The Cabot Chronicle

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Blurbs From the Blogosphere - A Life Well Lived - Blanche Lamore

Blanche Lamore (pictured above). Gillian Randall is a photographer from Charlotte, Vermont, who recently included, Blanche Lamore on her blog, A Life Well Lived. Her photographs tell the bulk of the stories, while the blogged words only secondhandedly give some factual details. Randall is a member of the Professional Photographers of America, Professional Photographers Association of New England and Vermont Professional Photographers. To view more of Gillian's blog, visit http://vtsenior.blogspot.com

By Gillian Randall

When I arrived at her house Blanche Lamore was reading the newspaper. Blanche is 98 years old, born in 1912 in Cabot Vermont, just a few miles from where she lives now. Her family were dairy farmers who also tended the sugar bush in winter.

Asked how she had stayed so fit, Blanche told me people had always called her a tomboy. She had enjoyed hunting, fishing and trapped foxes and coons as a girl. She fished her whole life until last year when her fishing partner was no longer up to it. That man's son sent her some perch though, knowing she'd miss it.

And Blanche likes to walk. She grew up walking in the woods and fields, walking the mile to school in Lower Cabot, home for lunch, back to school and home again (*'"Course it got dark in those days, too, if you didn't walk right along home. We couldn't be fooling around on the road"*), walking to town, walking for fun. Blanche has been in the hospital a few times in the last couple of years, but always comes out ready to start walking again. She also likes to garden and pull weeds and hangs her laundry outside. She swears this is OK in the winter, too, because when the clothes freeze she brings them inside and they dry out just fine.

Blanche worked in the cafeteria in high school to earn money to buy the next year's books. After school she worked as a waitress at Joe's Pond, then got married the next year. She and her husband Wilford farmed, timbered, sugared and did other jobs "to help people out".

In 1933 they moved into Blanche's uncle's house in Lower Cabot where she still lives. They added on a bit and raised their son Morris. Blanche worked in the Lower Cabot village store and did housework for mostly older folks around town "who wanted a little something". Around that time Blanche says, rich people began moving to the area, mostly for the summer, but some stayed year round. She did housework for several families, but signed on with one particular family for nearly 40 years, even living at their home after Morris was out of school. She always enjoyed work, "or I'd have told them 'no'", and had the opportunity to travel around the country with the family. Blanche stopped working at age 87 but has stayed close to the children in this family and they refer to her as their adopted grandmother.

Wilford died 38 years ago of lung disease after years of breathing wood dust.

Blanche says she doesn't care for TV and prefers to keep busy. She's chairman of the Cabot Fall Foliage Festival, a project she's been involved in for 54 years, treasurer of the Cabot Historical Society and an active fundraiser for many organizations around town. A friend takes her to the United Church of Cabot every week, but she's sorry to see the church community dwindling. Blanche is also an active Justice of the Peace and has married countless couples over the years.Two years ago the wheel fell off her car "but that was a good thing, because I shouldn't have been driving then anyway". She misses her independence, though and says having a car gave her the opportunity to get involved in so many things. Blanche thinks you need a great variety of interests to keep you busy and that "you have to be awful broadminded" today. You can't just sit and wait for the world to come to you.

Blanche is a lifelong Democrat and likes to "keep up". She remembers the 1930s as hard but says everyone worked, even if they didn't have a job. "They didn't realize they were missing things". They sang, skied in the fields, cooked and helped others out as much as possible. They made their own fun and certainly didn't have "the problem of too much stuff". Now, she says, people seem to depend on "stuff". Blanche is a great admirer of Bernie Sanders who "has a good head on his shoulders and knows what's important".

Blanche says she enjoys things as much as ever, likes to putter around and feels lucky to be at home where she can make her own decisions. "I can't complain", she says, always had work, family and fun. Whenever she thinks of the beautiful dress she might have had, she thinks of what would have been spilled on it! "You make yourself happy by helping out where you can".

Household Hazardous Waste Collection Cabot Recycling Center – Saw Mill Road Saturday, August 13, 2011 – 9 a.m. – Noon

By R.D. Eno

We all have in our homes, basements, 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 forfend! – 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.

FEMA Assistance Information

By Cecile Johnston

Washington County has now received designation by FEMA for the provision of direct assistance to individuals and businesses. The designation was officially made Friday, July 8th. Those with flood damage must apply within 60 days or before September 6th.

To register with FEMA and apply for assistance, call 1-800-621-FEMA. Plan on a 15 to 30 minute interview and it is best to make this call from home or where one keeps their personal records.

Encourage people to call now, don't wait! FEMA has set up at the Barre aud also, so folks can go to the Barre auditorium to meet with FEMA and get personal assistance.

Applying online is very easy, also at: www.disasterassistance.gov . the May 26/27 flood is disaster #4001 and you will be given a personal registration id. Filling out the disaster application took me about 15 minutes.

(See insert in this issue for FEMA contact information or call the Cabot Town Clerk 563-2279.)

The Cabot Chronicle

is a community-based, not-for-profit publication that is delivered monthly to every household in Cabot. If you would like to subscribe or advertise with us please email **inbox@cabotchronicle.org** or call **802-563-3338.**

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The Flying Farmer

Mower Repairs in the Shop

Bedrock and Breakdown Blues

By Will Ameden

Haying came to a screeching halt last week when I realized that, though stones do seem to appear and grow along with the grass in my fields each summer, they are not intended to be run through a mowing machine.

It started with haying new fields. This summer I unexpectedly have fewer grazing Black Angus, and so I've been attempting to make hay off of the now uneaten pastures. This Monday I was mowing a pasture across from the house, thinking how with the limited string of short haying periods, I was being pretty smart by haying these small pieces when the forcast was iffy. If the small amount of hay got rained on, no big loss, but if I could bale it, it would be profit! The unholy noise of hitting stones in these little pastures has not been etched in my memory like the other fields - so I was overly optimistic on how close to the edge I could get, and hit a piece of nice Vermont bedrock. It struck the mower right between the rock gaurds and disk knives; the perfect place to do loads of damage.

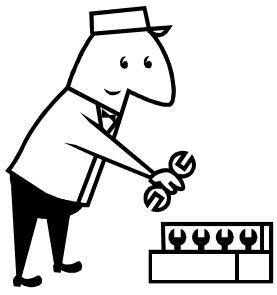
After a little begging and pleading, I got Luke Persons to come help me tear the mower apart and start to reassemble it. Luke grew up on this farm, and is the best natural mechanic I have ever worked with.

I tend to look at problem as a single issue to try to repair, while Luke looks at the problem as part of a whole system and tunes the system as a whole. He is also very entertaining and never at a loss for words.

I feel the need to have a every thing in order as I take it apart...mostly because I am worried I will not remember how it goes back together. Luke seems to work on the chaos theory; everything is everywhere. He claims that he can take something apart, shove it in a pile, pile it among all the other piles in his garage, and put it all back together again years later.

Luke Persons lending his mechanical skill at Under Orion Farm

The first day we disassembled the mower bed, found broken gears, disintegrated bearings, chewed up guards, broken teeth, and busted bolts. After a trip to Desmarais Equipment in Luke Orleans for $1600 in parts, (and a stop at Red Sky Trading Company for an excellent doughnut) we started the long process of putting it all back together.



Central Vermont New Directions Coalition & Vermont Department of Liquor Control Wish to congratulate these local businesses for successfully passing ALL 2009-2011 Alcohol and Tobacco compliance checks.

Applebee's
Barre Street Market
Cabot Village Store
C.P. Dudley Store
Charlie O's
Derek's Quik Stop, Inc.
Dolly's Country Store, LLC
Hunger Mountain Coop., Inc.
Kinney Drugs #11
Kurrle Fuels
Marshfield Village Store
McGillicuddy's Irish Pub
Meadow Mart, Inc.
Middlesex Country Store
Parker's Quick Stop
Perry's Service Station
Rhapsody Natural Cuisine
Rite Aid Pharmacy #4581
Riverbend Country Store
Shaw's Beer & Wine #7516
Simon's Berlin Store
Simon's Montpelier Store
Tim's Convenience Center
Twin City Lanes
VFW Post #792
Wal-Mart #2682
Wayside Restaurant
Yankee Wine & Spirits

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Thank you for helping to keep youth safe and preventing underage sales of alcohol and tobacco.

Office Coordinator

Twenty to 30 hours per week. Great office skills, able to multi-task with good humor. Ability to coordinate volunteer staff within and outside the office setting. Candidate must be a motivated individual who is computer savvy. Experience with social services a plus and a heart for our mission a must. Would consider an over-qualified recent retiree or couple. Great future possibilities and plenty of opportunities to learn and grow.

Send resume and letter of interest
To: Faith In Action
Northern Communities
Partnership Inc.
Box 157, Cabot, VT 05647

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.

