

Proposed Cabot Town Plan Ready For Public Review

By Gary Gulka

After what seems like an eternity to some Cabot Planning Commission members, the proposed Cabot Town Plan has been completed and has been warned for a public hearing on December 15, 6:30 p.m. in the Willey Building, third floor. The proposed Town Plan represents several years of work, numerous meetings, as well as public surveys and a public forum. The proposed plan addresses issues such as housing, natural resources and energy, land use and development recommendations for zoning, economic development, transportation, historic resources, and wise use of our community facilities, utilities and services. Each topical section of the plan has goals and recommended actions or strategies for the town to pursue.

The previous town plan was approved by the Selectboard in 2003 and expired in 2008. State statutes dictate what needs to be addressed in a town plan, and there have been numerous requirements added over the years that have made the re-writing of the plan more challenging. An approved town plan allows us to have and amend zoning regulations, apply for municipal planning grants, and to have a say, as a town, in Act 250 land use permit processes.

The proposed Town Plan is chock-full of factual information and statistics about Cabot, with maps and survey results, but its main purpose is to put into place policies and actions, some regulatory and some voluntary, that will help us to realize our vision for the future of the town. The vision statement that the Planning Commission developed through a public planning process is as follows:

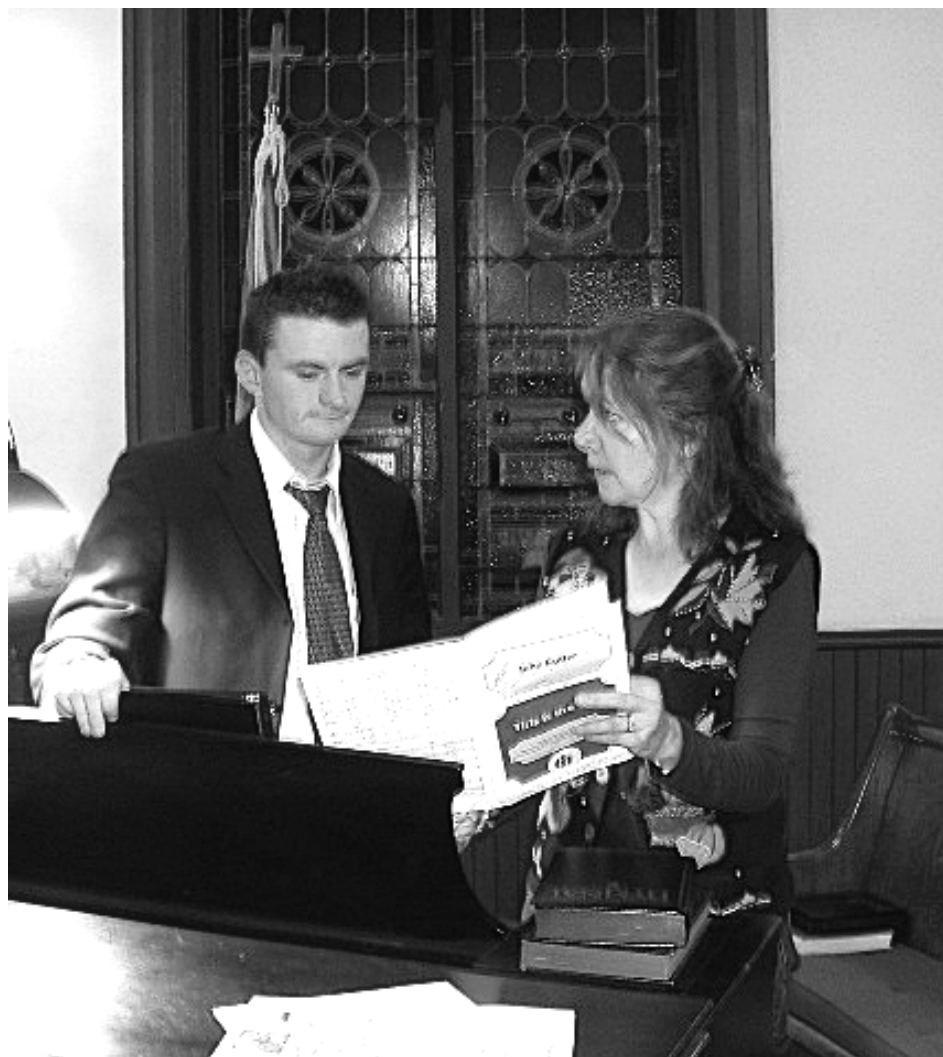
VISION FOR CABOT'S FUTURE

The Town of Cabot envisions a future that continues our history and identity as a rural community, with an emphasis on stewarding the features that make us a unique and special place to live: a vibrant, compact village center surrounded by acres of open farmland and forest that contain ample recreational resources, majestic scenery, clean and bountiful waters, and historic features. In this future, Cabot residents will meet their needs for food, material, shelter, and transportation using resources managed in a sustainable manner.

The thoughtful placement of housing, commercial, civic, and recreational spaces in Cabot will strengthen and preserve an active village center, maintain a healthy working landscape, and best steward our natural resources. The many historic features of the village center serve as a focus point for Cabot's identity, and include our school, library, church, and "main street" district.

Development will be focused in and around the village center, which will be well served by local facilities, services and infrastructure. Development outside the village center will respect and conserve important agricultural lands and natural resources.

(See Cabot Town Plan, page 2)



Lynn McKinney and Isaac James discuss a composition by John Rutter to be performed by the Cabot Community Chorus Saturday December 3 at 7:00 p.m. in the Cabot Church. The piece, "This is the Day," was written by Rutter and performed for the first time by the choir's at the wedding of Prince William and Kate Middleton. Isaac has just returned from England where he was working with Rutter and this will be the first time this music has been performed in the US! He will accompany the local singers on the organ. Other more traditional songs will be presented at this holiday concert and the audience will be invited to sing-along. The event is by donation and will be followed with refreshments.

Is Wi-Fi Safe? An Interview by Ben Hewitt

As the reach of wireless technology expands in rural Vermont (the Cabot School utilizes wireless internet connections), an increasing number of people are raising questions about potential negative health impacts associated with the radiation it emits. One of those people is East Calais resident Ray Pealer, who has become one of the state's foremost experts on the subject.

BH: What is the problem with wireless connectivity?

RP: The technology relies on radio frequency radiation, which is microwave radiation. In other words, wifi is exactly the same frequency as microwave ovens. If a device is sending information through the air, whether it's a cell phone, a cordless phone, or a modem, it's using radio frequency to do that. You can't feel it, smell it, see it, or taste it, but it's there.

BH: Do all of these devices emit the same amount of radiation?

RP: No. The worst are the new DECT cordless phones, which put out up to 15 times as much as a cell phone. But here's the thing: They emit that radiation all the time, whether you're talking on them or not. Wireless inter-

net connections are especially problematic, too, because they tend to be used for many hours each day, and often by children, who are more vulnerable to the ill effects.

BH: What are the health issues associated with wireless technology?

RP: There is a big difference in biological reactions, ranging from increased cancer rates, to thyroid disruption, to sleep disorders and headaches. Basically, any and every part of the body can be affected. And it's estimated that about 8% of the population is electro-sensitive, which basically means they're hyper-sensitive to radio frequency. For some people, all it takes is driving past a cell tower and they'll get ringing in their ears.

BH: If this is such a problem, why haven't we heard more about it?

RP: For one thing, people don't even know what questions to ask. We assume it's safe because it's so ubiquitous. For another, most of the funding for research comes from the industry. There are numerous cases where scientists came out with studies showing harmful effects and their funding dried up. Much like the tobacco industry, the technology industry is very powerful.

It's one of the largest in the world, on par with the pharmaceutical industry. The thing to understand is that of the independent studies, about 70% show adverse effects. Of the industry studies, only about 30% show a possibility of adverse effects. I guess it's a question of who you want to trust.

BH: You mentioned that children are most vulnerable. Why is that?

RP: For a number of reasons. One is that their cells are dividing rapidly, increasing the risk for some sort of mutation. Also, their immune systems are still developing. But another issue is simply the amount of time they spend with wireless technology, especially with schools adopting it. These days, you have 10 year olds spending a good part of their day using a wireless laptop that emits more radiation than a cell phone.

BH: What are the ramifications of this?

RP: It's hard to say for sure, because the latency period of many of these diseases is 10 to 20 years. In other words, by the time we know for sure, it will be too late. But is it really worth the risk? This is a total experiment, and we're using our children as guinea pigs.

BH: As Cabot residents, what should we do to protect our children and ourselves?

RP: Be really, really cautious with this technology. Don't assume its safe just because you're not hearing warnings from the industry or the government. Use cell phones only when absolutely necessary, and remember that cordless landline phones put out as much and often a lot more radiation than cell phones. Definitely get rid of wireless internet connections, too. This is all about reducing risk, and we're fortunate that we live in a place where we still have the option of avoiding exposure.

BH: What about schools, like the Cabot School, which have already gone wireless?

RP: The answer is to “hardwire” the classrooms in such a way that allows the teachers to have as much flexibility as possible. It’s a small sacrifice in convenience and the cost is relatively inexpensive. In Calais, where it is being discussed currently, it would work out to about \$20 per household. Think of it as a really cheap insurance policy.



THE FLYING FARMER



Shane operates the shovel.

