbaer.**

Also, many thanks to **Tim Walker** for spending time putting in our 2 new air conditioners. This summer we hope to be a cool and comfortable place to read.

Reminders

Hours:

• Tue 9-6
***Story Hour at 10:30 am

• Wed 2-6

• Thu 11-6

• Sat 9-2

Closed Sunday, Monday, and Friday

See you at the Library!

Kathleen Hoyne and Anne Walker



TWIN VALLEY SENIOR CENTER NEWS

By Stacey Sharp

Too Hot? In Vermont? Twin Valley Senior Center Helps You Stay Safe

Even though we live in a colder northern state, summers can get pretty hot around Vermont. As we age, our bodies are less able to handle the heat and we have to learn to recognize the signs of heat exhaustion and heat stroke and take the appropriate steps:

Heat Exhaustion – heavy sweating, cold clammy skin, dizziness, weakness, fatigue, cramps, nausea.

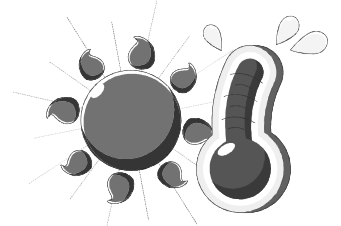
Heat Stroke – hot, dry skin, no sweating, fever, confusion, fainting, throbbing headache, nausea, vomiting, rapid breathing, rapid pulse.

Heat Stroke is a medical Emergency. Call 911. Call your doctor. Get to a cool place. Get into a cool shower or bath or sponge off with cool water. If you are with someone and you suspect heat stroke, don't rely on them to tell you how they are, especially if they seem confused. Take immediate action. Many people die of heat stroke each year – don't be one of them.

How Can You Lower Your Risk?

- Talk to your doctor about medications and risk.
- Drink plenty of liquids. Avoid caffeine and alcohol.
- Keep curtains drawn during the day, open windows at night.
- Go somewhere air conditioned during extreme heat – the mall, Twin Valley Senior Center.
- Ask friends and family to check on you during the day, just as they would in the cold.
- Dress for the weather. This is no time for that flannel.
- Don't exercise or work hard outdoors during the heat. Schedule outdoor activities for the early morning or evening.
- Wear sunscreen. Wear a loose hat with a brim to shade your face.

Twin Valley Senior Center wants you to enjoy these wonderful summer days we so cherish in Vermont. A few simple changes can make all the difference. We also ask our community members to check on your elderly neighbors, friends, and family members during the heat.



TLC CABOT AFTERSCHOOL PROGRAM NEWS



By Lucy Remington

TLC Cabot Afterschool Program has had a great year! We have enjoyed so many wonderful experiences that included an incredible variety of topics. We have learned West African drumming, dance, food, and folklore. We have made beautiful jewelry pieces. We enjoyed painting, sculpting, photography, sewing, origami, and leather craft. We went on hikes to look for wild food. We did gymnastics in the gym and outdoor games in the soccer field. We have welcomed several amazing guests who volunteered their time and resources with us teaching us things like Native American history, spinning and weaving, how to make ice cream, how to make clay oven pizza, and so much more. To celebrate all the wonderful work TLC kids have created and as a thank you to parents and community, TLC hosted a presentation of work and performance on June third. The kids spent several weeks making costumes and designing the set for their production of "Anansi and The Moss Covered Rock". It is a traditional West African folktale about a trickster spider and his jungle friends. There were refresh-

ments made by the kids for all to enjoy and all the kids went home proud of their accomplishments and eager for another year of TLC.

Thursday June 16 is our last day of programming and our final week started out with a field trip to Amy and Steve Bothfield's farm and Provender Farm next door. We got to visit the cows, pet chicks, feed lambs, collect fresh eggs, and explore Provender's gardens and coi pond. The afternoon ended with a cookout generously prepared by Amy Bothfield. Thank you to Amy and her family for the fabulous hospitality and delicious food. Thank you to Lindsey Scott and Provender Farm for allowing us to check out the animals and gardens.

We are so excited for next year and have already begun planning. We can't wait to have more fun with the kids creating, exploring, and learning new and exciting things. We will continue the same schedule next year. It is Monday thru Friday 2:45-5:30 on the days school is in session. We have a sliding scale fee and we accept subsidy. You can call our office at 563-2289 ext.233 to request an application or to receive more information.

Friendship Quilt



Mrs. Bird's Fifth Grade class presented her with a Friendship Quilt on June 21st, 2011.

