



The Cabot Chronicle

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Vol. 5, No. 9 P.O. Box 245, Cabot, Vermont 05647 September 2012



Eric Younce proudly shows off a pumpkin that he helped grow at Long Field Farm.

Barre First In Vermont To Celebrate Labor Day

By Senator Bill Doyle

Barre was the first community in Vermont to celebrate Labor Day. This took place at the Green Mountain Trotting Park (present location of Spaulding High School) on September 7, 1895. The event was sponsored by the Barre Granite Cutters' Union. There were many speakers that day, and one prominent speaker spoke in the Italian language.

A Barre newspaper, *The Barre City Leader*, reported that the park "was well fitted for the occasion with swings and hammocks. There was a large pavilion for dancing with the

music being furnished by the Barre Coronet Band. In the morning, there was a baseball game between the two strongest teams in the state, followed by a football game. The Barre City Rangers defeated the Montreal Mohawks 6 — 0."

"There were several races, including a bicycle race, hundred yard dash for boys, a 220 yard dash for men, a girls race under 12, and a women's race. In addition, there was an apple sack race and a game of quoits, which was popular at the time."

In 1898, the Vermont Legislature made Labor Day a legal holiday. On *(See Barre First, Page 3)*

Planning Study of Cabot's Main Street

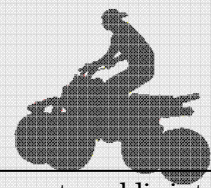


Pedestrians sharing the road with vehicles on the bridge near intersection with South Walden Road. Bruce Wescott photo.

On August 15, about 30 Cabot residents gathered at the Cabot School Performing Arts Center (CSPAC) to participate in a planning study of Cabot's Main Street. The Cabot Corridor Revitalization Committee has been working to develop design concepts and other ideas to make our town's Main Street safer and more attractive for walking, biking, living, doing business and just hanging out and socializing. From these efforts, the town was successful in getting a Transportation Enhancements Grant, allowing us to hire a design and engineering consulting team of DuBois & King and ORW Landscape Architects and Planners to help us plan some improvements. At the meeting, representatives of these companies worked with townspeople to come up with "hot spots"- concerns and issues related to safety, livability, and the beauty of our village - as well as ideas for solutions. What resulted was a long list of ideas and concerns, including:

- Look for ways to slow down traffic on Main Street to make it safer, quieter and more pleasant.

- Make a more attractive connection to the Cabot Creamery Visitor Center, along with better signs to direct visitors into town.
 - Redesign the village intersections of Danville Hill Road and Whittier Hill Road because they can be confusing, and the wide paved area encourages speeding.
 - Look at options for parking in front of the store, as it is difficult to exit, and hard to see around the other cars.
 - Plant trees along the street, and provide lighting, to make the street more attractive.
 - Provide bicycle parking in the village.
 - Build a multi-use path to the town recreational fields.
- In October, Dubois & King will bring back a number of design concepts to present to the public, and get reactions, concerns, questions, and more ideas. Information will be posted as we get closer. For more information, please contact: Brigitte Codling at 563-2397 or Jeanne Johnson at 563-3338.



CABOT ATV ORDINANCE

In response to public interest, the Select Board has decided the proposed Cabot ATV Ordinance will be presented for Australian Ballot vote on **GENERAL ELECTION DAY, Tuesday, November 6**



CABOT COMMUNITY VISIT DAY FOCUS FORUMS

Facilitated by Vermont Council on Rural Development

SEPTEMBER 25, AT THE WILLEY BUILDING

2:15 p.m. to 3:45 p.m. **Arts, Culture, & Recreation ~ Transportation Infrastructure**
4:00 p.m. to 5:30 p.m. **The Challenge of Poverty ~ Economic Vitality & Tourism**
5:30 pm. to 7:00 p.m. **Community Dinner**
7:00 p.m. to 8:30 p.m. **School & Community ~ Agriculture, Food & Energy**

Please mark your calendar. Everyone's Input Is Important.
More information on page 3



Cabot Apple Pie Festival

SATURDAY, OCTOBER 13, 2012
9:00 a.m. to 3:00 p.m.
For more information, see our ad on page 2.
<http://www.cabothistory.com/apple-pie-festival>

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THE FLYING FARMER

It All Comes Back To The Farmer

By Will Ameden

"I would rather spend a month in prison, than a year working on a farm." - direct quote from the 16 year old son of a friend.

That quote got me to thinking...about quotes. I wonder where his idea of farming has come from? Did he grow up next to a factory hog farm, was he picked on by local farm kids on his way to school?

And where did he get his ideas about prison?

"Old farmers never retire, they are just put out to pasture" - bumper sticker on an old Chevy truck.

"Farmers like to do it in the dirt" - bumper sticker on a Subaru.

Now that I am in my 50th year, with all but about ten of them involved in farming, I can not think of a more rewarding lifestyle! You are surrounded by a living, breathing and ever changing plot of soil. You have a hand in shaping,

feeding and caring for this plot. It rewards you with not only food, shelter, and space, but also it is a bond or connection. Like any human relationship, you can't take it for granted, it takes much thought and effort. In the end, you have a partner, and a good working relationship.

"Agriculture probably required a far greater discipline than did any form of food collecting. Seeds had to be planted at certain seasons, some protection had to be given to the growing plants and animals, harvests had to be reaped, stored and divided. Thus, we might argue that it was neither leisure time nor a sedentary existence but the more rigorous demands associated with an agricultural way of life that led to great cultural changes." - Charles Bixler Heiser from Seed to Civilization: the story of food.

Read more about farm life from Will Ameden's blog at <http://catamountaviation.wordpress.com/>

New England Spider Cake Recipe

Requested by Readers

In the August *Cabot Chronicle*, the Flying Farmer referred to his grandmother's New England Spider Cake. Several readers made contact with the *Chronicle* to request the recipe. By popular demand, it is printed below. It is also available directly from Will Ameden's Flying Farmer blog on his website, <http://catamountaviation.wordpress.com>.

New England Spider Cake

2 cups milk
4 tsp white vinegar
1 cup all purpose flour
3/4 cup yellow cornmeal
3/4 cup sugar
1/2 tsp baking soda
1/2 tsp soda
2 eggs
2 T butter
1 cup heavy cream



Preheat oven to 350 degrees. Combine milk and vinegar in a bowl and set aside to sour. In a another bowl, combine flour, cornmeal, sugar, baking soda and salt. Whisk eggs into the soured milk. Stir into dry ingredients and set batter aside.

2. Melt butter in a 12 inch cast iron skillet. Pour in the batter. Pour cream into the center, slide skillet into the oven and bake until golden brown on top, about 45 minutes. Slice into wedges and serve warm.

Yield: 8 servings



Poetry Corner: 9/11

By Bill Cobb

The day freedom almost died
When evil rained its fire down
From God's clear blue skies
Our brothers, sisters, mothers, fathers
Our innocence and children died.

Freedom fighters all,
Heroes large and small
That day evil stalked our land
To carry out its mindless, vicious plan
Our sisters, brothers, fathers, mothers
Our innocence and our children died.

Looking fear's blind hatred in its darkened eye
They reached out in love
To those they cherished most
And those they did not even know
"You've not won," they cried
For in their perishing God knows
Love and goodness are sure to grow.



Let not our soul deep grief
Nor time, nor subtle twist
Of tongue or pen - erase
The memory of the day
That freedom almost died
When evil rained its fire down
From God's clear blue skies.

Fear not our beloved heroes call
For God's forgiving love and light
Growing in our human hearts
Shall each day more brightly shine
By your caring and by mine
Till all the heart will surely be
The home of the brave and the land of the free.

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.



Cabot Apple Pie Festival

SATURDAY, OCTOBER 13, 2012

Always the Saturday immediately following Columbus Day
Location: Cabot School Gym, Main Street (Route 215) in the village of Cabot

9:00 a.m. to 3:00 p.m.

Free admission ~ Free parking ~ Handicapped accessible

Adult and junior apple pie baking contests
with prizes for best homemade pies
Raffles ~ Craft Show ~ Silent Auction
Pies and Lunch for sale

Pie contest entry deadline is 10:30 a.m.
After judging, entered and donated pies will be sold
All proceeds benefit the Cabot Historical Society

Telephone info: 802-563-3396
To reserve craft tables: 802-563-2526

Websites include baking contest rules and information about craft tables:

<http://www.nek4u.net/cabothistory/ApplePie.html>
<http://www.cabothistory.com/apple-pie-festival>

HOW YOU CAN HELP:

- **Donate apple pies to sell at Apple Pie Festival.** Apple pies, whole and by the slice, are the heart of APF and we need a LOT! Please call Cheryl Bell at 426-3713 to let her know how many pies you can donate.
- **Manage the Silent Auction.** Solicit and collect donations and run the silent auction tables at Apple Pie Fest. Contact Bonnie Dannenberg at bonni-esd@together.net or 563-3396 if you can help.
- **Donate Silent Auction items.** Call Bonnie Dannenberg at bonni-esd@together.net or 563-3396 to donate items.
- **Cook or donate lunch items for sale:** Chili and Maple Baked Beans are critical. We need 48 quarts of chili and six pounds of baked beans. Plus 200 hot dogs, 100 hamburgers, and six gallons of cider. Please contact Jeanne Johnson at JeannieJCabot@yahoo.com or 563-3147.
- **Volunteer to help out with the many tasks at Apple Pie Festival on October 13 - many hands make light work, and increase the fun!** Contact Joanne Luce at jmbkmit@charter.net or 563-2723 or Bonnie Dannenberg at bonni-esd@Together.net or 563-3396.

The Cabot Chronicle

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Phone: 802-563-3338

DEADLINE: 15th of the month prior

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Cia Considine

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Send Ads to: ads@cabotchronicle.org

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

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

~ Mission Statement ~

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

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

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

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Contact above for more information

School Choice a Critical Investment

By Brigitte Codling

Schools today can rarely meet all the social and educational needs of all enrolled children. Under the current system, if a parent is dissatisfied with the experience their child is having, or the academic program offered at their public school, they have little recourse. Most parents cannot afford to pay twice for education, once for education taxes and another for private school tuition. Many parents are unable to invest the time required to home school their children. This leaves many children underserved in some way by the educational institution they are left to attend.

It is insensible that access to education is based solely upon the location of our homes. School Choice offers all parents the power to choose where their children will learn and encourages healthy competition amongst schools to better serve students' needs. School

choice gives parents the freedom to choose a school based upon its quality and their child's needs, not their home address.

Each child is unique; no two children are alike, so it would stand to reason that one educational environment could not possibly suit all the needs of all the children within a geographic area. Children need an environment that supports their intellectual growth, social development, health, and well-being in order to be truly successful. This demands that each child be given the opportunity to attend a school that can offer these key components of learning.

