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Vol. 5, No. 4 P.O. Box 245, Cabot, Vermont 05647 April 2012

Cabot® Vermont Cheddar Named 'Worlds Best'



Cabot, VT
The results of the 2012 World Championships are in and the farm family owners of Cabot Creamery Cooperative are smiling proudly. **Cabot Vintage Choice Cheddar, one of the cooperative's signature Vermont cheeses, was named "World's Best"** at this year's 29th biennial World Championship Cheese Contest held March 5-7 in Madison, Wisconsin.

Cabot's Vintage Choice entry in the "Cheddar Aged Two Years or Longer" class captured the gold medal on Tuesday, and then went head-to-head with the other 82 gold medal winners to emerge as one of the 16 cheeses judged best in the world this year.

This year's competition featured a record of 2,503 entries in 83 cheese and butter classes. An international panel of 40 expert judges from 17 nations and ten U.S. states evaluated the entries during the three-day competition. The entries came from two-dozen countries from Argentina to New Zealand, as well as from thirty U.S. states and six Canadian provinces.

Cabot's 50% Reduced Fat Cheddar earned a third-place ribbon behind two Dutch cheeses, establishing it as the "Best Reduced Fat Cheese in the U.S." Because the Dutch Cheeses were not cheddars, Cabot also lays claim to the title of 'Best Reduced Fat Cheddar in the World.'

In addition to Cabot's "Best in the World" results, several other Cabot products also performed well en route to four total ribbons. Cabot Cottage Cheese won a third-place ribbon. In a dominating Aged Cheddar performance, Cabot took both first and third place in the "Cheddar Aged Two Years or Longer" category and had two entries in the Top Ten in the "Cheddar Aged One to Two Years" class. Rounding out the amazing run, Cabot 83 European-style Unsalted Butter, Cabot Garlic & Herb Cheddar and Cabot

Clothbound Cheddar all finished in the Top Ten in their respective classes - one of the strongest overall showings in the cooperative's 93-year history.

"We're thrilled to be recognized again as makers of the "World's Best Cheddar," says Cabot CEO, Dr. Richard Stammer. "The results of this year's World Championship Cheese Contest clearly show the breadth of quality and craftsmanship that goes into all our products, and is a testament to the hard work and care that our farm family owners and our master cheese makers put forth to make Cabot products the best in the world."

Several friends of Cabot performed well at the World Championships. Sister brand McCadam Cheese's Medium Cheddar posted a Top Ten showing. Agri-Mark members Doug and Deb Erb of Landaff Creamery in Landaff, NH, won a 3rd place ribbon for their eponymous Landaff cheese in the "Open Class Semi-Soft Cheeses" category. This cheese, like the Cabot Clothbound Cheddar, is a collaborative effort with The Cellars at Jasper Hill in Greensboro, VT. Jasper Hill won a blue ribbon for their new Harbison cheese in the "Open Class Soft Cheese" category.

Historically closed to industry outsiders, the World Championship Cheese Contest has grown in recent years to become a "must-see", ticketed event for cheese lovers the world over. This year's contest sold out almost immediately, as 400 ticket holders not only witnessed the competition, they were able to sample this year's best 16 cheeses, including Cabot Vintage Choice cheddar, while mingling with attendees and the international panel of judges.

The World Championship Cheese contest is hosted by the non-profit Wisconsin Cheese Makers Association with assistance from dozens of industry volunteers. Since its inception in 1957, the contest has grown rapidly and is now the largest international cheese and butter competition in the world.

Goat Ropers Jammin'



The Goat Ropers, jammin' on the steps of the Cabot United Church, between Cabot gigs. They were featured entertainers at the Maple Fest and later at the St. Patrick's Day Supper at the Church. Michael Manion, Bill Carroll and Michael Kennedy are rumored to be working on their next song, inspired by the Cabot Chronicle - not many words that rhyme with chronicle, though....

Cabot Town Meeting Votes

Local Australian Ballot issues:		Ken Christman was elected First Constable
Selectboard 3 yrs - Ted Domey	Selectboard 2 yrs - Dan Dunham	Second Constable was not elected; Selectboard will appoint
School Director 3 yrs - Sharon O'Connor	School Director 2 yrs - Jacklyn Folsom	Dave Pike was re-elected Grand Juror
School Director 1 yr - Ry Hoffman	UDAG Article 21 - Passed	Chip Taylor was elected Law Agent
UDAG Article 22 - Passed		Melvin Churchill was re-elected to Cemetery Commission
The following actions were taken by voice vote:		Beth Wade and Amber Bothfeld were elected Library Trustees
Article 1: Ed Smith elected Moderator	Article 2: Previous Annual Town Meeting minutes approved.	Jackie Folsom was elected to the UDAG Committee
Article 3: (Australian Ballot)	Article 4: (Australian Ballot)	Article 8: Library Trustees were authorized to apply for and receive grants and gifts and to spend any grants and gifts received.
Article 5: The Town voted to hear reports of Town Officers	Article 6: The Town voted to pay it Real and Personal Property taxes to the Town Treasurer on or before November 12, 2012, with delinquent taxes having interest charges of one percent per month for the first three months and one and one-half percent per month thereafter and an eight percent penalty charged from the due date.	Article 9: The Town voted to increase the Disabled Veteran's Tax Exemption amount from \$20,000 of appraised value to \$40,000 of appraised value.
Article 7: Town agreed to elect all Town Officers required by law, according to law.	Alan Perry resigned from Selectboard – after Town Meeting, Selectboard appointed Brigitte Codling to complete his term	Article 10: The Town approved the sum of \$259,000 for the purpose of installing a supplemental culvert across Main Street between the Cabot Garage and Cabot Village Store, with \$194,000 to come from Federal and State grants and gifts and the balance to come from local taxes.
	Jeanne Johnson was elected Lister	Article 11: The Town voted the sum of \$39,250 to defray the expenses of the Cabot Fire Department.
	Jack Daniels was elected to 3-year term as Auditor	Article 12: The Town voted the sum of \$50,420 to support the Cabot Library.
	Sue Freeburn was elected to 2-year term as Auditor	Article 13: The Town voted the sum of \$20,000 to help toward the maintenance of the Cabot Cemeteries.
	Susan Carpenter was re-elected Delinquent Tax Collector	

(See Cabot Town Meeting Votes, Page 3)

Cabot Maple Fest A Hit!



Maple leaf cookies by Beth Hoffman. Photo courtesy of Robin Reid, Rural Route Today. See more photos on Page 2.

THE FLYING FARMER

The Gravity Enhancer, Old Nellie,
and Weird Sugaring Weather!



Mary Tebbett's sap spout collection.

By Will Ameden

I know now that the phrase “short and sweet” originated with a maple sugar maker. This year, that same phrase has never held more true. Here at Under Orion Farm, we generally produce the majority of our syrup at the end of March and the first couple weeks of April. Now, we may be ending our season when we would normally begin!

We tapped out this year in good time with loads of help from Shane and Robert, even replacing all of our drop lines, which added to the work. We got “Old Nellie” [snow machine] out of retirement, fixed up a new “bitch-a-thane” seat, hooked up the sap puller (I call it a “gravity enhancer”), and we were ready for snow.

This little sap puller/gravity enhancer gave us just enough vacuum in the lines to save the season. It is an art to find vacuum leaks in the sap lines using the gravity enhancer. With the bad leaks, you can hear air being sucked in the lines through holes or loose fittings. But on small leaks, you have to watch the bubbles. If a line is leak-free, you will see no movement of sap in the pipes. With a leak, you will see the air bubbles moving along, fast for larger leaks, and slower for smaller ones. The sap, with the help of the enhancer, is then run into a 1100 gallon storage tank, just above the sugar house, where it can be run by gravity into the evaporator. Measuring vacuum



The arch at full boil.

on the lines - we got 17"... That's a good thing!

Boiling is done (with the doors closed) as rapidly as possible. It takes loads of wood (I add wood every 6-8 minutes, depending on wood species) to boil down the 40 gallons of sap to make one gallon of syrup. When the syrup reaches the right temperature and density, it is drawn off the arch for finishing.

Loads of visitors, who added their names to the wall.... Names on the wall...but not much syrup—liquid gold.

We are boiling dark, flavorful syrup this year, about one third of a crop so far, and have bottled several sizes for purchase. We boiled on the really warm days too, but not sure how much longer the sap will run without the cold nights.

The Cabot Chronicle Submission Guidelines

The Chronicle welcomes letters written with an economy of words. The maximum length is recommended to be no longer than 400 words. Letters may be edited for clarity and length or returned to the author with suggestions for re-submittal. All letters and commentary published in The Cabot Chronicle represent the opinions of the authors and not necessarily the opinions of staff.

The Cabot Chronicle reserves the right to reject letters that may contain unsuitable material for our readers. Letters will not be considered for publication unless signed and accompanied by a phone number. We will gladly consider articles and photographs for publication.

The Cabot Chronicle is not responsible for errors in submitted material. Nor does The Cabot Chronicle assume responsibility for claims arising in connection with products or services advertised on these pages.

If you have editorial questions or would like advertising information, call our office at 563-3338, visit our website, www.cabotchronicle.org or email us at inbox@cabotchronicle.org Letters and other inquiries can also be sent to: The Cabot Chronicle, P.O. Box 245, Cabot, VT 05647.

Maple Fest A Success!