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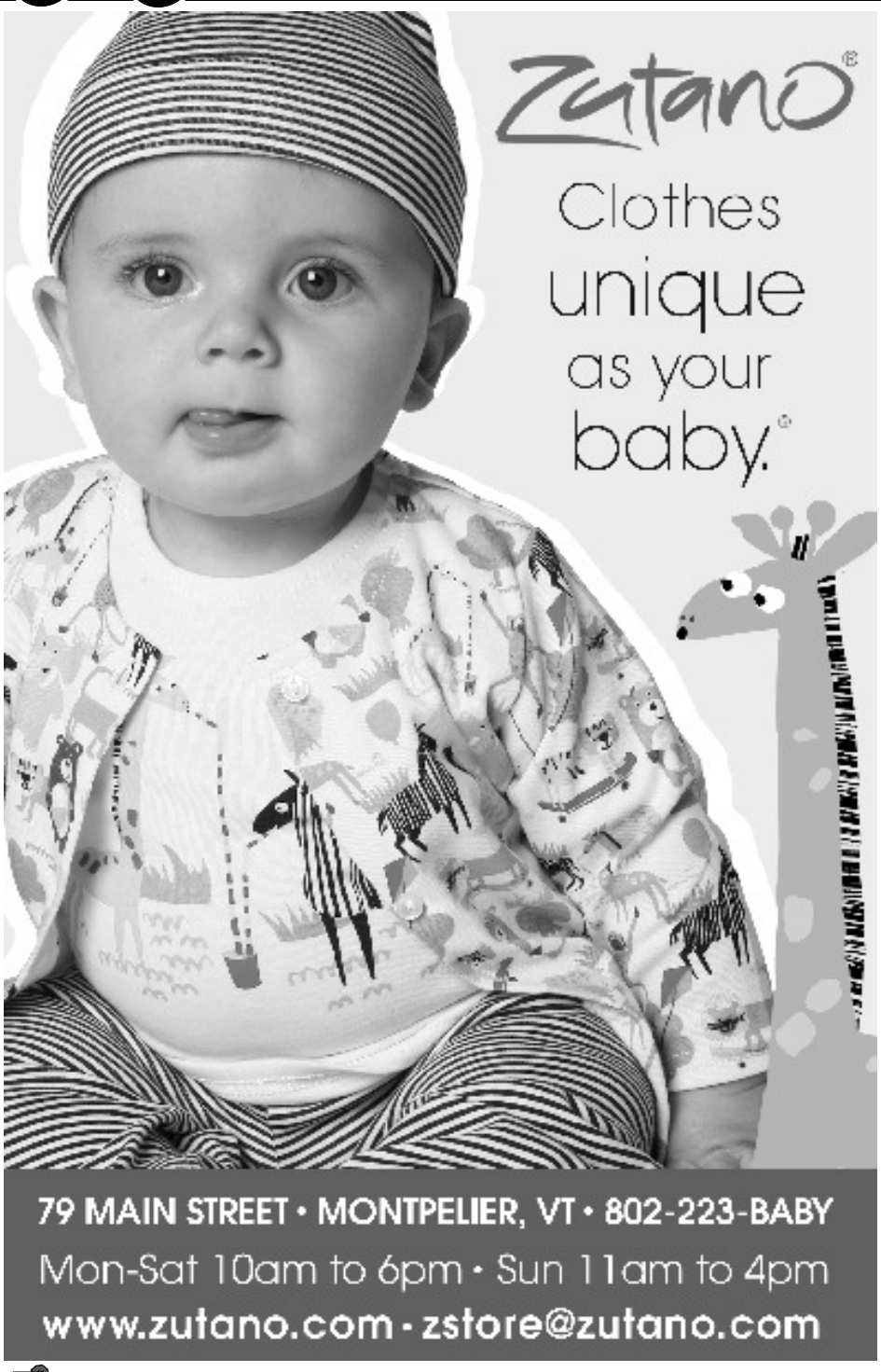


Birth Announcements

Jackson Henry Dunham, born at 8:24 am on June 2, 2011. Weighing in at eight pounds, six ounces and 21 inches long. Yes, we announced his coming last issue, but did we mention the names of his proud parents, Jenn and Bucky Dunham? Another interesting note is that proud grandmother, Joanne Vecchiola, now has eight grandchildren and they all live in Cabot!

Obituaries & Memorials

Marion Ennis

Marion Elizabeth Ennis, 81, a Marshfield resident for more than 48 years died peacefully, at her residence on July 6, 2011.

She was born July 18, 1929 in Greensboro, the daughter of the late Harry and Florence (Ditter) Miller. She attended Hardwick public schools.

Marion was a member and Trustee of the Marshfield United Church, a long time member of the Green Mt. Chapter Order of the Eastern Star in Cabot and Pythians Sisters, Myrtle Temple # 2 of Marshfield; the V.F.W. Post 10038 ladies auxiliary of Lyndonville and the American Legion Post # 30 ladies Auxiliary of Lyndon She will be remembered as a very active member and treasurer of the Cabot Ambulance, Nationally registered E.M.T I. and I.V. Tech for more than 28 years and Marshfield Health Officer for more than 13 years.

Contributions in her memory may be made to the Cabot Ambulance Service, P.O. Box 32, Cabot, Vermont 05647.

Northern Vermont Funeral Service of Hardwick handled the arrangements.

William G. Russell, Jr.

William Goodwin (Bill) Russell, Jr., 81, former longtime resident of Cabot, Vermont, passed away July 12, 2011 at Fletcher Allen Health Care in Burlington surrounded by his children.

Bill graduated from UVM and was an avid outdoorsman. In 1972, he moved with his young family to the village of Cabot, where he lived for twenty-eight years. While in Cabot he served for a period of time as an EMT for Cabot Volunteer Ambulance Service and taught EMT training classes in the evenings.

Survivors include his older sister Grace Tuckerman of Cohasset, MA, his former wife Marko Russell of Montpelier, VT; two sons, William Russell III and his wife, Sally and their children Alec, Maya and August of Weymouth, MA, Michael Russell and his wife, Tammy and their sons Samuel and Eli of Plainfield, VT, two daughters, Heather Fine and her husband, Matthew and their sons Adam and Evan of Wynnewood, PA and Michelle Robertson and her husband, Christian and their son, Temple of Crested Butte, CO.

A Memorial Service was held at the United Church of Cabot on Sunday, July 17, 2011. Memorial contributions in his memory may be made to the Cabot Ambulance Service, PO Box 32, Cabot, VT 05602.

Reta E. Gamble

Reta Elaine Gamble, 80, died June 10, 2011, at Berlin Health and Rehabilitation Center. She was born Feb. 2, 1931, in Irasburg, the daughter of Cecil and Thelma (Keith) Sheperd. She graduated from Cabot High School in 1949. On Oct. 22, 1949, she married William Edward Gamble in Danville.

Reta worked as a telephone switchboard operator and for Vermont Plastics in Montpelier. Later, she was a nurse's aide and kitchen help at Hardwick Hospital for more than 10 years and retired from Berlin Health and Rehabilitation Center.

Reta was a member of the women's auxiliary of Moose Club 1391 in Barre and she greatly enjoyed crocheting and playing her music at nursing homes and weddings. She is survived by her husband; a daughter, Lorraine Cochran, of Walden; two sons, Stephen Gamble, of Lyndonville, and Garry Gamble, of Walden; 10 grandchildren; nine great-grandchildren; and several nieces, nephews and cousins. She was predeceased by an infant daughter.

At her request, there will be no services. In lieu of flowers, memorial contributions may be made to Copley Manor Nursing Home, Activity Fund, 204 Washington Highway, Morrisville, VT 05661, or Berlin Health and Rehabilitation Center Activity Fund, 98 Hospitality Drive, Barre, VT 05641.

Arrangements are under the direction of the Northern Vermont Funeral Service in Hardwick.

Gerald L. Towne

Gerald L. Towne, 86, a lifelong resident of Waterbury Center, passed away with the comfort of his family at Woodridge Nursing Home in Berlin on Tuesday, July 5, 2011.

Gerald worked for the Mount Mansfield Dairy Co-op as a field manager until it merged with the Cabot Co-op in 1961. With Cabot, Gerald became a plant supervisor for their cheese manufacturing operation in Morrisville, before he became a supervisor of packaging and processing at the main Cabot Creamery Plant in Cabot. He retired from Cabot Creamery in 1987.

Northern Vermont Funeral Service

60 Elm Street
Hardwick, VT
05843-0063

802-472-6861

Dian R. Holcomb
Funeral Director

Our Pets: Don't Let Your Pet Overheat!

By Andrea Gilbert, D.V.M.

Heat stroke is a serious and often fatal condition. In particular, dogs that are too heavy and little dogs can be susceptible to overheating. But any dog can overheat. Often dogs do not know their limits. They want to keep up with you jogging and will get themselves too hot. Here are some tips to keep your dog cool in the warm weather.

Never leave your pet alone in a vehicle. Even with the windows open, a car parked in the sun can quickly become a furnace. And what was a shady spot can become a sunny spot when the sun shifts. A client of ours told us the following story. She worked at a veterinary clinic before moving to Vermont. 2 dogs were left in a back of a van with the back doors open at a fair. There was a gate keeping the dogs in the van. For reasons unknown, someone closed the back doors. Both dogs died of heat stroke.

Always carry a thermos of fresh, cold water and a water bowl when traveling with your pet.

The right time for outdoor activities is in the early morning or evening, when it is cooler. But not after a meal or when the weather is humid.

Provide plenty of cool water and shade for dogs kept outside. A properly constructed and situated dog house does a good job of providing a cooler spot on a hot day.

Do not apply sunscreen to your pets.

And if you are concerned that your pet has overheated, spray him or her off with a hose or place your pet in a bathtub filled with cool water (keeping the head up) and get to your local vet right away.

LOST and FOUND

The following items were found after the May floods:

- Denim jacket
- Pink/white running shoes, pair
- Red patent leather strap pump, left foot only
- Canteen
- Lunch bucket cooler
- Fabric cooler bag
- Hand operated pump (for air mattresses, etc)

Owner can contact 563-2064 and identify.

OUR *OTHER* TOWNS:

a column about celebrating a sense of other places

By Julia Shipley

OK Sweetie, grab your toothbrush and a change of clothes. Kids, power-down the dang I-thing for a moment and listen: we're about to do something very special together, (don't roll your eyes at me). We are going on a surprise vacation. Yes! So get in the car 'cause we're headed to …Lyndonville!