Providing a quality education for our children is the most critical investment we can make for their future. School Choice would give parents of Cabot High School students the ability to provide the best possible educational experience for their children.

Cabot Graduates - Your Work is Waiting for You!

By Karen Stewart,
Cabot School Principal

In preparation for a new gallery of student work, we would like to return artwork created by many Cabot graduates. Most of the artwork is signed and will be easy to claim. Other pieces are anonymous, so we will attempt to describe them and perhaps owners will recognize their work.

Signed artists include: Melina Emerson, Calvin Alexander, Monique Michaud, Megan Benoit, Heidi Aronson, Yuta Yamasaki, Chip Harrington, Dore Grier, Amber Greaves, Katie Keene, Amanda Helfand, Sofia Pia, Rigel Stelle, April Korytko and Quint Welters.

We also have broken glass mosaic pieces with co-artists Angela Curtis, Cara Cookson, Melinda Potter and Desire' Allen. Other mosaics are signed NA, AC, CB and JE.

A large, yellow/blue mosaic starburst, a clay frieze of English cottages, and a large, 9-panel metal sculpture are unidentified.

If you would like to re-claim your artwork, just come in or call and we will set it aside for you. We will advertise again before Thanksgiving and keep anything that is unclaimed until mid-January, when holiday visits to Cabot are finished and former students have had a chance to collect their artwork.

An important element of project-based learning is a rotating gallery of "beautiful student work". This provides current exemplars of work that has met the standards of each project and encourages other students to do and re-do until their own work reaches this level. A current gallery of student work applauds high achievement and demonstrates the depth of a rigorous curriculum. Brian Boyes and Ruth Kaldor will act as curators for our dynamic gallery of student work.

Cabot School Year Began - August 29

By Karen Stewart,
Cabot School Principal

Throughout the country and probably across the globe, "Back-to-School" is accompanied by excitement and optimism that testifies to the value that human beings place on education. New sneakers and school supplies are just the beginning, quickly followed by new friendships and deep inquiry into engaging academic content. This is the stuff of real life, and even the youngest students somehow know that school really matters.

We get started again at Cabot on Wednesday, August 29, with a gathering of the school community (and anyone else who wants to join us) on the Cabot Common at 9:00 a.m. We'll salute the flag, welcome newcomers, hear some motivational words and sing our favorite, the Vermont State Song. Assembled in a large circle, we'll be reminded that each of us matters equally and that only together will our school, our community and our world be able to address the multiple issues that complicate our lives.

Cabot School will start the school year with just under 200 students, including 14 new pre-schoolers and 56 high-school students. We are welcoming four new staff members: Ms. Shannon Casey-PreSchool teacher, Mrs. Rebecca Nally-Special Education teacher, Mr. James Haugland-Elementary music teacher and Ms. Rebecca Schutz-Essential Early Education at WNESU.

Teachers will be returning with some impressive professional development to enhance their teaching...Grade 4/5 teacher, Ian Burfoot-Rochford, has taken the week-long Responsive Classroom training, Rachel Kellett, grade 3, contin-

ued her MA program with a residency in Elementary project-based learning at Antioch and SS teacher Lee Penniman did the same at Goddard for her MA with a focus on school transformation. Ten secondary team members received state-of-the-art training in PBL afforded by the 3-day High Tech High summer institute in San Diego. Science teacher Ella Malamud took the Financial Literacy course at Champlain College and will teach a course in Financial Literacy to all Cabot School seniors. Ms. Malamud also attended the AP Bio Institute at St. Johnsbury Academy. Primary teachers Lynn Talamini, Donna McSweeney and Jane Youngbaer took Leveled Literacy Intervention training, and we have invested in a set of reading materials to support this initiative.

Our maintenance director, Peter Ackermann, works to a craftsman's specifications and has worked with his assistants, Connie Withers, Norine Kelly, Michelle Rich and Mark Christiansen, to bring new life to our various school buildings. The foundation drainage of the main building has now been completely replaced, eliminating dampness and flooding of downstairs classrooms. New doors and locksets will be added to the satellite buildings as a security measure, and old carpets in these buildings have been professionally cleaned. Pete has built new steps and new walls and many areas have a fresh coat of paint. Pete and Linda redesigned the front office for added efficiency and an overall nicer presentation. Special thanks to Niall and Jeanne McCallum for volunteering to paint the high school corridor.

Welcome Back-to-School everyone!

Barre First

(continued from page 1)

September 4, 1899, there was a Labor Day celebration at Cherry Dale Park, a trolley stop near the present shopping center on the Barre-Montpelier Road. According to the *Barre Evening Telegram*, special trains brought in a huge crowd of 4,500 people. There was dancing in the large pavilion, with popcorn, candy and cigars being sold at a booth. One speaker titled his address, "Labor, Militant and Triumphant."

Also speaking that day was Representative George T. Swasey of Barre, who sponsored the Labor Day legislation. Swasey said, "It is a matter of satisfaction to me that I had the honor of introducing the bill in the Vermont Legislature that became law, fixing the first Monday in September as a day to be set apart for the benefit and enjoyment of all laboring people, and in honor of that branch of industry that is the foundation of our national prosperity."

Barre Mayor John W. Gordon also spoke: "We are predominantly a nation of laborers. Today, we have 70 million workers, and no nation has so small a number of idlers as we. Every hand accomplishes something. Think of the labor that was necessary to subdue this country, and years to develop the country as far west as the Mississippi River, but we have done it in a tenth of that time, and have gone over the crest of the Rocky Mountain and even beyond the golden shore of California. The victory which was achieved at Manila (Spanish-American War) is nothing when compared with what we celebrate today. It is a fact that we have accomplished much more by labor than by war."

On the same day, other labor observances were held. In Northfield, the most important speaker was Representative Swasey, who traveled from Barre for the event. In the afternoon, hundreds of people attended the Labor Day event at the village green. Stores

were decorated and businesses were closed.

Montpelier had a huge parade, including a squad of police, the Montpelier Military Band and organizations such as Granite Cutters, carpenters, painters, masons, polishers and bookbinders. The City of Montpelier contributed the floats. The main address was given at the Montpelier Opera House. In the afternoon, the Barre baseball team defeated National Life 11 — 7. The machinists defeated the stone cutters 13 — 12.

In 1899, Rutland and Burlington had major celebrations. One thousand men marched in a parade, which was followed by a baseball game between Rutland and Fair Haven. Afterwards, there were speeches, boxing, and dancing. In Burlington, the parade consisted of workers from Winooski, Middlebury and Essex. The day featured the Vergennes band at City Hall, and a band at Battery Park and many sports and speeches.

While Labor Day celebrations took place all over Vermont in 1899, Barre can be proud that it hosted Vermont's first celebration in 1895. Barre can also be proud of the fact that Representative George Swasey of Barre introduced legislation in 1898 that made Labor Day a legal holiday.

Senator Doyle is the minority Senate leader and teaches history at Johnson State College.

Biography of George T. Swasey of Barre: He was born in Waterbury, Vermont in 1853, moved to Barre in 1896, practiced law in Barre and became the city attorney. He was educated at the Green Mountain Seminary in Waterbury Center and graduated from Barre Academy in 1876. He subsequently became mayor of Centralia in the state of Washington, the prosecuting attorney for Lewis County in Washington and city attorney for Centralia, Washington. In 1898, he represented Barre City in the Vermont Legislature.



CABOT COMMUNITY

VISIT DAY FOCUS FORUMS

September 25, at the Willey Building

THE COMMUNITY VISIT PROGRAM IS COMING TO CABOT!

On September 25, Cabot community members have an opportunity to share our thoughts about issues before Cabot at a series of forums with Vermont state, federal, non-profit, and philanthropic leaders. The "Community Visit Day" is the first in a 3-meeting process facilitated by the Vermont Council on Rural Development to help us come together to identify Cabot's priorities and access resources to help implement them. The process welcomes diverse perspectives, and encourages ALL members of the community to participate. Attend the sessions most important to you, and come meet the Visiting Team at the Community Dinner. Mark your calendars and come play an active role in shaping Cabot's future.

SEPTEMBER 25 FORUM SCHEDULE:

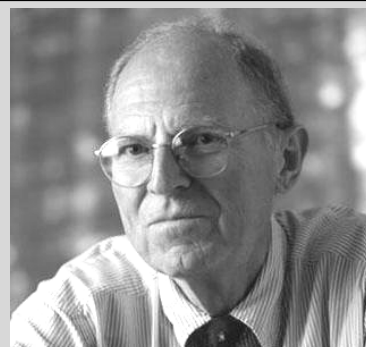
2:15 p.m. to 3:45 p.m. **Arts, Culture, & Recreation ~ Transportation Infrastructure**

4:00 p.m. to 5:30 p.m. **The Challenge of Poverty ~ Economic Vitality & Tourism**

5:30 pm. to 7:00 p.m. **Community Dinner**

7:00 p.m. to 8:30 p.m. **School & Community ~ Agriculture, Food & Energy**

For more information, contact VCRD at 223-6091, info@vtrural.org, or visit www.vtrural.org.



The Cabot Chronicle

Oops!

August Article Note:

Last month's article (page 4), Boom! By Paul Plotz should have also included the following:

Dr. Paul Plotz and his wife Judith reside in Washington, DC, but are often in Cabot, their second home for nearly twenty years.

Cabot Confidential: Mark Christensen

By Julia Shipley



Mark Christensen

Several years ago, Mark Christensen was working in construction, building a house along with Richard Bushey. Mark was doing trim work and Richard was hanging drywall, when the two struck up a conversation about mentoring. Richard looked over his shoulder and said, “Have you ever thought about the Cabot Connects Program?”

Mark muttered, “Huh? Hmm... interesting,” though privately he wondered, *Is that really something I could do? Do I have the ability to work with kids?*

Over time, nothing happened. Mr. Bushey, a board member of the Cabot Connects Mentoring Project, only mentioned the idea once, a single pitch. However, in the years following Mr. Bushey’s suggestion, Mark was working on another kind of building, studying construction techniques for healthy communities. He absorbed ideas from books on indigenous cultures, and from classes at Mark Morey’s Vermont Wilderness School, a precursor of Earth-Walk -- a nature based, community-nurturing school in Plainfield. He sums up the education with: “Our greatest hope for the future is strong communities, because, without it, we don’t have strong people.”

You probably know of Mark as the ‘Little Bus Driver’, because of the pint-sized yellow vehicle he steers up and down the town’s hills, filled with Cabot’s children. Shuttling students to school down Churchill Road and delivering them home again up Bothfeld Hill has helped calm Mark’s fears about relating to kids.

Just before Mark took the job driving the Little Bus, his neighbor, Lynn Rock-

well, called him up specifically to say: “I think you should be a mentor.” This time, Mark simply said, “Sure.”