Thirty-one vendors participated in Maple FEST



Marvie Domey and Senator and Marcel Leahy



Pyramid Academy demonstrates Tae Kwon Do



The National Guard supplied a rock wall for energetic climbers



Jeannie Johnson organizes the popular silent auction

The Cabot Chronicle

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~ Mission Statement ~

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

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OBITUARIES & MEMORIALS

Solange McAllister

Hardwick- Solange "Sally" Rolande McAllister, 88, of Hardwick, died Sunday, February 19, 2012, at the Greensboro Nursing Home. She was born June 25, 1923, in Westfield, the daughter of the late Oliver and Olivina (Neunier) Pion.

She attended Westfield public schools. In 1941 she married Stanley William McAllister in Troy. She was employed at Hardwick Knitwear for 12 years, and for more than 26 years she worked as a cook and nanny for Ogden Reid in Purchase, New York. She retired in the late 1990's. She returned to Hardwick, where she has since made her home.

Solange was a member of St. Norbert's Catholic Church and Court St. Veronica Catholic Daughters, both in Hardwick. She enjoyed sewing, knitting and cooking.

Survivors include her daughter, Gloria McAllister, and her husband Richard Leidenfrost of Crescent City, FL; her five sons: Leon McAllister and his wife Pat; Raoul McAllister; Wilfred "Willie" McAllister and his wife Claudette; and Russell McAllister and his wife Cheryl, all of Hardwick; and Conrad McAllister and his wife Juanell of Orlando, FL; two brothers: Raymond Pion of Lowell and Roger Pion of Barton, 18 grandchildren, 16 great-grandchildren, one great-great-grandson, several nieces, nephews and cousins.

She was predeceased by two sisters: Jeanette Benoit and Marie B. Boudreau; and three brothers: Roland, Rene and Sam Pion.

In lieu of flowers, contributions in her memory may be made to Mary Queen of all Saints Parish, P.O. Box 496, Hardwick, VT 05843. Arrangements are under the direction of Dian R. Holcomb of Northern Vermont Funeral Service, 60 Elm Street, Hardwick.

Northern Vermont Funeral Service

60 Elm Street
Hardwick, VT
05843-0063

802-472-6861

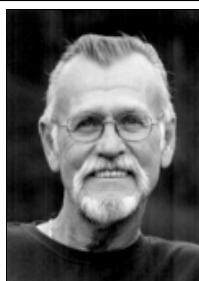
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Funeral Director

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Bertrand M. Tremblay, Sr.



Barre Town - Bertrand M. Tremblay Sr., 61, of Daniels Drive, passed away at his home, with his loving family by his side, on March 1, 2012. Born July 25, 1950, in Verdun,

Canada, he was the son of Louis and Lucienne (Arnad) Tremblay. Bert attended Holy Ghost School and Spaulding High School. On March 29, 1969, he married Sandra A. Pecor. He worked for Burrell Roofing for over 40 years, retiring in 2010 due to ill health. Bert was a member of St. Monica Church, The Canadian Club, Mutua and the Moose Club. He was a loving, caring husband, father, grandfather and brother-in-law and an avid hunter. He enjoyed being at his hunting camp in Cabot.

He is survived by his loving wife and caregiver, Sandy, of 43 years; two sons, Bert Tremblay Jr. and Joe Tremblay and his wife Gwen; three daughters, Kristine Morande and her fiancé Robert Hepburn, Karyn Tremblay and her companion Corey Touchette, Kathleen Audy and her husband John; his mother, Lucienne Tremblay; several grandchildren; two brothers, Luc Tremblay and Jacques Tremblay, and four sisters, Micheline Audet, Ginette Gosselin, Joanne Roberts, Lisa Duff; and several nieces and nephews.

Robert L. Paire



Robert L. Paire, 62, of Cabot, died Wednesday, February 15, 2012, at Fletcher Allen Hospital in Burlington after a sudden illness. He was born March 31, 1949, in Keene, N.H., the son

of the late Leonard E. and Lorraine F. Paire of Keene, N.H. Bob attended Keene schools and graduated from Keene High School in 1967. He served as a sergeant in the 37th Artillery in Vietnam from 1968 - 1971. He received several medals, including the Bronze Star of Valor. After returning home from Vietnam, he attended Manchester Technical College, where he received a degree in printing.

Bob was a man of many trades, including sawyer, contractor, craftsman and farmer, excelling at everything he did. He built his own home, loved working on his land and was instrumental in helping his wife establish "Shirley's Produce". His hobbies included cooking and fishing and he was an avid "Harley man", custom designing his own bike.

Survivors include his wife of 41 years, Shirley LeBeau Paire of Cabot; a son, Uriah R. Paire and his partner Aimee Ducharme; two grandchildren, Marc and Molly Rose, all from Cabot. Other survivors include four siblings, Steven J. Pair of Keene, N.H., Linda M. Tolman of Nelson, N.H., Cathie A. Beam of Keene and Jenifer J. Rudgers of North Swanzey, N.H.; and several nieces and nephews.

He was a loving and generous man, always looking out for the welfare of his family and friends, and will be missed by all.

There were no calling hours. A private service will be held for family and friends at a later date.



COMMUNITY COMMENTARY

Dear Editor:

On behalf of all the participants of Cabot Connects Mentor Program, I am writing this letter. Our call-out to the community and beyond for help in preserving our mentor program here in Cabot is being answered day by day, and I am so appreciative and encouraged by the support of many groups and individuals.

During this time, when I was focused on our established Mentor matches and just maintaining the existing mentor work, the interest and increase of mentors coming forward to volunteer was not anticipated, but welcomed just the same. In the last several months, we have had numerous people volunteer for making new mentor matches!

In a recent fundraising campaign, we were overwhelmed with the generosity of community members and humbled by realizing the broad sentiment of support for Cabot Connects Mentoring.

The Mentoring that is happening in Cabot is having positive life-changing

effects on young people, their families and the community. Mentors regularly confide a common theme of finding that their mentee teaches them so much! There are so many uplifting stories that I am not privileged to share, but I can say that the evidence of positive developmental milestones are being met by all our mentees.

I would like to express our appreciation and thank everyone for their encouraging words, commitment of time as mentor volunteers and for the gifts of funding. We continue to strategize ways to streamline the expense of Cabot Connects, while not sacrificing the integrity of this established community resource. Again, we cannot express enough how thankful we are for the community's participation and ongoing support.

Sincerely,
Kathleen Hoyne,
Cabot Connects, Program Coordinator

Cabot Town Meeting Votes

(Continued from page 1)

- Article 14: The town voted the sum of \$10,000 to support the Cabot Ambulance.
- Article 15: The Town voted the sum of \$500 to support the Cabot Senior Citizens group.
- Article 16: The Town voted the sum of \$6,000 to support *The Cabot Chronicle*.
- Article 17: The Town voted the sum of \$4,000 to support the Cabot Recreation Committee.
- Article 18: The Town appropriated \$14,748 for 26 requesting organizations.
- Article 19: The Town voted to appropriate the sum of \$1,335,653.44 to repair and maintain the highways of the Town, of which an estimated \$670,500.00 is to

- come from income and \$665,153.44 from local taxes.
- Article 20: The Town voted to appropriate the sum of \$514,438.02 to defray the General Expenses of the Town, with an estimated \$81,001.60 to come from income and \$433,436.42 from local taxes.
- Article 21: (Australian Ballot)
- Article 22: (Australian Ballot)
- Article 23: (Australian Ballot)

The services of Linda Walbridge, school crossing guard, Charlie Philbin, road crew member, and Kenny Gokey, constable, were acknowledged. Cabot Ambulance and Fire Department were thanked. And traffic on Main Street was discussed. The meeting adjourned at 11:55 a.m.



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Legislative News

By Kitty Toll



The Speaker of the House announced to the Legislature that he plans to have all session work completed by the end of April, adjourning two weeks ahead of schedule.

The fiscal year 2013 budget was brought to the House floor on March 22. For the 5th year in a row, the Appropriations Committee addressed a gap between projected revenues and projected expenses. Many factors beyond the control of state government are directly responsible for a 6.4% increase in this year's budget. Approximately one-half of this increase is from Tropical Storm Irene related expenses. Fortunately, Vermont will receive over \$90 million in federal one-time money to help off-set this budget increase. Additional pressure was caused by a good news/bad news scenario. The good news is that Vermont is faring much better economically than most other states. The bad news is this has caused a loss of \$20.5 million in Federal Medicaid Match money. Even more pressure was created by a 3% average increase in local school budgets across the state. It should also be noted that a newly created "rainy day" fund of \$5.1 million has been included in the increase even though the dollars are unspent and remain in the state coffers.

The budget restored additional cuts in the Agency of Human Services. Specifically, a cut to the Choices for Care Program, to help to keep elderly Vermonters in their homes, was not instituted. There is additional investment in high quality childcare. Furlough days that have closed courthouses one day per month have been eliminated. This year there was considerable interest in creating a true "rainy day" fund and reestablishing the General Fund transfer to the Education Fund back to the 2010 level to provide property tax relief. To accomplish this, future surpluses at the end of a fiscal year will be split three ways. Fifty percent will be added to the General Fund transfer to the Education Fund until the 2010 levels are reestablished, 25% will go to the new rainy day fund and the remaining 25% will be reserved to address unanticipated shortfalls in future federal funding.

This year's transportation bill reflects the same Irene related increases. The state is receiving \$27.8 million federal one-time money for transportation related expenses. This consists of \$21.5 million in Federal Highway Emergency Relief Funds and \$6.3 million in final federal ARRA stimulus funds. The Agency of Transportation is working to get these funds out the door as quickly as possible. Policy highlights from the bill include:

- Authorizes bonding for use on eligible projects.
- Authorizes 17 limited service positions related to the response to Irene and 6 permanent (3 rail, 3 program development)
- Expands financial assistance to towns. State Aid for town highways is increased and match incentives in bridge projects.
- Establishes a study committee to examine the trends of state transportation fund revenues, study alternative and supplemental revenue sources and transportation financing approaches.
- Adds a section that instructs the agency to review local road detour options before the closure of a bridge for reconstruction.

