



The Cabot Chronicle

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Cabot, VT 05647

Cabot Baristas and Bakers: HESTIA ESPRESSO BAR



By Aedan Scribner

In the fall of 2012, my mother, Jackie Scribner, presented to my sister and me a concept. A café was closing in Plainfield, opening up a space that she had renovated years ago. I was open to the idea of learning how to make espresso drinks, excited at the prospect of baking fresh goodies, and honored for the opportunity to be my Mother's business partner. We began to plan. It was to be an espresso bar, with a small case of baked goods, made fresh every morning. Named Hestia Espresso Bar after the Greek goddess of the home and the hearth (goddess of all good things in the kitchen), we would offer treats as well as savory goods, drinks, teas, and of course, a warm and comfortable atmosphere.

It wasn't long before we started to paint and renovate. Working together, we found equipment, driving all over the state, and learned the art of the barista together under Stanzi's excellent tutelage. A professional barista of many years, Stanzi is the consulting member of the Hestia partnership, while my mom and I are operating partners. We opened our doors to the public on the twenty-sixth of December, 2012. Each of us have invented many recipes for baked goodies, traditional treats and breakfast items, as well as gluten-free and vegan options. We use organic flour, made from Vermont wheat, and our eggs come from

Cleary Family Farm, right in Plainfield. We use Sweet Rowan Farm milk for our drinks, and always have organic half and half. I mix teas for the shop as well, and grow many of the herbs in them. We even make our own flavor syrups for drinks, using raw organic sugar! Working alongside my mother in this wonderful enterprise is such a blessing, and in such a beautiful community. That community is why we are still here, I couldn't express my gratitude enough for the dedication our wonderful customers have shown.

We have free wireless internet, comfortable armchairs, and a fun atmosphere! We look forward to seeing you here at the blinking light in Plainfield.

Hestia Espresso Bar is located at 20 School Street in Plainfield. You can check out some of their delectables on their facebook page at www.facebook.com/hesteria.espressobar.

Downstreet Eats Opening Mid-September

Now there is another reason to come to the village! Downstreet Eats is opening up in the old Cabot Inn on Main Street in mid-September. Owner Elena Gustavson is excited to complement the lunches being offered at Butters Restaurant in Harry's Hardware by offering a supper menu and revolving specials for eating in or taking out.

A small eatery with counter service, a take-out menu and, eventually, off-site catering, the hours will be temporarily limited to Friday & Saturday supper and Sunday brunch to start off the win-

ter season and expand to longer hours by late spring. The menu will include familiar favorites and global "comfort food", using seasonal and local ingredients whenever possible. Dumplings and Korean braised beef will share space with pulled pork and Pasta Alfredo.

If you are a farmer or food producer in the area, Downstreet Eats would love to talk to you. They are looking for eggs, vegetables, fruit and more. Please contact Elena Gustavson at goodfood@downstreeteats.com or call 802-323-6866.



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 *Government*, then *UDAG*, then *Town Meeting Grant App*.

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.

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.

The History of Labor Day

Labor Day: How it Came About; What it Means

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers

have made to the strength, prosperity, and well-being of our country.

Founder of Labor Day

More than 100 years after the first Labor Day observance, there is still some doubt as to who first proposed the holiday for workers.

(see page 3, History of Labor Day)

NORTHEAST KINGDOM ANNUAL FALL FESTIVAL

CABOT - TUESDAY, OCTOBER 1

Coffee, donuts and crafts will be served at the Willey Memorial Building from 9:00 a.m. until 3:00 p.m., where you can also sign up for tours and make lunch and supper reservations. Spend your day touring old school houses, craft shops, hay rides to a sugarhouse, the Cabot Creamery, or hydroelectric plant, or hike to Nichols Ledge and take the scenic shutterbug tour and see the beauty of Cabot.

Corn chowder and chili lunch (\$6 adults, \$2.50 children) at the Cabot Church at 11:30 a.m., 12:30 and 1:15 p.m.

Turkey supper (\$10 adults, \$5 children) at the Cabot School at 5:00 and 6:15 p.m.

Ticket reservations – Rose Bothfeld (802)563-2715. For more information, please contact Tara Rogerson (802) 917-2992.

See page 7 for schedule of the entire six-day Northeast Kingdom Annual Fall Foliage Festival, starting on Monday, September 30, in Walden and ending Saturday, October 5, in Groton.

100th Anniversary of the Hastings Store



By Amy Hornblas

The Cabot Chronicle met with Jane (Hastings) Larrabee to learn the history of her family's general store. What follows is a short summary of our conversation. Much gratitude is extended to Jane and her family for their service to the community, past and present.

The Hastings Store at Joe's Pond in West Danville has been in the Hastings family for 100 years. Jane's grandfather bought the store from Burt Wells on October 13, 1913. The family is going to celebrate 100 years of proprietorship in October with an Open House. Jane's cousins, Nancy Neal and Audrey Merrill, who both remember growing up at the store, plan to attend, as well as Burt Well's grandson, Rod Wells. The post office in the store will be selling commemorative stamps with pictures of the store on them.

Jane Hastings has found references to there being a store at that location as far back as 1853. Jane's grandparents both had retail experience before buying the store in 1913. Her grandmother, Jennie Underwood, graduated from the Springfield Business School and her grandfather, Gilbert Hastings, attended the St. Johnsbury Academy's business school. It was Jennie's mother who heard the store was for sale, because she lived in the West Danville intersection. Jennie and Gilbert bought the store and moved up from St. Johnsbury with their new baby, daughter Helen. They paid the young fellows that helped them move in soda from the store's soda fountain.

Soda was the popular drink for most folks until World War II, when coffee replaced it as the social beverage. The soda counter at the store was the hang-out for local residents, seasonal visitors, and employees of the mills across the road. Bulk items were also popular back then, and the Hastings Store carried the essentials, such as vinegar in

casks and soap powder by the pound. The family continued to sell ice they harvested from the pond and stored in an ice house in front of the craft shop until 1952. They harvested the ice in January and it would last until September, packed in sawdust. Jennie and Gilbert also made hot fudge from scratch, smoked their own ham, and made their own sausage with sage from their garden. The family continues to make their own sausage using the family recipe to this day.

The U.S. Post Office located inside the store pre-dates the Hastings family ownership, and has become a family legacy of its own. Jennie Hastings took over as the Postmaster when the family bought the store in 1913. She remained in that position until around 1946, when her son (Jane's father), Ralph Hastings, took over. Jane says he considered his service as postmaster to be a sacred duty. Ralph's last day as postmaster was in October of 1992; he was 78 years old. Ralph's wife Mabel was also the assistant post master for 25 years. Today it is Jane's husband, Garey Larrabee, who serves as postmaster behind the counter. Very few U.S. post offices are profitable, but this one is. Jane attributes that to their ability to keep costs down and service up. Summer people especially seem to appreciate the convenience of it, some of whom stock up on supplies while they are in town.

Besides running the store and the post office, Jane's parents, Ralph and Mabel, continued the family tradition of serving the community in many ways. They looked out for community members and extended kindnesses to those in need. Active in their church, Mabel took responsibility for mowing the lawn there at times.

Jane, an only child, remembers riding her tricycle around the store when she was young. The family had to work every day but Sunday from 5:30 a.m. -

9:00 p.m. Jane and her husband, Garey Larrabee, were married on a Sunday to be sure her parents could attend. Jane, herself, didn't think she'd like to be tied down in that way, and ended up getting an art degree from Skidmore College instead of majoring in business like others before her. She thought she might paint the second coat on the Sistine Chapel. Instead, she met Garey Larrabee, a local Vietnam Veteran who had retail experience and was considering a career in the mortuary business.

Jane and Garey Larrabee took over running the store in 1974. They've enlarged the store, and connected to the gift shop, which they lease out. Garey makes baked goods for the store, and requests for his doughnuts have come from as far away as California. His blueberry coffee cake, lemon cake, and baked beans are also popular. Ice cream becomes available every year once the ice goes out of the pond. Over 1,000 Ice Out tickets are sold at the store every year, and ticket customers have come from all 50 states, as well as 10 other countries. The Ice Out fundraiser, whose proceeds support the Joe's Pond Association fireworks show on the Fourth of July, is reminiscent of the wager Ralph Hastings used to make with a friend of his. Every year, they would bet \$1.00 on whether the ice would leave the pond before or after May 1.

Jane can go into any room in the house or store and remember things that happened there, significant events in her family. As well as serving the community by running the store, Jane is a Justice of the Peace. She has performed over 160 weddings. Weddings have happened at a chapel on an island, and in a cow pasture. Some couples have chosen to be married right in the store, such as at the mailbox counter, under the deer head, and even in the Hastings family's own living room.

The family's 100 year legacy continues to this day. Jane and Garey have had two children, who each have two children of their own. Though grown, their children help out to this day. One daughter makes doughnuts and works at the store on weekends. The four grandchildren also help out. Four-year-old Alyssa is learning to use the register. Jane reflects that growing up in the family-run business has been a wonderful experience. She attributes

her comfort around people to the fact that she was exposed to so many kinds of people at the store. She knew everyone in town from their weekly shopping trips, and met countless visitors from all over the world. She reflects that this taught her that people are people, and you have to take them for who they are, not who you think they should be. Her grandmother had her learn the poem *The House by the Side of the Road* by Sam Walter Foss, which aptly describes the tradition being continued at the Hastings Store today. These are the poem's last verses:

Let me live in my house by the side of the road,
Where the race of men go by-
They are good, they are bad, they are weak, they are strong,
Wise, foolish - so am I.
Then why should I sit in the scorner's seat,
Or hurl the cynic's ban?
Let me live in my house by the side of the road
And be a friend to man.