Did you know…Bag Balm is made in Lyndonville—founded in 1889, it's the oldest family business in town?

Did you know…Lyndonville began as a railroad community in 1866 as a major center for passengers and freight?

And did you know…Lyndonville has the most covered bridges of any town in the Northeast Kingdom?

We (the travel section of the Cabot Chronicle) have assembled a sample itinerary for a 36-hour stay-cation. Drop Rover off at Tree Dog Kennel on your way out of town and get ready to experience the nuances of another special place, set just 25 miles from Cabot with a population of 6000 — the college town of Lyndonville, Vermont.

36 Hours in Lyndonville

7:00 p.m. Friday: The Lyndon Freight House takes local-vorism to a new level—this enterprise is both a diversified dairy farm *and* a restaurant where they, "serve what they sow." The menu features certified organic grass fed beef, milk, vegetables, chickens, turkeys, and eggs from their Tamarlane Farm, as well as plenty of other locally sourced organic ingredients. Break your diet with a cheeseburger, fries and a warm homemade donut for desert! www.thelyndon**freighthouse**.com 1000 Broad Street (802) 626-1400.

10:30 p.m.: Fall into bed at the Wild Flower Inn. Catering mostly to out of state visitors, this B and B features spacious rooms with both a queen-sized bed and a bunk bed, so the whole family can comfortably crash together in a clean, simple, cozy room with no TV! www.wildflowerinn.com 2059 Darling Hill Road (800) 627-8310.

8:00 a.m. Saturday: I say "8:00 a.m." so I don't scare you but I really mean like 5:30 a.m. because, when I stayed there recently, the sun was fully shining and the birds were all singing about it through my open windows. It's a bucolic setting. Look Around! This scenic north-south running Darling Hill is truly above it all, providing unobstructed views of all the other hills beneath, out of which the sun rises and sets, and the moon rises and sets. Enjoy the spacious view as you jog, bike, walk the road or trails before enjoying your complimentary breakfast at Juniper's Restaurant (located on the Wildflower Inn premises).

9:00 am Saturday: Covered bridges make great photos, especially for the nostalgic craftsman, for the lover of Americana, for those who would like a family Christmas card photo, while everybody is still tan. Lyndonville has *five* covered bridges. A Covered Bridge Map is available at the Wild Flower Inn reception.

10:00 a.m.: Rev up with a cappuccino from The Grindstone Cafe, Lyndonville's newest coffeehouse where they have free wifi, strong coffee, and house copies of *The Guitar Book* and *Treehouses of the World* for customers to browse. 102 Depot Street (802) 535-3939.

All afternoon: The Caledonia Fair: August 24-28 2011. What is a "Redneck Competition," anyway. Other competitions include Ox Pulls and Professional Lumberjack Day? **caledonia**county**fair**.com 1 Fairground Street Mountain View Park (802) 626-3207.

7:00 p.m.: Catch a performance of the Vermont Children's Theatre. Each summer they present two to three productions performed by local children ages 7 years old to graduating high school seniors. www.vermontchildrensthea tre.com 626 Darling Hill (802) 626-5358.

10:00 a.m. Sunday: You ate a funnel cake doused in powdered sugar, a blooming onion, *and* a corn dog yesterday, didn't you? Ew. Now's the time to spend some of those extra calories at Wildflower Inn's batting cages, complete with the pitching machine, because, face it, this kind of opportunity is virtually unheard of in rural Vermont. When else will you have the opportunity?

11:00 a.m.: Before you say goodbye to Lyndonville, check out the Kingdom Trails, a multiple use trail system, including The Darling Hill cross-country mountain bike trails, which crisscross the hillsides around the Wild Flower Inn. www.kingdomtrails.org (802) 626-0737 (April through November).

12:30 p.m.: Lunch at Sweet Basil www.cafesweetbasil.com 32 Depot Street (802) 626-9713.

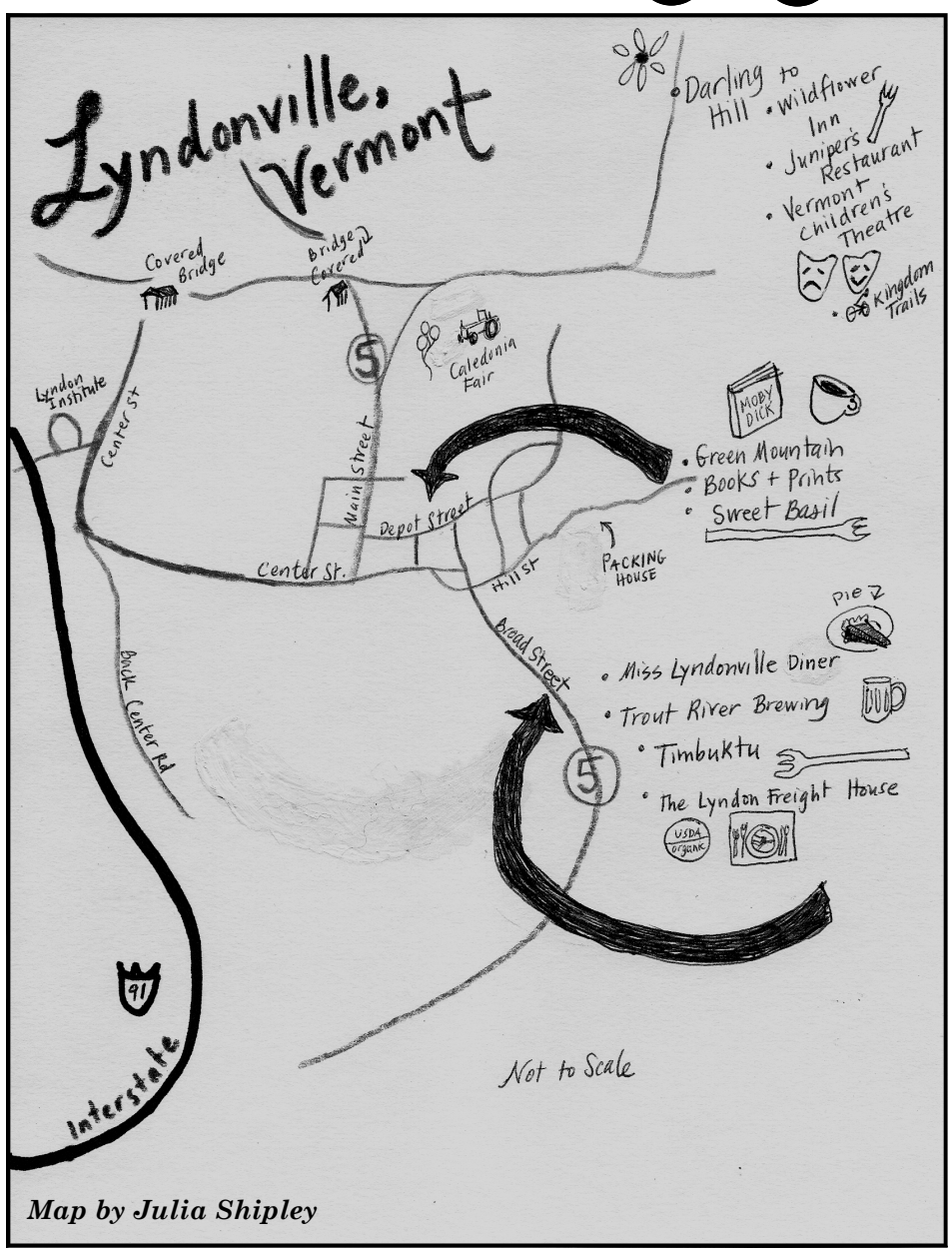
2:00 p.m.: Ramble into the Green Mountain Books and Prints. If I were not thinking of you, the couple married for 30 years, or you, the cute family of five, or you, visitor meeting your sister you only see once a year, or you, the lovey-dovey couple in search of a romantic getaway, I would have been thinking of me, the word nerd. I would have spent the entire 36 hours right here in this shop! There are new books and old books arranged in piles and stacks and special sections so you feel like a prospector finding gold in these green hills. I limited myself to two purchases, but I was so tempted that without discipline I could have brought home a shelf's worth. www.**green**mtn**books**.com 1055 Broad Street (802) 626-5051.

And last, let's say you don't have that much time or money to spend in Lyndonville...here are a few, inexpensive, "Get out of Dodge" adventures to consider:

*An evening in Lyndonville with dinner for two at Timbuktu where, "it's not like Vermont at all." Try a dessert named Strictly Platonic. 818 Broad Street (802) 626-3338.

*An afternoon rendezvous with your old college roommate to Trout River Brewing Company www.troutriver brewing.com 58 Broad Street (Route 5) (802) 626-9396. Or,

*A pie run to Miss Lyndonville Diner for fresh strawberry, blueberry, chocolate cream and many more. 686 Broad Street (802) 626-9890.



Map by Julia Shipley

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Lyndonville Vermont 05851
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One entree with this ad.
Not valid with other coupons. Expires 10/27/11

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FARM TO SCHOOL: Greens Taste Test

Students from left (clockwise): Erik Younce, Laura Nally, Mae Dunham and Chet Tyrol of Twinfield Union School.

By Theron Lay-Sleeper

In the interest of promoting local business and healthy eating, the AP Biology Class decided to join forces with the farm-to-school programs at Cabot and Twinfield. Because it was spring, we decided to run a sampling of seasonal greens to both educate and satiate our salivating schoolmates.