In spite of the challenges we all continue to face, Vermont has a strong economy and is recovering from the economic crisis of recent years.

Unemployment has decreased to 5.1% statewide, which is 3.2% below the national average of 8.3%.

According to the Vermont Business Roundtable, corporate growth plans remain steady or increasing.

Vermont has the highest bond ratings in the region, maintaining its AAA financial rating.

Vermont remains at the bottom in terms of foreclosure rates.

Of the six New England states, Vermont had the second largest GDP growth in 2010.

Vermont has a balanced budget for FY2013

I look forward to continuing my work this year. There are many new challenges to face and old ones still to address. Please feel free to contact me anytime with concerns:

State House: 828.2228
Home: 684.3671
Email: ktoll@leg.state.vt.us
Mail: PO Box 192
Danville, VT 05828

Blanche Lamore Honored



Blanche Lamore is honored at last month's Town Meeting Day for her many years of dedicated service to Cabot. Blanche is shown here with Representative Kitty Toll. Photo courtesy of Chip Taylor.

April is Alcohol Awareness Month,

Young people aged 10 to 14 who watch a lot of movies featuring alcohol are twice as likely to drink, according to new research. Experts questioned more than 6,500 youngsters four times, asking in each session whether they had seen any of 50 films selected at random. The teenagers were also asked in each survey if they had ever drunk alcohol behind their parents' back and at what point they started binge-drinking (having five or more drinks in a row).

The films were then analyzed for alcohol use, defined as a character's actual or implied consumption or the purchase of alcohol. The study found that youngsters had typically seen around 4.5 hours of on-screen alcohol use and many had seen more than eight hours.

It also looked at the impact of parental drinking and children owning merchandise carrying alcohol brands. Some 11% of the teenagers said they owned branded merchandise, such as a T-shirt or hat with the name of a beer on it. Almost one in four (23%) said their parents drank alcohol at least once a week at home, while 29% said they were able to get hold of alcohol at home. Over the

course of the surveys, which were spread over two years, the proportion of teens who started drinking alcohol more than doubled from 11% to 25%, while the proportion who began binge-drinking more than tripled from 4% to 13%. Parents who drank at home and availability of alcohol in the home were linked with youngsters taking up drinking, but not progression to binge-drinking. Exposure to alcohol in movies, owning branded merchandise, having friends who drank and rebelliousness were associated with both. The results showed that children who watched the most films featuring alcohol were just over twice as likely to have drunk alcohol and 63% more likely to have made the transition to binge-drinking than those who watched few such films.

Parents who are concerned about the messages their children are exposed to through the media should check out www.common sense media.org to find ratings and reviews of movies, games, apps, websites, TV, books and music. The ratings include criteria on age appropriateness, violence, smoking, alcohol and other drugs, sexual content, language and consumerism.



GARDENING WITH AMANDA

By Amanda Legare

Last month I wrote a gardening article and told readers I would answer questions. I received two queries:

1) Do you have any hints for planting tiny seeds?

The smallest seeds I have encountered are for begonias. They almost resemble dust and the only way to buy them is to make sure they are "pelleted." There is a coating around each seed, making them larger and easier to handle.

With other small seeds, like petunias or snap dragons, I put a pinch of fine white sand into the packet and shake it. The seeds spread out in the sand and can be seen as I tap them into rows.

Most tiny seeds need light to germinate. I lightly mark a row in the moistened potting soil, disperse the seeds and push them gently into the soil. It's important that the seeds stay moist. The planted seeds go inside a clear plastic bag, kind of a mini greenhouse, and then under lights.

2) Can you suggest some perennials for beginners?

Good question, because some perennials are plant thugs and will take over your garden when you aren't looking. Others are disease prone or insect magnets. Some have less than stellar foliage after they have finished blooming, and there are perennials that need to be staked. Some are short-lived.

The first thing to determine when choosing a perennial is if the plant will go in the sun or shade. Often, the label on a plant will say "for sun or part shade." I have to remind my customers that the same tag is used in Florida that is used here in northern Vermont, and (unless global warming comes on really fast) the majority of so-called "shade perennials" do fine in sun here.

Two larger plants for sun that I like are Baptisia (False Indigo) and Amsonia (Blue Willow). Baptisia takes a few years to completely size up, but then it behaves like a trouble free shrub. It is about 4 feet tall with spikes of violet blue flowers followed by pods. It has a nice vase shape.

Amsonia has light blue flowers in the spring and is native to the Eastern US. It is totally trouble free. A three foot, upright plant, it also almost appears to be a small shrub. The foliage is long lasting in bouquets and turns golden colored in the fall. 'Blue Ice' Amsonia is a great new shorter variety with darker blue flowers.

Daylilies should be on the beginner's list, and with 50,000 plus registered varieties, there is definitely something out there for everyone.

For shade, not much can beat hostas, the best selling perennial in the US, but they are also well loved by deer and slugs. I like European Ginger as a ground cover in the shade. It has dark green glossy leaves that compliment other shade perennials like Dicentra (Bleeding Heart) and Tiarella.

Brunnera (Heart Leaf) is deer proof and has pretty blue flowers in the spring. 'Jack Frost' Brunnera has beautiful silver variegated leaves all season long, lighting up a shade garden. This plant has been selected as the 2012 "Perennial Plant of the Year."

More questions are welcome. You can call me at 426-3783 or send an e-mail to Amanda@Amandasgreenhouse.com.

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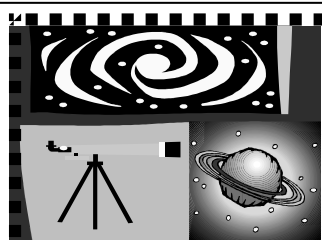
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Commons Skating Rink Closes



Helen Sawyer and Natalie Mudgett took advantage of the beautiful weather and enjoyed the last days of good skating on the Cabot Common.



MAZIE'S AMAZING SCIENTIFIC ADVICE...

Math As A Second Language
By Mazie O'Connor

By Mazie O'Connor

Mazie and a couple of friends recently attended a full day of classes at MIT (Massachusetts Institute of Technology) in Boston. Each class was an in-depth specialized science or mathematical topic.

People who don't like math, probably don't because it takes a long time to get to the really interesting applications and topics. For example, $2 + 2 = 4$ is not very interesting. Even algebra is just basic. Algebra is useful, but it is only when you get past the basics of math and even the basics of calculus that math becomes really very interesting, counter-intuitive and sometimes bizarre!

There is a ridiculous amount of high-level mathematical topics, such as Topology (the study of special relations and geometric properties), Game Theory (a mathematical method of decision-making, in which a competitive situation is analyzed to find the optimal course of action for an interested party. It is used in politics, economics and military planning.) and Group Theory (math governing groups and the description of their properties). Each topic is like its own language. Unfortunately, most people will not take mathematics as a second language.

I participated in the MIT Group Theory class, which I found challenging and enjoyable. I will make an attempt to explain it as plainly as I can.

Group Theory is the study of sets of things, numbers and such, which share three specific characteristics and also are connected by an operation, such as addition, subtraction, rotation, etc.

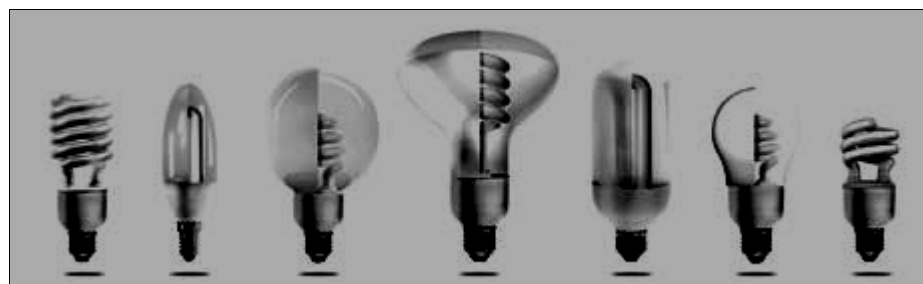
First, a set is a bunch of objects connected by an operation as I already mentioned. AND

1) There is an identity. For example, the group (set) $\mathbb{Z}$, all integers, with addition as the operation, has zero as the identity. As we know, any integer $+ 0 =$ the integer. $3 + 0 = 3$, $-127 + 0 = -127$.

2) Each member of the group has an inverse within the group, so that when, in the case where 5 is added to -5 (the inverse of 5), you get the identity. The inverse of the inverse is the original. The identity is its own inverse.

3) The order in which the numbers are added—this is a bit confusing. In all groups, $(a+b) + c$ (where the "+" sign stands for the connecting operation, addition, multiplication, rotation, etc.), is also equal to $a + (b + c)$. However, in many groups, $a + b + c$ does NOT equal $c + b + a$. Only a certain subset of groups (non-mathematical), Abelian groups, have $a + b + c = c + b + a = c + a + b$.

Make The Switch To Energy-Efficient Lighting In Your Home



From Efficiency Vermont

The average U.S. household has more than 40 sockets for light bulbs, ranging from table lamps to ceiling fixtures. Larger homes can have far more. Lighting accounts for about 20% of annual household electricity bills, or approximately \$200 per year.