Digging Ditches in Indian Summer

By Will Ameden

This last week of remarkable weather allowed me to finish up one of my Natural Resource Conservation Service projects. NRCS provides cost sharing incentives to farmers to help sustain agricultural productivity and environmental quality, reduce soil erosion, improve water quality, and increase wildlife habitat. One of the programs, that touches on many of these areas is livestock grazing. We (NRCS and I) finished developing and writing a grazing plan for Under Orion Farm early this spring.

As part of that plan, I wanted to install a water line down to a lower pasture for year 'round livestock watering. It could also provide water to the Dancing Carrot Greenhouses. This project would require us to dig a four foot deep ditch, 400' long, laying down 1" black water pipe (the heavy 160 psi stuff) with two frost free hydrants and a shut-off valve. I was fortunate, my friend Luke owed me some machinery time. He showed up with a big backhoe and started digging.

We hit a few snags. We found the existing waterline by digging through it (glad I had turned the water off first). This line comes from a spring about a half a mile away, up on a hill in my woods. We also "found" the buried phone line (repaired it) and the power line (missed it) to the barn.

I had some good help with this job. We laid pipe down the entire length of the ditch, but finding the old pipe reminded us we needed a shutoff system for this new line. Luke had a good idea for a homemade shut off; we added a gated water valve inline then a PVC pipe up to the surface and asked Aaron to hammer out a tool on his forge to use in shutting off the valve. We also needed someone to help with the shoveling since my bad shoulder left us one shoveler down. Shane stepped in to help with that work.



Luke starts digging

Aaron has been working for me a couple of days a week while I recover from surgery. He is off to a "Wilderness First Responder" course in NH this month. During the winter he will be traveling around Europe apprenticing with master blacksmiths. Shane (of Dancing Carrot Farm) is always my friend in need. We had a good opportunity to work in weather like summer and the manpower to take advantage of it. Thanks to all of you!

We also put down (expensive \$20.00/sheet) 3" 2x4" panels of blue board insulation over the pipe under the driveway to help prevent freezing. It worked! No leaks! The ditch was backfilled and seeded and is all set to fill watering tanks and easy irrigation for the greenhouses.

I have applied for more NRCS programs for next year, including a water runoff plan for the barn, continuation of the grazing plan (more fencing and water tubs), wild apple tree release and pruning, and invasive plant eradication. Fingers crossed that they come through!

Cabot Town Plan

(Continued from page 1)

Someone famous once said, "A vision without a plan is a dream." The proposed Cabot Town Plan is an attempt to identify concrete strategies that the town can implement that will lead us closer to that vision in a world that is changing in many respects. Of course we cannot anticipate all of these changes that will occur, but we can be better prepared with a plan that makes Cabot a more self-reliant and sustainable community in regard to our human needs, while remaining a desirable place to live.

A few highlights of the recommended strategies in the plan include:

- Adopting "smart growth" policies in zoning regulations that will allow us to maintain a strong village center community that reinforce traditional settlement patterns, while maintaining open space for agricultural purposes and rural character. Several zoning techniques are suggested related to reducing minimum lot size and focusing more on desirable densities for certain areas of town. In effect, these techniques can help to avoid what has been called suburban sprawl.
- Realizing that future subdivision of land will have the largest impact on the future character of the town, create subdivision regulations that allow for development of land that encourages clustering of houses and other struc-

tures while leaving open space and protecting prime agricultural lands.

- Support a non-profit community and economic development organization in town that will promote local businesses and employment as well as our agricultural base, and help to keep our dollars in the local economy.
- Promote enhancements to the village center to make it a more livable and thriving community for residents and businesses alike, including pedestrian access, parking, and traffic safety.
- Protect our natural resources, such as our water supply, wildlife migration corridors, river and stream corridors, and prime agricultural soils through voluntary and regulatory means.

It should be pointed out that recommendations regarding changes to zoning regulations are just that – recommendations – until such time as zoning regulations are proposed through a public process and final adoption by the Selectboard.

We encourage Cabot residents to attend our public hearing on December 15 to learn more and to view or pick up a copy of the proposed Town Plan at the Town Clerk's office or library. After Planning Commission hearings on the proposed Town Plan, the Plan then goes to the Selectboard for their consideration and public hearing. A final decision on plan adoption rests with the Selectboard.

TOWN OF CABOT PLANNING COMMISSION NOTICE OF PUBLIC HEARING

The Town of Cabot Planning Commission will hold a public hearing on **Thursday, December 15, 2011 beginning at 6:30 p.m.** at the Willey Building, Cabot, 3rd floor (auditorium) with continuation of the hearing, if necessary, on **Thursday, January 12, 2012 beginning at 6:30 p.m.**, at the Willey Building, Cabot, 3rd floor (auditorium), to consider the following:

Proposed Town Plan Update

Statement of Purpose: Proposed amendments to update the Cabot Town Plan which expired in 2008.

Geographic Area Affected: Town of Cabot

Contents of the Proposed Town Plan:

- Introduction
- Natural Heritage
- Historic Resources
- Housing and Population
- Land Use
- Energy
- Economic Development
- Transportation
- Community Facilities, Utilities and Services

Appendices: Community Input, Maps, Build-out Report

The proposed Town Plan is available for examination at the Cabot Town Clerk's Office and the Cabot Public Library in the Willey Building, Cabot.

Gary Gulka
Cabot Planning Commission
563-2284

The Cabot Chronicle

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

~ Mission Statement ~

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

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

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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 toJay Peak!

We (the travel section of the Cabot Chronicle) have assembled a sample itinerary for your magic stay-cation; drop Rover off at Tree Dog Kennel on your way out of town and get ready to experience the wonders of a whole new world just 69 miles northwest (or driving time one and a half hours) from downtown Cabot.

36(Hypothetical*) Hours in Jay Peak Resort

Did you know that the tip of Jay Peak rises 3,968 feet above the ocean and is made up of coarse talcose schist with masses of chlorite and an irregular vein of white quartz containing highly charged crystals of magnetic iron ore, the kind that can mess up a compass? (Thank you, geologists.)

Did you know you can have maple served in at least three ways at the Resort?: 1) on your toes (as a Maple Syrup foot scrub), part of the pedicure treatment at the Taiga Spa; 2) shaken or stirred in the Maple Martini, served at the Tower Bar; and 3) by hand and foot—the handsome hardwood is everywhere in recycled barn board doors, tables and benches.

And did you know that the heat generated by the compressors of the ice rink is now channeled through underground pipes to heat the salt water of the new Waterpark to a cozy 83 degrees? (Isn't that smart?)

"Jay Peak ... is worthy of more than a passing glance," wrote Hamilton Child in the *Gazetteer and Business Directory for Orleans County of 1833-1834*. "Its summit cleaves the clouds at an altitude of nearly a mile above the ocean, affording an extended view o'er the valleys of the St. Lawrence, Ottawa, and Lake Memphremagog. Seemingly near its base peep out the beautiful villages of Montgomery, Richford, Berkshire, Westfield, Lowell, Troy and others."

In the sparsely-populated Kingdom, coming upon the newly expanded Jay Peak resort is a bit like happening upon Las Vegas in the desert of Nevada; you sort of feel like, "Oh my goodness, how did this city get here?" Though I've included some telephone numbers and emails, more information about everything mentioned in this article can be found at <http://www.raisedjay.com/> or www.jaypeakresort.com and at 1-800-451-4449.

When I visited on a late autumn day, post foliage, pre-snow weekday, I found the place swarming with construction vehicles, hard-hatted workers, rearing cranes and lifts and a few job site trailers. The new condos, cottages, hotel, restaurants, and ooooh! The Water Park! were all nearing stages of completion.

(*As your reporter, I must disclaim: a lot of what I am about to suggest *You* do, I was not able to do myself, as some of these possibilities would not

be available until after this newspaper's deadline. So, think of this as an intended plan of action, someday....)

4:00 p.m. Friday: Strap on your snowshoes or lace up your hiking boots (depending on the season). You can be out of the chaotic parking lot and into calming woods in moments. I selected a trail that lead to the field where weddings are held, including a lovely pond (which also serves as the snow making reservoir) with the mountain behind it.

5:00 p.m.: Tuck into an order of chicken wings at the Tower Bar (802-327-2324).

5:30 p.m.: Shoot for the moon at "Stick and Puck" ice time at the Ice Haus Arena. I grew up skating in stinky, smelly, ugly arenas. This is not that: it's a clean, fragrant, well and warmly lit National Hockey League-sized rink. Rates are \$6 for adults, \$4 for kids; they also rent skates, sticks, and helmets. To learn more, you can also go to: http://www.jaypeakresort.com/#/ice_haus_arena/rates/public_skating_rates/

7:00 p.m.: Glide into fine but casual dining at Alice's Table, which is everything you might want in a restaurant: beautiful interior (check out the giant fork and spoon sculptures), locally-hewn wood tables, handsome glasses and a menu that showcases food's inherent goodness with just the right amount of tweak (Ahi Tuna on bed of noodles with vegetables \$22; Filet Mignon with Jumbo Shrimp \$32) (802-327-2323).