Thank You and a New Request from Faith In Action

By Bill Cobb

We are thankful for the great responses to the need for clothing for five children in two local families. We have been asked to be the final financial link of \$400 in a \$2,600 project to obtain a mechanical lift to enable a resident to move from wheelchair to bed.

Although we do not normally provide funds, Faith in Action will contribute \$50 plus an internal and another donation, leaving \$275 needed to insure completion of the project.

If you can help, please contact the office at 563-3322 (Tuesday, Wednesday, Thursday 9:00 a.m. to 12 noon) or leave a message for us to return your call. Checks should be made to Faith In Action and noted "Chair Lift Project," and could be dropped off at the FIA office in the Masonic Hall or mailed to us at PO Box 157, Cabot. Should donations exceed the needed amount, we will, unless otherwise indicated, return your kind donation.

Thank you for supporting this most worthy project to aid a Cabot neighbor.

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



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

E-mail: inbox@cabotchronicle.org
Phone: 802-563-3338

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

OBITUARIES & MEMORIALS



Abel Truman Way III

A. Truman Way III, 83, formerly of Castleton/East Franklin, and (briefly) Cabot, VT, died at the Fort Stockton Nursing Home in Fort Stockton, Texas, on July 5, 2013.

He was born on November 5, 1929, in Burlington, VT, the son of Abel Truman Way Jr. and Charlotte (Beam) Way.

He graduated from Kimball Union Academy in 1948 and received an honorable discharge from the United States Navy in August 1949. He joined the State of Vermont Police Training School in Montpelier, VT, April 1955 and Vermont State Police May 1955.

Truman served with the Vermont State Police for almost 30 years, retiring in October 1984 at the rank of lieutenant. During his career he was deeply involved with the Vermont State Police scuba diving team and mountain



rescue team. In 1986, Truman became chief of police for the city of St. Albans, officially retiring in 1989. During his career as a police officer, he received many certificates and awards from different law enforcement agencies.

He is survived by his wife, Shirley H. Way, of Alpine, Texas, whom he married on October 27, 1962; his children by a previous marriage, a son, L. Alan Way, and his wife, Linda, of Fair Haven, and a daughter, Susan W. Hawkins, and her husband, Hugh, of East Montpelier; a sister, Charlotte W. "Sis" Allaire, of Chesterfield, Missouri; his six grandchildren; 12 great-grandchildren; a niece; and two nephews.

He was predeceased by his parents and infant son, Curtis Truman Way, who died December 17, 1954.

A graveside service was held on Saturday, August 24, 2013, in Cedar Grove Cemetery in Fair Haven, VT.

History of Labor Day (continued from page 1)

Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a cofounder of the American Federation of Labor, was first in suggesting a day to honor those "who from rude nature have delved and carved all the grandeur we behold."

But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that Matthew Maguire, a machinist, not Peter McGuire, founded the holiday. Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

Labor Day Legislation

Through the years the nation gave increasing emphasis to Labor Day. The first governmental recognition came through municipal ordinances passed during 1885 and 1886. From them developed the movement to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During the

year four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

A Nationwide Holiday

The form that the observance and celebration of Labor Day should take was outlined in the first proposal of the holiday — a street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

The character of the Labor Day celebration has undergone a change in recent years, especially in large industrial centers where mass displays and huge parades have proved a problem. This change, however, is more a shift in emphasis and medium of expression. Labor Day addresses by leading union officials, industrialists, educators, clerics and government officials are given wide coverage in newspapers, radio, and television.

The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pay tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership — the American worker.

The Cabot Chronicle Needs You!

Do you have one hour per month to spare? Or perhaps a few more? Or a small advertising budget?

The Cabot Chronicle wants your help. More hands are needed at the wheel. When the paper was re-established in 2008, there were five to seven people around the table, contributing ideas, energy and time. Now, we're down to two all month long, with (happily) another six helping with the end-of-month tasks, once the paper is put together, but several of those helpers are moving on.

Right now, one person is responsible for ensuring all the material that goes into the monthly twelve pages is collected, assembled, prepped for layout, papers are picked up from the printer, mailing paperwork completed and papers delivered to the post office on time. One other person is responsible for graphic design, layout of the twelve paper, getting it to the printer on time and coordinating billing. One volunteer proofreader helps us avoid the dreaded misspellings and punctuation errors. Three kind souls help get the freshly-printed paper labeled, sorted and counted out for delivery to the Post Office and regional drop locations. And sometimes we get some help from our friends delivering the papers to those drop locations.

We really need more help during the course of the month, working on content, and a little more help at month's end. If you have an interest or skill that you would be willing to lend *The Cabot Chronicle*, please let us know your ideas.

If you're willing to help, but have no idea how, or have very little time, here are some suggestions:

Web Master: Post articles on the web and update online event calendar once per month, plus occasional special event postings.

Calendar Coordinator: Draw material from a variety of websites once per month.

Distribution: Dropping bundles of papers at a few locations in Cabot, Danville or Hardwick area, plus Twin Valley Senior Center (they drop bundles for us in Marshfield, Plainfield and Woodbury locations). If you go through one of

these communities at the end of every month, it would be a great help if you could make a few drop-offs for us.

Storyboard brainstorming: We meet almost every Thursday at 5:00 p.m. in the Willey Building to plan for the upcoming issue. We'd love to hear from community members about what they'd like to read about. Pitch story ideas, send us material via email (inbox@cabotchronicle.org), write up something interesting you're doing or has happened to you. Help us bring more community voices to the paper.

AND HERE'S THE BIGGIE: Newspapers don't get printed or mailed on community interest, alone. There's a financial side to it, and *The Cabot Chronicle* continues to fall short. The two people who work throughout the month on pulling together articles and laying out the paper are not sales people, and are already dedicating as much time as they have available and more to getting the paper out every month. The town contribution of \$6,000 covers approximately one-third of the annual cost. Maple Fest, advertising and subscriptions provide another third of the budget. We need more advertisers or a different funding strategy if *The Cabot Chronicle* is to continue. We need your input and support if our town is to continue having its own paper. Please share your ideas by calling 802-563-3338, emailing inbox@cabotchronicle.org (the best way) or writing to P.O.Box 245, Cabot, VT 05647, with your ideas and suggestions. And, if you have a local business, consider including *The Cabot Chronicle* in your regular advertising strategy. The paper was acknowledged as a top communication tool in town during the Vermont Council for Rural Development community visit process, and a symbol of community vitality. People read the paper, and will see your message. The paper has a policy of striving to showcase and promote Cabot businesses. *The Cabot Chronicle* is very grateful for the businesses that have already shown their support and advertise regularly. But more is needed to keep the black ink flowing.

The Cabot Chronicle NEEDS YOU!



**YOUR NEWSPAPER
NEEDS YOU!!!!!!**

**The Cabot Chronicle
is seeking volunteers
and applicants for
a variety of jobs
and positions.
If you have skill
Or interest in...**

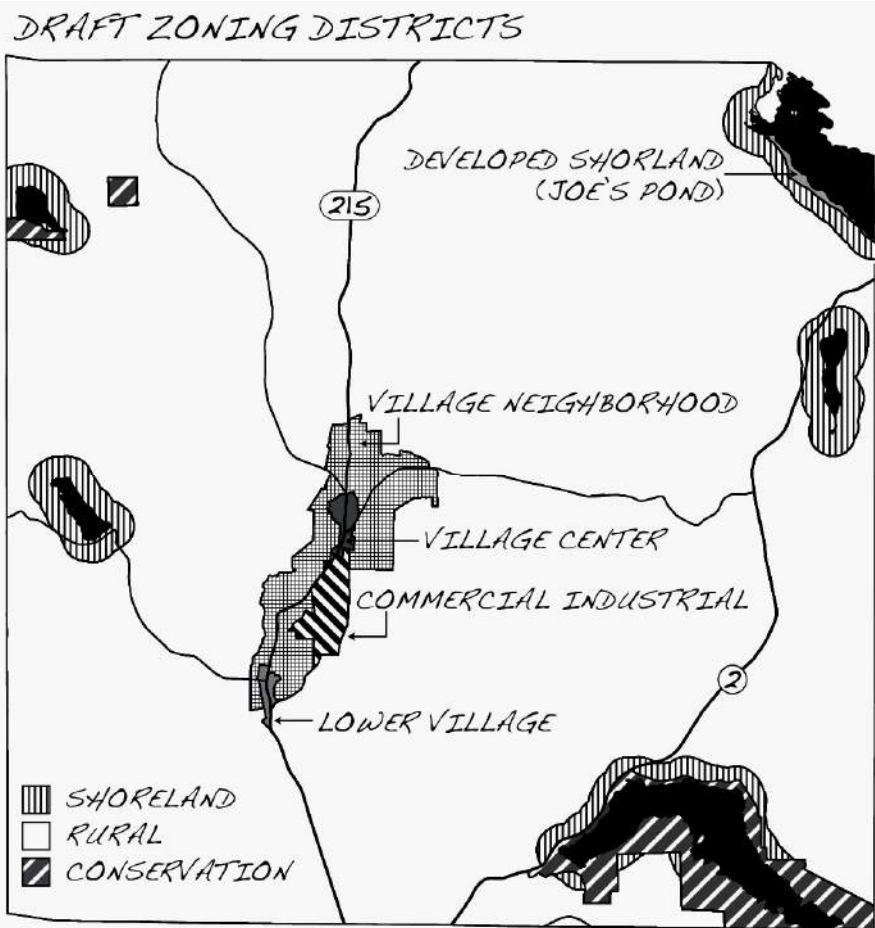
- Sales
- Data entry
- Writing
- Public service

Please contact us at

802-563-3338

Thank you!