And here’s what “Sure” led to: picture Mark and his mentee, an elementary school boy, sledding down a long steep hill with the soft powder blasting their faces, and then, when they get to the bottom, the boy leaps up and says, “Let’s do it again!”

Or picture them later in the spring, prowling the ditches along the ball field discovering different kinds of frogs. “Mark! You didn’t get the frog!”, his mentee scolds as the green creature leaps beyond his grasp.

Or picture Mark’s mentee proudly showing him the newest snake, fish, salamander. “He’s always got something in a tank,” Mark says.

Generosity comes in all kinds of shapes; love is a common language--these are some of the things Mark realizes when he spends time with his mentee. “He’s such a shiny, silly, happy, fun loving kid, despite some,” (and here Mark pauses searching for a delicate summation) “difficult circumstances.”

When Mark thinks back to his boyhood in Oregon, he can’t think of anyone specifically who took on a mentor role. But, in junior high, he took a mountaineering course with the city’s Department of Parks and Recreation. The course’s leader became his hero. Mark remembers the exhilaration of climbing 7000+ foot mountains with the other kids and how, upon reaching the summit, they’d all yell, “Odin!”, invoking the name of a Norse god with many sons.

For his Christmas, Mark gave his mentee a Peterson’s Field Guide to Reptiles and Amphibians of Eastern and Central North America. Picture them this fall, maybe discovering a snapping turtle by Coits Pond. And when the snow comes, and they break out the sled, remember how it all started with a conversation several years ago, as two men were building the rooms of a house, the foundation for a stronger community was also quietly getting underway.



Harry’s Hardware changed hands from Julie and Walter Ackermann of Cabot to David Spooner, owner of Spooner Specialties of Montpelier, at an owner’s auction on August 15.

Cabot Worx: Ongoing Efforts

By Wendy Heilig

Summer came to a close with the Worx group having made a bit more progress towards implementing projects and helping to effect connection and transformation within the community.

Cabot’s Second Annual Town-Wide Yard Sale was a huge success this year, with the inclement weather clearing out nicely to help provide a steady flow of traffic, to everyone’s satisfaction. Timing was the key element that made it even more successful this year, as it connected to several other area events: Cabot’s Old Home Days, the Danville Fair, and the Cabot High School Reunion. Reports came in of visitors from as far away as Burlington and Derby, and included many out-of-staters visiting the area. Make a note on your calendars to join us next year so we can make this event even more successful to visitors and community members alike!

The Vermont Council on Rural Development will be conducting information gatherings over the next few months in order to gauge some of the community’s vision for Cabot. Participation will cover a broad cross-section of town members and will provide key answers to the Council to help us in developing Cabot’s future. We look forward to seeing how this unique opportunity will serve us all.

The Cabot Corridor Revitalization Committee held a workshop mid-August, with approximately 25-30 people in attendance. An overview of ideas was presented by Dubois & King, Inc., the consulting engineers selected to help with the project. Mini-groups were then pulled together with attendees and committee members to spark conversation and capture each group’s hot buttons on what were key areas of concern. This will be a huge win for our town in showing the connectedness of issues that

seem to plague nearly everyone. Dubois & King will return sometime this fall with several planning options for our town to consider, which will incorporate as many key issues as is practical. Look for an announcement of their return in a future issue of the *Cabot Chronicle* or on Cabot’s Front Porch Forum.

And, speaking of the Forum, Cabot’s online communication tool continues to see membership grow each and every day. It’s a great way to connect with your fellow community members on neighborhood issues such as yard/car/house sales, lost pets, robberies, politics, environment – nearly anything the community wants to hear or talk about. Join the conversation by getting signed up at www.frontporchforum.com and get to know your neighbors! It’s FREE to sign up and post an ad locally. Or check out their advertising options if you want to broadcast to a larger area. And, if you aren’t technically savvy but still want to join, stop in at the library and they’ll help you get connected!

A reminder that Cabot T-shirts are still available for individual purchase or can be used as a for-sale item in fund-raising efforts by Cabot organizations. T-shirt purchases support current and future projects and events.

Many more projects are waiting in the wings, so come see what is developing and what needs your support. Meetings are the second Wednesday of every month at 7:00 pm in the Coalition Office at the Willey Building. If you are interested in t-shirts or simply want to share ideas or suggestions, call us at 563-3338 or send an email to cabot.development@yahoo.com.

Community members – working together – create unique opportunities for everyone’s enjoyment and success. And that’s why ... Cabot Worx!

New Cabot Plains Pressurized Hydrant



By Walter Botheld, Jr.
Cabot Fire Chief

The Cabot Fire Department has just installed a new pressurized fire hydrant at the intersection of Cabot Plains Road and Bolton Road. The hydrant was made possible by a special case grant from the Vermont Rural Fire Protection Task Force, which is a part of the Northern Vermont Resource Conservation and Development Council. This task force has been doing hydrant grants for towns for over ten years.

The special case grant was for \$20,000 with a 50% match from the Cabot Fire Department and the pond owner. By using the cost of building the pond, we were able to cover the 50% match. This grant was also structured in a way that after the cost of the materials and the installation of the

hydrant, any money left would go to the pond owner. In our case there was some money left, so the owner did get some help in the cost of building the pond.

This hydrant will be a big help with fire protection in the Cabot Plains area. There are over 15 homes, a large dairy barn and a grain mill in a one-mile radius of this hydrant. Another great thing about this hydrant is that it is located at the height of the land. It makes water supply quicker because water doesn’t need to be hauled up from Joe’s Pond.

Thanks to Vermont Rural Fire Task Force and Troy Dare Engineering Technicians for all their help in making this hydrant possible. Because of their work, rural water supplies for fire fighting, in many Vermont towns, has been greatly improved.

Advice from the Tree Warden

Roland (Slim) Payne
Cabot Tree Warden

Trees Hazards from July 4 Storm

There are a lot of hazardous trees after the Fourth of July storm. I see most of them have been cleaned up, but some still remain. The power company cleared a lot from the power lines, and the town road crew cleaned up close to the roads. But in the woods, they are still there and some are dangerous, broken off and hung up in other trees or branches. My woods had about fifty down or broken. A good wind could shake them loose. Hunters and hikers, be alert and look out for them - if it doesn’t look safe, go around the hazardous area.

Bear Sow on Cabot Plains
Cabot Plains has a mother bear with



four cubs. If you hunt up there, I am asking you to be a sportsman and let her live to take care of those cubs. Please don’t make the cubs orphans.

Giant Hog Weed on Elm Street

We decided not to spray the Giant Hog Weed plants on Elm Street because we sprayed three other sites with very little success. We checked with the spray manufacturer, and learned dust from a dirt road makes the herbicide almost useless on plants in late summer, when the leaves are starting to turn yellow. So, we decided to wait until spring, when the plants are new and green and hopefully the road will not be dusty. I hate to think summer is about gone, but school starts soon.

Happy hunting and hiking.

OBITUARIES & MEMORIALS

Alfred Lawrence Lanphear



Alfred Lawrence Lanphear, 83, of Hardwick, died Friday, August 3, 2012, at Fletcher Allen Health Care in Burlington. He was born February 5, 1929, in Craftsbury, the son of the late Albert and

Elsie (Sheltra) Lanphear. He attended Walden and Mackville public schools. On August 26, 1947, he married Beulah Margaret Hood in Hardwick.

He entered the U.S. Army in 1952, where he served in Germany and was honorably discharged in 1954. Lanphear was a member of the Veterans of Foreign Wars Post 9653 in Morrisville, a member of the American Legion Post 7 of Hardwick and a past member and president of the Hardwick Kiwanis. He also served on the Hardwick Select Board and as Hardwick Town Manager.

Lanphear owned and operated a dairy farm until 1972. He was involved in the building of the Hardwick Fire House in 1972. He retired in 2004. He also enjoyed deer hunting, animals and sports.

Survivors include his wife; three children, Stanley Lanphear, of Barre, Kevin Lanphear, of Jericho, and Lorelei Weaver, of Haddam, Conn.; six grandchildren; six great-grandchildren; seven siblings, Dale Lanphear, of Durham, N.C., Sybil Ainsworth, of Hardwick, Jeanette Neis, of Feeding Hills, Mass., Ruth Lamell, Gloria Godfrey, Dorothy Spaulding and Marion Houghton, all of Morrisville; and many nieces, nephews and cousins. Lanphear was predeceased by a granddaughter and four siblings, Wayne Lanphear, Richard Lanphear, Verlie Tillotson and Francese Cochran.

Funeral arrangements were by the Northern Vermont Funeral Home, 60 Elm Street in Hardwick. A funeral service was held Thursday, August 9, 2012, at the Hope Community Church in South Walden. Burial followed in the Sanborn Cemetery in East Hardwick with military honors.

Contributions in his memory may be made to the Lamoille Area Cancer Network, PO Box 38, Lake Elmore, VT 05657 or to the American Lung Association of Vermont, 372 Hurricane Lane, Suite 101, Williston, VT 05495.

Mildred Ibey

Mildred Ibey, 88, of Barre, died Saturday, August 4, 2012, at Woodridge Nursing Home.

She was born in Fairhaven, Massachusetts, on February 16, 1924, the daughter of Horace and Sarah (Munroe) Noble, and attended schools in Cabot.

She married Harold Devins in 1940, and they had a daughter. She married Gardner E. Ibey on August 31, 1980. He died in 2008.

She worked as activities director at Project Independence in Barre and the Berlin Health and Rehabilitation Center, and was a nurse's aide at Central Vermont Hospital. She assisted her husband in the business he founded, Rural Radio & TV. After retirement, they lived in Derby Line and Leesburg, Florida, and most recently in Barre. She was a member of the Christ Episcopal Church of Montpelier.

She is survived by her daughter, Linda Eldred, of Burlington; two stepdaughters, Elaine Ibey, of Barre, and Susan Ibey, of Cabot; three stepsons, Gregory Ibey, of Plainfield, DeWayne Ibey, of Berlin, and Andrew Ibey, of East Montpelier; and several grandchildren and great-grandchildren. She is also survived by a sister, Lorraine MacLeod, of Barre; a brother, Ernest Noble, of Gaylord, Michigan; and many nieces and nephews.

She was predeceased by a brother, Edward Noble.

A memorial service was held at Guare & Sons Funeral Home in Montpelier, on Sunday, August 12, followed by burial at Poplar Hill Cemetery in North Montpelier.

Memorial contributions may be made to Project Independence, 81 N. Main St., Barre, VT 05641.

SELECT BOARD MEETINGS NOW HELD ON WEDNESDAYS

September Select Board meeting dates:
September 5 and
September 19
7:00 p.m. in the
Willey Building.