HILLTOP AUTO BODY

TIM and JENNIFER GOCHY



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

LOCAL DIRECTORY

ACCOUNTING

M. STUART & ASSOCIATES, INC.
DENISE STUART~MICHAEL STUART, CPA
156 Daniels Road, PO Box 908
Hardwick, VT 05843
802-472-6192
denise@mstuartassociates.com
michael@mstuartassociates.com

4/12

ARCHITECTURE

Directions Home
Mark Bromley Architect
Professional residential architectural services at a fair price. Helping friends design responsible, energy efficient houses that feel like home. New Homes, Restorations, Remodels & Additions
(802) 461-5471
DirectionsHome@gmail.com
www.DirectionsHomeVT.com

7/11

BED & BREAKFASTS

RIVENDELL
Bed & Breakfast
“Magical rooms, culinary wizardry!”
A woodland Bed & Breakfast in Vermont’s Northeast Kingdom, offering dinner upon request
Newark, VT (802)467-1121
for information and reservations.
Visit Us at www.myrivendell.net

4/12

BUILDERS

Blondin Builders
Cabot, VT
Building, Remodeling, Kitchens, Baths, Floors and Tile.
Phone (802)793-5954
Or 563-2475

4/12

CHIROPRACTIC

Hardwick Chiropractic
Gentle, Effective Health Care
Dr. Grace Johnstone
Dr. Rick Eschholz ~ Dr. Teri Dodge
54 School Circle, East Hardwick, VT
472-3033

3/12

COMPUTERS

APEX
Computer Service, Inc.
Virus & Spyware Removal
Onsite Computer and Printer Service
Tom Considine
Covering Northern VT, NH, NY
A+ Certified Technicians
tomc@apexonsite.com
802-563-3318

9/11

Seth’s Computer Services

* PC and Mac Repair and Upgrades
* Laptop Repair and Upgrades
* Wireless Network Installations
* PC Spyware and Virus Removal
WWW.SETHSCOMPUTER.COM
seth@sethscomputer.com
802-370-3067

11/12

FINANCIAL

EdwardJones
www.edwardjones.com Member SIPC
Joe Malboeuf
Financial Advisor
20 Susie Wilson Rd Unit C
Essex Junction, VT 05452
802-878-8002

4/12

Lenny Van Ripper

The Financial Marketplace Inc.
29 Main St., Ste.2, Montpelier, VT 05602
802-229-2245 or 800-499-0938
www.financialmarketplaceinc.com
For Security & Independence

6/12

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

4/12

HEATING & COOLING

Fred Ducharme
Top to Bottom Contractors
Service & Installation of Oil Furnaces & Burners. Licensed & Insured
24-Hour Emergency
(802)563-2102

4/12

Heating and More LLC

Heating And Plumbing Technicians
Your Satisfaction Our Priority!
Licensed And Insured
FREE ESTIMATES
24-HOUR EMERGENCY SERVICE
Efficiency Experts ~ Family Owned And Operated Business ~ Call: Rick, Peter or Joshua
(802)426-HEAT (4328)

6/12

MAINTENANCE

Cedar Brook Farm
Brush Hogging & Custom Tractor Work
Tony Palmiero ~ 802-472-6503
East Hardwick, VT

11/11

Cabot Heights Property Maintenance RLLP

Light Construction, Yard Care, Snow Plowing and much more!
802-563-2397 (direct) ~ 802-274-6646 (cell)
www.cabotheights.com
Mark & Brigitte Codling, Owners

10/11

MERCHANDISE

“Step back in time to...”
The East Calais General Store
4520 VT Rt. 14 ~ 456-8861
6:00 a.m. - 8:00 p.m. every day
DVD Rentals ~ Full Deli ~ Spices
Old Time Candy
Unique Beverage Selection
Helium Balloons ~ Free air pump

5/12

SALONS

Wendy’s Style Shop
West Hill Pond Road
Lower Cabot ~ 563-9907
Complete and affordable hair care services for the whole family.

8/11

SURVEYING

Sunwise Surveying
Specializing In Boundary Surveying
Lisa M. Ginett, RLS & Uriah Paire
193 McKinstry Rd. Cabot, VT
426-3025

6/12

THERAPY

MARRIAGE THERAPY
Stephanie L. Churchill, LMFT
Clinical Member, A.A.M.F.T.
231 Concord Ave., St. Johnsbury VT 05819
(802) 748-5364
Specializing in couples therapy (GLBT) with strength-based focus. Most insurances accepted.