We had some ideas, but before we started, we all agreed it was best to consult the pros: the second graders. We gathered up our notebooks and went on a small field trip to a small classroom to learn the ways of the taste test facilitator. We had a wonderful time and were even given something to test our taste buds out on! Apples and sunbutter. And quite good it was—sunbutter is like peanut butter, except it is made entirely from sunflower seeds. Under their tutelage, we learned how to conduct an effective taste test from start to finish. Here are the steps:

Find out what food you will use as a test

We opted for fresh local greens. We bought these from Screamin' Ridge Farm in Montpelier, Vermont. There was a mix of fresh greens including spinach, arugula, and mermaid's tooth.

Procure said food, and prepare it in the way you will have it be tested

We bought the greens and set to work washing them and making salad dressing. For our test, we used a maple vinaigrette with plenty of garlic. We also procured little serving bowls from Scott at the lunchroom.

Make preparations for data collection

To make sure we got some data out of our taste test, we assigned a task force to making a chart, little colored tokens, and a collection box. The box was nicely decorated and had a slit in the top for tokens. The tokens were crafted of only the finest-colored construction paper.

Advertise

We then told all of the people we saw that we would be doing this taste test. We did not post any posters, but we set up our table strategically right after the lunch line so everybody could get easy access to greens.

Serve the food

We set up the table, and as students came by we gave them a bowl of greens and asked them to come on back to vote or for another sampling.

Record data and analyze

As they came back, we urged them to vote using the token and box system. There were three categories: *I tried it*, *I liked it,* and *I would try it again.* Each tester submitted however many tokens applied to them. I thought this was too many categories and that people should be more straightforward and honest in answering. I saw no point in having a *tried it* section because if a tester answers one of the other categories, they have obviously tried it… I also disagreed with the *liked it* category. It is essentially the same as the *I would try it again* category. I would suggest having two categories: *I would try it again* and *I would not try it again.*

Clean up

Clean up was fairly simple. We put unused greens back in the fridge to be served later in the week for lunch. The dressing was also saved.

Reportage

Now we come to the reporting of data, which I am doing now! Here are our quantitative results:

Greens Data	Cabot	Twinfield
Tried it	107	19
Liked it	115	16
Would try it again	95	16

As you can see, the taste went quite well. Plenty of people tried it and most seemed to like it. There appears to have been some confusion about the system. There should not be more votes in *liked it* than in *tried it*, but it is alright. Twinfield's data sample is quite low, and it is difficult to make any generalizations from such little data. Overall, however, it appears that the students liked the greens and dressing. Judging by the 131 *liked it* voted and the 111 *would try it again* votes, most students would not mind seeing these greens hit the lunch lines! This is good news because it would allow us to keep our students eating healthy and local, and our business for local businesses would also be important.

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Early Childhood Programs at Orchard Valley

Parent/Infant

Our goal is to provide support for mothers and fathers of infants, sharing the joys and challenges that we face daily in celebrating our job of parenting. This class is for parents and their newborn to 1 year old child. There will be fall and spring 8-week sessions; dates TBA.

Friday Morning Garden

A lively introduction to Waldorf education for parents and their 1-3 year old children meets in the Nursery classroom at the farmhouse from 9:00 – 11:30am on Friday mornings during the fall and spring semesters. The fall session will begin on Sept. 9.

Nursery & Kindergarten Openings

Young children are full of wonder and creativity. Our Nursery and Kindergarten programs surround your child with love, warmth and beauty. We cherish a connection to each other and the living world of nature through practical and meaningful activities, imaginative and creative play, nourishing hearty foods and outdoor exploration.

For more information: Call **802-456-7400** or E-mail **dawn.m@ovws.org**

Orchard Valley Waldorf School
2290 VT Route 14N
East Montpelier, VT 05651
Licensed, independent school by the State of Vermont.

Orchard Valley WALDORF SCHOOL

Awakening the highest potential in every child.

Early Childhood to Grade 8 ♦ www.ovws.org

CABOT SCHOOL

Home of the Huskies

2010-2011 4th Quarter

Honor Roll

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

Honor Roll requirements are:

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

High Honors

Grade 11 *Rebecca Rossell*
Grade 10 *Timothy Mueller-Harder*
Grade 9 *Olivia Bellavance, Cypress Ellen*
Grade 8 *Gage Sironi*
Grade 7 *Tiger Bastress, Megan Walker*

First Honor

Grade 12 *Robert Lanphear, Shelby Maurice, Lynn-Anne Nunn, Tyler Placey-Noyes, Benjamin Younce*
Grade 10 *Brooke Ann Foster*
Grade 9 *Wesley Ameden, Lars Hammer, Kassandra Morse*
Grade 8 *Donavon Bigelow, Heidi Cookson, Madeline Morse, Emma Stecker, Lyrica Stelle*
Grade 7 *Eli Hale, Ian Lewis, Caleb Maxfield, Clementine O'Connor, Jasmine Tetreault*

Second Honors

Grade 12 *Carrie Harvey, Theron Lay-Sleeper, Dylan Tetreault*
Grade 11 *RaShawnna Downing, Michael Garfield, Kelly Gochey Cassidy Kittredge*
Grade 9 *Carter Maxfield, Randy Rich, Mary Younce*
Grade 8 *Rebecca Blaisdell, Kyle Celley*
Grade 7 *Tyler Abbott, Galadriel Morse, William Nally*

COMMUNITY CALENDAR

~AUGUST~

Tuesday, 8/2

The Vermont Civil War Songbook, Congregational Church (Church Street), Peacham, free. Dressed in period costume, singer/researcher Linda Radtke shares songs from Vermont during the Civil War period Information: 592-3262.

Thursday, 8/4

Afinque Concert, Jaquith Public Library, Marshfield, 6:30 p.m., free. This is a twelve person salsa band. Bring a chair or a picnic blanket for the lawn.

Friday, 8/5-7

Festival of Fools, 2:00 - 10:00 p.m., Church St., Burlington, free. A curated festival of street theater including circus arts, music, and comedy for family audiences. Information: 865-7166 or burlingtoncityarts.org/Festival_of_Fools/.

Saturday, 8/6

3rd annual Burke Mountain Bike and Brewfest, Burke Mountain Ski Resort, East Burke. Music, Vermont brews, and mountain biking, also raffle and giveaways, barbecue, contests, demos, group rides, clinics & more! Live Entertainment. Information: 626-7300 or skiburke.com

4th Annual Kingdom Triathalon, Morgan, includes a 13.1 mile run, a 30 mile bike ride, and a 3.5 mile swim. IROC also offers the more traditional 500 yard swim, a 13 mile bike, and a 5 mile run. Information: kingdomtriathalon.org.

Wednesday, 8/10

Learn an African Dance: One World Many Stories Summer Program Celebration and Ice Cream Social, Jaquith Public Library, Marshfield, 6:30 p.m., free. All ages welcome.

Thursday, 8/11

Patti Casey, Susannah Blachly, and Colin McCaffrey Concert, Jaquith Public Library, Marshfield, 6:30 p.m., free. Bring a chair or a picnic blanket for the lawn.

Friday, 8/12-13

Danville Fair, Danville. Truly a good ole country fair, parade Sat. at 10:00 a.m., Grand Horse Pulling, carnival rides, games, home cooked food, and more! Information: danvillevt.com.

Saturday, 8/13

Second Annual NEK "Ride The Realm" Bike Ride, starting and ending at St. Johnsbury Academy. Offered are two rides, 50K (31 miles) or 100K (62 miles). This is a ride and not a race and is a fundraiser for Green Mountain United Way. Register on line at BikeReg.com. Information: 745-0101.

Saturday, 8/13
Back Shed String Band Concert, Stillwater State Park, Groton State Forest, 2:00 p.m., entry fee. Bluegrass, original tunes, classic country, old-time, and folk music. Information: 241-3655.

12 String Guitar Concert, Ricker Pond State Park, Groton State Forest, 6:00 p.m., entry fee.
Acoustic guitar from the 60s, 70s, and 80s. Information: 241-3655.

2011 Festival of Farmhouse Ales, Hill Farmstead Brewery, Greensboro Bend. A celebration of rustic farmhouse ales, guests, surprises and treats. Information: 533-7450 or hillfarmstead.com.

Route 15 Summerfest: From Cambridge to Hardwick - a one-day, 30+ mile adventure of shopping, dining, music, craft and art events, factory tours, and more! Information: www.lamoillevalleychamber.com/wack_a_do.html.

Wednesday, 8/17-21

Circus Smirkus, Montpelier H.S., 2:00 - 4:30 p.m., adults $20, kids 2-12 $15, under 2 free. Kids ages 11 to 18 are the stars, on highwire and trapeze, as clowns, jugglers, acrobats and more. Information: smirkus.org.

Orleans County Fair, Barton. Old-time agricultural county fair, midway rides, animal exhibits and judging, agricultural displays, arts & crafts, wool spinning, truck pulling, music, more. Fees and times: 525-3555 or orleanscountyfair.net.

Friday, 8/19-20

Peacham Acoustic Music Festival, Peacham Village, Fri 12-11 p.m., Sat 9 a.m.-11 p.m., admission. Concerts, workshops, craft fair/farmer's market. Information: 592-3140.

Saturday, 8/20-21

Kingdom Farm & Food Days, at Participating NEK Farms and Agricultural Businesses, High Mowing Organic Seeds' Trials Gardens, free. A weekend celebration of local Vermont food and agriculture includes tours of participating farms, a bike tour led by the Craftsbury Outdoor Center, workshops at High Mowing Organic Information: kingdomfarmandfood.org.