Northern Vermont Funeral Service

60 Elm Street
Hardwick, VT
05843-0063

802-472-6861

Dian R. Holcomb
Funeral Director

DO YOU KNOW
A CABOT RESIDENT
NOT RECEIVING

The Cabot Chronicle



Please email
inbox@cabotchronicle.org
or call 563-3338
so that it can be corrected



DUCK RACE WINNERS

Heart of Vermont Chamber of Commerce Fundraiser

The Duck Race on the Lamoille River, originally scheduled for August 11, was postponed when heavy rains made the river unsafe. Rescheduled to August 25, the following rubber ducks won prizes for their ticket owners:

Place:	Prize:	Donated by:	Value:	Winner:
1 st	Cash	Heart of Vt Chamber	\$2500	Bucks Furniture
2 nd	Cash	Heart of VT Chamber	\$500	Clyde Richardson
3 rd	Cash	Heart of VT Chamber	\$200	Linda Clow
4 th	iPad	Buck's Furniture	\$500	Naomi Ranz
5 th	Bottle of Wine	Caledonia Spirits	\$16	Wendy Guyette
6 th	Gift Card	158 Main Restaurant	\$25	Susan Marchesani
7 th	Gift Card	Butters Restaurant	\$20	Melissa Hay
8 th	Business Ad	Cabot Chronicle	\$80	Ben Lapoint
9 th	Ski Pass	Smugglers Resort	\$100	Katherine Coffey
10 th	Haircut	Organix Hair Studio	\$20	Julie Manchester
11 th	Gift Card	Grand Union	\$25	Philip Chartrand
12 th	Gift Card	Galaxy Bookshop	\$15	Kathy Patoine
13 th	Lamp	House of Troy	\$138	Niall & Jean McCallum
14 th	Bottle of Wine	Caledonia Spirits	\$16	Thetis Gilbert
15 th	Gift Card	158 Main Restaurant	\$25	Theresa Davis
16 th	Country Breakfast -sausage, eggs & sticky buns	LeBlanc Family Farm & Hazen Monument Farm	\$20	TD Bank
17 th	Landscape Crock	Cabot Online Farmer's Market	\$25	Roger Ranz
18 th	Haircut	Organix Hair Studio	\$20	Ken Davis
19 th	Gift Card	New Leaf Designs, Gardening & Nursery	\$20	Fred's Plumbing & Heating
20 th	Haircut	Wendy's Style Shop	\$15	Bessie Martin
21 st	Gift Card	158 Main Restaurant	\$25	Mary Parker
22 nd	CD	Rick & The Ramblers	\$15	Kurt Bos
23 rd	Gift Card	Per's Smoked	\$25	Shelley Hale
24 th	Gift Card	Price Chopper	\$100	Buck's Furniture
25 th	Bottle of Wine	Caledonia Spirits	\$16	Packard Fuels
26 th	Product	Sybil's Looking Glass	\$40	Greensboro Nursing Home
27 th	Gift Card	Magic Spoon Bakery	\$20	Clyde Richardson
28 th	Gift Card	158 Main Restaurant	\$25	Katherine Coffey
29 th	Bottle of Wine	Caledonia Spirits	\$16	Rob Montgomery
30 th	Gift Card	Grand Union	\$25	Wiley's Store
31 st	2 topping pizza	Cabot Village Store	\$15	VT Web Factory
32 nd	4 Pkgs Tempeh	Rhapsody Natural Foods	\$16	Katie Orost
33 rd	Bottle of Wine	Caledonia Spirits	\$16	Dennis Dow
34 th	Custom Walking Stick	Cabot Creek Creations	\$100	Smugglers Resort
35 th	Haircut	Organix Hair Studio	\$20	Curves for Women
36 th	QtMaple Syrup	Talberts Maple Farm	\$20	Jen Whitney
37 th	Bottle of Wine	Caledonia Spirits	\$16	Myers Container
38 th	Gift Card	Cabot Creek Creations	\$50	Scott Patoine
39 th	Power Shopper Tote Bag	Cabot Online Farmer's Market	\$15	Dona's Car Store
40 th	Gift Card	Grand Union	\$25	Dave Shepard
41 st	Bottle of Wine	Caledonia Spirits	\$16	Beth Riggs
42 nd	Multi-tote Tote Bag	Cabot Online Farmer's Market	\$13	Bobbie Chapin
43 rd	Ski Pass	Smugglers Resort	\$100	Clyde Richardson
44 th	Photo Note Cards	Haymaker Press	\$20	Ron Sanville
45 th	Bottle of Wine	Caledonia Spirits	\$16	Cinderella Sweeps
46 th	CD	Rick & The Ramblers	\$15	Hoagies
47 th	Gift Card	Grand Union	\$25	Bonnie Langdell
48 th	Mini-tote Tote Bag	Cabot Online Farmer's Market	\$8	Halvorsen
49 th	1 yr. Membership	Curves for Women	\$100	Smugglers Resort
50 th	Bottle of Wine	Caledonia Spirits	\$16	Myers Container
51 st	Gift Card	Hardwick Hairport	\$25	Bob Bellavance
52 nd	Case of soy milk	Vermont Soy	\$12	McWherter
53 rd	Gift Card	Connie's Kitchen	\$25	Buck's Furniture
54 th	Photo Note Cards	Haymaker Press	\$20	Morse Insurance
55 th	Book- "Reflections"	Jeannine Young	\$10	Erin Truesdell
56 th	3 Books & a Puzzle	Gram's Choice Books	\$30	Lee - The World
57 th	10 Friday Bouquets	The Flower Basket	\$30	Hardwick Kwik Stop & Deli
58 th	Lame Duck Prize	Heart of VT Chamber	\$50	Steve Jenne



STUDENT DESKS FOR SALE

Dorm-size wooden desks (24x42) in great condition
Pencil drawer & 3 side drawers

A home workspace for your child (or for you!)

\$35.00 each

COME BY CABOT SCHOOL TO PICK ONE UP



COMMUNITY CALENDAR

~ SEPTEMBER ~

Sunday, 9/2-9

Scattered Showers, a play by Tom Blachley, at the Haybarn Theater at Goddard College, 7:30 p.m., tickets \$15. The play revolves around the relationship between two couples who are sharing a cottage on a lake. Not suitable for young children. Information and reservations: 426-3955.

Thursday, 9/13

Traditional Harvest Supper, United Church of Cabot, 5:30 p.m., \$8/\$4 under 12. Red Flannel Hash, Ham, Rolls, Cole Slaw, Pies, followed by auction of fresh-picked local vegetables and menu items.

Thursday, 9/13-16

139th Tunbridge World's Fair. Live-stock cavalcade, clowns, pig races, teddy bears, magic trucks, Ed the Wizard, and more. Information: 889-5555 or tunbridgefair.com.

Saturday, 9/15

Colors of the Kingdom Festival, St. Johnsbury, free. Food, music, activities and other events throughout the day. Fun for the whole family! Information: 748-2372 or www.nekchamber.com/events.

Bethany Church Lawn and Bake Sale, Montpelier. Antiques, collectibles, household and office items, proceeds benefit local & world church missions.

~ OCTOBER ~

Monday, 10/1-6

Northeast Kingdom Annual Fall Foliage Festival: 10/1 Walden, 10/2 Cabot, 10/3 Plainfield, 10/4 Peacham, 10/5 Barnet, 10/6 Groton. Cabot festivities include coffee hour, tours, crafts, luncheon, musical and theatrical performances, hike, turkey dinner. Reservations for luncheon and dinner call Rose Bothfeld at 563-2715. www.nekchamber.com/events.

Saturday, 10/13

Cabot Apple Pie Festival, Cabot School Gym, 9:00 a.m. - 3:00 p.m., free. There will be adult and junior contests with prizes for the best homemade pies, raffles, a craft show, and a silent auction. Pies and lunch for sale. Pie contest entry deadline is 10:30 a.m. All proceeds benefit the Cabot Historical Society. Information: 802-563-3396, to reserve craft tables: 802-563-2526, also: http://www.nek4u.net/cabothistory/ApplePie.

~ 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.

Concerts on the Green in Danville, every Sunday night during the summer. Various local bands, donations welcome. Rain brings the concert into the church, also on the Green.

Danville Farmer's Market, Wednesday s 9:00 a.m.-1:00 p.m., Route 2. Buy local!

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

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

Fiddle lessons with Katie Trautz, Mondays, all ages and abilities. Call 802-279-2236 for more information.

Hardwick Farmer's Market, Fridays 3:00-6:00 p.m., 150 Granite St. Buy local!

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 - 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.

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.

Twin Town Homemakers, second Tuesday of each month, Cabot United Church, 7:00 p.m. Social activities, community service. Call for info: Cindy at 456-1361.

Your neighbors are talking.
Join the conversation.

Sign up today for
Front Porch Forum

Now in Cabot!
Neighbors joining daily.

- Report a break-in.
- Find your lost cat or dog.
- Recommend a babysitter.
- Sell a bike or canoe.
- Organize a community party.
- Connect with your neighbors.

Go to **FrontPorchForum.com**

Already a member? Then recruit
your neighbors, and post your 2¢!



Traditional Harvest Supper



Thursday,
September 13, 2012
United Church of Cabot

5:30 p.m.

Takeout available

\$8/\$4 under 12

**Red Flannel Hash
Ham ~ Cole Slaw
Rolls ~ Pies**

Dinner will be followed
by an auction of local
freshly-harvested
vegetables
and
menu items



plainfield little theatre presents

Scattered Showers

a premiere production
of a new play
by Tom Blachly

August 30, 31
September 2, 6, 7, 8, 9
no performance on Sep. 1st

at the HAYBARN THEATRE
Goddard College
123 Pitkin Rd
Plainfield, Vt
tickets \$15

reservations 426-3955

7:30 PM

The production contains a nude scene,
and is therefore not suitable for children.

Starring Chris Pratt, Susannah Blachly,
Vince Rossano, and Christina Ducharme

UDAG TOWN MEETING GRANT Requests Due October 1

Applications for Cabot UDAG Community Grants are due by October 1. Mail applications to Cabot UDAG Committee, P. O. Box 125, Cabot, VT 05647. The application form is available on the Town's website: www.cabotvt.us; click on *Boards*, then *Documents Library*.

The UDAG Plan provides funding to pay community grants approved by Australian ballot at Town Meeting. This money can be granted to any Cabot community organization or Cabot governmental agency for capital projects that meet the goals of the UDAG Plan. Eligible applicants include community groups, non-profits, civic organizations, fraternal organizations, and similarly organized groups in the Town of Cabot, as well as such other committees, agencies, organizations, or commissions that are created by the Town of Cabot or the Cabot School District. Individuals are not eligible to apply for these grants.