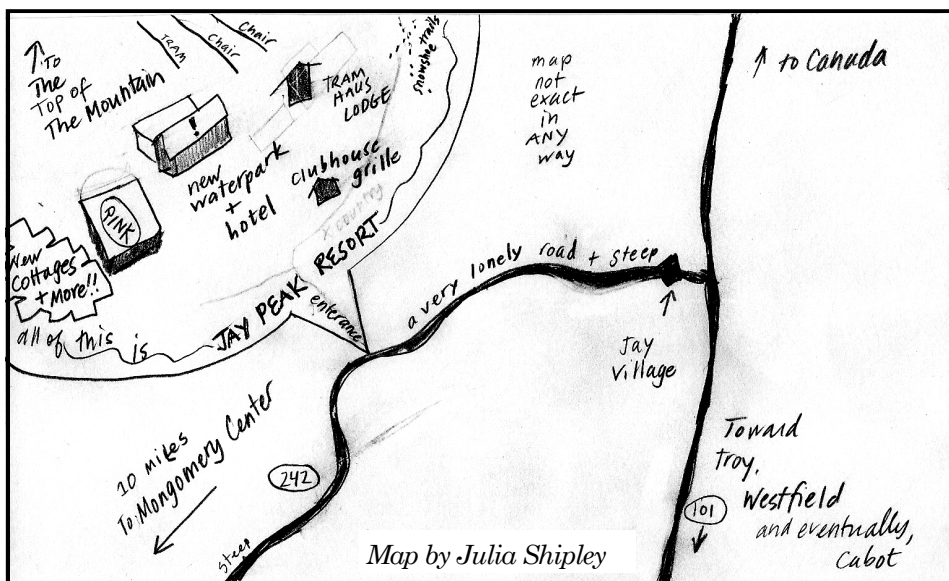
9:00 p.m.: Make a tricky decision about where to lay your head. One of Jay Resort's reservations specialists calmly explained that they have suites, condos, Golf and Mountain cottages, and ski houses, as well as 57 rooms in the Tram House Lodge and 173 rooms in the new Hotel Jay, opening this February. The least expensive are the Lodge's Studios and Hotel's King lock-off rooms. But the rates all depend on when you want to come. And, the resort offers three kinds of package deals: "Ski and Stay," "Splash and Stay," and "Ski, Splash and Stay Passes." To sort it all out, try 800-451-4449.

Saturday 8:00 a.m.: Ski Time (disclaimer: I don't downhill ski. If I were me, not you, I'd go back into the woods and enjoy the level(ish) terrain. But for all you adrenalin junkies—this is why mountain resorts exist. In fact, I'm sure you already know which State-side Black Diamond trail you'd run first...(ugh, I shudder.) A one-day lift ticket runs about \$55*-75. Find what you need at: www.jaypeakresort.com/reload (**Vermont discount).

12:30 p.m.: Ok, you have to eat some lunch, so why don't you try the Clubhouse Grille this time? Open year round for lunch and dinner, this restaurant is housed in the edifice that serves as the Nordic Ski Center in the winter, the Golf Center in summer (802-988-2770).

1:30 p.m.: Wander into the Real Estate Office (located on the second floor of the Tram House Lodge)...to see the plans for the resort for 2016 and beyond!

2:00 p.m.: Are you diggin' this place? Are ya? Did you notice all the Local Touches? (Um, it's actually written on the wall by the Tower Bar—how this



family in Enosberg did all the cable hanging, and this guy in Montgomery made all the tables out of barn boards, and how the blankets come from the Johnson Woolen Mills, and the paintings were made by one of the ski instructors, and the signature beer is made by Long Trail, right? Pretty cool, huh? I don't want to dis any other ski place, but how many other resorts showcase as much local stuff in as many ways? Well, here's one more: The Taiga Spa. All the soaps and many of the treatment scrubs and creams are made at Mountain Country Soaps in Newport Center. And, uh, this is maybe verging on too much information, but they also have special waxing treatments here, so that, uh, folks can look like people in *People* magazine when they don their swimsuits....

How about a 50 minute Taiga Pedicure for the tootsies: \$45

Feeling Flush? Then maybe the Back Country Betty: 50 Minute Swedish Massage, 50 minute Taiga Facial, 50 minute Taiga Pedicure, complimentary mini-manicure: \$199.00

3:00 p.m.: Simmer in the Taiga Sauna (spa@jaypeakresort.com, 802-327-2550).

6:00 p.m.: Eat at Hotel Jay's new Mountain Dick's Pizzeria featuring a

wood fired oven (sorry, I can only fantasize here—they'll be open sometime later this winter).

9:00 p.m.: Rock out to live music at the Tower Bar.

Sunday 7:00 a.m.: Slug back a cup of coffee and munch on a muffin from the Aroma Café (802-327-2325).

7:30 a.m.: Have fun in water two ways: this may be the only place east of California where you can wake up, put on your skis, swash-buckle down the mountain, then shimmy out of your snowpants and...surf?!

10:00 a.m.: The Pump House is an indoor four-season water park, with water experiences to accommodate every kind of aqua-vore (I just made up that word). For the thrill seekers, there's the AquaLoop, a water-lubricated free-fall chute; for toddlers, there's the wading pool; and for folks who wish the Atlantic's breakers were a little closer to Vermont, The Flowrider, which generates a wave substantial enough to coast on a boogie board or mount with a surf board. And, unlike the temps in the Atlantic waters, you can experience all these activities at a temperature just twelve degrees shy of your own tropical body. A day pass (open 10:00 a.m. to 9:00 p.m.) costs \$35 adult and \$25 child (subject to change).

TOP 10 LIST

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#7. Now open for Lunches 7 days a week.

#6. Holly's Margaritas are still the best around!!

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#3. The chefs "Do It In The Kitchen"!

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JAY PEAK
VERMONT

COMMUNITY COMMENTARY

To The Editor

A recent article in the Gazette brought up an issue regarding Danville Hill and road improvements the Welters would like to see take place to accommodate truck deliveries to their new business location there. I was very pleased to see the Selectboard's response (and pushback on paving), as I feel this was an issue that should have been considered in their due diligence prior to acquiring said property. Any business person wishing to do business in a rural area should do this type of inquiry prior to the purchase of land or buildings and not expect the residents or town to support changes to accommodate them or their agenda. Dirt and gravel road conditions are a fact of life and a main character in rural towns, which is why most who choose to live in the country enjoy them as they are (for the most part).

Since I am one of the residents who live atop that hill and have had the misfortune of dealing with the trucks parked in the middle of the road, I see a disaster in the making over the long term, and press the town to have them personally resolve some of this issue of their own making. I do not know the Welters, who may very well be wonder-

ful people, but I truly wish they had considered another more suitable location in Cabot for their expansion – one with better access and a road with fewer issues than Danville Hill.

Unfortunately, this situation speaks an all too familiar theme, considering the current Lowell Mountain Project issue (and Keystone Pipeline discussions), and smacks of the overall general attitude of businesses aligned with Corporate America – why consider or respect local environment when you can simply take what you want and effect change with your money?

The correct thing for the Welters to have considered in their expansion would have been to factor in a larger driveway & parking lot area to accommodate the trucks. If it has been factored in for the future, then maybe doing it sooner (rather than later) would be a wise decision.

Wendy Heilig

DISCLAIMER

The positions and opinions expressed in the letters to the Community Commentary are not necessarily the opinions or positions of the publisher, editor or staff of The Cabot Chronicle.

Legislative News Total Damages from Tropical Storm

By Representative Kitty Toll

The House Appropriations Committee will begin its work in December, prior to the reconvening of the Legislative session on January 3, 2012. The committee will start the budget adjustment process for the current fiscal year (FY) ending June 30, 2012.

Vermont has a lasting tradition of passing a balanced budget, even though it is the only state without a constitutional requirement to do so. The Governor will be presenting his proposed 2013 budget in an address to the Legislature on January 12, 2012. Budget challenges include a reduction in the Federal funding match for Vermont health care programs. Vermont's per capita income has improved relative to other states, resulting in a reduction in Federal funding to our state.

Vermont's fuel assistance program is totally funded by the Federal LIHEAP (Low Income Home Energy Assistance Program) block grant. This grant has been significantly decreased, therefore reducing the amount of assistance available to eligible families and seniors.

Vermont's General Fund revenues are coming in a bit above projections for FY 2012. Other good news is the cost to repair Vermont's highway infrastructure from Hurricane Irene was significantly below initial estimates, and Congress has passed legislation to provide substantial monies to aid in funding these repairs. Without this Federal action, the economic impact to Vermont would be enormous. Also, in the same bill, a provision was included to restore the higher weight limits for trucks on Vermont's Interstate highway systems.

I would like to congratulate Megan Walker of Cabot for being selected as a Legislative Page. She will begin her duties on January 3. I look forward to seeing her in the State House.

As always, it is a pleasure to serve as your Representative in Montpelier. Please feel free to contact me with any questions or issues you might have.

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Danville, VT 05828

OBITUARIES & MEMORIALS

Averil S. Dunham

Averil S. Dunham

Averil Shirley Dunham, 58, of East Calais, died Sunday, October 30, 2011, at her home in East Calais. She was born May 25, 1953, in Barre, the daughter of Roy C. and Shirley (Johnson) Luce. She graduated from Twinfield Union School in 1971. She later graduated from Thompson School of Nursing in Brattleboro. She trained at Central Vermont Hospital in Berlin.