Switching from incandescent light bulbs to ENERGY STAR® qualified CFLs is the most affordable step you can take to use less energy, reduce your electricity costs, and protect the environment. An ENERGY STAR qualified CFL can last up to 10 times longer than an incandescent bulb. Switch one light bulb to a CFL, and you can still save around \$42 in energy costs over the CFL's life. In partnership with Efficiency Vermont, many Vermont lighting retailers offer special pricing on CFLs. While supplies last, select ENERGY STAR CFLs are just 99 cents at participating Vermont retailers, including Cabot True Value Hardware. That's up to \$9 off the regular price on each bulb. Compact Fluorescent Light bulbs (CFLs) use less energy than traditional incandescent light bulbs. Even though a single CFL costs more than a single incandescent light bulb, you'll actually save more money in the long run. Just one CFL can save you about \$42 or more in energy costs over the life of the bulb. So the extra money you spend at the store is more than made up in savings on your energy bill.

CFLs come in a variety of shapes and sizes. There are CFLs to meet most of your lighting needs. Whatever style you choose, you'll make a difference in your energy bill and the health of the environment.

The next step in energy-efficient lighting, light emitting diode (LED) technology offers many benefits over

traditional incandescent bulbs and even today's compact fluorescent light bulbs such as low power consumption, longer life, compact size, and reliable operation in cold temperatures. LED lighting uses both light and energy more efficiently.

LED stands for light-emitting diode. LED lighting is more efficient, durable, versatile, and longer lasting than incandescent and fluorescent lighting. LEDs emit light in a specific direction, whereas an incandescent or fluorescent bulb emits light—and heat—in all directions.

LEDs are energy-efficient lights and have a generous light output for the amount of power they need to operate. The high initial cost of LEDs is offset by the amount of power they save the consumer in the long run. Efficiency Vermont supports the installation of select ENERGY STAR® qualified LEDs through financial incentives.

In partnership with Efficiency Vermont, some Vermont lighting retailers offer already-discounted pricing on LEDs, or an instant coupon good for \$20 off the regular price of Energy Star LED downlight products.

For more information about residential lighting, visit www.efficiencyvermont.com

Correction to A Bright Idea

By Alyssa Bernadino,
March 2012 issue, page 5

Assistant Town Clerk, Marina Cole, stated that the March bill would show a partial month's usage of the new LEDs. The April Electric bill will reflect an entire month using the new bulbs.



THANK YOU FOR
YOUR SUPPORT OF
CABOT MAPLE FEST
MARCH 17, 2012

To all those who –
Attended
Volunteered your time
Flipped pancakes
Offered your wares
Baked wonderful goodies
Made old-fashioned baked beans
Served desserts
Broadcast live from Cabot
Made yummy soup
Donated Syrup
Provided Eggs
Demonstrated your skill

Made incredible music
Sold cookies
Threw axes
Announced events
Danced like crazy
Chopped wood with bare hands
Made change
Made sugar-on-snow
Exercized in front of everybody
Whipped out cotton candy
Brewed fabulous coffee
Entertained the kids
Donated silent auction items

It was a great day, and we
couldn't do it without you!

We hope you had fun.

THANK YOU, ALL



!!!!COMING SOON TO CABOT!!!!



Butter's Restaurant

Watch for more information!



COMMUNITY CALENDAR

~ APRIL ~

Sunday, 4/1
April Fools Day Concert with Everybody's Fool: Jon Gailmor, Jaquith Public Library, Marshfield, 2:00 p.m. For people (and fools) of all ages. Come sing-a-long with Jon! Information: 426-3581 or jaquithpubliclibrary@gmail.com.

Easter Egg Hunt, Crafts and Games, 10:30 a.m., sponsored by the Marshfield Recreation Committee. Old Schoolhouse Common in Marshfield. Please come join us!

Monday, 4/2
Tai Chi, sponsored by Twin Valley Seniors, free, 1:00-2:00 p.m. Tai Chi will help you reduce stress, increase balance & flexibility, feel relaxed, and improve your overall mind, body and spirit. Must register: 426-3447. A medical release will be required.

Wednesday, 4/4
Classic Film, Jaquith Public library, Marshfield, 7:00 p.m. Classic re-telling of the Shoot-Out at the OK Corral stars Henry Fonda and Victor Mature. Information: 426-3581 or jaquithpubliclibrary@gmail.com.

Thursday, 4/5
Third Annual Career and Job Fair, Montpelier Lodge of Elks and Country Club, 12:30 - 5:00 p.m., free. Entry level to advanced positions in a wide variety of fields. Information: 828-2841.

Saturday, 4/7
Benefit Concert: the Woodbury Bluegrass Highlanders, Masonic Hall, Main St., Cabot, dinner 5:00-6:00 p.m., concert following, donations appreciated to benefit Faith in Action.

Community Egg Hunt, Cabot Public Library, 9:00 a.m. All ages are welcome to join in the fun! Come celebrate spring – bring your own basket or we'll have bags for you.

Friday, 4/13
Give My Regards To Broadway, Westview Meadows at Montpelier, 2:00 p.m., free. Tenor soloist Kelly Moore, founder of Music For Mankind®, performs popular Broadway and American favorites with pianist Dan Boomhower. Information: 362-3806 or musicformankind.net.

Saturday, 4/14
2nd Annual Northeast Kingdom Farm & Food Summit, Hotel Jay Conference Center at Jay Peak Resort, 9:00 a.m.—5:30 p.m., free. An entire day of workshops and presentations for Northeast Kingdom Farmers & Food Producers, lunch included. Pre-registration is required by 3/31 with a suggested donation of \$10 per person: 626-8511.

Wednesday, 4/18
Wednesday Evening Weatherization Skills, CVCAC Weatherization office, Barre (19 Gable Place), 6:00 – 9:00 p.m., \$25. Hands-on training in the most essential skills for air-sealing and insulating your home, plus you can tour the VT Green training trailer. Register now at www.weatherizationskillshop.com or 479-5235.

Presentation of the Winooski River Water Quality Management Plan, Jaquith Public Library, Marshfield, 7:00 p.m. Learn about how you can get involved in the implementation of the tactical plan. Presented by Karen Bates, Watershed Planner, Vermont DEC (Department of Environmental Conservation). Sponsored by the Marshfield, Plainfield and Cabot Conservation Commission. Information: 426-3581 or jaquithpubliclibrary@gmail.com.

Friday, 4/27-28
St. Johnsbury Maple Festival, Fri. 6:00 - 8:00 p.m., Sat. 8:00 a.m.-4:00 p.m. Parade, pancake breakfast, fun run, more. Information: www.worldmaplefestival.org.

Monday, 4/30
Vermont History Through Popular Song, Cabot Public Library, 1:00-2:00 p.m. Join Linda Radtke and Arthur Zorn for a rousing collection of popular tunes celebrating Vermont and her people. Information: 563-2721.

~ MAY ~

Wednesday, 5/2
Classic Film, Jaquith Public Library, Marshfield, 7:00 p.m. This slice-of-life relates the story of a drifter (William Holden) who shakes up the life of a rural Kansas town. Information: 426-3581 or jaquithpubliclibrary@gmail.com.

Saturday, 5/5
Local Authors Cora Brooks, Phyllis Rachel Larrabee, Martha Zweig and Merry Gangemi read their Poetry and Writing, Jaquith Public library, Marshfield, 2:00 - 4:00 p.m. All poets and writers are invited to share their own work after the reading. Refreshments will be served. Information: 426-3581 or jaquithpubliclibrary@gmail.com.

Wednesday, 5/9
Reading with Cheri Olson and Jo Chickering, Jaquith Public library, Marshfield, 7:00 p.m. In a back and forth reading, held like a conversation, these two local poets share their work. Information: 426-3581 or jaquithpubliclibrary@gmail.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.

Diabetes Discussion Group, 6:30 p.m. 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, Fridays from 3:00 to 5:30 p.m.. All are welcome.

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. Information: 563-3225 or email samly-man@sover.net.

Fiddle lessons with Katie Trautz, Monday afternoons in Cabot, all ages and abilities, call 802-279-2236. Group Fiddle Lessons with Katie Trautz, Monday evenings 6:00 p.m.: \$20/class, every Monday, advanced beginner, adult class. Call 802-279-2236 for more information.

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. All skill levels welcome. Bring yarn, hook, or needles. Information: 563-3396 or e-mail bonniesd@Together.Net

Medicare & You, Free workshops 2nd & 4th Tuesdays of month, 3:00 – 4:30 p.m., Central Vermont Council on Aging, 59 N. Main Street, Suite 200 in Barre. Call 479-0531 to register.

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

Story Time, Mondays at 10:00 a.m., Jaquith Public Library, Marshfield. For children birth to age six, and their grown-ups. Information: 426-3581.

Tai Chi, sponsored by Twin Valley Seniors, free, Mondays 1:00-2:00 p.m. Tai Chi will help you reduce stress, increase balance & flexibility, feel relaxed, and improve your overall mind, body and spirit. Must register: 426-3447. A medical release will be required.

Yoga & Wellness Classes, Tuesdays 6:00-7:30 p.m. with Alicia Feltus. For more information contact Alicia: 802-563-3220 or aliciafeltus@gmail.com.

CABOT WORX

Community Development Group Meeting

WEDNESDAY
April 11, 7:00 p.m.
At Willey Building
(note change of location)



We want your input
 Some topics on the table:

Online Farmers' Market

Cabot community Facebook page or website

Scenic Byways Grant

Online Community Calendar

Thrift Shop/Cabot Specialty Store

Mission: Plan, organize, support and coordinate efforts that enhance and improve the community and economic health of Cabot. Our purpose is to provide a community forum to work together. Meetings are second Wednesdays of each Month, 7:00 p.m.



© lisa manchester photography

Faith in Action's 25,000 hours of free services offered to neighbors in need during 2011!