CABOT SEPTEMBER FOOD SHARE DATES:

**Wednesday,
September 12
Noon-2:00 p.m.**

**Thursday,
September 27
2:00 - 4:00 p.m.**

**At the Cabot Masonic Hall
3339 Main Street**

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

Available for Cabot Residents

MARSHFIELD FOOD DROP SATURDAY, SEPTEMBER 8

Second Saturday
of every month.

Food pick up
at 8:00 a.m.

Schoolhouse Common
in Marshfield.

The Food Drop is open until all the food
is gone - which is usually by 9:30 a.m.,
so do come at 8:00 a.m.

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



Applications will be reviewed at a UDAG meeting, and eligible requests will be available for public review at a warned information meeting. Grant proposals deemed consistent with the UDAG Plan will be voted on by Australian ballot on Town Meeting Day. The submission of the grant proposal to the voters does not constitute an endorsement of any grant proposal by the Committee. Each voter must decide if a particular grant proposal is a worthwhile use of UDAG funds, and cast their vote accordingly.

Grantees are expected to purchase goods and services for their projects from Cabot vendors as far as possible. Grant payments will be made by authorization of the Committee after receipt of dated invoice(s) from grantee showing vendor, vendor address and phone and goods purchased. Neither in-kind donations nor volunteer hours are eligible for reimbursement.

For more information, email Cabot.Development@yahoo.com or call 802-563-3338.

List your event in the
**COMMUNITY
CALENDAR
for FREE.**

email Sue.Freeburn@yahoo.com

Vermont's Northeast Kingdom Annual Fall Foliage Festival October 1-6, 2012

The Northeast Kingdom Fall Foliage Festival brings a piece of "Old Vermont" to life for visitors with local crafts, hymn sings, band concerts, church suppers, historical tours and the most beautiful fall colors you have ever seen! Six unique festivals are held over six consecutive days, now over 50 years running. The communities of Walden, Cabot, Plainfield, Peacham, Barnet and Groton invite you to come celebrate rural Vermont in all of its splendor.

MONDAY, OCTOBER 1, WALDEN

Join us for Walden's Country Fair! Our day begins with registration at 9:00 a.m. at the Walden Methodist Church with coffee and donuts. Enjoy the signs and sounds of country life, the small town friendly atmosphere, and the display of traditional action exhibits, crafts and interacting with a myriad of farm animals, large and small. The folks of Walden will share country music and small home businesses nestled in the wooded hills. A homemade soup and sandwich lunch will sustain you for an afternoon of tours to a dairy farm, horse farm and our rural school, with a little dancing and a snack thrown in. A family-style Barbecue Beef Supper will be served with mashed potatoes, veggies and home baked pies, beginning at 5:30 p.m., \$12. For supper reservations call 802-533-7122. For information, contact Judy Clifford, 802-563-2777 (evenings).

TUESDAY, OCTOBER 2, CABOT

Welcome! Coffee Hour begins at 9:00 a.m. in the Cabot School Gym. Make a day touring old school houses, craft shops, the Public Library and Cabot Creamery. Crafts available in the gym from 9:00 a.m. to 3:00 p.m. In the afternoon, enjoy a hayride to a sugarhouse, afternoon musical and play performances, and hike to Nicols Ledge. Corn chowder and chili luncheon (adults \$6, children \$2.50) at Cabot Church at 11:30 a.m., 12:30 p.m. and 1:15 p.m. Turkey dinner at 5:00 and 6:15 p.m. (adults \$10, children \$5) at the Cabot School. Ticket reservations for luncheon and dinner can be made at the same time by calling Rose Bothfeld at 802-563-2715. For details contact Blanche Lamore at 802-563-2457 or Tara Rogerson at 802-917-2992.

WEDNESDAY, OCTOBER 3, PLAINFIELD

A full day of activities begins with Coffee Hour at 9:00 a.m. and registration at Grace United Methodist Church. Foliage tours available at 10:00 a.m. and 1:00 p.m. Tours telling the history of the Barre granite quarries, see glass blowers at work, taste wine at Grandview Winery, scenic spots and a hike to Owls Head with a bag lunch. Other points of interest will be offered throughout the day. Crafts, baked goods and jewelry will be for sale, along with other items of interest for everyone. Cafeteria-style luncheon from 11:30 a.m. to 1:00 p.m. for \$5. Entertainment in the afternoon. Barbecued Chicken, Mostaccioli and Baked Bean Supper at 5:00 and 6:00 p.m. for \$12. For reservations, contact Joanne Martin at 802-454-7301 or Joyce Fowler at 802-454-8306.

THURSDAY, OCTOBER 4, PEACHAM

Registration and arts and crafts sale 9:00 a.m. to 3:00 p.m. at the Peacham Town Hall. Tickets for lunch, ghost walk and dinner can be picked up. Exhibits at the Blacksmith Shop and Historical House (Homemade treats served). Peacham Library book sale from 9:00 a.m. to 4:00 p.m. Scenic bus tour at 10:15 a.m. \$3. Lunch at Peacham Elementary School 11:00 a.m. to 1:30 p.m. \$6. Northern Skies Observatory open 11:00 a.m. to 2:00 p.m. Ghost walk at 2:00 p.m. \$4. Harp music in Church sanctuary 4:00 p.m. to 6:00 p.m. Dinner at church, seatings at 5:00 and 6:30 p.m. (Spaghetti supper - vegetarian and meat sauces, salad, garlic bread, homemade apple crisp with ice cream) adults \$10, children \$5, under 6 free. Tickets available at door. Coordinators are Marilyn Magnus, 802-592-3320, Sally Goss, 802-563-3113, Sharon Fuehrer, 802-592-3326.

FRIDAY, OCTOBER 5, BARNET

Come to the Barnet Center vestry at 8:00 a.m. to 12 noon for pancake breakfast including Vermont maple syrup and sausage. Arts and crafts will be in the vestry and surrounding grounds all day. Wagon rides starting at the vestry will be given, weather permitting. A bus tour between Ben Thresher's Mill, the Sunset Alpaca Farm, the Walter Harvey Meeting House and traveling scenic back roads. Arts and crafts are also at the McIndoes Church, with a soup and sandwich lunch served starting at 11:30 a.m. A European Coffee Hour will be from 1:00 to 4:00 p.m. at the West Barnet Church. Enjoy a Ham Dinner at the Barnet Center vestry, starting at 4:00 p.m. and continuing until all are served (\$10). For reservations, contact Bob Gibson at 802-633-2242. For information the day of the event, call 802-633-4397.

SATURDAY, OCTOBER 6, GROTON

Join us in Groton for our Festival Day. Start with a Lumberjack Breakfast at the Methodist Church from 7:00 to 10:00 a.m. Visit our Library, where there will be a book sale throughout the day. McLure's Band will perform at the Bandstand at 11:00 a.m. Boy Scout Troop #702 will serve a light lunch at the Food Court. Our Annual Parade starts at 1:30 p.m. Browse in the Peter Paul Historical House anytime during the day. Participate in the Old Fashioned Hymn Sing at the Methodist Church at 8:00 p.m. to close the day. Serving times for our World Famous Chicken Pie Supper at 4:30, 5:30, 6:30 and 7:30 p.m. Tickets available at \$10 for adults, \$5 for children under 12. You must make reservations. Contact Peter Lyon at 584-3020. Takeout reservations are also available.

For more details or lodging list, contact Northeast Kingdom Chamber of Commerce at 1-800-639-6379, 802-748-3678 or www.nekchamber.com, or nekinfo@nekchamber.com.

Come See Where the Great Taste of Cabot Begins

Our guided tour includes an informative video that tells not only the history of Cabot Creamery, but also a little something about the agricultural history of Vermont. After the video we take a walk down the hall to view our award-winning cheese being made. Following the tour, we invite you to sample our many varieties of award-winning cheeses, including World's Best Cheddar.

Cabot Visitors Center 2878 Main Street, Cabot 800.837.4261

Tour Fee: \$2.00, children under 12 free
Open Daily: June-Oct. 9am-5pm
Nov.-May: Mon.-Sat. 9am-4pm
January: Mon.-Sat. 10am-4pm

Call for cheese making schedule

- From I-89 Exit 8 at Montpelier, Route 2 East.
- At Marshfield, go left on Route 215, then 5 miles to Cabot village.
- From I-91 Exit 21 at St. Johnsbury to Route 2 West. At Marshfield, go right on Route 215, then 5 miles to Cabot village.
- From I-93 Exit to I-91 North. Follow I-91 directions above.



cabotchess.coop

Butters RESTAURANT

"The staff at Butters would like to extend a heartfelt Thank You to the community for their continued support and encouragement!"

LOOK FOR:

- ♦ Weekday Breakfast
- ♦ Daily Dessert Specials Including Local Produce

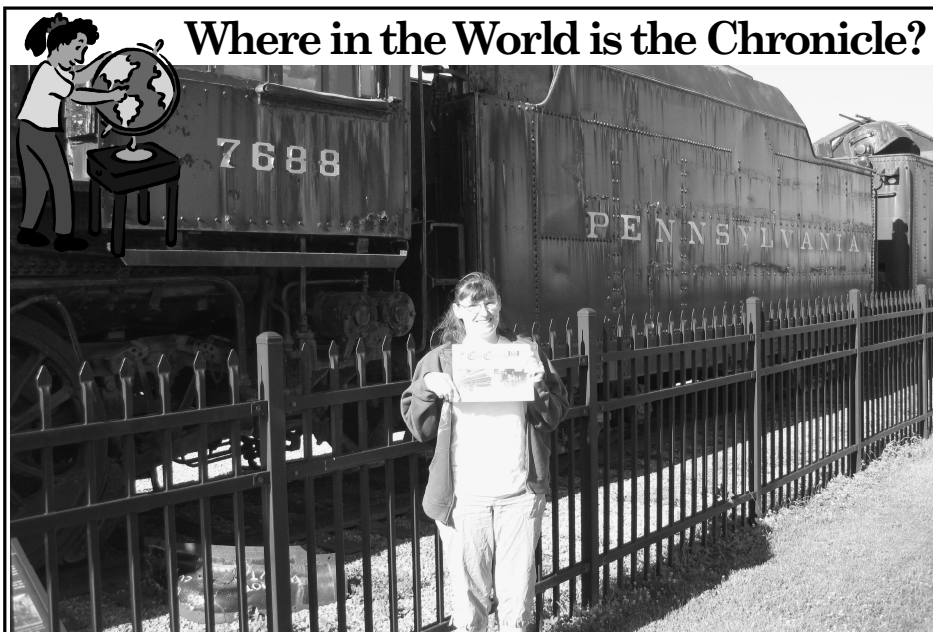


NEW MENU ITEMS

- ♦ Frozen Margaritas and Daiquiris
- *WICKED WING WEDNESDAY* \$.50 wings and \$2 drafts Variety of beer & wine (in-house only)

Main Street, Cabot ~ 802.563.2422

Questions? Suggestions? e-mail us at buttersrestaurant@yahoo.com



Irene Harvey and the Chronicle visit Amish Country in Lancaster PA, and take a train steam locomotive train ride on the Strasburg Railroad.



front porch forum™
HELPING NEIGHBORS CONNECT

Cabot front porch forum

152 members out of 550 households, almost 400 postings to date

Cabot residents can also sign up for

Hardwick, Walden front porch forum

328 members out of 1610 households, more than 1,000 postings to date

Go to frontporchforum.com to sign up.