Cabot Draft Land Use Regulations Community Meeting September 19



The Cabot Planning Commission will be hosting a Community Meeting on Thursday, September 19, at 7:00 p.m. at the Willey Building. Over the spring and summer, we have started work on a complete update of Cabot's zoning and land use regulations, based on the recommendations in the 2012 Town Plan. We are ready to present our initial ideas for changes to the zoning districts and their standards throughout town, for your feedback.

Cabot's 2012 Town Plan opens with a vision statement that calls for development to "be focused in and around the village center, which will be well served by local facilities, services and infrastructure. Development outside the village center will respect and conserve important agricultural lands and natural resources." The land use chapter of the new Town Plan notes that our current zoning is not guiding development in a manner that will achieve the community's vision – particularly the desire to retain a working landscape. The 2010 community survey confirms that residents strongly support Cabot remaining a rural town with a strong agricultural economy.

With these facts in mind, the Planning Commission has spent several months reviewing our current zoning law and considering options that would be more effective at implementing the vision and goals expressed in the Town Plan. We have some new ideas for how our zoning districts and their standards can guide development as envisioned in the town plan. At the meeting on Sep-

tember 19, we are hoping to kick-off an important and productive community conversation that will continue throughout the remainder of this year and into the early part of 2014.

This is the best time to come learn about what changes are being considered to our current zoning. We are in the early stages of working on the update, and open to any and all suggestions for making Cabot's zoning and land use regulations better. So, we hope that you will plan to attend the meeting on September 19, ask questions, and share your comments. Our goal as a Planning Commission is to figure out how the zoning and land use regulations can help us achieve the vision we share for our town's future – the vision we described in the 2012 Town Plan. For this effort to be successful, it is essential that as many residents as possible get involved and help guide our work on this zoning update.

If you are not able to attend the September 19 meeting, you can still learn more about what we are doing on our project website. The first draft of several chapters of the updated zoning and land use regulations have already been posted. You can read and comment on them from the website. You can sign up to be on our email list and receive regular (usually twice a month) updates on our progress from the website as well. To find the website, go to the town website – www.cabotvt.us - and look for the Cabot Planning blurb at the top of the page and follow the link from there.

COMMUNITY COMMENTARY

Letter to the Editor:

The Cabot Connects Mentoring Program is staging a bicycling event called Cabot Ride the Ridges in Cabot on September 14 to raise money to support the program. It will be the first annual event that will become the flagship fundraiser for the organization, attracting riders from all over the Northeast. I think it will become a signature event for the Town of Cabot, raising money for our mentoring program while bringing visitors to Town who will support our local economy.

I mentor a youth in town and serve on the advisory board. It's a program I can get behind because I see that it makes a real difference in the lives of kids through early intervention, and gives me some hope in a world that sometimes seems really scary.

I encourage you to get involved with the program as a mentor or by supporting the bicycling fundraiser on September 14. We'll be looking for volunteers to help stage the event and riders to participate.

Contact the Cabot Connects Mentoring office at cabotconnects@hotmail.com or 563-3338. And go to www.facebook.com/pages/Cabot-Connects-Mentoring to read about the event. You do not need a Facebook account to view this.

Very sincerely,
Mark Christensen

A CYCLING EVENT FEATURING THE SCENIC LANDSCAPES AND RUGGED TERRAIN OF CABOT, VT

SATURDAY, SEPTEMBER 14, 2013

10 KM FAMILY FUN RIDE ALL RIDES BEGIN AT THE TOWN COMMON ANYTIME BETWEEN 8-10 A.M.

STURDY 30 KM BACK ROAD RIDE

WOODBELLY WOOD FIRED PIZZA!
12-4 PM

SPONSORS: WOODBELLY PIZZA, CELLARS AT JASPER HILL, ZUTANO, KINGDOM CREAMERY, VT BUTTER AND CHEESE, BURTT'S APPLE ORCHARD, WOODBURY MOUNTAIN TOYS

60 KM EXTREME RIDGES EXPLORER

RIDER REG FEES:
10 KM FAMILY FUN RIDE: \$25
STURDY 30 KM BACK ROAD RIDE: \$40
60 KM EXTREME RIDGES EXPLORER: \$50
FAMILY MAXIMUM \$50

FOR MAPS AND MORE INFORMATION SEE US ON FACEBOOK OR EMAIL US AT CABOTCONNECTS@HOTMAIL.COM. ALL RIDES ARE FULLY SUPPORTED AND MOSTLY ON DIRT ROADS. TO PREREGISTER GO TO BIKereg.COM OR REGISTER IN PERSON ON THE 14TH.

ALL PROCEEDS BENEFIT THE CABOT CONNECTS MENTORING PROGRAM BikeReg.com

HEAD OF THE PACK

FARM AND FOREST PRODUCTIONS

CABOT CONNECTS SUPPORTERS

Cabot Historical Society

OPEN 2nd SATURDAYS DURING SUMMER

The Cabot Historical Society will be open to the public during the summer from 1:00-3:00 p.m. the second Saturday of each month. Stop in and see the exhibits or do some research. Remaining date is:

September 14

Or by appointment – call 563-3396

BUY LOCAL

ADVERTISE LOCAL

Half a Grouch-O

By Helen Morrison

Marianne is a one year old torti/calico girl with a "half a Groucho Marx mustache". She was dropped off at a local barn and the owner brought her in, as she felt she would make a house cat. At first, Marianne was a bit grouchy. If you petted her, she didn't quite know what to do with it. She might nip a bit. But now she enjoys a cuddle and a good stroking. She is not shy. She is full of energy and loves to play with other cats. If you might be interested in giving Marianne a forever home, come to visit her at Kingdom Animal Shelter, 1660 Memorial Drive, St. Johnsbury, on Mondays, Tuesdays, Wednesdays, and Thursdays from 4:00-6:00 p.m., and on Saturdays and Sundays from noon to 3:00 p.m.



Grouch-O

Special Needs Brothers



Brothers, Oscar and Felix.

Oscar and Felix are two brothers at the Kingdom Animal Shelter. Both are black and are about eight weeks old. They run; they play; they are fearless; they eat well; they use the litter box properly. And they are cute as a bug's ear or two bugs' ears, for that matter.

But Felix is a bit of a special needs kind of guy. Sometimes, if a mother cat

either gets a distemper shot while pregnant or contracts distemper while pregnant, the kittens may show a neurological disorder called *cerebellar hypoplasia*. The kitten who has this condition will have some motor issues. He may walk in circles. He may wobble when he walks. Felix exhibits a mild form of *cerebellar hypoplasia*.

Other than that, both brothers are perfectly fine. They will provide hours of entertainment. Felix and Oscar need to be adopted together, as they are just such a wonderful team. If you are interested in giving them some special attention in a forever home, stop in at the Kingdom Animal Shelter to meet them.

Kingdom Animal Shelter is at 1660 Memorial Drive, St. Johnsbury, open on Mondays, Tuesdays, Wednesdays, and Thursdays from 4:00-6:00 p.m., and on Saturdays and Sundays from noon to 3:00 p.m.

The Elegance of Black

By Helen Morrison

As many of you are coming to know, I have become very involved with the Kingdom Animal Shelter on Memorial Drive in St. Johnsbury. At present, it is a shelter for cats; cats that have been surrendered, that have been found as strays, cats that are trapped and, though feral, have been deemed to be socializeable enough to be adoptable. Kingdom Animal Shelter is an all-volunteer organization. We have a fairly large number of modest fundraisers through the year to add to our coffers. And our cats and kittens are adoptable for quite a reasonable rate.

A problem has arisen that would just not have occurred to me. It is very difficult to get black cats adopted. The reason? My guess is that it has something to do with the superstition that black cats are bad luck. But, interestingly, that is only true in the United States and Canada. In other developed coun-

tries around the world, black cats are good luck. And in fact, they are, anywhere. They are good luck because they are gorgeous and elegant and loving and playful and good-natured, more so than some other colors of cats. I am not sure why, but I have found it to be true.

The Kingdom Animal Shelter will be having a special salute to The Elegance of Black for the month of September. During that month, our Black cats and kittens will be up for adoption for \$25. Applicants for adoption of these sleek and gorgeous animals will still have to go through the careful screening and reference checks that all our adopters must go through. Perhaps you can give one or two of these gorgeous, sleek Black cats a forever home. Visit the Kingdom Animal Shelter at 1660 Memorial Drive in St. Johnsbury on Mondays, Tuesdays, Wednesdays and Thursdays, from 4-6:00 p.m., and on Saturdays and Sundays from noon to 3:00 p.m.