On July 3, 1971, she married Gerald Lawrence Dunham in East Calais. She worked at the Rowan Court Nursing Home in Barre, Central Vermont Home Health and Hospice and Berlin Family Practice, until her early retirement due to failing health.

Survivors include her mother, her husband and a son, Gary Dunham, all of East Calais; five grandchildren; four brothers, Andrew Luce of Cabot, Richard Luce, Timothy Luce and Peter Luce, all of East Calais; a foster brother, Dennis Sicely, of Plainfield; a foster sister, Debra Sicely, of Montpelier; aunts, uncles and many nieces, nephews and cousins. She was predeceased by a son, David Dunham, her father and a brother, Michael Luce.

Visiting hours were held Wednesday, November 2, at the Northern Vermont Funeral Home, 60 Elm Street in Hardwick, and a funeral service on November 3, at the East Calais Community Church. Burial followed at the Fairview Cemetery in East Calais.

Contributions in her memory may be made to the Lamaille Area Cancer Network, P.O. Box 38, Lake Elmore, VT 05657.



UDAG
COMMITTEE
SEEKS INPUT

COMMUNITY INVITED TO MEETING DECEMBER 15

Can Fund Better Support Community Goals?

The UDAG Committee hosted Cabot Worx, the community development group, at its regular meeting November 17, to receive input about how the UDAG Plan could better support community goals.

Public input is requested as the UDAG Committee collects ideas. The local community development initiative, static financial growth of the fund, recent natural disasters and community input to date indicate some changes to the plan are required. The Committee's recommendations for change will be presented to voters at Town Meeting in March.

The public is encouraged to attend the December meeting to talk with committee members and express views on Thursday, December 15, at 7:00 p.m. in the Selectboard Meeting Room in the Willey Building. Please mark your calendar or share your thoughts with a UDAG Committee member:

Jan Westervelt,
Chair

Ann Cookson,
School Board Representative

Gary Katz

Jeanne Johnson

Cathleen Maine

Chuck Talbert

Northern Vermont Funeral Service

60 Elm Street
Hardwick, VT
05843-0063

802-472-6861

Dian R. Holcomb
Funeral Director



79 MAIN STREET • MONTPELIER, VT • 802-223-BABY
Mon-Sat 10am to 6pm • Sun 11am to 4pm
www.zutano.com • zstore@zutano.com



OUR PETS: When Disaster Strikes

By Andrea Gilbert, D.V.M.

Don't be caught unprepared! Another adverse weather event could happen at any time. Incorporate the following suggestions in your emergency preparedness plan. The Vermont Veterinary Medical Association web site (www.vtvets.org) also has planning information and suggestions.

Make sure your pet wears identification. A tag with your current information and an emergency contact number is a minimum. A worn off rabies tag from three years ago is not ideal. You can order tags online at a number of places. I have used www.luckypet.com. Their number is 1-800-543-8247. A microchip implanted under their skin is even more secure. This can be done by your veterinarian and many shelters do it automatically on every pet. You have to keep your current address and phone number on file with the microchip company.

Affix a pet evacuation sticker on the front door or on the front of your refrigerator. You can order a free sticker at www.aspc.org. Many pet stores carry them also. Make sure to list an emergency contact number in case animals are evacuated with your knowledge. If you evacuate and take your pets, indicate that on the front door.

Leave an extra set of house keys with someone you know well and who knows your animals. Familiarize them with your emergency supplies and wishes in an event of a disaster.

Identify several possible locations where you can take your pet(s) in case you need to evacuate your home. Have the number of your local veterinarian readily accessible. Talk to them about their emergency plans and see how it fits into yours. Full disclosure: we are working on ours!

Keep your pet's medical records easily accessible. Current vaccine status, chronic health conditions, etc. Take these records with you and your pet if you have to evacuate.

Keep a back up supply of medication on hand. If disaster strikes, your veterinarian might not be able to receive supplies for an extended period of time or you might not be able to get to your veterinarian.

Ideally, keep a bag ready to go: Records in a waterproof plastic bag along with a week's supply of medication in a labeled vial, ready to grab and run. No digging around in the attic! Have a couple pictures of your pet in the bag, also.

And have the following supplies on hand at all times: A 2 week supply of pet food, water, cat litter and plastic bags for disposal. Have the water in dated gallon jugs. Refresh the stock as needed. I think a good habit is to always have 2 bags of food on hand and when you open the second one, buy another one. Also, have a good first aid kit and manual, a crate for each pet and a leash for each dog. All ready to go on short notice.

And it is always safer to take your pets with you, if you are able.

Heath Hanson on First Tae Kwon Do Tournament

By Heath Hanson and Ellis Jacobson
of the TLC After-School Program

I recently competed in a national martial arts tournament in Long Island, New York. I am 14 years old and have been studying Taw Kwon Do for almost a year, although I have been interested in Martial Arts since I was about 5 years old. I used to think it would be cool just to be able to kick butt. I now realize that it involves much more. Self-discipline, physical coordination, and respect for others are all important aspects of Tae Kwon Do.

Tae kwon Do means "foot hand way of life" in Korean. I have been learning it at the Pyramid Black Belt Academy in Hardwick, Vermont. I heard of the tournament when it was announced in class and my master (instructor) encouraged me to compete. The tournament included many forms of martial arts, such as Ju-Jit-Su, Kempo and Judo. I was the only beginner in my age group, so I had to compete in the intermediate division.

Once I was jumped up to intermediate, I had to wait for an hour to compete in the forms category. While waiting, I practiced the yellow belt form, "Dan Gun," in the hall outside the gym. My nerves caused me to sweat profusely and all of my practicing only made it worse. However, the moment I was called to my ring, I found myself calm and focused. I felt like I was in the "zone", despite it being my first tournament and first time being judged. I walked in and bowed to the judges. I approached them and bowed again. I assumed my parallel ready stance and bowed. It was time to begin. I took a moment to collect my thoughts and I began my form. It felt exactly the same as every other time that I practiced. I was worried, because I didn't have a sense of how well I was doing.

I completed my form and waited for my opponents to finish. The center judge called my name to have me come up. He held his hand to indicate where I should stand and put his hand on my shoulder. He did the same for the other competitors. I figured I was in 4th place, because I was positioned far to the right of the center judge. I was surprised when the center judge gave the results. He gestured to me and announced "Heath Hanson, First Place".

I was shocked to take first place. The center judge shook our hands and gave us each a different color token. I thought that the token was a pretty small prize. Each of the three judges congratulated us individually. While speaking with the center judge, he observed my confused glance at the token in my hand. He explained that the to-



Heath Hanson with his oversized trophy.

ken is to be exchanged for my trophy at the far corner of the gym. As I walked to the trophy table, I imagined how my trophy might look on a mantel over a fireplace or on a bookshelf.

When I turned in my token, I could see a variety of trophies of various shapes and sizes behind the table. The man walked past all of the reasonable-sized trophies and picked up an enormous four-foot trophy. He placed it on the table and I looked all around for the possible recipient. I was the only one waiting, and I thought, "is that thing for me?". I was told later that my eyes became as big as the trophy. When he placed my engraved nameplate on the front of the trophy, my hopes were confirmed. I never imagined that I would win a trophy that size.

All in all, the tournament was one of the greatest experiences of my life. It was my first competition, my first time in Long Island, and my very first trophy. Also, I got to see other forms of Martial Arts. Participation in the tournament provided me with positive feedback and boosted my self-confidence. Most importantly, I learned to control my nerves and to perform to the best of my ability. It is satisfying to realize that all of my practice in class has paid off.

I encourage anyone who has an interest in Martial Arts to pursue it. It is a great opportunity to develop physical and mental ability as well as self-esteem. My hopes are to compete at a tournament in Manhattan, New York, this summer. If you would care to support or sponsor my team, please contact the Pyramid Black Belt Academy in Hardwick, Vermont.



WHERE IS THE CHRONICLE NOW?



Chip Taylor reclines?/buoys himself in the Dead Sea, near Turkey, to read the latest Cabot Chronicle issue.



Winter

**CABOT SCHOOL
WINTER
CONCERT**

**Wednesday,
December 21,
6:30 p.m.**

Cabot School
Performing Arts Center

Suggested donation \$2
Coffee and Desserts for sale
support the Cabot Performing Arts
Student Activities Fund

The Cabot Chronicle

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not-for-profit publication
that is delivered monthly
to every household
in Cabot.

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ANNUAL GIRL SCOUT COOKIE SALE

**BEGINS
JANUARY 1, 2012**

Don't forget to get your orders in!
Thank you for supporting
Cabot Girl Scouts

For more information contact
Cecilia Gulka, 563-2284



COMMUNITY CALENDAR

~ DECEMBER ~

Saturday, 12/3

Memorial Bulb Tree Lighting on the Green, Cabot United Church, 6:30 p.m. Information: 563-2278.

Saturday, 12/3

Cabot Community Chorus Christmas Concert, "All Ye Who Holiday Music Love", Cabot United Church, by donation, 7:00 p.m. The audience is also invited to join in with a sing-along followed by refreshments. Information: 563-2278.

Vermont Symphony Orchestra with violinist Katherine Winterstein, Flynn Center, Burlington, 8:00 p.m. A free pre-concert discussion, "Musically Speaking," will begin at 7:00 p.m. for members of the audience. Tickets: www.flyntix.org or 802-863-5966.