8/11

VETERINARY

Hardwick Veterinary Clinic
Andrea Gilbert, D.V.M
64 N. Main St., P.O.Box 760
Hardwick, Vermont 05843
(802) 472-8400
info@hardwickvet.com
www.hardwickvet.com
Open Tuesday - Saturday

8/11

VT PRODUCTS

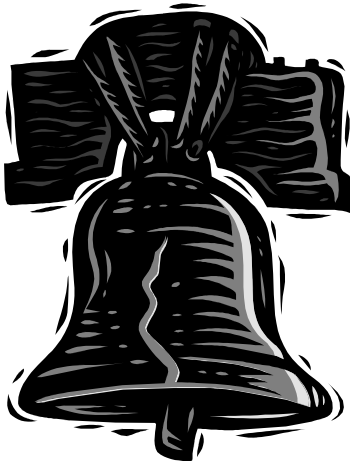
Goodrich’s Maple Farm
2427 US Route 2, Cabot, VT 05647
802-426-3388
Maple products-holiday gift baskets, sugaring supplies, tanks
Everything for all your sugaring needs

8/11

Maple Syrup for Sale

Small Excavator Work
Cedric Houston
238 Cathy Road
Cabot, VT 05647 ~ 563-2318

10/11



OUR PETS: What a Dirty Dog!

By Andrea Gilbert, D.V.M.

Now that warmer weather is here, our pets will be outside and getting wet and dirty. It is nice to keep them as dirt free as possible to help keep our homes clean. And keeping them clean and dry will help prevent ear and skin infections. Here are a few tips that might make things easier.

A bath is nice, but you can overdo it. Most dogs need a bath no more than once a month, and many only need a bath once or twice a year. Shampoos strip oil off the coat and skin and can leave your pet dry and itchy. Also, the oil is needed for your topical flea preventatives to work well. Every time you give your pet a bath, you wash away some of your topical flea medication. Wait at least three days after a bath to apply your monthly flea control. There are shampoos formulated to not wash away your flea drops. Ask your vet for a suggestion.

There are many therapeutic dog shampoos available. These shampoos help prevent infections or treat various skin conditions common in certain breeds. There are also good general cleaning shampoos. Ask your vet, who knows your dog’s skin and coat, for a suggestion. There is no one perfect shampoo for every dog.

Preventing an infection is much easier than treating an infection. Rinse your dog off with clean water after he or she has been swimming in a mucky lake or rolling in mud. Dry the coat well. This is a

very important step. Be vigorous with the towel or use a hair dryer for a few minutes. Be especially careful if it is humid—in dogs with a thick coat, the undercoat might stay wet for days and cause a skin infection.

Don’t forget to clean the ears after swimming. For dogs prone to ear infections, clean the ears once or twice a week, routinely. Ask your vet for instructions how to clean correctly. Don’t dig around in the ear with your finger or a q-tip. You just push debris deeper into the canal.

If you notice a small red area developing on the skin, carefully clip the fur away to increase air circulation and use an anti-septic wash or shampoo on the area daily. Dry well after cleaning, too. You might be able to stop an infection early and avoid the ‘hot spot’. If your dog is prone to hot spots, at your next vet visit, pick up an antiseptic wash or shampoo to have on hand. Problems always seem to surface over the weekend, when everyone is closed.

If you notice your dog’s ears getting slightly itchy, start cleaning daily. You might be able to avoid an ear infection if you catch signs early. But if the ears are itchy, painful or do not improve with daily cleaning for a couple of days, or if the red spot on the skin is getting bigger, have your vet take a look at your pet. They might need to be treated more aggressively.



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

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



FOR SALE

BABY CHICKS FOR SALE - Day old to one week old straight run organic baby chicks, starting at \$2.75. Call Two Acre Farm, 563-3022.

FOR SALE: desk, chair, lamp and 2 tier rolling file cart. All is very good condition. Desk is 54" long and 26" wide, so fits in smaller spaces. Perfect for home office or student set up. Assembles without tools. \$100 Free: 2 Simon Pierce lamp shades, pretty and clean. Needs a simple repair. 426-2108

FOR RENT

Large HOUSE for RENT in Cabot. 3 BR, 2 bath, newly renovated. Porches and Deck. Appliances. \$1000/month. Call Tom 563-2904.

