First Established 1920
Re-Established 2008

The Cabot Chronicle

FREE
Serving Cabot & Surrounding Communities

Non-Profit Org.
U.S. Postage
PAID
Permit #9

Postal Patron
Cabot, VT 05647

Vol. 7, No. 7 P.O. Box 245, Cabot, Vermont 05647 July 2014

Cabot United Church Major Repairs Contemplated

Thanks to a donation of $10,000 to Cabot Community Association for the purpose, funds are available to address repair and maintenance issues for the iconic center pin of the Common and village area. Build in 1806 in the old center of town, the church building was taken down in 1826 and rebuilt at the northeast corner of the Village Common. A few years later, it was moved to the present location, the northwest corner of the common, and the lower story, which included a kitchen and dining/meeting room, was added. Originally constructed as the Congregational Church, it is currently in use as Cabot United Church (information provided by www.cabothistory.com, the website of the Cabot Historical Society).

A building condition assessment was performed in June by Scott Newman of 106 Associates of Burlington, in cooperation with the Preservation Trust of Vermont. Church leadership agreed that the assessment document was thorough and reasonable, listing priorities for repair work and giving approximate costs. The assessment identifies almost $85,000 of work that needs to be done, with about $26,000 of highest priority. At least $16,000 worth of steeple work is included in this high priority category. The report author recommended a twenty percent contingency for conditions that cannot be seen in a nondestructive investigation, and assumes that some work will be assisted by volunteer effort.

The report concludes: "Repairs now will return a number of deferred maintenance details to a condition requiring only routine maintenance; conversely, these problems will accelerate shortly if not addressed. Employment of tradesmen with demonstrated expertise in historic building repairs – even though they appear more expensive than others – will avoid most maintenance problems created by unskilled repairs."

The unnamed contributor of the $10,000 recognizes that more money will be needed, and wishes the church leadership to work with the Cabot Community Association to pursue additional fundraising and apply for possible matching grants for the repair work. Church members voted to accept the donation with gratitude, and intend to apply it toward the priority work on the steeple, and begin work with Cabot Community Association on fundraising and grant writing.

Community support is sought. Financial contributions can be used to match anticipated grant funding. Assistance on the grant application process would also be very much appreciated by both the church and Cabot Community Association.

In addition, the report made it clear that the price will exceed the $85,000 estimated without volunteer work to help with some tasks, such as improving drainage around the foundation, removing, restoring and reinstalling the clock faces, repainting the tower and exterior, including wood restoration and painting lower levels of the building. The roof needs to be removed and replaced with a new standing seam metal roof, ensuring that the wood shingle roof underneath is removed. If that cannot be accomplished this year, the professional services of a roofer are required to inspect the existing roof for leaks and rust through, and if the roof cannot be replaced within two years, it should be primed with a rust inhibiting primer, then painted to protect the metal from further deterioration. Leaking roofs are the most common source of expensive deterioration to historic buildings.

Purchases will also be required, from oil-based primer and paint to heavy-duty fire extinguishers, and a chimney stainless steel liner. The church is exploring purchasing heat from the town with a tie-in to the school's woodchip heating system. Should this not happen, the church's existing furnace should be replaced with a higher efficiency one.

To see the report, join the project planning team or volunteer group, make a contribution, or just see how you can help, call Skip Bothfeld at 563-2715 or Beth Wade at 563-2110 for information. You can also call Debra Zimmerman at Cabot Community Association in the Willey Building at 563-3338, or stop in on Monday or any other day you see her car in the parking lot.

Cabot Community Service Award

Photo by Kelly Gochey, honoree's granddaughter

The Cabot Select Board and School Board honored Andy Luce, First Assistant Fire Chief, with the 2014 Cabot Community Service Award at Cabot High School Graduation on Friday, June 13. This is what Chris Tormey, School Board Chair, said as he presented the award:

"In an effort to celebrate the valuable contributions made by many people to our community, the Cabot Select Board and the Cabot School Board have, each year, for a number of years, presented the Cabot Community Service Award during this Cabot high school graduation. The graduates whose accomplishment we are celebrating this evening have all benefitted from a wide range of people in Cabot who, year in and year out, donate their time to making our town better.

In previous years, this award has been presented to coaches, mentors, and organizers of community-wide activities; last year's award was presented to our town tree warden, Slim Payne, whose diligent and careful efforts to beautify our town is apparent every time we drive through the village.

This year's recipient of this award has spent much of his adult life ensuring that emergency help is available in a hurry when our town's citizens need it most. This individual has served as a member of the Cabot Ambulance Squad for twenty-six years, as a Forest Fire Warden for two decades, and as a member of the Cabot Volunteer Fire Department for forty years.

It gives me great pleasure to present this year's Cabot Community Service Award to the First Assistant Chief of our Cabot Volunteer Fire Department, Mr. Andy Luce."

Canadian Geese on West Hill Pond

Photo by Jeannie Johnson.