KINGDOM COUNTY PRODUCTIONS PRESENTS

The Hungry Heart

A new documentary film on prescription drug addiction and recovery
DIRECTED BY BESS O'BRIEN
RELEASE DATE FALL 2013

The Hungry Heart is a documentary film based on the often hidden world of addiction and recovery. Primarily shot in Franklin County, Vermont, the film takes an intimate and powerful look at those who have been swept into the downward spiral of prescription drug addiction. The film highlights the struggles and hopes of recovering addicts and their quest for a better future. Often those dealing with addiction in their lives are seen as "the other," and are often judged or stigmatized. However, in *The Hungry Heart* recovering addicts are front and center and are given voice to express and to share their stories of challenge and resiliency. We feel this is a critical first step in breaking down barriers and telling the human truth around addiction.

Much of the film revolves around the work of Pediatrician Fred Holmes and his compassionate work with patients in recovery from prescription drug addiction. The film reveals a remarkable bond and relationship that is built between Dr. Holmes and his young patients. Through the lens of the camera, we see the trust that is slowly fostered between doctor and patient around an often exasperating and manipulative disease. We are privy to an illuminating conversation that emerges between Dr. Holmes and the young people he is committed to helping.

In addition, *The Hungry Heart* reveals the often rocky road to recovery - including, relapse, past trauma, healing, search for self, the craving for acceptance and the ability to triumph in the face of amazing odds. The film also searches for answers, actions and new steps to be taken in Vermont communities that will help reverse the scourge of prescription drug abuse in young people.

The film is slated to tour Vermont during the fall of 2013 to 30 towns. Folks in the film will tour with the movie and speak afterwards with audience members. In addition, a study guide will be produced to accompany the film into schools, hospitals, health and social service agencies across Vermont and nationwide.

For more information call
KINGDOM COUNTY PRODUCTIONS
802-357-4616 / www.kingdomcounty.org

SPECIAL THANKS TO PROJECT NEW BEGINNINGS OF ST. ALBANS, VT FOR THEIR SUPPORT AND COLLABORATION WITH THIS MOVIE.

Kingdom Animal Shelter 1st Annual Cat Calendar Contest



Think you have a star just waiting to be discovered?

Get your camera ready and start snapping! We're having a contest to see whose cat is the most photogenic. Send us a photo at least 10 megapixels or larger, to photos@kingdomanimalshelter.com, and we'll put it up on our website. You can then vote for your favorite photo. The entries with the highest number of votes will be featured in our 2014 calendar.

Check our website for more information about submitting your pictures, voting, and when and where you can purchase a calendar.



www.kingdomanimalshelter.com

Kingdom Animal Shelter's latest event is a cat photo contest. The closing date for submitting photo entries has passed, but you can vote for your favorite at www.kingdomanimalshelter.com until September 26. Winners will be featured in the 2014 KAS calendar. Information about purchasing calendars will also be available on the website.

Home Repair and Fix Up Weekend in September

By Bill Cobb

Faith In Action is renewing its former work of free home repair and other handy man's fall and spring weekend projects, and always available emergency help program.

In the past, we have done everything from roof half a barn, paint a house to washing windows, putting gardens to bed (or waking them up in the spring), having "tall" volunteers change light bulbs, replacing alarm batteries and other safety work.

We are aiming for Saturday, September 21, or a rain date of the September 28. So please write, call or email your

information about projects you need done and cannot manage yourself. Also please contact us if you would like to volunteer.

The schedule would be a volunteer workers' breakfast from 8 to 9 at the Masonic Hall, work assignments and a lunch and beverage package to take along to the site.

Our hope is that all but the most extensive work would be completed by 2:00 p.m. Saturday.

Contact :

Faith In Action
admin@fiancp.org
563-3322





COMMUNITY CALENDAR

~ SEPTEMBER ~

Saturday, 8/24 – Monday, 9/2

Champlain Valley Fair - Celebrate "Summer's Last Blast" with 10 days of rides, food, fun, concerts and shopping. Free entertainment, food, horse shows, midway, competitive exhibits and more. 10:00 a.m. – midnight. ChamplainValleyFair.org.

Saturday, 8/31– Monday, 9/2

Northfield Labor Day Celebration, Main Street, Northfield. Enjoy a Labor Day weekend celebration in Northfield. The stage will be jam-packed all weekend with entertainment for the whole family. NSB Races Saturday morning, the Annual Labor Day Parade, Monday at 10:30 a.m., followed by the American Legion Chicken Barbeque, and the famous Duck Race. Info: www.northfieldlaborday.org.

Thursday, 9/12

Harvest Supper and Sale, 5:30 p.m., Cabot United Church. Baked Beans, Red Flannel Hash, Ham, Cole Slaw, Rolls, Pies, Beverages. One seating only – Sale of vegetables and food follows meal. To benefit the United Church of Cabot heating fuel fund.

Thursday, 9/12 - Sunday, 9/15

Tunbridge World's Fair, Route 110, Tunbridge, VT. A Vermont Chamber of Commerce 2013 "Top 10 Fall Event". Check the schedule before you go: tunbridgefair.com.

Saturday, 9/14

Prevent Child Abuse Vermont's Walk and 5K Run for Children in Montpelier. Registration begins at 8:00 a.m. on State House Lawn. Contact: ebride@pcavt.org.

Tuesday, 9/17

Not sure what home sharing is all about? Come to a 30 minute informational meeting with Home Share Now at their Barre office, conveniently located downtown at 115 North Main Street. The next session will be at 5:30pm. Call ahead, 802-479-8543, and let us know to expect you! For a sneak peek, visit www.homesarenow.org

The Cabot Planning Commission will be hosting a Community Meeting on Thursday, September 19 at 7:00 p.m. at the Willey Building.

Wednesday, 9/18

Small Business Summit 2013, Reaching New Heights Through Engagement Marketing. 2013 is the year to engage with your audience, turning their likes into loyalty and their admiration into your success. You will learn how to mix online and offline engagement into a happy formula to help your business reach new heights. Hilton Hotel, 60 Battery Street, Burlington, 8:00am to 12:00pm, free, pre-registration required. <http://events.r20.constantcontact.com/register/event?oeidk=a07e7pex8rqadfd48f6&l...>

Home Cordial-Making, 6-8:00 p.m., free, at Buffalo Mountain Coop Café. Cordial, another word for liqueur, originally came from the Latin word "cor" which meant "heart." Cordials are made by using the flavors of various fruits, herbs and spices. Those flavors are then infused with a spirit such as whiskey or brandy. Come to this hands-on workshop where you will learn the art and science of cordial making. Amela Hall will share recipes, tips and the basic know-how needed to go home and make your own cordials. For more info contact Rachel Davey at the Coop 802-472-6020 or rachel@buffalomountaincoop.org

Wednesday, 9/25

Mead-Making Workshop, 6-8:00 p.m., free, at Buffalo Mountain Coop Café. In Celtic cultures, Mead was believed to enhance virility and fertility, while also contributing supposed aphrodisiac qualities. As a result, Mead quickly found its way into Irish wedding ceremonies. In fact, the term "honeymoon" is believed to have stemmed from the Irish tradition of newlyweds drinking honey wine every day for one full moon (a month) after their weddings. Today, some Irish weddings still include a traditional Mead toast to the newlyweds as a fair tribute to times and well wishes of both old and new. In this free, hands-on workshop, Amela will teach you the basics of making mead so you can go home and make your own! For more info contact Rachel Davey at the Coop 802-472-6020 or rachel@buffalomountaincoop.org.

Friday, 9/27

The Vermont Movie 2013 Barnstorming Tour, 10:30 a.m. at the Vermont History Center, 60 Washington Street, Barre. Be among the first to see Part II of *The Vermont Movie*. Part I will premiere at the Barre Opera House on September 27. The Vermont Movie Barnstorming Theatrical Tour will run from September 27 – December 4 and will cover eleven Vermont Counties. In each county, the Part 1 screening is billed as a "Gala Premiere" and includes a catered reception beforehand. Norwich filmmaker Nora Jacobson leads the project. More than 3 dozen Freedom & Unity filmmakers overall have chosen topics and contributed work reflecting their own unique perspectives and artistic styles, including Jill Vickers, Mira Niagolova, Eleanor Lanahan, Jay Craven, Kate Cone, Dorothy Tod, Matt Bucy, Louise Michaels, Dan Butler, Richard Waterhouse, Kate Purdie, Rob Koier, and Alan Dater, to name a few. See complete schedule at: <https://tockify.com/vermontmovie>.

Saturday, 9/28 - Sunday, 9/29

Vermont Sheep & Wool Festival, Tunbridge Fairgrounds. Includes a barn full of fiber animals; over 70 vendors of yarn and fiber, handcrafted natural fiber products, fiber arts equipment and supplies and sheep and fencing supplies; demonstrations, contests and workshops; sheep dog herding; music; local food and more. Info: 802-592-3062, vtsheepandwoolfest@gmail.com.

Sunday, 9/29

Takeout Dinner to Benefit Twin Valley Senior Center. Ham, Baked Macaroni & Cheese, Peas, Dessert. \$10. Plainfield Methodist Church. 4-6:00 p.m. Call Joyce 454-8306 or Susan 223-6954 for reservations.

~ ONGOING ~

Bingo! Every Monday, Old Schoolhouse Common, Marshfield, 1:00 p.m. Come join us for friendly fierce competition and laughter. Sponsored by Twin Valley Seniors.

Book Group for Adults, fourth Mondays at 7:00 p.m., Jaquith Public Library, Marshfield. Information call: 426-3581.

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.

Danville Farmer's Market, May through October, Wednesdays 9:00 a.m. - 1:00 p.m.