Saturday April 7th - Dinner served 5 PM - 6 PM

Concert following dinner

Reservations not required

It's sure to be a fun family event ~ y'all come!!

Donations appreciated ~ Proceeds to benefit Faith in Action

MARSHFIELD FOOD DROP



The 2nd Saturday of every month food pick up at 8:00 AM at the Schoolhouse Common in Marshfield. Available for Cabot residents. The Food Drop is open until all the food is gone - which is usually by 9:30 AM so do come at 8:00 AM.

NEEDED:

Volunteers for the Marshfield Food Drop, 2nd Saturday of every month - 7 AM - 9:30 AM. All ages welcome. This would be a good school community service project! Call Winnie (426-3254) for more details or just show up at the Schoolhouse Common in Marshfield on the 2nd Saturday of each month. Thank you!

PLEASE NOTE:
 Our new e-mail address is:
admin@fiancp.org



FAITH IN ACTION

Northern Communities Partnership, INC
 Phone: (802)563-3322

APRIL FOOD SHARE DATES:

Wednesday, April 11,
noon - 2 p.m.

Thursday, April 26,
2 p.m. - 4 p.m.

Cabot
Mason Hall
3339 Main
Street



CABOT COMMONS

to Host a Work Day Barbecue

The Cabot Commons is looking for volunteers on

Friday, May 11,

for a barbecue lunch and to then offer some help in cleaning out the flower beds around the senior housing building.

Interested volunteers should RSVP to

Cia Considine at 563-2904 or by emailing ciasoon61@gmail.com

Thank you in advance for supporting the Cabot Commons Senior Housing.

BENEFIT CONCERT

at the Masonic Hall, Main Street, Cabot
 Featuring

The Woodbury Bluegrass Highlanders

Come celebrate

Mud Season' Starting Early on Vermont's Trails

WATERBURY CENTER, Vt., March 20 – The Green Mountain Club today noted the early start to “mud season” and urged hikers to stay off muddy and high-elevation trails unless they still have snow or ice cover.

Rain and melting snow at higher elevations cause wet and muddy conditions on many of Vermont's hiking trails. When hikers tramp on saturated soils, they cause irreversible erosion and damage to the trail and surrounding vegetation.

While there is speculation that an early start to mud season means an early end to mud season, Mother Nature may have different plans. It takes a long time for saturated soils to dry out, especially when they are disturbed by hikers. Mud season in Vermont lasts from about maple sugaring time until Memorial Day.

“Please help protect the fragile alpine tundra and prevent soil erosion by staying off the trails during mud season,” Executive Director Will Wiquist asked hikers. “This will allow the trails to dry out and reduce the amount of maintenance required to keep them safe and enjoyable.”

The Green Mountain Club relies on roughly 1,000 volunteers and dozens of seasonal trail workers to keep up with this enormous task so trails are in good condition for Vermonters and visitors. The club is the founder and maintainer of the 272-mile Long Trail and maintains a total of more than 500 miles of trails across the state, including the Appalachian Trail and a new trail in the Northeast Kingdom.

“Mud conditions are coming in early and the ground is not frozen under the snow much,” noted Dave Hardy, the club's director of trail programs. “Meanwhile, people should pay close attention to weather forecasts and be aware of snow and ice at higher elevations. As much as things seem spring like, it could very possibly snow again and be cold if you get hurt in the woods.”

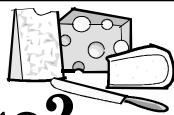
The club encourages outdoor enthusiasts to explore the lower elevations and terrain with firm-footing. To find a list of some suggested hikes, click on www.greenmountainclub.org.

Tips if you do hike during mud season:

- Walk through the mud, not around it! If a trail is so muddy that you need to walk on the vegetation beside it, turn back, and seek an alternative area to hike.
- Hike in the lower-elevation hardwood forest (unless it is muddy!) with southern exposure (south-facing slopes dry out first in spring).
- Avoid the spruce-fir (conifer) forests at higher elevations.
- Watch your footing on snow and ice. Be prepared for slippery and snowy conditions no matter how warm it is at home.
- Bring a warm extra layer, as mountaintops are chilly year-round and Vermont's weather can quickly change.
- Bring an extra pair of dry socks on your hike.
- Stay hydrated and bring food for long hikes.

Contact: Will Wiquist or Megan Duni, (802) 244-7037

Do you love local, artisan, Vermont cheese?



A research project at the University of Vermont is seeking participants who frequently purchase Vermont artisan cheese and who are at least 18 years old. Participants will be asked to take part in a focus group lasting 75 to 90 minutes to discuss their cheese consumption habits and preferences in regards to eating and cooking with cheese. The focus group will include a brief cheese tasting and participants will be offered a \$30 gift certificate to a local food market as a thank-you for participation. The focus group will take place at the Vermont Food Venture Center in Hardwick, on Monday, April 9, at 5:30 p.m.

For more information about this research, please contact Jake Lahne at jlahne@uvm.edu or by phone during normal business hours at 207-710-7740.

Your Kidding Baby Goats



You're kidding! This is just a sampling of the Long Field Farm kids getting their noon nourishment.

EVENT PLANNERS: Key To Using Cabot Chronicle Online Calendars

Cabot Worx made *The Cabot Chronicle* website calendar (Cabot Chronicle.org) the official calendar for organizations to check dates of scheduled functions in order to avoid date conflicts.

We've had our first snafu. Two events with musical components ended up being scheduled the same date. They were both included in the paper edition of the Chronicle, but it wasn't until the paper was published that the conflict was noted by the planners. They would have preferred knowing earlier in the planning curve. As a result of this snafu, the Chronicle website managers are making the following recommendation and took the following action:

1. We've changed the name of the town calendar to ORGANIZATION PLANNING CALENDAR, to more accurately reflect its purpose and more clearly distinguish it from the Cabot Community Calendar.

In order to make this system work, it's important to understand what the Cabot Community Calendar is and how it works. The information that gets reported in the Calendar section of the paper *Chronicle* is compiled by a volunteer (thank you so much, Sue Freeburn), consolidated and submitted for printing between the 15th and 20th of the month. If there is a conflict, this is not where it will be identified and resolved. Then, whatever is printed in the

paper ends up on the website under Cabot Community Calendar. This is part of the end-of-month procedure for printing *The Cabot Chronicle* and updating the website. However, once entered, it IS possible to make changes, if information needs to be added, deleted, or changed, by Fred Brown, webmaster. That was done when one of the two conflicting events was rescheduled - it was noted as moved on the original date, and added to the new date on the calendar.

2. The ORGANIZATION PLANNING CALENDAR depends on people using it to be useful and effective in preventing conflicts. It is up to representatives of organizations to get their events into the planning calendar. If people don't enter their events or check the calendar before scheduling events, there is NO capacity to avoid conflicts.

To enter your organization's events, you can either send Jeanne Johnson an email at Cabot.Development@yahoo.com, asking to add your event, or email Fred Brown at fredbrown@fairpoint.net and either ask him to add it or ask him to help you sign on with administrative privileges to add your own events. We trust you not to mess with anyone else's while you're in there!

So - the bottom line is, we need to use it - both input and checking it - for it to be useful to any of us.

Hope this helped.

You DIDN'T HEAR IT FROM ME...

By Cabot Chronicle Staff

You didn't hear it from me, but there are pretty gigantic frost heaves on our roads recently, despite the rather mild winter and the lack of snow. Is that what usually happens after a snowless winter? Will someone get out the almanac? There seems to be no risk of flooding, but the bumps in the road that have emerged compound even the milk trucks.

What a week of beautiful weather we had starting on St. Patrick's Day. The Maple Fest was truly a celebration of Spring and sugaring (albeit sugaring was short-lived for many and super warm)! What was unconventional for sugaring (boiling in 80 degree temperatures), turned out to be a gift for the Long Field Farm, who recently birthed 70 kids! No kidding and no April fooling on that number, which will increase through April. Phew! The temperate sunny weather was natural incubation for the fragile young goats, who basked in the warmth. They are all doing fabulously. The owner's, Lynn and Martha Rockwell, are getting a little more sleep these days, as well.

It was sugaring time and kidding time and now April is upon us, Easter and taxes. It seems I just filed last year's taxes a couple of months ago. When researching what other accolades are in store this month, beside showers, I understand there will be April vacations, but April is also known for the following causes:

African American Women's Fitness Month; Alcohol Awareness Month; Amateur Radio Month; American Cancer Society Month; Asian/Pacific American Heritage Month; Celebrate Diversity Month; Community Service Month; Fresh Florida Tomato Month; Jewish-American Heritage Month; National Autism Awareness Month; National Better Hearing and Speech Month; National Food Month; National Garden Month; National Mental Health Month; National Occupational Therapy Month; National Older Americans Month; National Parkinson's Awareness Month; National Pecan Month; National Poetry Month; National Soft Pretzel Month; National Soy Foods Month; National STDs Education and Awareness Month and no doubt there are others....

We have represented a few of April's honorings, alcohol awareness, poetry and gardening. Some celebrations we will remain oblivious to here in Cabot, such as the month-long recognition of Fresh Florida Tomatoes and southern pecans. In the same way, I wonder how many southern locales celebrate frost heaves, maple sugaring and our much talked about 'mud-season'?

ATTENTION ADVERTISERS!

The Cabot Chronicle



The Cabot Chronicle now has NEW, online affordable advertising.

For more information contact the AD Sales Manager, Alyssa at 563-3338.

Don't miss out on this opportunity. Space is limited.