Front porch forum has been a great resource for neighbors to communicate on the proposed all terrain vehicle ordinance in Cabot. Sign up, see what your neighbors are saying, and voice your thoughts.

CABOT TOWNWIDE LAWN SALE

The second annual community-wide lawn sale was a hit. Some people are already talking about next year. If you have suggestions for improvement, and if you want to help, please email Cabot.Development@yahoo.com or phone 563-3338.



Vickie Bean (right) and her daughter, Ashley, hold vintage bulb planters



Jane and Ferguson McKay had an everything-is-free yard sale



Bob Abbott (right) greets Rich Aronson, a potential buyer

Over 18 sales were held all over Cabot during the Town-Wide Lawn Sale!

FDA Warns of Health Risks Posed by E-Cigarettes From Vermont Department of Health

HealthVermont.gov

“The FDA (U.S. Food and Drug Administration) is concerned about the safety of these products and how they are marketed to the public,” said Margaret A. Hamburg, M.D., commissioner of food and drugs.

- The Food & Drug Administration (FDA) has analyzed samples of electronic cigarettes and components and found propylene glycol (a toxic chemical found in antifreeze) and nitrosamines, both cancer causing, and detectable levels of other toxic chemicals and carcinogens.
- Dr. Stephen Schroeder, advisor to the CDC (Centers for Disease Control), also cautions about the widely varying amounts of nicotine found in e-cigarettes and the risk posed by inhalation via the e-cigarette method.
- E-cigarettes are also available in kid-friendly flavors, such as chocolate and mint, and in smaller sizes that appeal to young people. In addition to nicotine, tobacco is often used as a flavoring.
- The purchase price has been declining, making it more accessible to

- younger and lower income smokers.
- Public health experts have expressed concern that e-cigarettes could increase nicotine addiction and tobacco use among youth.
- The e-cigarette is not an approved smoking cessation device, unlike other researched nicotine replacement products (e.g. gum, patches, lozenges and inhalers).
- E-cigarette manufacturers and retailers are making unproven health claims about their products—saying they are safe or safer than traditional cigarettes.

For more information, contact Food & Drug Administration—www.fda.gov.

EFFECTIVE QUIT SMOKING OPTIONS

The Department of Health recommends that smokers who are ready to quit smoking go to the Vermont Quit Network at VTQuitNetwork.org, or call 1-800-QUIT-NOW (784-8669) to enroll in free ‘quit’ coaching and support. Nicotine replacement therapy is also available as a proven, safe therapy.

Efficiency Vermont

Top 13 Ways to Save on Appliances

Today, all major appliance makers offer energy-efficient models that help you use less energy, save water and reduce your utility bills. This means homeowners can invest in appliances that look as good as they perform.

Clothes Washers

Look for the blue ENERGY STAR label when you shop for a new clothes washer and don’t forget to get \$50 back from Efficiency Vermont on your purchase of a select ENERGY STAR qualified clothes washer.

Dehumidifiers

The ENERGY STAR residential dehumidifiers eligible for a rebate from Efficiency Vermont remove the same amount of moisture as similarly sized standard units, but use at least 1-20% less energy.

Refrigerators

If you have an older refrigerator, it’s likely that it uses more electricity than any other appliance in your home.

Room Air Conditioners

ENERGY STAR qualified room air conditioners: use 10-20% less energy than conventional models, reducing energy bills and helping our environment.

Dishwashers

ENERGY STAR Dishwashers can save you up to \$100 per year on your electric bill. Check the yellow Energy-Guide label to compare the energy use of similar models and estimate annual operating costs.

Building or Buying a New Home

You can save money on utility bills, provide a more comfortable living environment with better indoor air quality, and help protect the environment by building an ENERGY STAR home.

Vermont ENERGY STAR Homes

An easy way to make sure a new home is energy efficient is to look for an ENERGY STAR certified home.

Energy Code Plus

Ask your new home builder to participate in Efficiency Vermont’s Energy Code Plus service to ensure compliance with Vermont Residential Building Energy Standards.

Home Electronics

Home electronics products, such as televisions, and computers and monitors, can account for about 15% of household electricity use. ENERGY STAR qualified electronic products offer the same features and technologies as non-qualified products, but they use less energy, saving you money on your electric bill.

Advanced Power Strips

When your electronics are off, they may still use power. And you pay for it. An Advanced Power Strip (APS) shuts off the power for you.

Computers & Monitors

An ENERGY STAR labeled laptop or desktop computer uses as much as 65% less electricity than computers without the ENERGY STAR label.

Televisions

Many of the most popular brands of TVs make ENERGY STAR qualified models that have all the latest features and technologies that you are looking for, but they use less energy, and save you money on your electric bill.

Meter Loan

Efficiency Vermont offers Watts Up meters free of charge for a period of three weeks to Vermont electric utility ratepayers. You can measure how much electricity your appliances use with the meter and with this information, you’ll be better able to identify the connection between your appliance use and the amount of your electric bills.

For more ways to save money and energy, go to www.efficiencyvermont.com

TWIN VALLEY SENIOR CENTER

TVSC sends our deepest sympathy to the family of Frances (Fran) Ackoury, one of our long time center participants and former Board member. Fran will be greatly missed by everyone at the center. We are happy to have been asked by the family to host a Memorial Service at the center in her honor. The Memorial will be held on September 12 at 1:00 p.m. with Father Lively of Marshfield presiding. We hope all friends and family will join us at that time to remember a wonderful lady that we were so privileged to have had as part of our TVSC family.

TVSC would like to also send "Speedy Recovery Wishes" to some other members of our family: Muriel Benjamin, Carla Payne, Mary Topping, Alberta Wilbur and Joann Clark. We hope that each day brings you closer to feeling stronger and good health.

As everyone knows, food prices are rising. With this being said, TVSC wants to freeze or can some fresh garden vegetables to help us reduce cost and have the frozen/canned vegetables for use through the winter months. We welcome for processing at the Center any vegetables you may have for this purpose. We might also be able to provide you with "gleaners" who will collect your excess crop.

In conjunction with this project, we are also looking for anyone who has a little free time to volunteer to work with our cook in preparing these vegetables for the freezer/canning. Call Joni at 426-3447 if you could assist. At this time, I would also like to say many thanks to Earle Kalliasaari of Cabot,



Brian Ducharme of Marshfield, Mimi at Wells Spring Farms for their numerous donations of vegetables and Bob Light for beautiful centerpiece bouquets. If we failed to mention others, we apologize.

TVSC will be closed Labor Day, September 3. Meals on Wheels will be delivered on Friday, August 31, to cover that day.

There are two foot clinics in September at the center. One is September 5 and the other September 26. If you have not made your appointment, please do by calling CVHHH AT 223-1878.

TVSC calendar for September includes Frances Ackoury's Memorial Service on September 12. September 14, Seniors are scheduled for lunch out at a location to be established. The Center will be closed for lunch that day. September 19 is a picnic day and the Center will be closed for lunch (unless weather prohibits the picnic).

Cabot Recreation Department

By Amber Bothfeld

Hope everyone is enjoying their summer! As we finish out the summer we are working on scheduling games for the upcoming season. We just finished up Soccer Camp. It was the best season we have ever had in terms of attendance, with thirty kids! Thank you to all of those who attended. We would also like to thank Laura Nally and Donna McKinnion for planning

activities, as well as Skylar Ridge and Taylor Abbott for helping with the groups. Thank you to Jamie Minor for volunteering his time to go up to the Pavilion to paint the picnic tables.

As always, we welcome new members and volunteers. We meet the second Tuesday of every month at 6:00 p.m. in the Cabot Library. For more information contact Amber Bothfeld, 802-563-2147, Amberbothfeld@aol.com

Vermont and the Appalachian Trail The Georgia-to-Maine Trail Turns Seventy-Five

The Green Mountain Club today welcomed this week's 75th anniversary of the Appalachian Trail which the club manages through Vermont. The club and the state played a key role in the creation and management of this iconic trail stretching from Georgia to Maine.

Vermont's Stratton Mountain is thought to be the summit on which, separately, both the Long Trail ("L.T.") and the Appalachian Trail ("A.T.") were conceived by the trails' respective founders James P. Taylor and Benton MacKaye.

In 1910, the Green Mountain Club began work on the Long Trail, completing it in 1931, thus establishing America's first long distance hiking trail. MacKaye returned to Vermont in 1922 to study the L.T. in detail, hoping to make it part of his plan for the "great super trail" to run from Maine to Georgia.

Today, the Green Mountain Club has MacKaye's personal copy of the 1922 Long Trail Guide book with notations he presumably used to help establish the A.T. and this Appalachian Trail Conference (now conservancy) to establish and manage the trail. MacKaye adopted from the Long Trail such lessons as the importance of an extensive trail shelter system, white blazes to mark the main trail, and a cooperative management system that

relies heavily on local volunteer groups with responsibility for a specific section of trail. Today, the Green Mountain Club has 14 Sections (i.e. chapters) and the Appalachian Trail Conservancy works with 31 trail maintaining clubs, including the Green Mountain Club.

The *Bennington Evening Banner* featured MacKaye's visit on its July 17, 1922, front page: "Mountain Trail Asset of Back to Land Movement." The article detailed how MacKaye sought to study the Long Trail "with the hope of making it part of the great super trail." His interest was not solely in developing a mere hiking trail. "His project is something more, as he conceives it, than a trail for hikers," the Banner wrote, "it is a 'new approach to the problem of living', ... an offset and relief from the various shackles of commercial civilization."

The Green Mountain Club today manages the A.T. throughout Vermont in partnership with the Appalachian Trail Conservancy, the U.S. Forest Service, and the State of Vermont. This stretch of trail includes more than 100 miles where the A.T. runs along the Long Trail from the Massachusetts border to Maine Junction in Killington, and a more than 40 miles stretch of A.T. from Killington to Norwich, Vt. after the historic trails go their separate ways.

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Our Pets - Emergency Care

By Andrea Gilbert, D.V.M

Emergencies always seem to happen on weekends, and veterinary emergency clinics are not around the corner. Here are some tips for commonly encountered situations.