Wednesday, 8/24-28

Caledonia County Fair, Lyndonville. The oldest fair in Vermont, includes country music, magic and balloon shows, food, games, ox pulling, horse show, demo derby, children's activities, midway, antique tractor pull, maple, poultry and rabbit exhibits and more. Fees and times: 626-5538 or vtfair.com.

Saturday, 8/27-28

Burton Annual Summer Sale, Burlington, 9:00 a.m. - 5:00 p.m. The best deals of the year, from boards, boots, bindings and apparel. Information: 860-3200 or burton.com.

Saturday, 8/27-9/5

Champlain Valley Fair, Essex Junction. 10 days of rides, food, fun, concerts and shopping. Free entertainment, food, horse shows, midway, competitive exhibits and more. Fees and times: 878-5545 or cvexpo.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., 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.

Concerts on the Green, Danville, every Sunday night from 7:00-9:00 p.m., features local musicians.

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

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.

Family Contra & Square Dance, First Friday of each month. Danville Town Hall, 8:00 p.m., donation requested. Chip Hedler will do the calling and David Carpenter will lead the band. The dances are taught and are easily learned by young and old. The Danville Family Contra and Square Dance is held on the first Friday of the month through May. Information: 563-3225 or email samlyman@sover.net.

Great Vermont Corn Maze opens for the season Aug 1, 1404 Wheelock Road, Danville. Information: 748-1399 or vermontcornmaze.com.

Hardwick Farmer's Market, Fridays 3:00-6:00 p.m., Rtes 14 & 15 between Aubuchon's and Greensboro Garage. 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.

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

Movie Matinee, every Monday, 1:00, Twin Valley Senior Center, Old Schoolhouse Common, Marshfield.

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.

Storytime: One World Many Stories, Mondays, July 11 to August 8, 10:30 p.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.

Yoga & Wellness Classes, Tuesdays 6 -7:30 p.m., with Alicia Feltus. For more information contact Alicia: 802-563-3220 or aliciafeltus@gmail.com

JULY FOOD SHELF DATES:

Wednesday, August 10th, pick up at noon.

Thursday, August 25th, pick up at 2:00 p.m.

Cabot Mason's Hall Main St., Cabot

HALF-TIMER SUBSCRIPTIONS

The Cabot Chronicle

Stay connected to Cabot while you are away. Subscriptions for 6 months for those that spend part of the year somewhere else.

Subscription rate is $8.00.

To subscribe send your name, your part-time away address and the months you will want delivery to the inbox@cabotchronicle.org or call 563-3338.

Fall Soccer Registration

The Cabot Recreation Department is recruiting soccer players in grades PreK-6. Practice is slated to start before school starts, so register now!
Registration fee is $15 and can be sent to:

Cabot Recreation Department
P.O. Box 36
Cabot, VT 05647

Or dropped off at the Town Clerk's Office. For more information call Rebecca at 563-3503.

Community and Economic Development Meeting

Monday, August 22, 6:30 p.m.

Cabot Mason hall
Coffee and dessert will be served.

Agenda to include project and grant application updates and a conversation about the next steps for our group .

~ Everyone invited to join in the continued conversation and actions concerning Cabot's Community and Economic Development ~

Flea Market

Saturday, August 13 Cabot Common

Bake Sale - Lunch - Toys - Books

Vendors Wanted

Call Cherry @ 563- 3254

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Firewood available;
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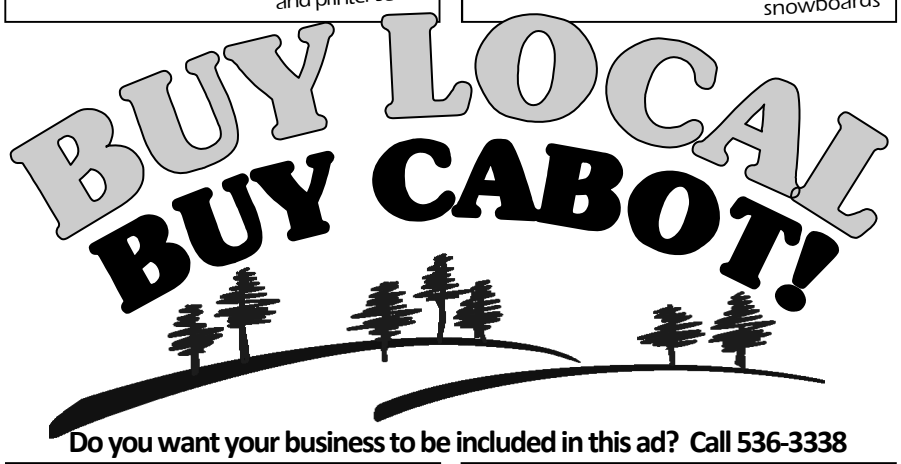

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Trucking, excavating, and trash hauling

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

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YOUNG'S LIVESTOCK AND PROPERTY MAINTENANCE
Richard Young
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Buying/selling all types of livestock. livestock trucking, complete lawn care, shrub/hedge pruning & installation, brush clearing, complete home cleaning.

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Pick-your-own apples and farm store; 40 varieties, fresh pressed cider, u-pick pumpkins.

This ad sponsored by ..... **CABOT UDAG COMMITTEE**
Cabot UDAG Committee, P.O. Box 125, Cabot, VT 05647

Ponder This

By Lori Augustyniak

Teens on the Move Less Likely to Use Tobacco and Other Drugs

A new study suggests that teenagers who are involved in sports or exercising are less likely to use drugs and smoke cigarettes compared with teens who are not as active, which in turn led to lower substance use throughout early adulthood. However, high school athletes on teams drank more alcohol than their classmates who weren't on a team.

Data from more than 11,000 teens, who graduated between 1986 and 2001, was included in the study. They were first surveyed as high school seniors, and then surveyed again up to four times through age 26. Researcher theories about why student athletes drink more, included peer pressure to drink after a game and the close tie between sports and alcohol advertising.

Taking Smoking Cessation Drug A Month Before Trying to Quit May Boost Success

Taking the smoking cessation drug Chantix for a month before trying to quit smoking may boost success rates, according to a new study.

While people usually take Chantix, or varenicline, one week before their "quit date," the new study found smoking cessation rates were higher in people who started four weeks before they stopped smoking. The researchers said that Chantix may also help "hard-core" smokers reduce the number of cigarettes they smoke even if they can't quit.

This study appeared in the Archives of Internal Medicine, April 2011.

Drinking Alcohol Or Using Drugs Is Not A Harmless Rite Of Passage

One-quarter of people in the U.S. who began using drugs or alcohol before age 18 meet the criteria for drug or alcohol addiction, compared with one of 25 Americans who started using drugs or alcohol when they were 21 or older, according to the report by the National Center on Addiction and Substance Abuse (CASA) at Columbia University in New York City.

The new study opens a window of opportunity for health providers and parents to intervene and prevent addiction. Do everything you can to get young people through their teen years without using drugs or alcohol. Every year they don't use drugs or alcohol reduces their risk of negative consequences, such as addiction.

And in case you need another reason, save their brain! From the age of 15 to 22 the adolescent brain is still developing. During these years a complex layer of neural networks is being laid down and brain growth is exponential, so there is the potential for great harm from adolescent substance use.

Advertising in The Cabot Chronicle is a bargain!

Reach every household in Cabot with a display ad or insert.

Contact Marina at **ads@cabotchronicle.org or 563-3338.**

Juliette Young Receives Leadership Scholarship

By Chronicle Staff

Juliette Young, a graduate of Central Vermont Academy and resident of Cabot, was recently awarded a Leaders and Achievers Scholarship from Comcast. Each year, Comcast works with high school principals, guidance counselors, and school administrators to select the scholarship recipients. The Comcast Leaders and Achievers Scholarship Program provides one-time $1,000 scholarships to students who strive to achieve their potential, who are catalysts for positive change in their communities, who are involved in their schools and who serve as models for their fellow students. The philosophy behind the program is to give young people every opportunity to be prepared for the future, to engage youth in their communities, and to demonstrate the importance of civic involvement and the value placed on civic involvement by the business community.

Nationally, 1,878 high school seniors are receiving Comcast Leaders and Achievers Scholarships this year, including 187 from New England. Congratulation to Juliette who will attend Andrews University in the Fall to study Elementary Education.

Cabot School Alumni Association to Hold Reunion

The Cabot School Alumni Association Reunion will be held Saturday, August 13, 2011. Activities will be offered throughout the day, from morning coffee and refreshments to a 'Roaming Around Town Tour'. (see Schedule Of The Day')

"The Cabot School Alumni Association Reunion is open to anyone who has ever attended Cabot School. It doesn't matter if you were a graduate or not. Spouses and friends are also welcomed.

Old Home Days Set for August 13 and 14

By Pinkie Vanschagen

The Cabot Old Home Days which has been in existence since 1901 will start off its 110th year with a Flea Market on the Cabot Common from 9 to 3 on Saturday, August 13. There are several returning vendors that will be there with treasurers for your browsing pleasure. A bake table featuring the homemade food from the wonderful bakers of the United Church of Cabot will be something that you don't want to miss. Pies, cookies, jams and jellies are among the many offerings. Lunch will be available around 11:00 a.m. The Cabot School Alumni gathering is also this same day. Maybe you will find an old time friend as well as a Flea Market treasure.