Local Writer's Newest Book

The Porcupine: Natures Pincushion

Tony Lolli of Cabot has just had his newest book released. *Amazing Fishing Facts and Trivia* is for those who fish and those who do not. It is a compendium of fascinating facts about fish and fishing from around the world. A year in the writing, it covers diverse, interesting topics, such as world records, angling history, unusual fish facts, quotes about angling from literary luminaries as well as fishing bums, fish symbols in religion and culture and many other topics.

Amazing Fishing Facts and Trivia is Lolli's fifth book. He has also written numerous magazine articles and writes monthly columns for several fishing magazines. He is currently writing two books about fly fishing. They will be published in late 2012 and early 2013.



POETRY CORNER

HE CALLS FOR AN ACCEPTANCE
OF THE TARTNESS WHICH MUST
ATTEND EACH SWEETNESS
By Leonard Spencer



Make me savor sweets and sour.
Sweetness in this life of ours
Must have its tart contrary taste:
I would not have my chocolate laced
With triple ambergris, as did
The Madame Pompadour. My bid
Is for a pail of year-old snow
Gold-webbed with maple syrup, though
Sour pickles, to cut the sweet,
Are part of any sugar-eat.



KITCHEN DANCE
By Dave Creighton



Frost is retreating across the meadow
Green fingers stretch towards the woods
White shadows of trees appear
Sculpted by the rising sun

Warm light soft on your face
Morning's first kiss
Each day I am born into your love
My world turns towards you

We will dance in the kitchen
With the dog keeping time
The sweet dance of timeless love
To honor God's favor of this day

Of all we shared on loves journey
Nothing is sweeter on my mind
Than dancing with you in the kitchen
With the dog keeping time

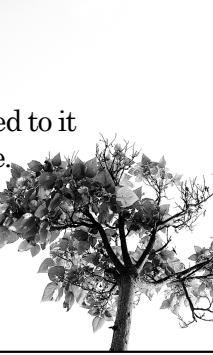


OF TREES AND PASSION
By Bill Cobb

A tree, that wondrous gift of God
shelter from storms within or without
air cleansing renewer of our oxygen
provider of wood to build our homes
and then again to warm them

A tree, canopy of lover's summer
dreams, home and haven for
God's small creatures,
inspiration for our musings
and promise of seasons to come

A tree is felled even as temple
crowds lean to his teachings
severed player dragged on stage
which by His willingly being nailed to it
Is transfigured into our tree of life.





By Virginia Barlow

Most of us have been at least annoyed, if not infuriated, by porcupines from time to time. Their desperate need for salt in the summer months gets them in big trouble around the house. They spend the night chewing on tool handles, sap lines, electrical cables, tires, brake lines, canoe paddles, and the house itself. We once put out a salt block to try to keep porcupines from gnawing at our camp, and the result was two of them waking us with a loud, squealing, midnight fight over the salt. Shortly after I got out of bed to throw the lump far into the bushes, they both found it and resumed their noisy squabble.

In winter, porcupines live mostly on bark, along with some conifer foliage, leaving highly visible barkless limbs and trunks, both near the ground and high in the trees. This confirms their status as pests in many people's minds. Indeed, it is distressing to see a nice sugar maple that has had its bark removed in big patches, ruining its timber potential and endangering its life.

Porcupine numbers were very high in the Northeast beginning about 75 years ago. In Vermont, there was a bounty on porcupines from 1903 to 1953, and in 1979, New Hampshire became the last state to give up on this not-very-successful strategy. Porcupines seemed to thrive despite bounties, poisoning campaigns, and countless bullets.

Though porcupine populations do fluctuate naturally, apparently on an 11 - to 22-year schedule, it is the reintroduction of fishers, a tactic adopted by fish and game departments in the Northeast beginning in the 1960s, that has caused their numbers to drop dramatically. Studies in other parts of the country confirm that, after fishers have become established, the porcupine population plummets to a small fraction of its former size.

Around here, other predators don't have much success against the porcupine because of its sophisticated weapon, the quill. Extremely sharp, barbed at the tip, and stiffened by a spongy filling, quills are released into an adversary only as a last resort. If possible, a porcupine will climb a tree. If not, a visual warning is provided by its white-tipped quills that stand out against a darker background. Next, it will clack its teeth, and last, it will raise its quills and emit a nasty smell. If that doesn't stop the attacker – most often the case only with naïve dogs – the quills are used. Once the quill penetrates, the tiny, one-way barbs coating the business end can pull it in even deeper.

My own attitude towards porcupines has improved enormously now that there is not an endless supply of them. Seeing one of the little fuzzballs high in a tree is a welcome sight.

The poor porcupine has a truly miserable winter diet: high in fiber, low in nitrogen, and laced with the tannins and terpenoids that trees produce to deter browsing animals. Still, they're better than most ruminants at digesting highly lignified fiber, using (instead of multiple stomach chambers) an oversized area at the beginning of the large intestine, called a cecum. A porcupine keeps food in its digestive tract for over 38 hours, nearly twice as long as a typical animal that digests food in the same manner. This extended stay allows more time for microbes and digesting enzymes to break down fiber. Porcupines make the most of their low-nitrogen diet by losing only 11 to 29 percent as much nitrogen in fecal matter as other rodents.

Even with these adaptations, winter is not an easy time, and porcupines lose between 17 to 31 percent of their fall weight between November and April. During the growing season, they eat relatively nutritious items that are low in fiber: grasses, the buds and leaves of trees and herbs, acorns, and apples.

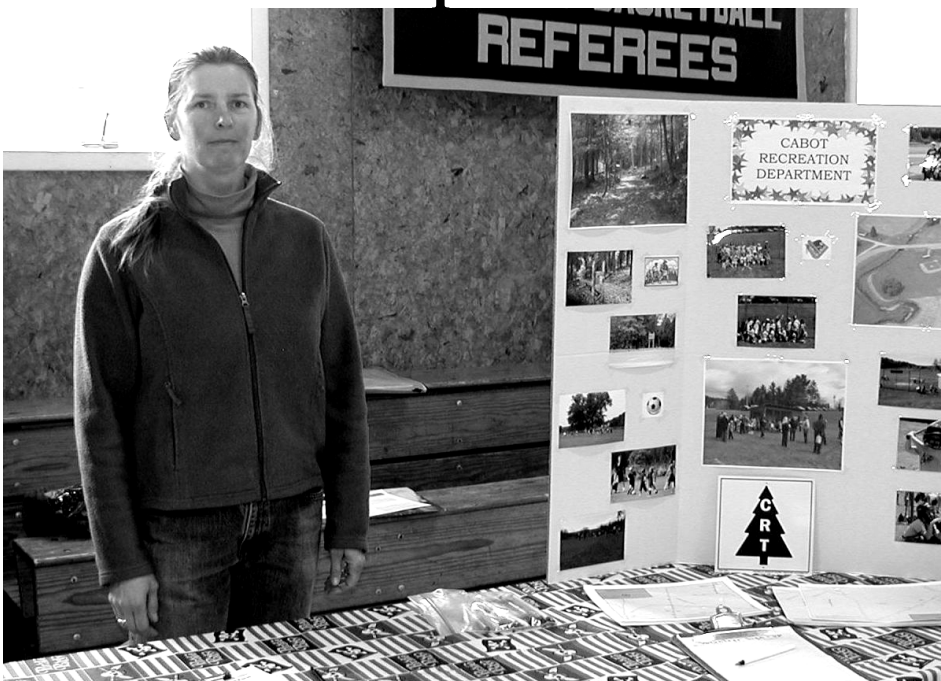
Porcupines mate in September or October, and the infant is born in the spring, about 210 days later. Apparently, there is never more than one baby porcupine. Its eyes are open at birth, and its quills harden within an hour.

In winter, deep, rocky dens are much warmer than holes in logs or big hollow trees, so they are a porcupine's first choice. The expansive crowns of large, old trees are preferred for winter feeding, and, if they have cavities, they often provide housing as well.

Porcupines can do a lot of damage to trees, but the large, old cavity trees that they prefer are not likely to be particularly valuable for timber, nor are the trees that typically grow on the thin soils in the vicinity of the rocky outcrops that porcupines use for dens. Normally, these slowpokes don't travel far from their dens in winter, but localized damage to trees is occasionally severe, and the porcupine will never be popular with everyone – especially after the dog gets a snoutful of quills.

Virginia Barlow is a writer, editor, and forester from Corinth, 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

Recreation Department News



By Libby Hale

At the time of this writing, we are transitioning through the seasons, basketball to baseball. We have healthy numbers for T-Ball and Farm League teams, but because of poor registration turn-out and league deadlines, we will have to place our few Minor and Major players on neighboring teams to play. Folks, you need to register at registration time, as we can't build teams later, the season game schedule has been built.

I want to take this opportunity to announce my resignation from the Cabot Recreation Department. This will be effective on June 1. With this said, the Recreation Department will need volunteers to step up and help Rebecca keep things running. We currently run three seasons of sports for preschool through 6 graders (coaches, officials, book and time keepers), summer activities, registrations, advertising, staffing, pavilion and field maintenance, concessions, equipment storage, trail mapping, building and maintenance.

Chronic articles and communications. To say the least, there are multiple opportunities to help out in small or large ways and for short term or long term commitments. We are very lucky to have someone step into the scheduler position, which is HUGE!! David had been doing this job for the Recreation Department, and it is a key position to fill. THANK YOU to Lynn Lehoe for stepping in!! I believe Susie Socks will be the Rink Queen for the future. THANK YOU to Susie for the great rink this winter and in advance for future winters!!

Being a part of the Cabot Recreation Department has been a very fun and rewarding way to contribute to the community, and I extend my thanks to all who helped out and continued to answer the phone and emails when I called asking for more of your time and skills. It truly does take a village to make a village prosper. Continue reaching out to help to keep Cabot a vibrant community.