Inside this issue

Features: Pages 1-5
Seniors/Library: Page 10
Obituaries Page 3
Classifieds: Page 12
Directory: Page 12
Calendar: Page 6

Country Commentary

By Laura Lee Smith,

Greetings and well wishes to one and all,

HA! I dare you to start a little game. It's called "Pay It Forward". Yuppers, that's what I said. I would like to see everyone anonymously help someone, and if not anonymously, then at least let the person(s) know that you would like them to pass on the kindness. I think we should all think this way all the time, but even I am human and miss an opportunity, not on purpose mind, just because.

Do I sound preachy or peachy? Well perhaps I am both, if only to remind myself, as much as any of you that might need a little reminder. None of us are perfect by any stretch, and sometimes it is more difficult than others to remember to be aware of those opportunities to put the good vibe out there amongst the wanting masses. Use your imagination in the ways that you might make the world a better place. I would love to know what some of you come up with.

I believe that taking care of our animals is as important as taking care of each other. They need love as much as anyone, and hope. Adoption is one way, but making a donation, though distant and not as involved, is certainly appreciated. Volunteering at an animal rescue organization or a nursing home for humans are other options. So, even if we do not have cash to donate, our time is just as precious and sometimes worth so much more.

We are all pebbles being tossed in the big pond, and whatever we put out into the world radiates from us, but it also returns to us, so I suggest being as positive a person as one can be. I know from experience that sometimes we become angry or annoyed, but we don't have to take it out on others. We can go running or exercising in whatever way you wish to work off the negative emotion.

Now, take in a slow deep breath, breathing in the peaceful energy that surrounds us, breathing out and away any negativity of the day, out and away. Breathing slowly, imagining you are in a special place that makes you feel safe and happy. Breathing in all the unconditional love of the universe and the peaceful energy. You feel relaxed and energized. You feel relaxed and ready for anything.

That may have sounded a bit woo woo, but it really works if you take it seriously. I have worked with hundreds of people and it has worked for them. I used to teach, among many other things; oddly, I was even a Sheriff's deputy, if you can believe that. I wore a Smoky the bear hat and everything, including the badge and gun, not to mention handcuffs. . OY!

The many jobs I have had are a result of becoming easily bored with the jobs, as I have gone from one to another. I have worked at the Vermont State Hospital before it flooded and Washington County Mental Health. In all those places I learned that you respect the person if not the behavior. Kindness and humor are most healing, so maybe make someone smile today. Give it a whirl. What ever you come up with to make the world a better place, I would so love to hear from YOU! Just put in the subject line of your email: "Chronicle" and email to FizgigDragon@aol.com. It's as easy as that! And I thank you all for letting me stand on the soapbox. You are great people out there and have a marvelous sense of understanding. Well, that's it for today, I hope to hear from you; it would be fun and you might get printed. Now wouldn't that be cool?

In the meantime, I just want to wish everyone kindness and compassion,

Fields of buttercups and sunshine until next time,

Laura Lee Smith

PAY IT FORWARD

Cabot Town Garage News

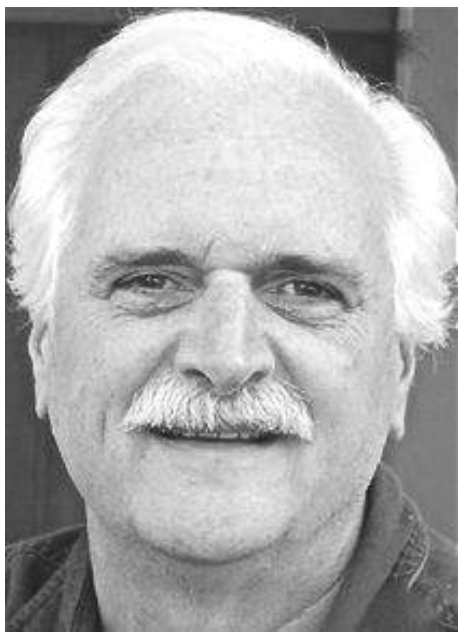
The Town has two updates to share with Cabot citizens:

1. The town closed on the purchase of the property on South Walden Road on June 6. This was a critical step in the plan.
2. Thanks to a grant from the Cabot Investment Fund (UDAG), we have hired a grant writer, and the application for a grant to pay for most of the work is almost complete as of the third week in June, and is probably submitted when this newspaper goes to print. We could never have completed all the grant application requirements so quickly nor so well without the support of the grant and the professional grant writer. We expect this will place the town in a much stronger position in the race to obtain state and federal funds, because our application will be received sooner (first come, first served) and it will be more expertly done than town personnel would likely be able to do. We are making progress.

Lolli Runs for Assistant Judge

Freelance writer and sheriff's deputy Tony Lolli announced he is running for Assistant Judge in Washington County. Lolli, from Cabot, said only Vermont has Assistant Judges, and that is unique. "This is a rare opportunity for citizens to participate in the judicial process," he said. "For two hundred years, Vermont's Assistant Judges have helped Presiding Judges by assisting with determining matters of fact. When two parties appear in court, judges must hear the facts and come to a decision. Often the facts brought by the parties are in contradiction. Assistant Judges help the Presiding Judge decide which party is more believable. The intent of the original statue provides for a layperson to represent the perspective of their community."