Dungeons & Dragons, Cabot Public Library, Fridays 3:00-5:30 p.m. Join the group, conquer the obstacles, and get out of the dungeon alive! 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 samlyman@sover.net.

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

Healthy Living Gentle Exercise Program, every Monday, Wednesday, Friday, Old Schoolhouse Common, Marshfield, 10:45 - 11:45 a.m., free. All levels welcome. 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.

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

Story time and Playgroup, Wednesdays from 10:00 to 11:30 a.m., Jaquith Public Library.

Tai Chi, sponsored by Twin Valley Seniors, free, Mondays 1:00-2:00 p.m. 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.

CABOT FOOD SHARE

Wednesday, SEPTEMBER 11
Noon-3:00 p.m.

Wednesday, SEPTEMBER 25
Noon-3:00 p.m.

Cabot Masonic Hall
3339 Main Street

Available for Cabot Residents

MARSHFIELD FOOD DROP
Second Saturday of every month.

SATURDAY, SEPTEMBER 14
Food pick up at 8:00 a.m.
Open until food is gone - usually 9:30 am

Schoolhouse Common
School Street, Marshfield

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



FAITH IN ACTION

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



List your event in the
COMMUNITY CALENDAR
for FREE.

563-3338

CABOT VERMONT ANNUAL EVENTS 2013

Tuesday, October 1, 2013

FALL FOLIAGE FESTIVAL

Crafts, tours, rides, hikes, presentations
9:00 a.m. Coffee Hour
11:30 a.m. - 1:00 p.m. Luncheon
5:00 and 6:15 p.m. Turkey Dinner
Throughout town

802-563-2715



Saturday, October 19, 2013

APPLE PIE FESTIVAL

9:00 a.m. – 3:00 p.m.
Apple Pie Baking Contest
Crafts, apple pies and chili luncheon
Cabot School Gym

www.CabotHistory.com, 802-563-3396



You are invited to visit ...



**Cabot
Evangelical
Church**

Meeting on Sunday Mornings at 10:30
Willey Building – Second Floor Meeting Room
Main Street – Cabot

For more information contact
Ed Lewis – 802-272-8721

VERMONT'S NORTHEAST KINGDOM ANNUAL FALL FOLIAGE FESTIVAL

Monday, September 30, 2013

To Saturday, October 5, 2013

Time: 9:00 am - 6:00 pm

nekinfo@nekchamber.com

http://www.nekchamber.com

The Northeast Kingdom of Vermont

Northeast Kingdom Chamber of Commerce

1-800-639-6379 or 802-748-3678



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.

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!

MONDAY, SEPTEMBER 30 - WALDEN

Join us for Walden's Country Fair! Our day begins with registration at 9 a.m. at the Walden Methodist Church with coffee & donuts. Enjoy the sights 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 pm, \$12. For supper reservations, call (802) 533-7122. For information, contact Judy Clifford, (802) 563-2777 (evenings) or PO Box 54, W. Danville, VT 05873. We're anxious to meet you!

TUESDAY, OCTOBER 1 - 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 am to 3:00 pm. 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 am, 12:30 and 1:15 pm. Turkey dinner at 5:00 and 6:15 pm (adults \$10, children \$5) at the Cabot School. Ticket reservations for luncheon and dinner can be made at the same time by calling Rose Bothfield at (802) 563-2715. For details contact Blanche Lamore at (802) 563-2457 or Tara Rogerson at (802) 917-2992.

WEDNESDAY, OCTOBER 2 - PLAINFIELD

A full day of activities begins with Coffee Hour at 9 a.m. and registration at Grace United Methodist Church. Foliage tours available at 10 a.m. and 1 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 p.m. for \$5.00. Entertainment in the afternoon. Barbecued Chicken, Mostaccioli and Baked Bean Supper at 5 and 6 p.m. for \$12.00. For reservations, contact Joanne Martin, 802-454-7301 or Joyce Fowler, 802-454-8306.

THURSDAY, OCTOBER 3 - PEACHAM

Registration and arts and crafts sale, 9 a.m. to 3 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 a.m. to 4 p.m. Scenic bus tour at 10:15 a.m. \$3. Lunch at Peacham Elementary School 11 a.m. to 1:30 p.m. \$6. Northern Skies Observatory open 11 a.m. to 2 p.m. Ghost walk at 2 p.m. \$4. Harp music in Church sanctuary 4 p.m. to 6 p.m. Dinner at church, seatings at 5 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 4 - BARNET

Come to the Barnet Center vestry at 8 a.m. to 12 noon for pancake breakfast including Vermont maple syrup and sausage. Arts & 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 & 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 to 4 p.m. at the West Barnet Church. Enjoy a Ham Dinner at the Barnet Center vestry, starting at 4 p.m. and continuing until all are served (\$10). For reservations, contact Bob Gibson, PO Box 131, Barnet, VT 05821, 802-633-2242. For information the day of the event, call 802-633-4397.

SATURDAY, OCTOBER 5 - GROTON

Join us in Groton for our Festival Day. Start with a Lumberjack Breakfast at the Methodist Church from 8 to 10 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 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 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 after July 1 at \$10 for adults, \$5 for children under 12. You must make reservations. Contact Peter Lyon, 848 West Shore Drive, Groton, VT 05046, 802-584-3020. (Take-out reservations are also available.)



Come Join Us!

**Wednesday, September 25 at 7:00 p.m.
at the Willey Building**

**Please share your thoughts about what CCA should
do with the funds awarded at Town Meeting 2013:**

Shall the voters of the Town of Cabot grant to the Cabot Community Association (CCA) the sum of \$7,500 from Town funds and \$20,000 from UDAG Funds in 2013 for the purpose of helping to hire a part-time Economic and Community Development Coordinator to coordinate volunteer activities in support of economic, educational, and community development in Cabot, write grants seeking funding in support of local economic, educational and community development activities, and undertake such other duties as may be assigned by the Board of the CCA? [2 Australian Ballot items approved March 5, 2013]

Join our discussion of:

- **Implementing Town Meeting articles (\$27,500 grants from Town and UDAG funds),**
- **CCA's role in community development**
- **Collaborative Community Planning.**

Thank you for your interest in the Cabot Community Association.
Phone 563-3338 Email: cabotdevelopment@yahoo.com

CABOT MAIN STREET WORKING GROUP SETS SIGHTS ON IMPROVING CABOT

On August 6, members of the Cabot Main Street Working Group convened to discuss ways to support the Select Board's efforts to ensure a healthy, safe, beautiful, and working Main Street. The Working Group, comprised of seven members representing residents of Cabot who live in the Village and the surrounding hillsides and are interested in improving Cabot's Main Street corridor, assembled at the invitation of the Select Board to act as an advisory committee. At the August 6 meeting at the Willey Building, the Working Group established its mission and a general list of activities it would like to undertake, which are to:

1. Identify short term, inexpensive actions that can be quickly taken to improve safety in Cabot Main Street area.
2. Identify medium term and longer term actions that the voters, the Cabot Select Board, and other concerned organizations can take to improve safety, the economy, aesthetics, and pleasantness of life in the Main Street area.
3. Identify, encourage, and support the Cabot Select Board and other relevant organizations to apply for grants/funding for efforts to improve safety, the economy, aesthetics, and pleasantness of life in the Main Street area.
4. Collect and review existing resources (including studies, plans, and surveys and other available information) that could be helpful to the Working Group and the community.

The Working Group also affirmed a commitment to do its best to keep the Cabot community fully informed of its activities and to regularly seek involvement from interested community members. The Working Group plans to regularly post summaries of its work in the Cabot Chronicle, Front Porch Forum, and to work with the Communications Committee established by the Community Visit process. The Working Group will develop a site electronically in the near future where community members will have access to minutes, agendas, resources, and other materials to remain informed.

Cabot Main Street Working Group meetings are scheduled to occur on the fourth Monday of each month at 7:00 p.m. at the Willey Building. Upcoming meetings will occur on September 23 and October 28. Current members include Jack Daniels, Karen Deasy, Niall McCallum, Cathleen Maine, Tamara Marian, Stephany Searles, and Bruce Westcott. All community members are welcome and are encouraged to attend meetings and provide input in a spirit of collaboration. Please consider joining us!

**CABOT ONLINE
FARM STAND**

**Cabot Worx and Cabot
Community Association
SEEKING LOCAL
PRODUCTS**

Watch Cabot Community Farmstand
on yourfarmstand.com
For pickup times and what's for sale

Sign up now to Buy Local

Go to www.yourfarmstand.com, Click on "Sign Up", Select "Cabot Community Farmstand",
Load funds via PayPal and shop online, Check "Next Delivery" date on upper right corner,
Grab your order that day at pickup location

Sign up now to Sell Local

Sign up first as a member (above), Go to "My Market" tab and contact administrator,
Provide information requested by administrator for your setup, Once set up, enter merchandise on
Cabot Community Farmstand, Receive order(s) via email before delivery time,
Drop prepaid merchandise at dropoff location at time indicated



**TWIN VALLEY
SENIORS RAFFLE**

1 Cord Fire Wood/Split & Delivered
Donated by Patrick Ducharme (Cabot)
\$5.00 each raffle ticket
Drawing September 16th
Tickets at Center or contact Board Member



**Cabot Apple
Pie Festival
SATURDAY,
OCTOBER 19, 2012**

We are looking for Silent Auction donations.