Sunday, 12/4

Elve's Workshop, Cabot United Church, 2:00-4:00 p.m. Parents are invited to drop off their children- ages 3+up. Make your own "surprise gifts".

Tuesday, 12/6

Button-up Workshop, Cabot Library, 6:30 – 8:30 p.m. Button-up Vermont is an educational workshop designed to help Vermont homeowners understand the steps they can take to make their homes more energy efficient and comfortable. This is a co-sponsored event of the Jaquith and Cabot Libraries.

Wednesday, 12/7

Cabot School Community Budget Forum, 6:00-7:30 p.m., Cabot School Performing Arts Center (originally scheduled for November 16). The school board needs your input.

Classic movie: Adam's Rib, Katharine Hepburn and Spencer Tracy, Jaquith Public Library, Marshfield, 7:00 p.m. Information: 426-3581.

Thursday, 12/8

Foot Reflexology for Health, Cabot Library, 6:30-7:30 p.m., suggested donation \$8.00. Alicia Feltus will conduct this workshop: enjoy an aromatherapy footbath, learn basic reflexology techniques. To register: 563-3220 aliciafeltus@gmail.com

Saturday, 12/10

Touch of Vermont Holiday Gift Market, City Hall, Montpelier, free, 9:00 a.m.-4:00 p.m. 50 Vermont artisans. Information: 310-1725.

Sunday, 12/11

Performance Shakespeare - Performing Elizabethan Verse with Jim Hogue, Jaquith Public Library, Marshfield, 3-5 p.m. If you think that performing Elizabethan texts so that audiences understand what you are saying and thinking and doing is worthwhile- then come to this workshop! For people of all ages. Information: 426-3581.

Wednesday, 12/14

Local Author Reading with Sam Stockwell, Jaquith Public Library, Marshfield, 7:00 p.m. Sam is a poet with a beautiful feel for words, people and life. She will read from her collection. Information: 426-3581.

Holiday Craft Making Workshop for Youth, Cabot Library, 3:00-4:30 p.m. Make your own holiday gifts! We'll have jewelry making, Quilling (paper crafting), and cookie decorating!

Thursday, 12/15

Public meeting to discuss Cabot Town Plan, 3rd floor Willey Building, Cabot, 6:30 p.m.

Sunday, 12/18

Live Creche and carol sing-along, Long Field Farm, top of Houston Hill, Cabot, 4:00-5:30 p.m.

Tuesday, 12/20

Special Holiday Preschool Story Hour, Cabot Library, 10:30-11:30 a.m. We'll have stories, crafts, and special holiday treats!

Wednesday, 12/21

Youth Holiday Market, Cabot Library, 3:00-4:00 p.m. Come buy, sell, or trade your stuff that's still in good condition. Be at the library at 3:00 if you would like market space. We'll help with stickers for pricing which should be in the range of .25 to \$5.00. A great opportunity for holiday shopping for your siblings and your friends!

December Concert, Cabot School Performing Arts Center, time TBA..

Saturday, 12/31

First Night In St. Johnsbury. Music, entertainment, fireworks, games, food, fun throughout downtown St. Johnsbury to ring in the New Year. Information: firstnightstj.com.

~ 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 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.

Children's Playgroup, every Wednesday morning, 9:00-11:00, Cabot United Church.

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

Dungeons & Dragons, Cabot Public Library, this program will continue this fall and is hosted on Fridays from 3 to 5:30. All are welcome.

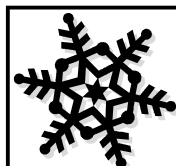


December Food Shelf Dates:

Wednesday, December 7,
pick up noon to 2 p.m.

Thursday, December, 22
pick up 2 p.m. to 4 p.m.

Cabot Mason Hall
on Main Street.



Holiday Elves Workshop

Sunday, Dec 3, 2-4 pm

Cabot United Church

Everyone Welcome!

~Holiday gift making~



FY'13 Cabot School Community Budget Forum

**Wednesday,
December 7
6-7:30 p.m.
Cabot School
Performing
Arts Center**

*(originally scheduled
for November 16)*

The school board
needs your input.

CABOT WORX

Community and Economic
Development Group

**WEDNESDAY
December 14, 7:00 p.m.
Cabot Mason hall**

TOPICS:

- Committee Structure
- Continue Project Prioritization

Meeting dates will be the second Wednesday of every month.

To receive minutes, updates or meeting notices, send an email to Cabot.Developent@yahoo.com to be added to the list.

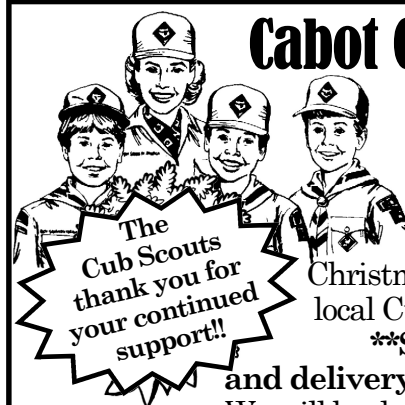
Everyone invited to join in the continued conversation and actions concerning Cabot's Community and Economic Development



SANTA'S EXPRESS MAILBOX

*Announcement
for kids*

Santa's express mail box is at the post office right now until Christmas Eve.



Cabot Cub Scouts Pack #746 3rd Annual Christmas Wreath Sale

If you are interested in purchasing a Christmas wreath or swag, please contact your local Cub Scouts.

****Sales are to begin October 24th****

and delivery will be the week of November 20th. We will be decorating the wreaths at the Cabot Fire Station on November 20th for last minute purchases.

Double-sided decorated 20-inch wreaths- \$20

Decorated swags - \$10

Any questions please contact:

James Lubas- 456-1361 ~ Rebecca Nally- 563-3503

Rita Durgin – 563-2826

RESTAURANT TO LEASE



**3075 Main Street,
Cabot Village**

**Fully-equipped 32-seat
restaurant in historic build-
ing, formerly operated as
Goldie's Gathering.**

**Cabot.Development@
yahoo.com
or 802-563-3147**

Watch for Cabot's Own FRONT PORCH FORUM

An easy and local Cabot community-building service will be available before the end of December.

Front Porch Forum is an internet tool created by Valerie and Michael Wood-Lewis in Burlington in 2006, when they discovered they had no connections to their neighbors. Dozens of Vermont towns have taken advantage of this easy and safe way to communicate with neighbors, from organizing yard sales to finding lost cats. Cabot's forum will be open only to people who live here. It's all about helping neighbors connect and building community.

Front Porch Forum (FPF) has been on the "front burner" for the Cabot Planning Commission and the community and economic development group called Cabot Worx. The Planning Commission requested UDAG funds for the \$2,500 cost to initiate the program, and a UDAG Development Grant was approved in October. The Planning Commission is working to begin Cabot Front Porch Forum within the next few weeks.

To learn more about the Front Porch Forum concept, go to www.frontporchforum.com. And watch for notices to sign up for Cabot's own FPF. Thank you, Planning Commission.



2011 - 1012 SNOWPLOWING BID CABOT SCHOOL

Cabot School is requesting bids for snowplowing, sanding and salting the school's driveways and parking areas. Please send bids to:

Cabot School District, c/o WNESU,
Attn: Rob Billings, Business Manager,
PO Box 470,
Plainfield, VT 05667,
(802) 454-9924 x206 or Fax (802) 454-9934

Bid deadline is 2 p.m., Friday, December 2, 2011



You Didn't Hear It From Me...

By Chronicle Staff

What a year! Despite all the less than pleasant things that we could reminisce about, let's look forward and remember our favorite things and name the things that we are thankful for.

For me, favorite things... bright coppered kettles and warm woolen mittens... and the skin that forms on tomato soup, pumpkin pie and pudding and ...muffin tops (not the bottoms) - realizations that came to me over the Thanksgiving holiday.

We all have to be thankful for the wonderful mild days we had in November. It seemed just the extra amount of time to button things up for winter. I am also thankful that brussel sprouts grow even up through the snow. I thought I had reaped the final harvest in November, but alas the mild weather kept them coming.

Cabot's 8th graders would like to thank the community for their bottle donations that have been streaming in regularly to the 24/7 drop-off spot on Main Street (O'Connor's driveway). Keep the donations coming! Thank you also to the O'Connor's who are managing these bottle drops. The bottle returns are being collected to help support the 8th Grade Trip to Washington D.C. next May.

The Cabot Library would like to thank the Friends of the Cabot Library for supporting the book discussion groups.

The Cabot Chronicle has so many to thank. The newspaper is running largely by volunteer efforts, to fill a community need. We would like to express our special appreciation to Fred Brown and Frankie _____, who have faithfully and with long suffering worked

with us to make the Cabot Chronicle website better and better. We are so grateful and so many readers have expressed their appreciation of the website.

We also have to thank Sue Freeburn, who compiles a great array of local and area events into our Event Calendar each month. Thanks Sue. And thanks to Seth O'Brien, our computer server questions and dilemmas are promptly resolved.

The Twin Valley Seniors offered to deliver Chronicle newspapers along with their monthly newsletter. The deliveries are coordinated with their meals on wheels drivers. Thanks so much to the Twin Valley Seniors.

Claudette McAllister, though not a postal driver, does drop off Chronicles to the Stop Inn once a month on her way home to Hardwick and that helps with the logistics of our monthly distribution of newspaper as well.