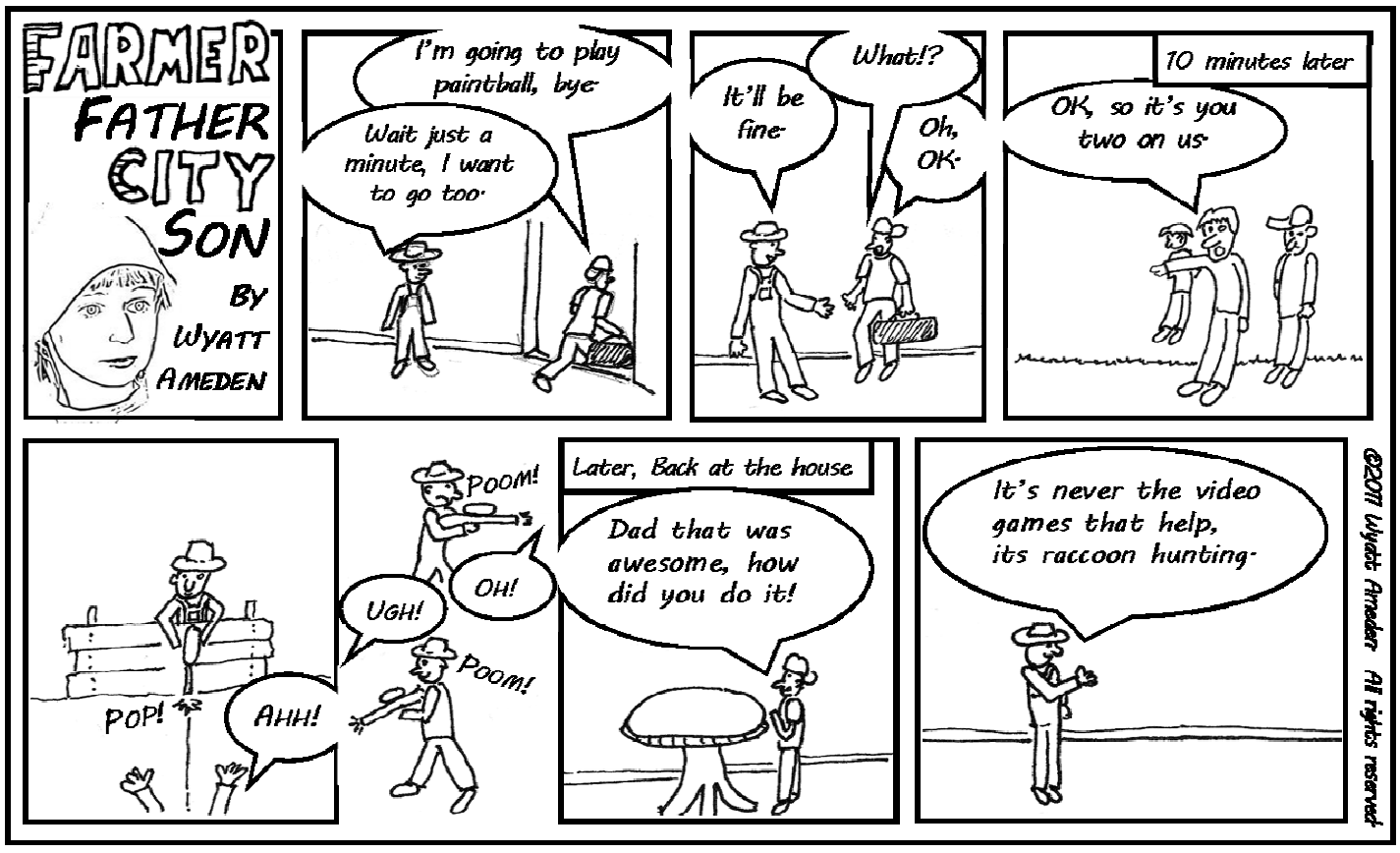
The Old Home Days Sunday Morning Worship Service will be held at 10:00 a.m. at the United Church of Cabot. Bud Mundinger, a Marshfield native, will be the guest speaker. Please join us for an inspiring service and fellowship following worship. A summer lunch put on by the Old Home Week Committee will be served down stairs in the church vestry following worship. Everyone is invited to attend.

COME FOR THE DAY! SPEND MORE TIME TOGETHER!

"SCHEDULE OF THE DAY" for CABOT SCHOOL REUNION 2011

SATURDAY, AUGUST 13, 2011

MORNING	9:00	SIGN IN @ Welcome Table in ARTS BUILDING Name Tags, Dues Payments, Donations to School Project, Tickets to "Picnic" Luncheon (if not done by mail) Coffee & refreshments
	10:00	Welcome
	10:10	Short Business Meeting
	10:25	Recognition of Graduates, Awards, Pictures
	11:00	MUSIC for your listening, singing and dancing pleasure by "HAPPY HERB" (Herby) Heath '59, playing his guitar & singing, accompanied by Drummer George Drew
NOON	12.00	"Picnic" Luncheon @ The School Cafeteria Outdoor-grilled hamburgers & hot dogs with great salads & baked beans
AFTERNOON	1 – 4:00	"ROAMING AROUND TOWN" TOUR (Begins from the Cafeteria) VISITING: CABOT VILLAGE SCHOOL CABOT HISTORICAL SOCIETY CABOT UNITED CHURCH CABOT PUBLIC LIBRARY in TOWN HALL CABOT COMMONS (residence for elderly) CABOT CREAMERY (For us, a free showing of their movie about the creamery which some of our grandfathers founded in 1919.) * WALKING TOUR, but transportation will be available.



The Path of Least Resistance

By Ned Swanberg

To be wet on a hot summer day is a glorious thing. On a steamy weekend, you don't have to go far to find long lines of cars beside the road and people soaking in the river below. One of the premier ways to chill is in the form of a tube: flotillas of friends launch themselves on inflated tire tubes to cool off, have a relaxed adventure, and study the way water shapes the world.

Well, maybe it's just me thinking about how water shapes the world. Reposing on a squishy black tube, I find myself going just about nowhere, and slowly at that. But then the path of a floating leaf suggests a subtle current. Before long, I feel the tug of gravity as it begins to draw the river, and my tube, toward the sea.

At times this placid drifting is interrupted by rocks. Bedrock protrudes from the surface, and the river plunges stepwise through a cascade or across a gravel bar. This adds a certain zest to the trip, and sometimes a bruise.

You have no choice but to go where the river takes you. Seasoned river travelers talk about the "thalweg", or "valley way", which is the path of the deepest , quickest, and most powerful current in the channel. Usually the thalweg follows a curving line that is carving the river's deepest channel. It tends to run rapidly downhill until it hits a river bank, where it gets deflected. The fast water of the thalweg scours out the sediments at the foot of the bank and pushes those sediments downstream. The face of the bank collapses, exposing fresh soil, often soil that was deposited by the river years or centuries earlier. These steep, raw cutbanks are places to watch for nesting bank swallows and kingfishers, while the scoured pools at the foot of the bank provide cool refuges for fish.

Below these pools, the river pushes up against the scoured sediment, with first rocks, then gravel, and then sand successively dropping out as the current slows. Eventually, the river slips across the bar of sediments with a shallow riffle – keep your hands and feet up! – and begins to slide downhill again. With new and growing momentum, the river now crashes into the opposite bank, only to be turned downhill in the opposite direction.

The regular s-shaped patterns that rivers form are called meanders. With a series of aerial photographs, you can trace meanders shifting over time. The meander bend in the river is always moving, sometimes incrementally, sometimes dramatically. Roads and structures built in the floodplain are temporary at best, lasting only until the next meander returns.

When a river bank is blocked by a concrete wall, or by boulders placed as "rip rap" to armor the shore, the water's force is deflected down the bank and across the river, where the process of bank erosion is accelerated. Rip rap here leads to rip rap there, all of it concentrating, rather than dispelling, the river's energy. When a river is straightened and confined, the water begins to scour out the bed of the channel more deeply, and the confined energy carries sediments further downstream. Larger and more powerful flows then get trapped in that deeper channel and cut still deeper, instead of spilling out onto their floodplains to disperse their energy, sediments, and nutrients.

Only a few of the rivers in New Hampshire and Vermont still have full access to their floodplains. Where they don't, it can be nearly impossible to climb up the armored and reinforced banks, should you need to leave your floating tube. Eventually these hardened banks will oversteepen, become undermined by the down-cutting river, and collapse during a flood.

At which point, while we're at work repairing our human infrastructure, the river will go back to work creating a new floodplain, sorting the newly acquired sediment by size – boulders, then stones, then sand – and reestablishing meander patterns.

In May 2011, the Lamoille, Missisquoi, and Winooski Rivers in Vermont experienced high flows from a combination of heavy spring rains and the melting of the above-average snowpack. The rivers carried excessive sediment into Lake Champlain, especially where they were prevented from dispersing it across their floodplains. Dramatic aerial photos showed the muddy, brown, sediment-laden waters flowing deep into the blue lake.

But now, with spring's flooding behind us, the way of water is the way of tranquility. The turbid waters have cleared. From the sublime vantage point of a tube, it is easy to see how the drifting river follows the meanders that were created when the river was raging. A tubing trip is a perfect time to get wet, go with the flow, and study the ways of water shaping land, and land affecting the water.

Ned Swanberg is a naturalist from Hartland, Vermont. The illustration for this column was drawn by Adelaide Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of New Hampshire Charitable Foundation: wellborn@nhcf.org

From The Cabot Public Library

Yoga & Wellness Classes - Tuesdays 6-7:30 p.m. - Resumes in August
with Alicia Feltus. For more information contact Alicia: 802-563-3220 or aliciafeltus@gmail.com

Programs

We had a wonderful Summer Reading Program titled, **One World, Many Stories**. Over 50 youth signed up for their reading logs and a chance to get a T-Shirt and prizes. As of this writing, nearly half have completed the necessary reading to get their T-Shirt and prizes. Way to go!!!