The Skunk Encounter

Nothing is perfect. There is a product called Skunk-Off that does a nice job. Pick up a bottle to keep lying around, just in case a skunk comes along. Or you can try a homemade recipe of one quart hydrogen peroxide, 1/4 cup baking soda and one tablespoon liquid dish soap. Make a double batch for big dogs. Work it well into the fur and let it sit for five minutes, then rinse well. Sometimes, this treatment needs to be repeated a few times. The collar is often smelly, too.

The Bleeding Toe Nail

This happens to everyone. And they bleed more than you expect. You can buy Styptic Powder to keep lying around home. In a crisis, you can rake the toe nail across a bar of soap. The soap packs up into the nail and can help stop the bleeding. Or pack the hole in the middle of the nail with flour. The nail will often start bleeding again when your pet moves around. It is a mess but generally not life threatening.

The Insect Encounter (Hives)

This often needs to be treated by a veterinarian. And severe allergic reactions can be life threatening. For a mild

case of hives, you can try Benadryl. Make sure it is plain Benadryl. The name of the drug is diphenhydramine. Do not use the Benadryl cold and flu or other formulations. The adult capsule that you buy at the pharmacy is 25 mg. It says on the box what the active ingredient is and how many milligrams of the ingredient is in each capsule. So, read the box carefully, there are different strengths available. Dogs can take one mg for every pound of their body weight. So, a 25-pound dog gets 25 mg (one adult capsule), a 50-pound dog gets 50 mg (two adult capsules), a 75-pound dog gets 75 mg (three adult capsules) and a 100-pound dog gets 100 mg (four adult capsules). If your dog is in the middle of the weights, round down if the dog is closer to the lower weight and round up if the dog almost weighs the higher weight. For example, I would suggest a 60-pound dog get 50 mg and a 70-pound dog get 75 mg. You can repeat this dose every eight to twelve hours for one or two days and see if the hives resolve, as long as it is a mild case and your dog is comfortable, eating and acting ok.

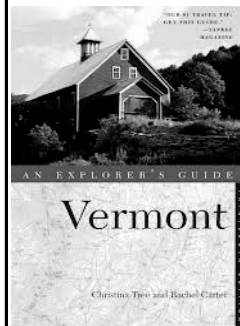
Here are some helpful phone numbers:

Littleton Area Veterinary Emergency Service in Littleton NH: 855-265-5533

BEVS in Burlington VT: 802-863-2387

The Animal Poison Control Center: 888-426-4435

VERMONT: An Explorer's Guide 13th Edition Launched



The anticipated book launch of Vermont's premier travel guidebook, *VERMONT: An Explorer's Guide*, has arrived! The guidebook is on sale to the general public September 1.

Published by **Countryman Press** of Woodstock, Vermont, the renowned Vermont guidebook began publication more than 30 years ago when respected travel writer **Christina Tree** launched the Explorer Guide series in 1983. In 2010 Chris Tree invited **Rachel Carter** to coauthor the 13th edition. The 13th edition has an increased emphasis on agritourism.

Chris Tree has contributed hundreds of travel articles to the *Boston Globe* and writes regularly for *Yankee*. She launched the Explorer Guide series and defined its high standards. Now she coauthors guides to Maine, New Hampshire, and the Berkshire Hills and Pioneer Valley. Tree resides in Cambridge, Massachusetts.

Rachel Carter resides in East Charlotte, Vermont as a multi-faceted entrepreneur. She runs a part time public

relations, social media, and grassroots marketing business—**Rachel Carter PR** and already an accomplished blogger, is now building her book of business as a travel and agricultural writer. A 2012 *Vermont Business Magazine* Rising Star, Carter is seeking opportunities to extend her skills for the benefit of Vermont's working landscape.

For 30 years, *VERMONT: An Explorer's Guide* has offered superior coverage of the Green Mountain State in all of its splendor, from the shores of Lake Champlain to its bustling mountain towns, from its sugar shacks to its ski chalets, from working farms to endless wooded trails. Now in its 13th edition, this bestselling guide is completely updated and expanded by veteran travel writer, Christina Tree, and coauthor, Rachel Carter, who crisscrossed the state, revisiting hundreds of dining and lodging establishments—even since the landscape-altering floods of 2011's Tropical Storm Irene—and have included all the very best of Vermont.

"Our #1 Travel Tip: Get This Guide."—*Yankee Magazine*

Please visit and share: www.vermontexplorersguide.com

FROM THE CABOT PUBLIC LIBRARY

By Kathleen Hoyne and Anne Walker

Thanks to our readers of all ages, who participated in the, 'Dream Big – READ!', Summer Reading Program! We had 61 participants in all, 18 of whom participated in the 1,000 Page Club, pledging to read at least 1,000 pages. The highest pledge topped out at 5,000 from Leo Parlo! We have a few more t-shirts and prizes for those who have completed their goal, so please come in to pick them up! Congratulations to the adult participants, Amy Cooke and Anne Miller, who have broken the age barrier and become an inspiration to the rest of us.

We have 87 new Early Reader books in from the Winnie Belle Learned grant awarded last spring! Come see these beautiful new books in our Children's Room.

Programs -

Cabot Students Travel Overseas – Wednesday, September 19, 7:00-8:00 p.m.

Come speak with two students from Cabot, Hugh Burke and Daniel Grosvenor, who traveled to China and Cambodia respectively, and have stories and beautiful photos to share. Learn about the programs which allowed them to travel relatively inexpensively to some of the most exotic places in the world.

Book Discussion Group Returning this Fall – Beginning September 24, 7:00 p.m.

Every three weeks, beginning September 24, the Vermont Humanities Council sponsored Book Discussion group will meet to discuss the new series, *Canadian Cultural Diversity*, facilitated by Cynthia Russell. Please visit the library to pick up a copy of these books.

Roy McGregor, *Canoe Lake*
Alistair MacLeod, *Island*
Antonine Maillet, *Pelagie- La- Charrette*
Alice Munro, *Lives of Girls and Women*

Yoga & Wellness Classes - Please contact Alicia Feltus for information about yoga during the month of September. 802-563-3220 or aliciafeltus@gmail.com.

Dungeons & Dragons – Back again in September! – 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 registering, stop by the library, call us at 563-2721, or email at cabotlibrary@yahoo.com

Thank You!

Thanks so much to Kristi Jemtegaard for donating four boxes of beautiful brand new picture books – they are so appreciated! Thanks also to Tim Walker for his ongoing help with our recycling and installation of air conditioners. Many thanks to Susan Green of Jaquith Public Library for her facilitating a collaboration with us on the summer reading programs and to the Cabot Creamery for their continued support. Thanks to all of the writers of the "This I Believe" series for our summer reading program – it has been fun reading the thoughts of people in our community.



Cabot Library Reminders:

- HOURS**
 - Tuesday 9:00 a.m.-6:00 p.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
- **Story Hour back again****
****in September!****
- 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. From April 14 to September 3, ECHO will be hosting **Our Body: The Universe Within**, which features plasticized anatomical specimens exploring the wonder of the human body. Due to contractual arrangements with the exhibitor, they will need to charge an additional \$8-\$10 for admission to this exhibit.
- Vermont State Parks Pass** – Allows free entry into State Park day areas for up to 8 people in one vehicle. Go to www.vtstateparks.com for more info.
- Historic Sites Pass** – Allows free entry into the Vermont State Historic Sites for one family or groups of up to 8 people. Go to www.historicsites.vermont.gov for more info.
- New this summer – Vermont History Museum Pass** – Allows free admission for one family to the Vermont History Museum located in Montpelier in the Pavilion Building.

See you at the Library!
Kathleen Hoyne and Anne Walker

Cabot Public Library - Strategic Plan

By Kathleen Higbee

In early 2013, the Cabot Public Library will begin creating an amended Strategic Plan. Based on American Library Association guidelines, this plan will project proposed library activities and will also identify possible community-related interaction for a three-to-five-year period.

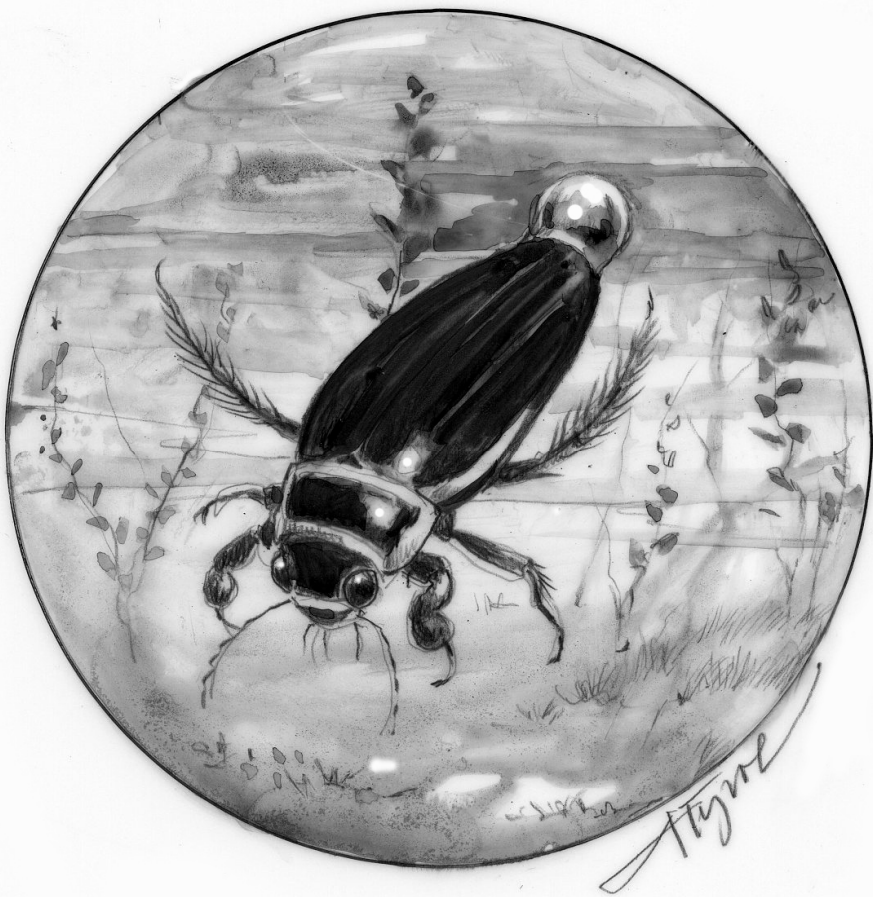
The public will be invited to participate in various forums so that we may gain a more complete understanding of community expectations. An additional purpose is to bring together members of the business community and representatives of various local organizations to determine how Cabot Public Library can best assist them in achieving their goals.