Cabot Village To Host Annual Cheese Festival



On track to be the most meaningful of all Cabot Festivals, the First Annual Vermont Cheese Festival is set to be held during Cabot's high tourist season in August. The town of Cabot, home to the Cabot Creamery, maker of the World's Best Cheddar will host a festival which will be on track to be the largest assembly of cheese makers and cheese lovers on the east coast.

Along with Cabot Cheddar, Vermont cheese-makers and others from away will converge on Cabot Village for a weekend-long celebration of cheese! There will be top chefs from area culinary schools serving up gourmet dinner fare, all infused with various combinations of cheese. There will be music provided by the once popular Cabot School Band, The Limes, who were recently united under confidential sponsorship from a generous music enthusiast.

The cheese competitions will be judged and qualified by the world-known cheese connoisseurs of Le Cheeserie of the Loire Valley in the heart of France. Cheese makers wanting to enter their cheeses into this competition, must submit application well in advance to the French Cheese Regulatory Council of Western Europe.

In addition to the great cheese, food and music, there will be a raffle for a lifetime supply of gasoline, a full fashion show, sponsored by Cabela's Outdoor Wear and the Tractor Supply and finally secret celebrity appearances will be throughout the festivities, not to exclude Will Farrel, Adam Sandler, Luis Guzman or Michelle Obama. Auditions for an upcoming movie set in the Groton Forest will be held on the last morning of the Festival. An antique car show, a triathlon competition and a masquerade ball and casino night will also be part of the fun-filled weekend. All proceeds from this fundraising event will benefit Everyone is welcome. Check upcoming Cabot Chronicle issues for details. For more information and to quantify any or all of this information, contact Bill Walters, community information specialist.

Along with Cabot Cheddar, Vermont cheese-makers and others from away will converge on Cabot Village for a weekend-long celebration of cheese! There will be top chefs from area culinary schools serving up gourmet dinner fare, all infused with various combinations of cheese. There will be music provided by the once popular Cabot School Band, The Limes, who were recently united under confidential sponsorship from a generous music enthusiast.



TWIN VALLEY SENIOR CENTER

APRIL NEWS

National Volunteer Week is April 10-16. Twin Valley Senior Center cannot praise enough the work of our dedicated volunteers. These volunteers at the Center are selfless individuals who are dedicated to the seniors in our member towns. They exemplify the idea that they can make things better when they work together.

Volunteers at TVSC are the lifeblood of our organization. These real life heroes make a lasting impact on the lives of seniors and the disabled in the communities we serve. Without their help, Twin Valley Senior Center would not exist. In 2011, they served at the center and packaged and delivered over 11,000 meals. These dedicated volunteers contributed over 5,200 hours over the year. They make a difference with seniors, not only by assisting with food preparation and delivery, but by volunteering their time: to lead exercise programs, help with fundraising, assist the seniors on trips and picnics, help with publicity, and service on the Board of Directors. They make the holidays so very special for each person that attends the center, as well as our home-bound residents.

During National Volunteer Week, I ask you to thank the volunteers that I have listed for helping make such a great difference and impact on the life of our seniors and disabled. Speak with them about the opportunity for you to make a difference by volunteering an hour or so a week. Together we do make a difference in the lives of others, and volunteering is a chance for you to give back to the seniors and community in our service areas.

The Board of Trustees and I, as the Executive Director, salute these great people in "Making a Difference":

Betsey Bolt, Newsletter/ Media Contact
Cheryl Bell, Fundraising & Dining Room
Betty Brown, Dining Room
Kass Phillips, Exercise Leader, MOWs
Packer & Menu planning
Joyce Fowler, MOW Coordinator
Joyce Copping, MOWs
Helen Rabin, MOWs
Jules Rabin, MOWs



Tink Copping, MOWs
Judy Carpenter, MOWs
Brien Ducharme, MOWs & MOWs Driver

Jeanne Ducharme, MOWs Delivery
Shirley Boardman, MOWs Prep & Driver
Carla Payne, Kitchen
Dick Payne, Kitchen
Helen MacDonald, Kitchen
Bruce MacDonald, Assistant to Cook
Nancy Clay, Kitchen & MOWs prep
Gina Mazer, Grant Writing & MOWs Driver

Jackie DiMatteo, Kitchen
Tom DiMatteo, Kitchen

We are in need of a couple of people to help with the MOWs process, so if you have a couple of hours a week to spare, please contact us at 426-3447. Goddard Graves of Woodbury has recently volunteered to be on our Board, and we thank him very much. We are also looking for a resident of Calais to join our Board, which meets monthly for 1-1/2 hours. Remember, you can make a difference!

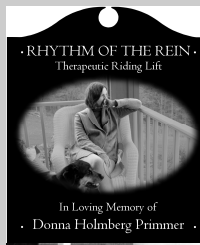
May 12 from 9:00 a.m.-2:00 p.m. we will hold our annual fundraising "Perennial Plant Sale" on Route 2 across from Tim's Convenience. May 13 is Mother's Day, so please stop by and shop. All proceeds go to the Twin Valley Senior Center operations and are tax deductible for you.

Tai Chi class starting in April is full. However, we do have a waiting list, and if you would like to be placed on the list, please give us a call at 426-3447.

OPEN HOUSE AND DEDICATION CEREMONY SATURDAY, MAY 5, 4:00-6:00 P.M.

Rhythm of the Rein Therapeutic Riding Program at Water Tower Farm, 386 US Route 2, Marshfield

For The Client Lift Donated In Memory Of Donna Holmberg Primmer



Rhythm of the Rein invites everyone to an Open House to celebrate the life and memory of Donna Holmberg Primmer through the dedication ceremony of the Sure Hands Mechanical lift that has been donated in her memory. This gift, donated by her husband John Primmer, the law firm of

Primmer, Piper, Eggleston & Cramer, and dozens of generous friends of Donna, will expand the program's capacity. to serve more special needs riders in the central Vermont and Northeast Kingdom region.

Please join us in thanking all those who have helped make this addition to our program a reality, and learn more about our program and what therapeutic riding and horsemanship has to offer. There will be demonstrations, refreshments, and meet and greet with our great program instructors, volunteers and equines.

For more information, call 802-426-3781 or email Rhythmofherein@aol.com.

FROM THE CABOT PUBLIC LIBRARY

We welcome your ideas for programming and book suggestions for 2012. Welcome to our two new trustees, **Beth Wade** and **Amber Bothfeld**!

We've had questions as to the difference between the Library Trustees and the Cabot Public Library Friends. The Library Trustees are responsible for the basic governance decisions. They establish the Library's policies and are in charge of the Library's budget. They help organize major donation drives. The Cabot Public Library Friends is the group who do ongoing fund raising for buying enhancements that the Library does not have in the budget. They have bought us, at our request: three MP3 players, a popcorn machine, a camera, popular DVD's, half of the new computer, continuous ongoing programming support, and many other items. The group has been likened to the Library's "Fairy Godmother". We ask for something, they wave their "magic" checkbook and we receive. We could not do without them and their wonderful support.

Good news! We have received a Winnie Belle Learned grant in the amount of \$1,750 to help purchase books for our Easy Reader collection. We have wanted to replace most of this collection, as it has been well used and is now worn.

Programs

Community Egg Hunt – Saturday, April 7:00 – 9:00 a.m. SHARP!
All ages are welcome to join in the fun! Come celebrate spring – bring your own basket or we'll have bags for you. Thanks so much to **Wendy Barnett** and the **PTSO** for funding the purchase of candy!

Vermont History through Popular Song – Monday, April 30 – 1:00 - 2:00 p.m.
Join Linda Radtke and Arthur Zorn for a rousing collection of popular tunes celebrating Vermont and her people. Funny, political, poignant, and lovely – Revolutionary War music, Civil War ballads, a campaign song for Calvin Coolidge, songs about Vermont, and more!

Yoga & Wellness Classes – Tuesdays 6:00 - 7:30 p.m.

We're on for all Tuesdays in April. For more information contact Alicia: 802-563-3220 or aliciafeltus@gmail.com

Dungeons & Dragons – Fridays 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, stop by the library, call us at 563-2721 or email at cabotlibrary@yahoo.com

Thank You!

Thanks so much to **Brad Alexander** for designing, building, and installing our beautiful new Drop Box now located at the back entrance to the Willey Building. Thanks also to **Charles O'Connor** for sharing his wealth of knowledge on home brewing beer; **Julia Shipley** for her many workshops on mapping; and **Susannah Blachly** and **Two Shoes Off** for sharing their lovely music with us.



Cabot Library Reminders:

- o **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
- o **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

Is My Pet Just Getting Old?

By Andrea Gilbert, D.V.M.

Pet behavior can change over time. But sometimes, what seems like an insignificant change in behavior can indicate an illness in your pet.

We hear commonly that an elderly dog does not like to go on long walks anymore. He seems happy walking around the block or in the yard but he just stops when you try to go further. Is he just getting old? We have often found that medication to control arthritis pain can make a dog walk the owner farther than the owner wants to walk! If a dog was playful when young, the dog will be playful when old. Dogs often won't cry, but will just stop doing things he or she used to do.

Have you been filling the water bowl more frequently or have you noticed your pet at the water bowl more frequently than he or she used to be? It could be the dry heat. But it also could be diabetes, kidney disease, a thyroid condition or another issue.

Does your elderly cat have a great appetite—he or she is hungry constantly? Why, of course that means a healthy cat! But maybe it means a thyroid condition or intestinal worms.