Our distribution of 1000 newspapers breaks down like this: the 600 households +/- of Cabot receive the Chronicle in the mail for free. The bulk of the remaining are spread to outlets in Cabot, Hardwick, East Hardwick, Woodbury, East Calais, Plainfield, Marshfield, West Danville, Danville and Walden. We have subscribers that have paid for their Chronicles to be delivered to them as they live away - some as far away as, Brazil, Germany, Norway and New Zealand, as well as many other states here in the U.S.

Finally, we do reserve copies for historical record, our duty, so that someone else, in the future, can read about life in Cabot in 2011, the May Floods, Hurricane Irene and the suspected hazards of WiFi.



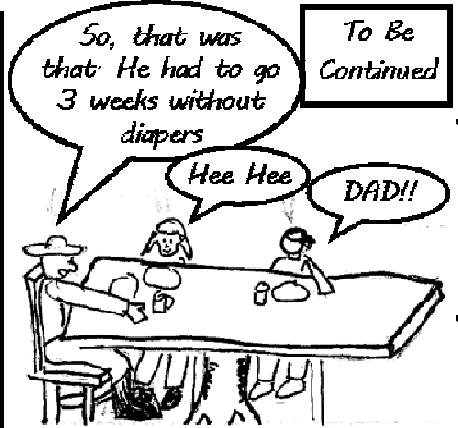
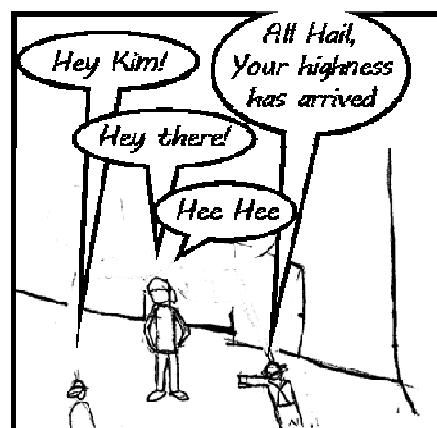
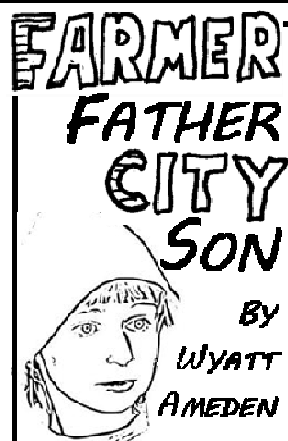
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Twelve Days of CHRISTMAS

On the first day of Christmas
my true love gave to me...



- 1 Block of Private Stock Cheese
(Cabot Creamery Store)
- 2 Blue Adirondack Chairs
(Richard Ducharme)
- 3 Jugs of Maple
(Chuck Talbert, Goodrich's Sugarhouse)
- 4 Cakes of Tempeh
(Rhapsody)
- 5 Boy Scout Wreaths...
(Cabot Boy Scouts)
- 6 Cheesy Pizzas
(Cabot Village Store)
- 7 Wooden Decoys
(Ken Klinger's Studio)
- 8 Country Christmas Ornaments
(Old Crow Crafts)
- 9 Yoga Sessions
(Alicia Feltus)
- 10 Crates of Tangerines
(8th Grade Citrus Sale)
- 11 Snowboard Waxings
(Extreme High Waxing)
- 12 Months of Chronicle News
(The Cabot Chronicle)

Happy Holidays One and All
from 

HOLIDAY REMINDERS FROM CABOT AMBULANCE

By Sheila Brown



Keep house numbers clear so your building can be identified quickly in an emergency



Check on elderly neighbors and relatives throughout the winter season



Play winter sports safely

- Wear appropriate protective gear
- Have a buddy with you
- Make sure someone knows where you are and when you'll return

*Cabot Ambulance Service wishes you a safe and happy holiday season.
We appreciate your support.*



Shop Local

Thank our
advertisers for supporting
your community newspaper!
Say you saw it in ... 

Understanding Deer Sex Ratios

By Kip Adams

Rifle season has opened in Vermont and New Hampshire, and doe:buck ratios are a hot topic of conversation around the cribbage board at deer camp. For those who aren't up on their deer-herd lingo, the ratio of does to bucks in the woods is one indicator of how well the deer herd is being managed. The more balanced the sex ratio (the same number of does and bucks), the better. It may be impossible to get to 1:1, but well-managed deer herds will have fewer than two adult does per adult buck, or a ratio of less than 2:1.

Now, right off the bat this year, some hunters, upon seeing a bunch of does and no bucks near their hunting stand on the first morning, will report that the herd is all out of whack. Even people who should know better – like outdoor writers and biologists – sometimes talk about 10:1 or 15:1 doe:buck ratios. But these cannot be pre-hunt adult ratios, because as long as the deer herd is reproducing and recruiting fawns into the fall herd, the ratio cannot become more skewed than about five does per buck in northern regions. In reality, the biological maximum on the first day of deer season is about 5:1, because even if no does are killed during the hunt, 15 to 20 percent of the adult females in the population will die each year from old age, vehicles, disease, predators, and other causes. Also, slightly more than 50 percent of the fawns born each year are male, providing an annual correction.

Let's look at a hypothetical population containing 120 adult deer. Fawns are not included. The pre-hunt population has 100 does and 20 bucks, a 5:1 ratio. Let's say that during the hunting season, hunters kill 90 percent (18) of the bucks and none of the does.

The post-hunt population is 100 does and 2 bucks, a 50:1 ratio, heavily skewed after the hunt. Natural mortality gets added next. Since there are very few bucks left in the population, very few will die from other causes. But we'll say 1 of the 2 remaining bucks dies. Natural causes will claim 15 to 20 percent of the does. We'll be conservative and use 15 percent (15 does). The remaining population is 85 does and 1 buck, 85:1, even more heavily skewed.

For simplicity, we'll say each of the remaining does recruits 1 fawn. This is above the national average, but the point is still valid. That means there will be 85 (about 43 buck and 42 doe) fawns. These won't be added to the adult population until the following year, but last year's fawns get added this year. For simplicity, we'll assume last year's population had the same number of fawns and immigration and emigration are equal. So, recruitment to adulthood adds 42 does and 43 bucks, bringing the pre-hunt population to 127 does and 44 bucks, a 3:1 ratio.

This example, though simplified, demonstrates that pre-hunt adult sex ratios can't become as skewed as many think. However, from a biological perspective, a 3:1 ratio is heavily skewed and reflects poor management of the deer population. This 3:1 ratio could lead to heavily skewed observation ratios, because many people routinely mistake button bucks and doe fawns for adult does. By their nature and behavior, does are more readily seen than bucks, which also creates a visibility bias.

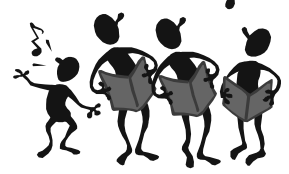
The sex ratio by itself can be misleading, however, and it's only one part of a well-managed herd. It's important to also consider the age structure of the buck population. For example, you could have two deer populations that both have 2:1 ratios. One population has only yearling bucks, while the second has bucks from 1.5 to 5.5 years. Clearly, the second herd is better managed and offers a wider variety of hunting opportunities. A herd like that is the goal of Quality Deer Management, a management philosophy that works to balance deer herds with the habitat (reducing herds by removing female deer) and to have all age classes of bucks represented in the population. By accomplishing these goals, you obtain good sex ratios (<2:1) with good age structure on the bucks' side. So, the next time you're discussing sex ratios at deer camp, be sure to have a follow up conversation about the age structure of the herd.

Kip Adams is a certified wildlife biologist and northern director of education and outreach for the Quality Deer Management Association (QDMA). 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.



SATURDAY, DECEMBER 3, 7:00 P.M. COMMUNITY HOLIDAY CONCERT

"All Ye Who Holiday Music Love," sung by the Cabot Community Chorus. The audience is also invited to join in with a sing-along followed by refreshments. Cabot Church, Main Street. By Donation.



Book Review:

Fields of Learning The Student Farm Movement in North America

By Cia Considine

Published by the University of Kentucky Press

A new academic book was recently released from the University of Kentucky Press, *Fields of Learning, The Student Farm Movement in North America*. This book is a compilation of stories, an historical record, of alternative learning environments, such as student led agricultural operations and campus farms. Although there is little dispute that agricultural curriculums have enriching value over a broad range of topics (business, ecology, technology, science, social studies, community building, and sustainability, to name a few), it remains a question for colleges as to how students would find time to incorporate agriculture into their already-taxed schedules. In addition to that, there is the question of the financial investment of implementing such programs.

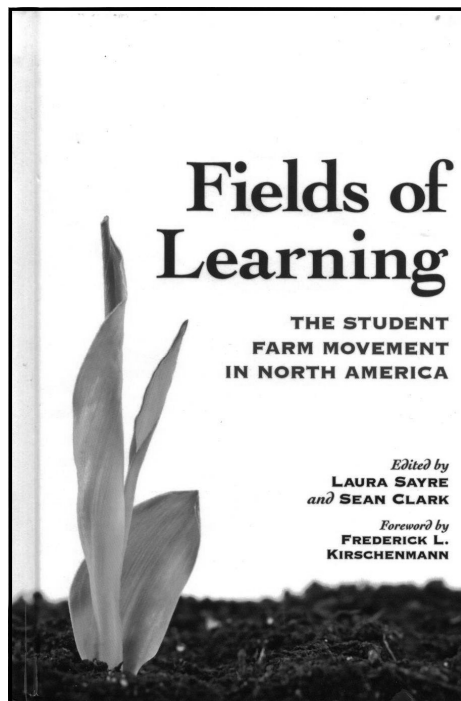
Despite the dilemma, educational institutions of higher learning cannot ignore the emerging food revolution in our culture and the increasing interest in a new kind of agriculture, a more holistic agriculture, where ultimately farm fresh or garden fresh is best, buying local makes most sense, and organic practices are widely adopted.