Once library personnel have completed preliminary tasks, a mediator with no ties to the library will conduct open forums and encourage participants to discuss their own particular thoughts and concerns. Cabot Public Library staff and trustees will not be present at these meetings, so participants can feel free to be as candid as they like. Ideally, this interface will also provide a more complete picture of how residents, businesses and associations can work together to benefit each other.

Once the information gathered at the forums is reviewed, the Cabot Public Library personnel will determine how best to incorporate it into the Strategic Plan.

A more detailed article will appear at a later date.

Beetles and Bubbles, Above and Below



By Kenrick Vezina

Every morning, my pool is the scene of six-legged tragedies: chunky beetles puttering around on the surface, looking for a leaf-cum-life preserver; a few flies long since deceased. Once, the surface was peppered with black commas. These turned out to be winged ants, unlucky breeders from a nearby colony that must have swarmed. Each morning the suite of insects is different, but the result is almost always mass death.

To creatures so large as ourselves, a pool's surface tension offers only token resistance. Insects, however, find themselves in a very awkward place. Lest one forget the importance of scale in the animal kingdom, take this bit from biologist J.B.S. Haldane's essay *On Being the Right Size*: "You can drop a mouse down a thousand-yard mine shaft; and, on arriving at the bottom, it gets a slight shock and walks away. A rat is killed, a man is broken, a horse splashes." An insect, of course, can fall the same distance with impunity for the same reasons many of them can cling to walls and ceilings. Gravity is a trivial matter; falling is a non-risk. Water, on the other hand, is a huge risk. Haldane, in paraphrase: A man coming out of a pool has to carry a thin film of water that weighs roughly a pound; a mouse carries roughly its own weight, and a fly has to carry many times its own body weight.

Yet not all insects are doomed by water. Many species live on, in, or under the surface, and dealing strictly in beetles, there are several families of water-lovers. You've likely seen one or two beetles in the water near the edge of a local pond. Aquatic beetles vary, but they're generally of modest proportions with brownish or blackish coloration and oval-shaped bodies. Their blandness belies the ingenious tricks that they and other water-dwelling insects have developed to turn surface tension and their physics of being small to their advantage.

Bubbles are one such trick; some beetles use their outer wings to trap these little sources of oxygen against their backs, others carry bubbles at the tips of their posterior.

Bullet-shaped predaceous diving beetles (family Dytiscidae) must return

to the surface now and then, to refresh their bubbles before kicking beneath the surface using the long hairs on their backmost legs, in search of prey ranging from tadpoles to small fish. These bubbles, you might think, are a terribly short-term solution to the need for oxygen underwater, but they last longer than you'd expect.

This comes back, as Haldane wrote, to being the right size. Insects are small enough that they can forego lungs. Instead, they have tiny holes in their exoskeletons called spiracles. These lead to tiny tubes, which branch into even tinier tubes. They do not "breathe" through these tubes in an active sense; they simply let oxygen diffuse directly into their tissues from the air around them.

Diffusion is also key to the remarkable endurance of many of bubble-bearing beetles. As a beetle uses up the oxygen in its pocket of air, some of the dissolved oxygen in the surrounding water diffuses into the comparatively oxygen-poor bubble. Some beetles, like the riffle beetles (family Elmidae) – small black beetles that are found in fast-moving, highly oxygenated waters – are true masters of the bubble. They have nets of special, water-repellent hairs which keep a thin film of air trapped against their bodies. Their bubble is kept at a fixed volume; water is never allowed to encroach. The result is a constant influx of oxygen from the water to maintain this volume. They have exploited the physics at work on their small scale to create a functional gill.

Of course, these true water beetles never find their way into my pool – it lacks food or cover, among other things. Now, though, when I gaze across the surface, it's hard not to see the wonder and drama implied by this watery trap. It may just be a cheap above-ground swimming pool, but it's emblematic of a life where water meets sky, where the physics of size meets surface tension, and where life meets death.

This essay is dedicated to the memory of Kurt M. Pickett, without whose tutelage the author could never pretend to be an entomologist.

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Go to www.yourfarmstand.com

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Select "Cabot Community Farmstand"

Load funds via PayPal and shop online

Check "Next Delivery" date on upper right corner of web page

Pick up order that day between 9:00-10:00 a.m. at the Willey Building

To Sell Local

Sign up first as a member (above)

Go to "My Market" tab and contact administrator

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Receive order(s) via email Friday night

Drop prepaid merchandise Saturday 8-9:00 a.m. at Willey Building

Want to be part of it? Sign up at yourfarmstand.com

Local Film Wraps Up Production

By Todd Jones

The makers of the independent Vermont film, "The Dragon Wall", are hard at work with their next film, "The Green Knight". Set in Arthurian times and based on the 14th century poem, "Sir Gawain and the Green Knight", their new film follows the exploits of a young knight after he foolishly accepts the challenge of the mysterious Green Knight who enters King Arthurs court.



"The Green Knight" promises to be creative and stunning. This production required more elaborate sets, costumes, props and techniques. Not to mention a much larger cast including Callum Adams (who played the oldest brother in "The Dragon Wall").

After post production it is hoped that the Cabot Maple Fest will be one of its first screenings. For more information follow Kid Brother Pictures on Facebook or look up "The Green Knight" at

www.kickstarter.com.

SUDOKU GOLF MASTERS LOOP-COURSE CHALLENGE

By J. Scott Davidson

Sudoku Golf, Masters Loop-Course Challenge is a math challenge done on correctly completed Sudoku puzzles. The object of the game is to create an 18 "hole" path with the lowest overall score. You start and end the loop course in the 2nd row (2=1st, 3=18) as indicated. Add the squares as you go and find the path with the lowest total, as in golf. You may move to any adjacent square not already in the path, including diagonals. You may also only have a single "hole-in-one" (pass by the number 1, once). Because a Sudoku has only one 2, 3, etc. in each row, the lowest score must have at least 7 rows in the path.

Solution for last months puzzle is shown here, can you do better? →

7	PARKING • CLBHS •				PARKING				1
4	3	1	7	6	2	9	8	5	
8	2	9	3	1	5	6	4	7	
9	8	7	6	5	3	4	1	2	
6	5	4	8	2	1	7	9	3	
3	1	2	4	9	7	8	5	6	
5	9	8	2	7	6	1	3	4	
2	7	3	1	4	9	5	6	8	
1	4	6	5	3	8	2	7	9	

Score to beat—'61'

PUZZLE EXTRA:

Find connected path for 1st 21 digits of Pi: $\pi = 3.14159265358979323846$

8	PARKING		* CLBHS *		PARKING		5	
9	5	START	2	FINISH	7	1	4	8
		3 		6 				
6	1	7	4	8	5	9	3	2
2	4	9	7	3	6	8	5	1
1	7	8	5	4	2	3	9	6
5	3	6	8	1	9	7	2	4
3	9	5	1	2	8	4	6	7
4	8	2	6	7	3	5	1	9
7	6	1	9	5	4	2	8	3

Score to beat—'65' Pi Hint - Same start, finish as golf

CABOT ONLINE FARM STAND



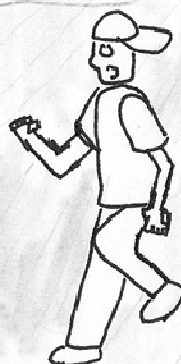
Gorgeous fresh-picked produce at a great price delivered through the online farmers' market. Orders placed by Thursday night are delivered Saturday morning 9-12 at the recycling center on Sawmill Road, Cabot.

www.yourfarmstand.com. Photos of fresh local rainbow chard and some beautiful beets.

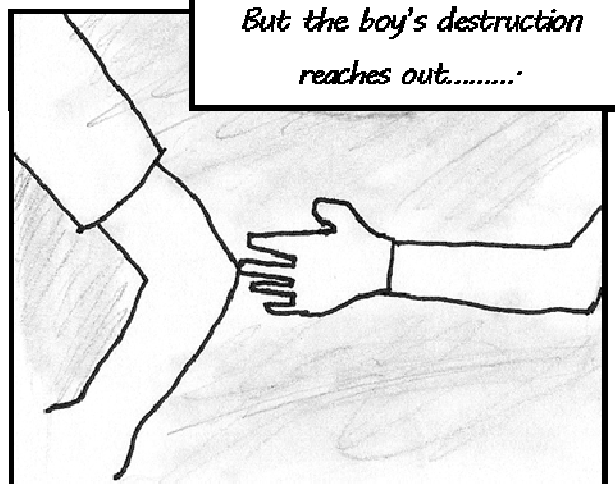
FARMER FATHER CITY SON

BY
WYATT
AMEDEN

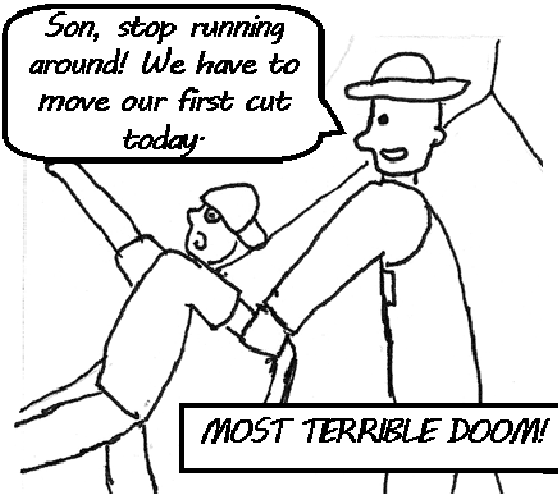
This poor helpless boy runs from his doom!



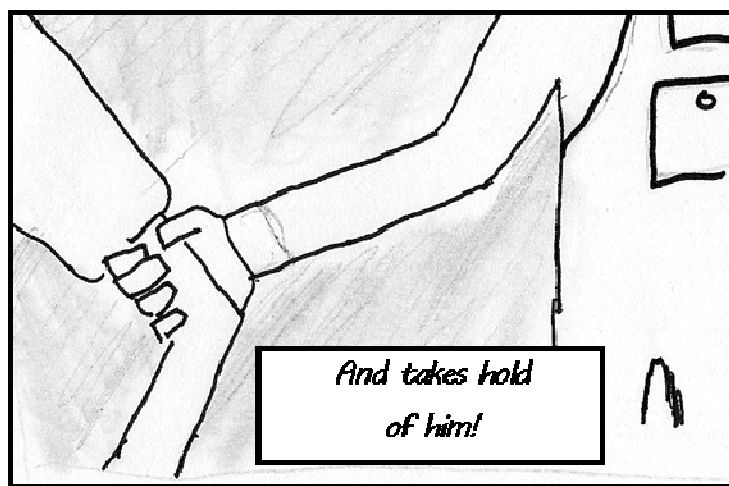
But the boy's destruction reaches out.....:



Son, stop running around! We have to move our first cut today.



And takes hold of him!



MOST TERRIBLE DOOM!

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