Discuss changes in behavior with your vet. As an animal ages, a vet visit is less about vaccines and more about catching a problem early. If you notice something, please bring it up, even though it seems insignificant. Something as trivial as sleeping in a different spot can and often does mean something is wrong. A middle aged to older pet should come to the vet twice a year. They age much faster than we do and a lot can change in six months. It is also easier for your vet to see a difference if they see, weigh and handle your pet on a more regular basis.

Many conditions are very treatable. Your pet can live a good life with an illness if it is caught early and managed well with the help of your veterinarian. Often, by the time your pet is visibly ill, treatment is much harder and more expensive.

WHERE IN CABOT IS THIS?



Congratulations to Recent Cabot Maple Fest Entertainer!



Con Hogan and Cold Country Blue Grass band play in CSPAC for Cabot Maple Fest March 17, 2012.

Con Hogan is one of the recipients of the 2012 New England Higher Education Excellence Awards. Hogan is board of trustees chair for the Vermont College of Fine Arts, a member of the Green Mountain Care Board, and nationally-published advocate for support

of families and improving access to healthcare. Con lives in Plainfield, and spends time playing with his band, Cold Country Blue Grass, who graced the stage of CSPAC at Cabot Maple Fest. More information is available at www.ConHogan.com.

Kicking Off this July Online Farmers' Market

Go to www.yourfarmstand.com/signup
Click on "**Cabot Community Farmstand**"

If you want to sell, first sign up as a member
You can also see what is offered in other communities' online farmstands



Benefits for buyers:

Freshest products possible
Supports the Cabot economy
Multiple vendors, single payment
Pick up right in Cabot, save time and gas



Benefits for sellers:

No cash; all transactions via PayPal
Provide only pre-paid pre-ordered items
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no need to staff a table all day
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A project of Cabot Worx

Supported by Cabot Community Association

For more information call 595-7710 or email Cabot.Development@yahoo.com

Cabot Husky Boys "Give It Their Best Shot!"



Back row: Coach Brian Hale, Tyler Abbott, Jamie Miner, Eli Hale, Caleb Maxfield, Tiger Bastress, Seth Herrick-Trombley, Wyatt Ameden and Coach David Hale. Front row: Jordan Hale, Zach Coolbeth, Jeremy Maxfield, Dominick Hale, Frank Schumacher, Will Nally and Henry Burke.

by Lynn B. Maxfield

March 2002. Ten years ago. The Cabot Huskies boys varsity team was playing at the AUD! They were behind by a double digit lead at one point. They pulled together to make quite the comeback. However, in the end, the Huskies lost the Division IV State Championship game by one point, after having just finished an undefeated season.

Fast forward to March 13, 2012. On the middle school level, the Cabot Huskies boys basketball team was playing in the St. Johnsbury Rotary Tournament. It was their second game into the tournament. A close game all the way through, it also ended in defeat by one point. The players, coaches, and fans were understandably disappointed.

Later in the evening at home, after the game, my two youngest boys, Caleb and Jeremy, who both play on the team, were digesting and absorbing the outcome of the game. I dug out my dusty Cabot School scrapbook and told the boys I had something to share with them. I read them an article that had been written by their coach, David

Hale, ten years ago, after the Cabot boys varsity team's defeat at the AUD. Mr. Hale made a reference to the outcome of that game that I emphasized to the boys, which is as follows: "As time passes, the score will not matter - what everyone will remember is that nobody quit when it looked grim, and the team accepted the outcome with dignity and grace." Good words to share with the boys.

Tuesday night's game in St. Johnsbury was the end of a great basketball season for the Cabot Huskies middle school boys. The progress in their basketball skills and ability to play together as a team was evident in their ball playing. Their coaches, David Hale and Brian Hale (no relation), both did a great job working with the boys. They unselfishly put in a lot of time and energy to benefit the team. A good time was had by all - the team and fans alike!.... Oh, and we can't forget Dominick!! Dominick Hale is Brian Hale's 6 yr. old son. He was the man to follow when it was time for warming up for the games- such a lively leader! What great memories of the basketball season! Looking forward to more!

Cabot Husky Girls "Shoot For The Top!"



Back Row Left to Right: Michalla Andrews, Macie Mosher, Alisha Celley, Shannon Harvey, Isabelle Yu. Front Row Left to Right: Isabella McCallum, Alexis Packard, Monique Bigelow, Jasmine Tetreault

By Frank Kampf

The Cabot Middle School Girls Basketball team's season came to an abrupt end on Saturday March 10, with a loss in the first round of the Rotary Tournament at St. Johnsbury. After a great season, it was a disappointment to all. The girls took the loss well, and even asked if we could still have practices in preparation for next year.

The team ended their regular season on a very high point. After winning three of the previous four games, they added another game to the win total, winning with a 44-2 blow out. The game was going so well that the typical high scorers on the team were making every effort to pass the ball to their teammates that seldom get as many opportunities to score. The end result was some spectacular passing in the key and beneath the basket that made the game very exciting to watch.

Between the end of the regular season and the tournament, the team had an opportunity to play against their parents and other community members. They were able to show off all they had learned during the season. The game started off in favor of the adults, despite

J.A. being called for a technical foul and allowing the girls to get one point off the free throws. The adults were beating the girls by several baskets going into the half. The girls retired to the locker room and strategized how they could overcome the superior height of some of the adults. They started the second half on fire and quickly tied the score, and shortly put the adults in trouble as they enlarged their lead. The game was winding down, with the adults losing by five points, and in a panic they managed to score two baskets against the girls. But that was not enough, and the buzzer sounded with the girls winning 21-20. The technical foul against the adults came back to haunt them, being the losing margin.

The coaches, Deb Bothfeld, Irene Harvey, and Frank Kampf, thank the young ladies of the Cabot Middle School Girls Basketball team for their effort and hard work. We all agree that they have learned a lot during the season and have greatly developed their skills.

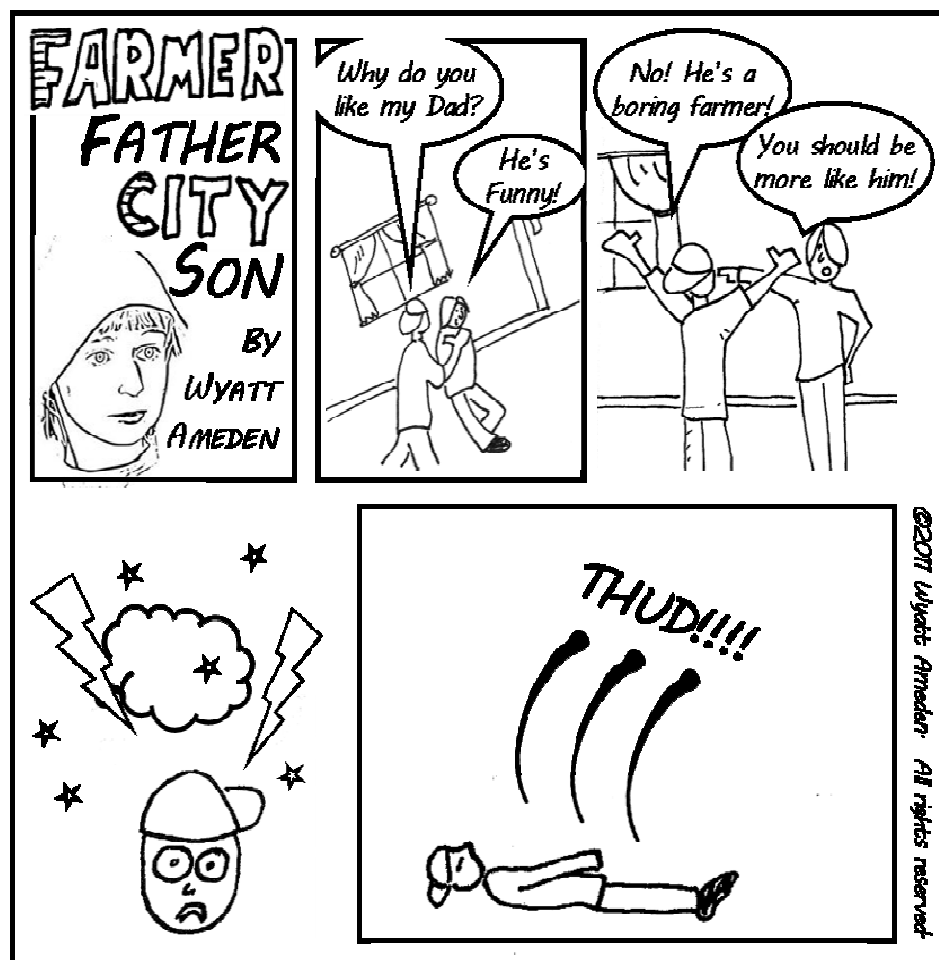
The eighth graders will be an asset to the Varsity team next year, and the returning seventh graders will provide the basis for a strong middle school team next year.

Cabot Youth, Heath Hanson, Tae Kwon Do Grand Champion

By Lynn Jones

On Saturday, March 10, 2012, students from Pyramid Black Belt Academy competed at the Governor's Cup Open Championships, run by Master Schneider of Colchester. Cabot resident, Heath Hanson, age 14, was moved into the men's division by the event managers and was successful in earning a gold medal for forms and silver medals for breaking and sparring. His greatest victory, however, was being awarded the Grand Champion Award for his overall performance at the Championships.

Also of note, Emily Kimball, age 6, of Hardwick was awarded a gold medal in sparring and bronze medals in forms and breaking. Masters Stanley and Alba Parsons, instructors/owners of Pyramid Black Belt Academy are proud of the achievements of their students and wish to recognize their accomplishments.



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