We appreciate small antique pieces, hand-made items, gift baskets, oddities
and collectibles. All proceeds go to benefit the Cabot Historical Society. For more
information or to have someone pick up your donation, call 802-563-3396.



**Cabot Apple
Pie Festival
OCTOBER 19, 2012
CALL FOR APPLE PIES!**

Cabot Apple Pie Festival, the premiere fundraiser for the Cabot Historical Society, is around the corner. Mark your calendar for October 19.

Please also mark your calendar to bake a couple of pies that week to donate. The heart of Apple Pie Festival is the delicious, homemade pies crafted by some of the best cooks in the state. It's just as good for breakfast as it is dessert! The Historical Society can't do it without you, and would be very grateful for pies dropped off Friday evening, October 18, between 5:00 and 7:00 p.m. or Saturday morning, October 19, before 10:00 a.m.

Also, consider entering the Apple Pie Contest. Pies must be entered by 10:30 a.m., so come early to be sure yours gets in the contest. There is a fee to enter: \$5 for adults, \$2.50 for youths, OR you can donate a second pie to sell. (All pies in the contest are sold or auctioned after judging.) There are cash prizes, ribbons and more.

The Cabot Public Library Presents

**Cabot Old Time Contra
and Square Dances**

**2nd Saturday at 7:30 pm
From September to May**



The dances are taught and are easily learned by young and old. The contra and square dances are traditional Vermont and New England social dances that have been danced for many generations in the town halls, barns, and kitchens around Vermont.

The music is provided by piano and an assortment of fiddles, mandolins, guitars and the occasional surprise instrument. Musicians are always invited to sit in and join with the fun of playing traditional dance tunes.

Anyone and everyone is invited to attend. There is a small donation requested to help cover the cost of the caller.

For more information contact David Carpenter call 802-563-3225, or email, samlyman@sover.net.

The actual second Saturday dates are:

September 14, October 12, November 9, and December 14 in 2013
January 11, February 8, March 8, April 12, and May 10 in 2014

The dances will be held on the top floor of the Willey Building.



HARVEST SUPPER AND SALE

Thursday, September 12, 5:30 p.m.

**Baked Beans, Red Flannel Hash, Ham,
Cole Slaw, Rolls, Pies, Beverages**

One seating only –

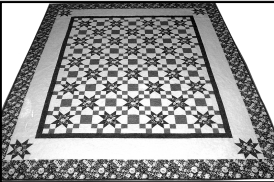
Sale of vegetables and food follows meal.

Auctioneer - Larry Gochey

**A fun time - Come join your neighbors and friends
and help the church keep warm this winter.**

To benefit

**THE UNITED
CHURCH OF CABOT**



**Buy a Raffle Ticket
Win this Quilt!**

\$5 each or 3 for \$12

**All Proceeds Benefit Cabot United Church
"Morning Star" quilt handmade in Cabot
Drawing to be held at Apple Pie Festival**

The United Church of Cabot is raffling a quilt - lovingly pieced by Christa Scholz and quilted by Laurie Coolbeth.

First tickets sold at Maple Fest and sales will continue until the quilt is raffled off during Apple Pie Festival, October 19.

The quilt is 'Morning Star' pattern in a white background with bright blue and modern green. The printed border contains all the colors. It is backed with a mottled beige plus the names of the quilters and date. It is a queen size (96"x109") and needs to be seen to be appreciated. It will be on display at various times over the next few months. For more information, you can call Christa Scholz.(563-2409). For tickets call Christa or Sue Freeburn (563-2085).

**TAKE OUT DINNER
SEPTEMBER 29TH**

**PLAINFIELD
METHODIST
CHURCH**



TIME: 4PM-6PM

**HAM,
BAKED MACARONI & CHEESE,
PEAS, DESSERT
PRICE : \$10.00
CALL JOYCE 454-8306
OR SUSAN 223-6954
FOR RESERVATION**

German Exchange Student Comes to Cabot

By Karen Mueller-Harder

An exchange student from Halle, Germany, will be living in Cabot this year! Laura Stuemke will be staying with Karen, Erik, Timothy, and Clara Mueller-Harder, and attending Cabot School as an 11th grader. Laura enjoys horseback riding, reading, biking, skiing, baking, and going to movies, plays, and museums. She is interested in biology and mathematics, and hopes for a career in science.

Laura loves to travel and have new experiences and meet new people. She is very excited about coming to the US, and Vermont in particular, and learning all the things which are new to her, as well as finding the



ways our lives are similar. Laura (the vowel sound in her name is pronounced like our word "town" rather than what you're used to) has studied English for eight years, but it will be a new challenge to have all her school instruction in English!

Although Laura comes from a medium-sized city, she used to live in a small town (though not quite as small as Cabot), so she is prepared for the quieter life here. As an only child, she is looking forward to having siblings for the year, as well as having horses and cats at home.

We are pleased to have Laura as a member of the Cabot community for this year!

Cabot Goes Back-To-School



By Karen Winter Stewart,
Cabot School Principal

Back-To-School boasts many of the traits of a national holiday, and is a day of promise for children, parents and the whole community. There have been times in America's history when the promise of education has been especially dear, and this is one of them. As in the early days of immigration and the years following "A Nation at Risk", American families are looking to public schools to teach skills that will match the demands of the global economy. What graduates "know" has been transformed into what graduates "know how to do," and this requires a significant change in many aspects of students' school experience.

Cabot School's history of progressive education is a huge asset, and 13 years into the 21st century, we are proud to report that your own Cabot School continues to receive validation that it is on the right track preparing children for life in a 21st century social economy. Washington Northeast administrators recently attended "The Model Schools Conference," sponsored by the International Association for Leadership in Education in Washington, DC. Two of three keynote speakers were experts whose research we have already implemented in our work. Dr. William Daggett expanded his description of four-quadrant learning, where anticipating real-world challenges represents critical thinking at its academic best. At Cabot School, we already understand that it is the way for today's children to succeed in their world and we have already implemented these principles.

Fourteen faculty members took one or more classes this summer to prepare for heightened expectations of the Common Core and to address specific learning needs of our students. Several teachers traveled to learn, including third/fourth team Ian Burfoot-Rochford and Austin Fay, who spent three weeks learning in Peru, courtesy of the VT Rural Trust. Sixteen teachers put in summer work hours planning projects and learning opportunities, and everyone was voluntarily on board by mid-August, creating welcoming spaces for the children's arrival.

Allow us to introduce recently hired teachers Kaitlyn O'Donnell-Nascimento and Michael Hendrix. Kait will teach seventh through twelfth World Languages (Spanish & French), and is also fluent in Italian and Portuguese. Kait is a graduate of Randolph High School and Wesleyan University. She has worked as a translator in Brazil and has recently earned an MA in education from UVM. Kait also teaches dance at a Montpelier studio. This is her first full-time teaching position.

Mike Hendrix is a graduate of Furman University (SC) and has recently completed an MA at UVM. He will teach High School Science, including Physics, Earth Science, Biology and AP Biology. Mike attended a full week of training in project-based learning at High Tech High, where Cabot's other seventh through twelfth-grade teachers

have studied the PBL model for teaching and learning. Mike was a long-term substitute in science at Montpelier High School, and this will be his first full-time teaching position.

Teacher Lisa Liard took over the reins of grade three last October, and we are thrilled to announce that she has recently been hired to teach on the grade one and two team. Former pre-school teacher Shannon Casey had been re-assigned to this position, but has resigned to care for an ailing parent. Lisa's teaching history includes two highly successful tenures taking over primary level classes part way into a school year. Last year, Lisa quickly settled our third grade class and guided them through a peaceful and productive school year. She is a graduate of UMass-Dartmouth and has begun a graduate program in Library/Media Science.

Former grade one/two teacher, Lynn Talamini, is now our pre-school and supplemental instruction teacher. Her summer work has included workshops in nature-based learning and focused literacy intervention. Pre-school will meet on Wednesday, Thursday and Friday mornings, and Lynn will provide supplemental instruction to first through sixth graders in the afternoons, as well as all day on Monday and Tuesday.

Senior X (Expedition, Exhibition, Excellence) is the new senior humanities class, which updates college & career elements of the former IOTA class and adds critical PBL expectations for assessment and exhibition. All seniors and a few juniors will be enrolled in the initial year of Senior X. Teachers are Julia Hewitt, Brian Boyes and Lee Penniman. Community experts and mentors will be essential partners for students' individual projects and internships.

Kids and families have come and gone, as usual - newcomers to town and families moving on, high school choice, home-schoolers in and out, etc. We have nine pre-schoolers, five new families and an AFS student from Germany. As of mid-August, our total enrollment looks like 180-185 to start the year.

Thanks to the Cabot Community for funding much needed upgrades to the school buildings. This summer saw repairs to roofs, siding and sills, as well as painting (a community effort!) for classrooms and cafeteria. Food surplus funds have allowed us to install new flooring in the kitchen which will provide a cleaner atmosphere for everyone using this facility. There are new desks for grade four and new shades in places where they were hanging by a thread. The parking lot and drop-off lanes have been marked to facilitate safer traffic patterns.

As always, there are new materials to start the school year, fewer textbooks but more computers and a wireless campus for ease of communication at all sites.

Back-to-school night is Thursday, September 11, from 5-7:00 p.m., beginning with dinner and a short program (5:15 p.m.) in the cafeteria. Teachers will present the year's program and expectations in each classroom. We're off and running.