Read & Win Program

This is a program sponsored by the Champlain Valley Exposition, Champlain Valley Fair, and the International Association of Fairs and Expositions to encourage children in the grades of K-8 to read three or more books before August 15th. If the student completes the necessary steps, they will get free entrance to the Champlain Valley Fair on August 29th. Visit the Library for all the details.

Dungeons & Dragons

This program has continued from the school year into summer and is hosted on Wednesdays from 3:00 p.m. to 5:30 p.m. All are welcome.

Book Group Returning this Fall

Starting in early September, the Humanities Council Book group will be returning with their new series, the Booker Prize Winners. The facilitator is Cynthia Russell. Be on the lookout for dates and times.

Thank You!

Thanks so much to all who have helped financially with our programs this summer: The Friends of the Cabot Public Library, The Cabot Creamery, and The Jaquith Public Library. Without your support, Summer Programming would be extremely difficult.

Closed

There is no Story Hour in August. It will resume in September. The Library will be closed the week of August 21st through August 27th. This will give us to time clean up and prepare for the fall. We will be closed, Saturday, September 3rd, for the Labor Day Weekend.

Cabot Library Reminders:

o Hours:
- Tues. 9-6 * **No Story Hour in August**
- Wed. 2-6
- Thurs. 9-6
- Sat. 9-2
- Closed Sunday, Monday and Friday

Passes, on a 3 day loan, that allow free entry or a reduced price to:

o **Echo Pass** – Allows up to 2 adults and 3 youths, $4 per each admission price, entrance into the ECHO Lake Aquarium and Science Center in Burlington.

o **Historic Site Pass** – Allows one family or groups of up to 8 people free entry to the Vermont State Historic Sites. In the Library, for viewing, we have a state map that shows these sites.

o **State Park Pass** – Allows one family or groups of up to 8 people free entry, for day use, to the Vermont State Parks. In the Library, for viewing, we have a state map that shows these parks.

See you at the Library!
Kathleen Hoyne and Anne Walker

Friends of Cabot Library News

By The Friends Team

Summer is definitely in full swing, as evidenced by the heightened traffic in our little town. Some of that traffic helped generously at our recent annual July 4th Book Sale, which benefits our community library through non-budgeted purchases and programs. Your generous support of our efforts this past year helped our town's library receive some wonderful things to support the community – like MP3 players (for audio book rental), a digital camera (for event pictures/video), movies (rental's are always FREE!), and a popcorn machine – to name a few. There are more items in the works for this year, so please continue to help support our efforts whenever you see a Friends of Cabot Library booth. Our next one is slated to be at the Apple Pie Festival this fall.

We continue to need donations of books, movies, or CDs for our book sales, so if you are "cleaning out the clutter" this summer, please think of us before donating elsewhere! To arrange a review and pickup, simply call the library or email us at cabotlibraryfriends@gmail.com. We will arrange a convenient time to visit and help you make room for more books!

We're also looking for new member support. If you are looking for a way to give back to your community, consider becoming a member of the Friends of Cabot Library. Limited time and effort is involved, since we have only a few fundraisers each year, but each one is well worth the effort and provides lasting support to our library. Won't you join us for a little bit of fun? It's a great way to get to know other community members and make new (or rekindle old) friendships. Stop by the library or email us today to say "YES – I want to be a member!"

Enjoy your summer!

Let's Trade….. Your time for an ad in
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Spend a few hours a month volunteering for The Cabot Chronicle in exchange for advertising.
Volunteer opportunities include writing articles, fundraising, selling advertising and helping with distribution.
For details contact inbox@cabotchronicle.org or call 802-563-3338.

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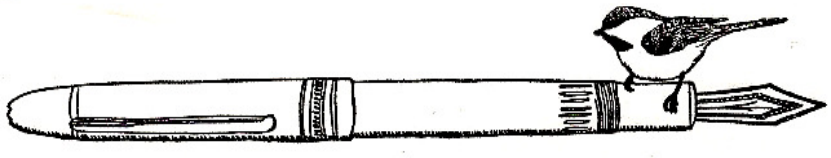
available by day, week, month

writingonthefarm.com ~ 802.586.7733

Cabot Connects Mentor Program
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MUNCHIES with a MISSION!
Fresh Ground Burgers
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Chili & Cabot Cheese
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~HOME-BAKED & LOCAL FOODS ~
Thank You for Supporting Kids!
HOT COFFEE! & Teas
BESTUVUS BREAKFAST Bars
Maple Sno-cones
Cotton Candy/Popcorn

Thanks to All Who Helped in the "Munchies with a Mission" Fundraiser

By Kathleen Hoyne and Cia Considine

The Cabot Connects Mentor Program would like to thank all those who took part in their recent fundraising effort, "Munchies with a Mission", at The Manifestivus Music Festival last month. First, we express our appreciation to The Manifestivus organization that invited us to vend food at the Festival, while we offered some kid-friendly fun for families during the day. Thank you to Judy Pransky, who made this arrangement happen.

Thank you to the Cabot Village Store for providing the supplies that we needed to have a successful, equipped food vending booth., where we sold, breakfast burritos, fresh ground hamburgs, hot dogs, chili, baked-goods, ice coffee, lemonade and tons of sno-cones and slushies in the hot and humid weather.

Special thanks to the following volunteers, who prepped food, lugged supplies, helped in the planning and worked shifts at the festival and helped set up or break down: Val Covell, maven of home-baked goods, including the popular, Break-festivus Bar; Connie Hourihan, who made popcorn with Richie's whirly popcorn maker according to his special instructions; Richie Hourihan who negotiated a great "ice deal"; Raquel Bigelow, who we knew made cotton candy once before..and who can now also make a professional sno-cone. Richard Bushey, mover of large freezers, Robin Considine, runner; Jeannie Johnson, who supplied fresh strawberry sauce for the sno-cones; Tim Considine and Cassidy Kittridge, bouncers of the bouncy house; Lynn Rockwell undiscovered face-paint artist, Terri and Aldo Nunn, the shockingly best tag team cooks we could ever hope for; Greg Burtt grill relief; Stef and Malia, who helped at the kid's area. Gwen Considine, who managed the glow sticks and glow jewelry sales; John Hammer, whose professional opinion on the longevity of ice in a powered down freezer was profound; Mark Bromley, for lending his trailer, his braun, and yes HIS handy cotton candy expertise; Steven Watking, who wielded the bouncy house there and back along with Sarah his wife, who also assisted in the booth sales, as well as, single-handedly sold baked-goods throughout the tent-ghettos. Thanks also to Jackie Bromley who washed up all the equipment, except the 30 or so plastic balls from the kid's bouncy house. Apparently some volunteers have their limits!

We all had fun working together. The music at the festival was good and patrons thanked the Mentor Program for being at the festival and making food.

New Effort to Expand Community Supported Agriculture

New Effort to Expand Community Supported Agriculture

WASHINGTON July 26 – Vermont U.S. Sen. Bernie Sanders and Patrick Leahy introduced legislation to charter a competitive grant program within the U.S. Department of Agriculture (USDA) to promote Community Supported Agriculture (CSA). Vermont is a leader in this successful movement that directly links consumers with the farmers who grow their food.

Since the concept first took hold 20 years ago there are now thousands of CSA farms across the country, with more than 100 farms in Vermont offering some sort of CSA program. Vermont has the highest direct sales in the nation per capita – more than five times the national average – with great potential for further growth. At the start of each growing season, members of a CSA network pay for a share of a farm's produce. Throughout the season members receive a weekly box packed with their share of the farm's yield for that week. CSAs are taking their place alongside backyard gardening and farmers markets. CSAs benefit farmers by providing up-front income to support the spring planting season, and consumers get the freshest local food available.

Sanders and Leahy are original cosponsors of the Community Supported Agriculture Promotion Act, S.1414, working with Sens. Kirsten Gillibrand (D-N.Y.) and Jon Tester (D-MT). "At a time when many families are struggling to pay for food, CSAs make sure families can put local, healthy food on the table," Sanders said. "As Vermonters have shown, linking local farmers with families creates jobs on farms and ensures that people have a healthy source of food."

Leahy, the most senior member of the Senate Agriculture Committee, said, "Community Supported Agriculture serves farmers, families and their communities in several key ways. It links consumers to local farmers and a steady source of healthy food, while helping to keep local food and farmland available. These partnerships are part of the renaissance we are seeing in Vermont agriculture. Vermont's farming community is creatively building networks on the CSA model to meet Vermonters' needs. CSA is one of the engines that is creating new opportunities for economic development and jobs in Vermont's food and farm sector."

The competitive grant program proposed by Sanders, Leahy, Gillibrand and Tester would authorize grants to nonprofit organizations, extension services and state and local agencies to provide support infrastructure to growers, ranging from marketing and business assistance to help in developing innovative delivery and distribution programs and widening CSA participation through outreach and education efforts. The grant program would also give preference to projects linked to family farms, farms operated by or employing veterans, and networks that expand CSA reach into where low-income communities that have poor access to healthy, affordable and fresh foods in retail grocery stores

Cabot School's One Day: The Global Citizen Project

By Brian Boyes, Cabot School Music Teacher

It is my pleasure to announce the official release of Cabot School's, **One Day: The Global Citizen Project.** During the 2010-2011 school year Cabot Middle School students were engaged in an interdisciplinary course working towards the goal of producing a creative product that would make a difference in the world and bring joy to people. Indeed that is what is happening!