Opportunities for young people to be exposed to this movement will have an impact on their life and their thinking, regardless of what career path they follow. Likewise, students inclined to agricultural studies (and there are not nearly enough) will be better equipped to meet and develop more ecologically-sound food systems.

This book documents the student farm movement in North America and brings the pertinence of that movement to us here in Cabot and our Craftsbury and Hardwick neighbors. Consider Ben Hewitt's book, *The Town That Food Saved*, which profiles new producers and other Hardwick area farms run by a remnant of activists (20, 30 and 40 somethings), who moved onto farms and began to advance a consciousness around eating locally raised food.

Julia Shipley, Craftsbury resident, former Director of Writing Studies at Sterling College, accomplished writer of agricultural topics and regular contributor to *The Cabot Chronicle*, has written Chapter 3, the story of the evolution of Sterling College's Sustainable Agriculture Program. This program slowly built on a one-year program started over thirty years ago by Cabot resident Ted Bermingham. It was first known as the Grass Roots Year in forestry, wildlife management and agriculture.

"What is now Sterling College, in Craftsbury Common, Vermont, was originally a boy's boarding school founded in 1958. In 1962, in the middle of the school year, the headmaster abruptly left and Ted Bermingham, the man responsible for Sterling's foray into farming, found himself taking over the helm of a financially strapped, second-tier prep school located about thirty minutes from the Canadian border. As Bermingham, who has a degree in agriculture from Colorado A&M and a degree in history from Princeton University, cast about for ways to make Sterling different from other boarding schools, many of them more prestigious and most of them significantly closer to the metropolitan areas where potential students' families resided, he hit on the idea of acquiring a farm.



For the record, however, this tiny school with its unique sustainable agriculture degree did not begin with the idealistic impulse to "Let them eat what they sow."

Bermingham is quick to point this out. "One thing I want to be clear about: There never would have been a farm if a guy [the school's first headmaster] hadn't left in the middle of the semester." "another myth Bermingham wants to debunk, "it wasn't a farm; it was a barn." He explained the difference: "This never was a working farm; it was a place for Farm projects. The students of Sterling School were mostly suburban kids without farm backgrounds. The farm provided students with a work ethic, discipline and responsibility. So, the farm served the role of an orchestra or a football team.

It was an organizing device, something for students to come together around and participate in. But more than that, the farm provided an additional element to their education. When you work with animal, you are constantly learning from them. We never claimed we were training people to be farmers."

Fields of Learning is recommended reading, for parents of high schoolers with agricultural interests. It may help as a way of previewing what programs might suit/serve their student's academic/ agricultural knowledge needs. An unexpected resource that way and still, a great read if you farm for a living or part-time, have a summer vegetable garden or support your local CSA. *Fields of Learning* will prove interesting and enjoyable to many.

Winter Light

By Ron Lay-Sleeper

The goldenrod along the fencerow

Lies broken over The goldenrod along the fencerow

Lies broken over barbed wire,

Beaten down by last night's snow.

Stripped of grass and leaf by October's killing frosts,

The land this morning lay white and still,

The forms of ledge, field and orchard

Bare to the eye and weather.



FROM THE CABOT PUBLIC LIBRARY

Programs

Fall flyers featuring programs for November will be available for you to pick up from The Cabot Public Library

Programs

Fall program flyers featuring programs for December will be available for you to pick up in the library so you can plan your schedule! We welcome your ideas for programming for 2012.

Button Up Workshop - Tuesday, December 6, 6:30-8:30 p.m.

This informational session is designed to help Vermonters learn the basics of building science and how to improve energy efficiency in homes. This free workshop was originally developed by Central Vermont Community Action Council and is offered this year in partnership with Efficiency Vermont. It includes an overview of why building efficiency is so important here in Vermont, illustrates how homes lose energy, and outlines clear steps that homeowners can take to address this energy loss.

Foot Reflexology for Health - Thursday, December 8, 6:30-7:30 p.m.

Enjoy an aromatherapy footbath, learn basic reflexology techniques, reflex points on the feet, benefits and self-care to promote health and well-being. Suggested donation is \$8.00. Alicia Feltus, foot reflexologist and yoga instructor, will lead this fun and informative workshop. To register, please call or email 563-3220, aliciafeltus@gmail.com.

Holiday Craft Making Workshop for Youth - Wednesday, December 14, 3:00-4:30 p.m.

Make your own holiday gifts! We'll have jewelry making, quilling (paper crafting), and cookie decorating!

Special Holiday Preschool Story Hour - Tuesday, December 20, 10:30-11:30 a.m.

We'll have stories, crafts, and special holiday treats!

Youth Holiday Market - Wednesday, December 21, 3:00-4:00 p.m.

Come buy, sell, or trade your stuff that's still in good condition. Be at the library at 3:00 if you would like market space. We'll help with stickers for pricing, which should be in the range of \$.25 to \$.50. A great opportunity for holiday shopping for your siblings and friends!

Yoga & Wellness Classes - Tuesdays 6:00-7:30 p.m. and Thursdays 8:30-10:00 a.m.

We're on for all the usual times in December. For more information, contact Alicia: 802-563-3220, or aliciafeltus@gmail.com.

Dungeons & Dragons - Fridays, December 2, 9, & 16, 3:00-5:30 p.m.

Join the group, conquer the obstacles, and get out of the dungeon alive! All are welcome.

Universal Class

Universal Class is an educational service providing high quality online courses for patrons interested in the lifelong pursuit of knowledge for either personal or professional reasons. Over 500 online Continuing Education courses are available for free. These classes are provided by Recorded Books, Vermont Department of Libraries, and the Institute of Museum and Library Services. For info on how to register, either stop by the library, call us at 563-2721 or email at cabotlibrary@yahoo.com.

Thank You!

Thank you to Cynthia Russell for leading our fall book discussion group with lively conversation and tamarind treats from India! Thanks to Karen Alexander for organizing a special Saturday morning story hour. Thank you to the folks at Jaquith Library for hosting events for the Vermont Reads programs this fall. Thanks to all the Cabot Library Trustees for countless volunteer hours helping us direct and care for this wonderful library: Karen Alexander, Paula Davidson, Kathleen Higbee, Marge Trautz, and Jon Vara.

Also, we would like to thank the wonderful folks at CLiF, Children's Literacy Foundation, for their grant of \$2,000 worth of new children's books and for their two presentations for the Pre-K through sixth grades to showcase these books.

Cabot Library Reminders:

HOURS

- Tuesday 9:00 a.m.-6:00 p.m.
- ****Story Hour 10:30-11:30 a.m.****
- Wednesday 2:00 a.m.-6:00p.m.
- Thursday 11:00 a.m.-6:00p.m.
- Saturday 9:00 a.m.-2:00p.m.
- Closed Sunday, Monday & Friday

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

See you at the Library!
Kathleen Hoyne and Anne Walker



Before leaf-fall the mind clings to green thoughts;

By first snow like geese which cannot fly

Or dead leaves scattered under naked trees,

The memory has frozen on the land:

Stacked wood, hived bees, frozen brook,

Frost-withered apples dangling from broken spurs.

Old wounds aching in the cold,

We learn winter light is from within,

As on supple twigs hard-cased buds

Enclose the force of flowers,

As within my wife's body

Our child grows toward birth.



Help Available for Caregivers of Persons with Dementia: CVCOA Announces Support Programs By Central Vermont Council on Aging

“Most families have been touched by Alzheimer’s disease or dementia,” says Meg Burmeister, Director of Case Management at Central Vermont Council on Aging (CVCOA). Today, one in eight Americans age 65 or older are living with dementia. And the Alzheimer’s Association reports nearly 15 million Alzheimer’s and dementia caregivers provide 17 billion hours of unpaid care.

Those hours of care can take their toll. More than 60 percent of these family caregivers report high levels of stress because of the prolonged duration of caregiving and 33 percent report symptoms of depression. “The health risks to dementia caregivers cannot be ignored,” continues Burmeister. “To help family caregivers cope with the challenges they face, CVCOA offers two programs, a new home-based support program and respite grants.”

REACH OUT is an evidence-informed caregiver support program designed to promote the health and well-being of caregivers caring for a family member with dementia in the home. Caregivers will work with CVCOA case managers over a six-month period to identify problems and create action plans to resolve those problems. The focus will be on education about dementia, caregiving and stress; home safety; caregiver health; relaxation; coping with dementia behaviors; and enhancing social support.

Dementia Respite Grants allow the family caregiver to take a break from caregiving. Grants of up to \$1,000 can be used to hire substitute in-home help to provide personal care, companionship or homemaker services. Or the funds can be used to pay for adult day services or short-term institutional care. To qualify, the person receiving care must have a physician’s diagnosis of Alzheimer’s disease or a progressive dementia, and have an income of less than \$32,670 (individual) or \$44,130 (couple).