Cabot Enters Second year of School Improvement

By Karen Winter Stewart,
Cabot School Principal

Not everything is rosy in our world, as once again, Cabot School did not meet Adequate Yearly Progress (AYP) on the fall 2012 NECAP assessments in Reading (for students receiving free lunch) and Math (for all students grades 3-11). Every year, the stakes get higher, and every year more Vermont schools fail to meet AYP. At Cabot, we need to raise our expectations for the performance of all students, expand learning opportunities that teach critical thinking, and insist on deep understanding of concepts in every subject area. Knowing is no longer enough. Knowing what to do with the knowledge is essential. The Smarter Balanced assessment (spring, 2014) will reflect the higher expectations and higher order thinking skills required in the new Common Core of educational standards. Beginning this year, every class lesson will be based on the CC standards and assessments will require students to demonstrate what they can do with the knowledge they've acquired.

One gap that is clearly apparent at Cabot School is students' limited understanding of mathematical concepts. Many students do not know basic facts fluently and some still rely on their fingers for manipulating numbers. Anticipating the AYP failure in math, seven faculty members participated in a 40hr. summer training with Dr. Mahesh Sharma who is an expert in diagnosing and remediating math program deficits. Dr. Sharma is a no nonsense mathematician who demonstrated a series of

strategies for teaching the basic concepts that are indispensable to the acquisition of math in high school. Even the best mathematicians among us were challenged and we return to school prepared to offer unrelenting and engaging opportunities for all students to master grade level math concepts and to make up for those they have missed.

Students who are eligible for F/R meals are a disaggregated group who still do not meet AYP in Reading. Supplemental instruction for these students will be doubled in the 2013-14 school year with veteran teacher Lynn Talamini as instructor.

There are several requirements for schools that do not meet AYP. At Cabot, we are required to continue the work of the School Improvement team via the online protocol Green Mt. Star. Last year, Cabot developed 10 objectives on the GMS protocol, including increased formative assessment and associated program adjustments. This year, we will also offer private tutoring to low-income students at the family's request. This information has been sent directly to families.

Documenting future progress on national assessments will change as NECAP is retired and the Smarter Balanced assessment is introduced. The increased expectations of SBAC predict a dip in scores during the transition so we are looking to our own increased expectations to minimize the dip or perhaps avoid it altogether. It will take a strong school/family/community partnership to make this happen. We value your constructive feedback.

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TWIN VALLEY SENIOR CENTER



September News

Mark your calendar: TVSC will be holding their Flu Clinic on Monday, October 14 from 9:30-11:00 a.m. at the Old School House Common. Be sure to bring your Medicare Cards. No appointment necessary.

TVSC will be closed Monday, September 2, for Labor Day. Meals on Wheels will be delivered on Friday, August 30, to cover your Monday deliveries. If you will not be available for delivery, please call 426-3447 by Wednesday August 28, to make different arrangements.

The next Foot Clinic scheduled will be September 18. If you are not scheduled, please call 223-1878 for your appointment.

The seniors will be taking a trip on Friday, September 20, to a restaurant in Derby called the Cow Palace. This restaurant is located on the Cow Town Elk Ranch, where you can dine and watch the elk. Transportation is free; you just need to pay for your lunch. Contact us at 426-3447 for reservations.

On October 4, the seniors are scheduled for a trip to Mount Mansfield for their annual foliage trip. If you would like to join us, please contact the Center.

Our Executive Director, Rita Cope-land, would like to be invited to attend any local gatherings held in the six towns and the un-incorporated Town of Adamant to meet and speak with you about the Twin Valley Senior Center, our Meals on Wheels program, and the other activities the Center has to offer. If you hold any gatherings, she would appreciate a call from you so she may join you and share information. She can be reached at 426-3447 or email: RitaCope@MyFairpoint.net. She would also ask to hear from you to see if there are other activities or services which TVSC could help with.

Our search for volunteers and additional Board members who could donate even an hour or two a month is ongoing. By donating that small amount of time, you will make a difference and have fun doing it. Please contact us at 426-3447.

Cabot Cemetery Commission

Vandalism has once again reared its ugly head in our cemeteries. The lock on the shed at Durant Cemetery was broken and the generator taken. The door was put back very carefully, so unless you were going to enter the shed, it was not visible that damage had been done. The locks on two doors at the Village Cemetery were smashed, but there was no evidence of anything missing. Earlier in the season, there was an attempt to break into the shed in the Village Cemetery. The lock had been pried with an iron bar but not broken.

The summer has been unusual, weather-wise. Early in the spring, it

was very dry, and there were patches of bare soil at the Village Cemetery. Then, the rains came, and it has been very difficult to keep the cemeteries looking their best all the time. Some areas are very wet and cannot be mowed in a timely manner. The Cemetery Commission asks lot owners for patience and understanding, and any board member welcomes your comments.

Melvin Churchill, Chair
Marvie Domey, Secretary
Deb Bothfeld
Ruth Goodrich
Fred Pike

Working Groups On VCRD Priorities:



Build a Cabot Agricultural Network

Next Meeting Tuesday, September 17 in ground floor meeting room, Willey Building. Special Sugarmakers Brainstorming Meeting Wednesday, October 9, second floor meeting room in Willey Building.



Improve Community Communication

Next Meeting Tuesday, September 10, 6:30 p.m. at Cabot Public Library



Develop a Cabot Community Arts Center

Next Meeting Thursday, September 19, 4:30 p.m., ground floor meeting room, Willey Building

Dwarf Wedgemussels: Fishing for a Ride

By Howard Krum

Last week my eight-year-old nephew, Romeo, got on an animals kick. He's an inquisitive kid who's fascinated by things like white blood cells and he absolutely loves sharks. So, knowing that I was some sort of fish doctor, he made his fifty-seventh inquiry in what I learned was to be a series of 2000 questions, "what are the strongest animals in the water?"

"Mussels," I replied. My nephew's eyebrows scrunched in mild displeasure (sort of like yours are now) because the joke was borderline funny, barely punny and the opposite of true. Regardless, I had an opening to use some new-found knowledge about the dwarf wedgemussel, *Alasmidonta heterodon*, so I forged ahead.

I told Romeo, who had slumped into a chair and begun inspecting his left foot, that not far from where he sat — at that very moment — an endangered species of mussel was half buried at the bottom of the Connecticut River. Rare and beautiful, it was like pirate treasure. "In my opinion," I said, "it's beautiful because it fishes with a lure like we do and because of the way it 'swims' around in rivers." Then I relayed a story told to me by Dr. Barry Wicklow, Professor in the Department of Biology at Saint Anselm College.

In experiments in his lab, Dr. Wicklow observed that adult dwarf wedge-mussels used the flaps of their pigmented mantle (the fleshy part that produces and coats the insides of the shell) to lure small fish to strike at them. This seemingly self-destructive behavior is part of an amazing lifecycle. Female dwarf wedgemussels, like other species in both fresh and marine waters, are able to project parts of their mantle above the silty, sandy bottom and then use controlled, fluttering waves of rhythmic muscular contractions to attract passing fish. In our region, these most often are tessellated darters, slimy sculpins and juvenile Atlantic salmon. When the hungry fish takes a nip at what appears to be a pulsing mayfly larva, the mussel's muscles contract, expelling hundreds of parasitic offspring into the vacuum created by the attacker's opening mouth.

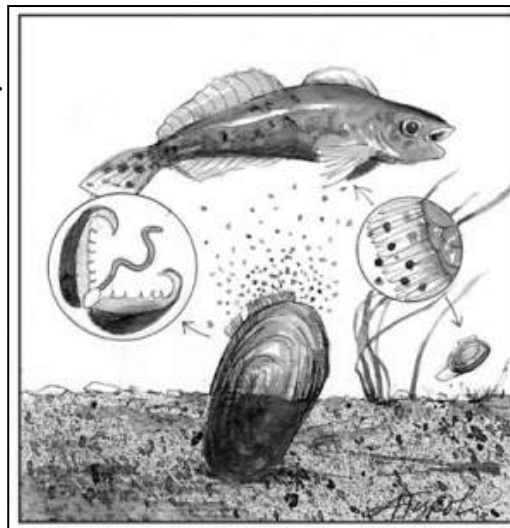


Illustration by Adelaide Tyrol

This cloud of tiny mussels, which at this stage are called glochidia, have been brooding in the mother bivalve's egg pouch for ten to twelve months. They look like microscopic clams with sharp fangs on each half shell.

The glochidia use these "teeth" to clamp down on the host's gill or fin tissue and hitch a ride around the stream or river for the next two to three weeks — wherever their host fish swims, so do they. During this time, they metamorphose, developing gills, two adductor muscles, a gastrointestinal tract and other important parts. Then — and nobody knows how — the mini mussel breaks through the protective tissue its host has encased it in and falls to the bottom to grow and reproduce.

Romeo and I used my iPad to check out micrographs of toothy glochidia, diagrams of the mussel lifecycle, and then watched a compilation of YouTube clips showing mantle displays of the wavy-rayed lampmussel (*Lampsilis fasciola*).

I suppose I could have lectured my lone, eight-year-old audience member with more information about wedge-mussels: They only live for ten to twelve years while other species may live for decades; their numbers, like those of other mussel species worldwide, have plummeted over the past 150 years and they are likely extirpated from most of their historical range of the Petittcodiac River in New Brunswick, Canada to the Neuse River in North Carolina. I could have told him of the numerous man-made threats to their survival, including fragmentation of streams and rivers caused by dams, and pollution from runoff laden with ammonia, heavy metals and silt. But after about ten minutes of my best material, Romeo slid from his seat and morphed into a fidgeting lump on the floor.