Even before its official release, we have received numerous emails from people writing us back with tears in their eyes and hope in their hearts. The project features over 300 student musicians and singers from across Vermont, with the primary goal of The Global Citizen Project video being to empower young people to understand first hand that they can make a difference in the world.

Towards that goal we have created and posted this video to support the Playing For Change Foundation's efforts in building music schools in impoverished communities. Please show your support of The Global Citizen Project by making a donation to The Playing For Change foundation in the name of Cabot School's Global Citizen Project.

To view Cabot's One Day: Global Citizen Project visit http://www.youtube.com/watch?v=FQkQ0gEhHVY or to learn more about the Playing For Change Foundation visit http://playingforchange.org/

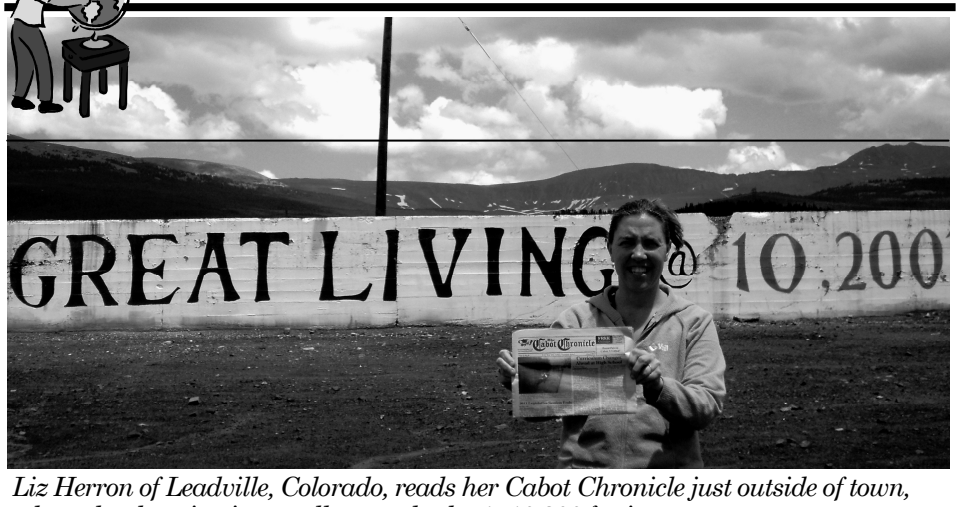
Thank you from Cabot School's Music Program www.cabotarts.wordpress.com www.cabotschool.org

Parade Highlights

July 4th Parade featured vehicles of every size from tractors to bicycles.

Most patriotic spectators...

Where is the Chronicle Now?

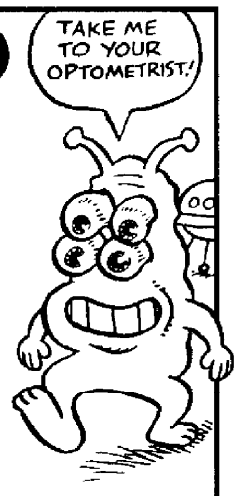


Liz Herron of Leadville, Colorado, reads her Cabot Chronicle just outside of town, where the elevation is proudly posted - that's 10,200 feet!

Junior Whirl

by Charles Barry Townsend

RIDDLE CARD

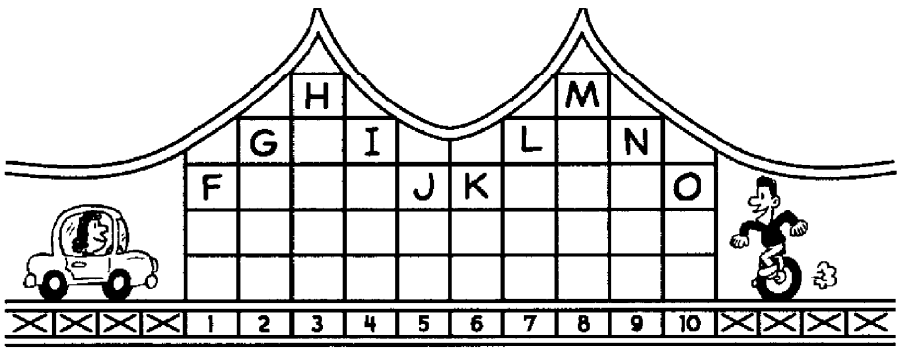


1. Do you know anything that has four eyes?
2. What did one wall say to the other wall?
3. Why has the giraffe such a long neck?
4. Why is the letter "B" like fire?
5. Why is a nobleman like a book?

Answers: 1. Yes, Mississippi. 2. "I'll meet you at the corner." 3. Because his head is so far from his body. 4. Because it makes oil boil. 5. Because he has a title.

A WORD BRIDGE!

Illustrated by David Coulson



The bridge above contains 10 supporting words. We give you the first letter of each word, plus plenty of hints.

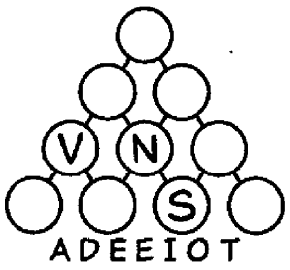
1. A fashion craze.
2. Open-mouth stare.
3. Overeagerness to act.
4. A summer treat.
5. To chat or talk (slang).
6. A unit of power (abbr.).
7. Type of helpful bug.
8. Worker who uses bricks or stones.
9. Found in fountain pens.
10. A source of energy.

Answers: 1. Fad. 2. Gape. 3. Haste. 4. Ices. 5. Jaw. 6. KWH (kilowatt-hour). 7. Lady(bug). 8. Mason. 9. Nibs. 10. Oil.

HOW MANY PICKLED PEPPERS did Peter Piper pick when he picked a peck of pickled peppers?

Answer: None. A pepper has to first be picked and then pickled, before it can become a "pickled pepper."

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



Answers: Top to bottom, left to right: Diva, dive, dine, dins, done, dons, dots, dote.

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SUDOKU

by Linda Thistle

	4	9	3				5	
		7			8		6	1
2				4	1	3		
8				2		6		4
4		2			7		9	
	1		6	3				7
	5		4				3	6
	9	8		5		7		
3			7		9	1		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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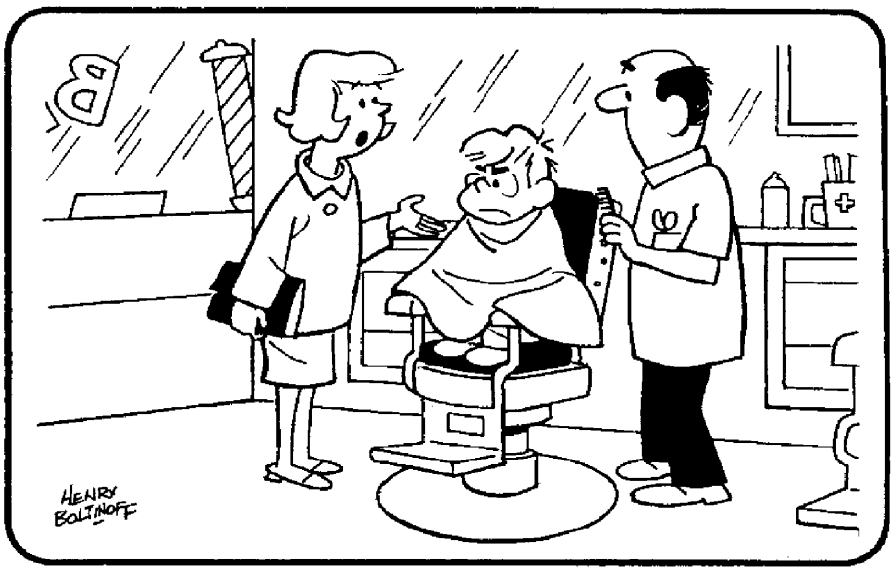
HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Pole is different. 2. Mom's jacket has more buttons. 3. Shoes are black. 4. Barber has moustache. 5. Can added to shelf. 6. Barber's scissors are missing.

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YOU DIDN'T HEAR MUCH FROM ME!

An abridged version of You Didn't Hear It From Me

By Chronicle Staff

Lots of notes of interest, but not of lot of time to write, so sharing just a few short themes.

In addition to the haying equipment breakdown blues, The Flying Farmer, Will Ameden, will also be in the 'shop' for repairs. Nothing that Luke Persons can remedy though…a broken wing, says Will. That's poetry for shoulder surgery. The Flying Farmer is grounded, meanwhile the young falcons are aloft.

The Peregrines at Nichols Ledge fledged two babies this season and they recently have left the nest. Nichols Ledge is now open for hiking, as is the Jones' meadow, which recently transformed back into a nice walkable lawn, thanks to finally getting the proper lawnmower adjustments.

Fun Activities To Do in and around Cabot in August:

- Pick berries and make jam
- Find the three Geo-caches in Cabot, at the Creamery parking lot, on Danville Hill and on the Plains www.geocaching.org
- Take a refreshing dip at Urban Pond, West Hill Pond, Joes Pond, Nichols Pond or Marshfield Reservoir.
- Camp out in your yard.
- Take a hike to the Old Center of Town off Danville Hill Road, to Nichols Ledge or walk the Cabot Recreation Trails.
- Sell Lemonade on the Common.
- Sign up for a penpal from another country at the Cabot Library.
- Bike to the Village for Creemies.
- Attend the Old Home Days Events (see schedule, page 8).
- Volunteer at the Food Shelf (see page 6).
- Play basketball at Open Gym, Sundays 6:30 pm to 8:00 pm for school-aged boys.
- Spend 36 hours in Lyndonville, maybe at the Caledonia Fair.