For more information about the REACH OUT program or the Dementia Respite Grant, call Jeanne Kern, CVCOA Family Caregiver Support, at 802-476-2671.



Cabot Church

December 2011 Schedule



Saturday Dec. 3rd

6:30 PM.....Lighting the Memorial Bulb Tree
on the Common

7:00 PM.....Cabot Community Chorus
refreshments following

Sunday, Dec. 4th

10:00 AM.....Sunday Service

2-4:00 PMElves Workshop:
Parents are invited to drop off their children- ages 3+up. Make your own "Surprise Gifts"

Sunday, Dec. 11th

10:00 AM.....Sunday Service

Sunday, Dec. 18th

10:00 AM.....Sunday Service

4-5:30 PM.....Live Crèche at Long Field
(Rockwell's) Farm, 1482 Houston Hill

Saturday, Dec. 24th

7:00 PM.....Our annual
Christmas Eve Candlelight Service

Sunday, Dec. 25th

10:00 AM..... Sunday Service

Cabot Recreation Department

By Libby Hale

After a long and beautiful fall, we should be all ready for winter and all that goes with it. We want to thank all those who stepped up and offered their time and labor to maintain the ice rink. At the time of this printing, thanks to the very generous efforts of Rich and Connie Hourihan, we believe the rink will be located at the Smith Farm up Thistle Hill Road. Rich and Connie have dug a skating pond just for the community and have a heated cabin there, as well, for the comfort and enjoyment of the skaters. Many Thanks to Rich and Connie, a pair who really knows how to get things done!!!

On the basketball front, we are unsure (at the time of printing) what we will have for teams, as we only have 17 registrants (and less than half paid). We plan that we will have a boys and a girls team at both the 3-4 and 5-6 grade levels. Although, without definite numbers of players and guarantee of teams, it is impossible to schedule games with

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 10 *Cypress Ellen*
Grade 9 *Heidi Cookson*
Grade 8 *Hannah Barnhart, Clementine O'Connor Megan Walker*
Grade 7 *Tobias Cooke, Jeremy Hoyne-Grosvenor, Isabella McCallum*

First Honor

Grade 12 *Matthew Nally*
Grade 11 *Timothy Muller-Harder, Brooke Tetreault, Jennifer Vandenburg*
Grade 10 *Joe Ambroz, Olivia Bellavance, Lars Hammer, Kassandra Morse*
Grade 9 *Gage Sironi, Emma Stecker, Alexandria Yu*
Grade 8 *Tiger Bastress, Caleb Maxfield*
Grade 7 *Alisha Celley, Jeremy Maxfield*

Second Honors

Grade 12 *Leeann Wootton*
Grade 10 *Donaghue Burke*
Grade 9 *Donavon Bigelow, Rebecca Blaisdell, Kyle Celley, Madeline Morse, Alexandria Simmons, Lyrica Stella,*
Grade 8 *Eli Hale, Ian Lewis, William Nally*
Grade 7 *Henry Burke, Alexis Packard*

Safety and Security for Our Schools

Nancy Thomas,
Superintendent of Schools

Security for both the Cabot and Twinfield Schools has become a major issue as the result of repeated break-ins at both schools. Unfortunately, this is part of a rash of burglaries in both private homes and municipal buildings in our region. Cabot School has experienced four costly robberies in less than two years and Twinfield three. The most recent event at Twinfield included significant vandalism to the interior, as well as theft of a school truck which was later found badly damaged. The need for increasing security for our facilities and property is clear.

I have explored many security system options that schools across Vermont have found effective in deterring break-ins and theft and increasing safety during school hours. Community member Dean Deasy has generously assisted the supervisory union with researching and planning an affordable and effective set of proposals for the Boards of the two schools to consider.

Both school boards have approved installation of a security camera system to serve both as deterrent and, if needed, documentation for prosecution if there is a break-in. In addition, the camera security system will provide increased safety during school hours by monitoring drive-ways, parking areas and entry ways. There will be multiple interior and exterior cameras. The computer server storing recorded video will be off-site and shared by the two schools. If something is missing or damaged during a school vacation or holiday, the video will be held long enough to still be available for viewing. Notices will be posted at school entrances to alert the public of the security cameras.

The Cabot School Board has also approved a key card system similar to the one currently used at Twinfield. This will help to limit those who have access to the school building after hours and eliminate using any lost keys as a means of access.

While it is unfortunate that such systems are needed, it is important that, as a community, we take these added precautions to provide for the safety of our students and security of our schools.



WATCH FOR ICE SKATING TO START AT SMITH FARM THISTLE HILL

other teams. This year, we have hopes of splitting the primary group in two, as the developmental and skill levels are so different between preschoolers and second graders.

While there was enthusiastic response for the rink maintenance (thank you all), we are still looking for a trail crew. Even if you have spoken to Libby in the past, please re-contact her with your interest so she can actually add your name and contact info to a list. Thank you! Libby: 563-3226 libbyhale1@gmail.com.

JUNIOR HIGH GIRLS SOCCER SEASON



Back from left, Isabella McCallum, Jasmine Tetreault, Kiara Dedier, Shannon Harvey, Alicia Celley, Taylor Abbott. Middle, Samantha Villeneuve, Brook Houghton and Lauren Bellavance. Front left, Michaela Gokey and Monique Bigelow.

By Coach Michelle Delaney

The girl's middle school team consisted of 6-6th graders, 3-7th graders, and 2- 8th graders. The girls played against co-ed teams and had a 0-4 season. Their record does not reflect the effort they put in or the progress that they made as players. They played well as a team. Four of the girls put in some time as keepers and played equally well on the field: Shannon Har-

vey, Jasmine Tetreault, Monique Bigelow, and Alisha Celley. Isabella McCallum shut down countless scoring opportunities for us as a stopper and sweeper. 6th graders Taylor Abbott, Lauren Bellavance, Kiara Dedier, Michaela Gokey, Brooke Houghton, and Samantha Villeneuve stepped up and played against players who were much bigger. Thanks Ladies for a great year- Coach Michelle Delaney.

THANK YOU COACH YOUNCE



back - Coach Chris Younce, Jeremy Maxfield, Dylan Wright, Tiger Bastress, Ben Deasy, Seth Herrick-Trombley, Josh Therrien front -Will Nally, Wyatt Ameden, Henry Burke, Jeremy Hoyne-Grosvenor, Eli Hale and Frank Schumacher.

By Lynn Maxfield

This was Chris Younce's first year as soccer coach of the middle school boys. He was great with all the players. His energy and enthusiasm was appreciated by both the players and the parents.

The team didn't play as many games as they would have liked, however, they

demonstrated real team work during their games. One match at Craftsbury, the team had only nine players for the game. They had no subs and they still tied!

Chris made sure that the boys had plenty of practices to keep them busy to develop their skills and to learn more about the game.

Thank you Coach.

Don't know what to ask for this holiday?
Have someone make a donation,
in your name, in support of
your local newspaper!



Mazie's Amazing Scientific Advice The 2011 Nobel Prize for Physics

By Mazie O'Connor

It would be a bit more timely to write about this topic for next December, since there are some that believe that the universe will come to an end at the end of 2012. Nevertheless, the Nobel Prize for Physics for 2011 has brought the subject to attention now.

There are four potential 'end of the universe' scenarios:

The BIG CRUNCH, which is the case that the universe expands and eventually collapses in on itself.

The BIG FREEZE, is the case where the universe expands at an increasing speed forever and ever, for billions of trillions of years, resulting in colder and colder temperatures.

The BIG BOUNCE, which looks like multiple collapses (the best way that I can describe it) due to accelerated expansion.

And..the BIG RIP, the case where the universe's expansion increases and increases so fast that everything shreds – all the fabric of matter, energy, space, time, etc. – all shredded!

It has been long understood by scientists that the universe *IS* in an expanding state, but that expansion is so so negligible, that it just keeps the universe from imploding on itself.

But now, scientists have found that this expansion is much more accelerated than once thought. This discovery has now been acknowledged by this year's Nobel Prize.

What does this expansion mean? Well, the accelerated expansion is due to 'dark energy', which is incredibly hard to understand. Scientists don't understand it and for me, it is so annoying, because it is like reading a mystery novel and then suddenly finding out that someone has stolen the last half of the novel!

So any one of the four 'end of the universe scenarios', is even more likely with the confirmed accelerated expansion. Scientists are leaning towards the BIG FREEZE, although the timeframe for that 'end' is still billions of years away and definitely NOT next year.

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SUDOKU GOLF

The completed sudoku below represents golf hole scores (1-9). Find the connected 18-hole path giving the lowest score (the first hole is at top left, 18th bottom right as

Sudoku Golf, is a math challenge done on correctly completed Sudoku puzzles. The object is to start at the upper leftmost square and ending at the lower rightmost square. Add the squares as you go. The challenge is to find the path with the lowest score as in golf. You may only move left, right, down and diagonally down. And you may only have a single "hole-in-one" (pass by the number 1, once). Once possible path is shown below, but you can do better. (Example Score = 75)

START The solution for October and November 2011 is here →

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

Score to beat—'61'

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

Score to beat—'75'

END

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