When I finally stopped oohing and awing over the pulsating mantle videos, he looked up and asked, "no, really, who's the strongest in the water?"

I smiled and delivered the punchline he was fishing for: "Probably sharks."

Howard Krum is a science writer, aquatic animal veterinarian and author of the novel *An Animal Life: The Beginning*. Reprinted with permission.



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Programs

Thanks again to all who participated in our summer reading program – “Dig into Reading.” For all those who qualified for our Thousand Page Club, please come in and pick up your certificate for a free pint of ice cream (or an equivalent treat)!

Tales of New Zealand – Sandra Mennella – Tuesday, September 10 – 7:00 p.m.

Join Sandra Mennella for a slide illustrated program of her travels and stories of New Zealand.

Cabot Old Time Contra and Square Dance – Saturday, September 14 – 7:30 p.m.

Dances will be held on the second Saturday of the month from September through May, sponsored by the Cabot Library. Luke Donforth will be the caller and music is by Hull’s Union Victory String Band, led by David Carpenter. The dances are taught and are easily learned by young and old. There is a small suggested donation to help cover the cost of the caller. For more information, please call David Carpenter at 802-563-3225 or email samlyman@sover.net.

Community Book Group – Wednesday, September 25 – 10:30 a.m.

We will read “*I Feel Bad About My Neck: And Other Thoughts on Being a Woman*,” by Nora Ephron, in September. All are welcome to join in! Copies of this

book will be available in the Cabot Library.

Yoga & Wellness Classes – Mondays 6:00 – 7:30 p.m. at the Willey Building

All levels welcome – contact Alicia for more info 802-563-3220 or aliciafeltus@gmail.com.

Thank You!

Thanks so much to **Paul Wade, John Hammer, and Chip Taylor** for an evening of stargazing at Cabot Plains. Thanks also to **Sydney Lea** for a wonderful evening of poetry. Many thanks to **David Carpenter** for bringing dancing back to Cabot!



Cabot Library Reminders:

- Tuesday 9:00 a.m.-6:00 p.m. ****No Story Hour In August****
- Wednesday 2:00 a.m.-6:00p.m.
- Thursday 9:00 a.m.-6:00p.m.
- Saturday 9:00 a.m.-12:00p.m.
- Closed Sunday, Monday & Friday
- **Echo Pass** – Allows up to 2 adults and 3 youths, \$4 each admission price, entrance into the ECHO Lake Aquarium and Science Center in Burlington.
- **State Park Pass** – Allows up to 8 people in a car free day access to the Vermont State Parks.

See you at the Library!

Kathleen Hoyne and Anne Walker

Hyperbaric Oxygen Therapy in East Hardwick First in Northern Vermont

Community Hyperbaric, located in the Hardwick Chiropractic building in East Hardwick, is pleased to offer mild hyperbaric oxygen therapy. Used widely in Europe for a wide variety of diagnoses and conditions, mild hyperbaric oxygen therapy is safe and effective and its use in the U.S. is growing rapidly.

Mild hyperbaric oxygen therapy (mild HBOT) involves breathing concentrated oxygen in a pressurized chamber. Because of the increased pressure, oxygen loads not only the red blood cells, but the plasma as well, allowing the increased oxygen to deeply penetrate the body’s tissues. It boosts cell growth by delivering increased amounts of oxygen to blood, tissues, and organs. Increased oxygen accelerates bone, skin, and muscle regeneration, helps the body fight infections more effectively, and has a powerful anti-inflammatory effect. In essence, hyperbaric oxygen therapy accelerates the healing process, strengthens and normalizes the immune system, and allows body functions to improve.

Dr. Grace Johnstone, owner of Community Hyperbaric, is eager to introduce this therapy to northern Vermont. Perhaps most known for treating diabetic ulcers, non-healing wounds, or decompression sickness, HBOT treats a variety of conditions including those resulting from cancer treatments and radiation damage, infections in tissue,

muscle, bone, and skin, cerebral edema, neuropathies, and traumatic brain injury. It is also beneficial for acute or chronic inflammatory conditions such as rheumatoid arthritis and fibromyalgia.

Dr. Johnstone’s personal interest in hyperbaric oxygen therapy stems from her own health related challenge. “A serious bout with neurological Lyme disease led me to seek hyperbaric oxygen treatment, which has been a tremendous help to me. The Lyme spirochete is an anaerobic microorganism, so flooding tissue with oxygen is an effective way to kill it. Through my own personal research and the process of trying to find a hyperbaric chamber to use, I realized that this therapy could benefit so many people; it needs to be widely available for others to use as well. If it were not for the generosity of the one person I could find in Vermont with a hyperbaric chamber, I would not be where I am today in terms of my recovery.”

A physician’s (DC, DO, ND, or MD) referral is necessary to receive hyperbaric oxygen therapy or to purchase a hyperbaric chamber. For more information about mild hyperbaric oxygen therapy, arranging treatment, or procuring a hyperbaric chamber contact Community Hyperbaric Oxygen Therapy at www.CommunityHyperbaric.com or (802) 472-8900.



ADVICE FROM THE TREE WARDEN

By Roland (Slim) Payne

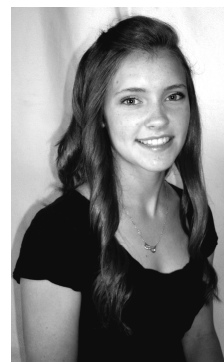
Hope everyone had a good summer. With all the rain, trees did pretty well. But gardens didn’t fare so well; I know mine didn’t. It is just starting to get growing. If we have a good fall without frost for a while, it should be ok. The only thing that did well was garlic.

The hazard tree survey didn’t go so well, either. I don’t know what happened – the latitude/longitude reading, when put on Google Maps, shows up in Bradford, VT! Not too good. But For-

est, Parks and Recreation say they have it fixed, so we can start over. I hope we have better luck this time.

Things are moving along quite fast. School has started. Bear season will be here. So it is time to get into the woods and start scouting and find the big one. Good luck. All the fall sports will be starting, so get to it and get in good shape. Have some fun and win some games.

Cabot Competitor In Miss Teen VT Pageant Ashley Maurice Chosen to Compete



High School Senior Ashley Maurice of Cabot has been selected to participate in the 2013 Miss Vermont Teen USA Pageant.

The Miss Vermont USA and Miss Vermont Teen USA Pageants will be held

at the Burlington Hilton November 23 & 24. Billed as “one of the most exciting weekends of your life,” over \$750,000 in college scholarships and prizes will be awarded. Contestants can expect great memories, strong friendships and a defining sense of accomplishment. Winners will embark on a journey that will include a fabulous prize package, the chance to travel throughout the state making appearances and ultimately the chance to compete for the titles of Miss USA and Miss Teen USA. Only a limited number of contestants are accepted.

Throughout the USA Pageant system, from the local level to the national level, contestants are judged in three areas:

Interview Competition

Pageant judges spend time with each contestant to learn about her successes, talents, goals and ambitions. Attention is focused on her poise, charm, self-confidence and her ability to communicate, as well as the substance of her answers.

Swimsuit Competition

Attention is focused on beauty of face, figure, physical fitness, and the confidence with which each contestant carries herself. Numerical measurements are not considered in the judging.

Evening Gown Competition

Each contestant wears a gown she has chosen for herself. Attention is focused on each contestant’s overall appearance, self-confidence, sense of style and the beauty she brings to the gown of her choice. (There is no talent competition and no experience is necessary.)

The Miss Vermont USA Pageant and Miss Vermont Teen USA Pageant are looking for ambassadors to represent

Vermont, throughout the state, as well as, nationally and internationally. The winners may not score the highest in any one particular category, but will do well in all events. They will be young women who possess the entire package of poise, personality, intelligence and beauty. They should understand that, along with the prizes and glamour, there comes a responsibility to the pageant system, sponsors, and their community. They automatically and instantly become role models. It is certain to be a year of personal growth and maturing that money cannot buy.

The Miss Vermont Teen USA Pageant includes among its goals:

To offer a venue where young women from 14 to 18 years old can grow personally in poise, confidence, goal-setting, public speaking and communication skills, physical fitness, and self-discipline.

To open doors and provide career and educational opportunities, not only to the winner, but to all the young women who participate.

To provide a positive alternative to the many destructive activities that lure our young people today.

To promote our sponsors throughout the state.

To promote involvement of contestants and titleholders in community service programs and charities.

To promote Literacy throughout the state

In conjunction with Miss USA, to raise awareness of Ovarian Cancer and Breast Cancer.

In conjunction with Miss Teen USA, to promote the Youth Anti-Drug Campaign.

FUNDLY CAMPAIGN

The Miss Teen Vermont pageant provides many benefits to participants, but each contestant is responsible for raising funds to contribute to pageant costs, in addition to her own personal expenses, such as travel and clothing. Ashley has a Fundly online campaign and is pleased to be supported by friends, family and community members. Additional contributions would be very much appreciated, and may be made by clicking on <http://fundly.com/help-ashley-maurice-get-to-miss-teen-vermont-2013#>.

Local Boy Performs in Montpelier!



Rider Lalomia (center) performs with his music teacher, Jay Ekis (right) and fellow student, “Kip” (left), at the Skinny Pancake in Montpelier on Wednesday, August 14.

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