Lolli said his 20 years in higher education administration have prepared him for the responsibilities of an Assistant Judge. "For many years, I was a hearing officer at several colleges and universities, making decisions about student conduct. I have experience with this process." "I've also had considerable experience building and overseeing budgets in higher education. Assistant Judges are responsible for preparing maintenance budgets for County-owned property," he said.



Tony Lolli, candidate for Washington County Assistant Judge.

Lolli concluded by saying, "This is a wonderful opportunity to participate in the judicial process, and many more Vermonters should share the experience and discharge the responsibilities of this elected office."

HILLTOP AUTO BODY

TIM and JENNIFER GOCHEY

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

802-426-3738 or 802-563-2377

DO YOU KNOW A CABOT RESIDENT NOT RECEIVING The Cabot Chronicle

Please email inbox@cabotchronicle.org or call 563-3338

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.

The Cabot Chronicle

E-mail: **inbox@cabotchronicle.org**
Phone: **802-563-3338**
DEADLINE: 15th of the month prior
Publisher: Cabot Community Assoc.
Coordinator: Jeannie Johnson
Design/Pagination: Todd Jones
Web Master: Christine Friese
Event Calendar: Mary Beth Churchill
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**

Printed in Vermont ~ Copyright 2014 by The Cabot Chronicle

All Rights Reserved ~ ISSN# 1942-0943

No part of this paper may be reproduced without express written permission from Cabot Chronicle. Publisher is not responsible for typographical errors. Acceptance of advertising is contingent upon publisher's approval and agreement by advertiser to indemnify publisher from loss or expense on claims based upon contents of advertising. Publisher does not assume liability for errors in any advertising beyond the cost of space occupied by individual item in which the error appeared.

Subscriptions available $15 per year

Contact above for more information

Obituaries & Memorials

Robert E. Brown

Robert "Bob" Earl Brown, 64, Greensboro Bend, died peacefully at Vermont Respite House in Williston after a courageous battle with cancer. Bob was born May 24, 1949, in Barre, VT, the first child of Betty Brown and the late William Robert Brown. Bob made his home for many years in Cabot. He was employed at Cabot Creamery for his early working life. For the last several years he was a mail carrier for both Marshfield and Cabot post offices. Bob was an active member of the Hardwick Congregation of Jehovah's Witnesses. He was known as a bold evangelizer, and he made it his life's occupation to honor his God Jehovah to the best of his ability.

Bob is survived by his wife of 20 years, Gigi Brown; his mother, Betty Brown, of Marshfield; his son, David Brown, of Grand Isle; and his daughter, Sarah Brown, of Phoenix, Arizona. He is also survived by his brothers, Mervin, Mitchie, Clinton and Randon; and his sister, Patty, and her husband, Archie. There are numerous cousins, uncles, aunts, nieces and nephews who loved Bob. A great many people were honored to have Bob as their friend, and he will be dearly missed.

There was a Bible-based funeral talk on Sunday, May 25, at the Kingdom Hall of Jehovah's Witnesses in Hardwick, VT. In lieu of flowers, contributions may be made to Vermont Respite House, 99 Allen Brook Lane, Williston, VT 05495.

Susan Lindsay Tobias

Susan Lindsay Tobias died April 30, 2014, in Leominster, MA, after a long struggle with Alzheimer's and a brief illness. Born March 6, 1943, in New York City, she was a graduate of Oberlin College and earned a master's in social work from the University of Chicago. Married for 33 years to Peter S. Tobias, she had two daughters. She attended Union Theological Seminary briefly and later obtained a master's of divinity from Bloy House in Claremont, CA.

Susan dedicated much of her life to social justice and helping others, both as a social worker, running outreach centers to teenagers and the homeless, and later as an Episcopal priest. Susan was ordained in the San Diego diocese in 1986, as one of the first women to achieve this goal. She served as a deacon at St. James by the Sea in La Jolla, CA, then as rector at St. David's Church in Claremont, CA, and finally at St. John's in Hardwick, VT.

Susan retired in 2005 to spend time with her beloved goats and chickens, in Cabot, finally achieving her adult life's goal of retiring on a small homestead in what she firmly believed to be the most beautiful place on earth. After retirement, she continued to reach out to those around her, helping to give others a start on achieving their own dreams.

Susan is survived by her friends and family, who will be telling stories of her for years to come. She will be sorely missed by her daughters, Sara Savage and Abigail Tobias, son-in-law, brother, sister, niece, nephews, grandchildren and, of course, her beloved dog. Donations in her memory are gladly encouraged to the Hardwick Area Food Pantry, 39 Church St., Hardwick, VT 05843, and to the Leominster Crossings Associates Fund, 1160 Main St., Leominster, MA 01453. A celebration of her life was held June 28 at St. John the Baptist Episcopal Church, Hardwick, VT.

Irene I. McCarthy

Graveside services for Irene Isabelle McCarthy, who died March 29, 2014, at Central Vermont Medical Center in Berlin, were held Saturday, June 21, 2014, in the Durant Cemetery in lower Cabot. In lieu of flowers, contributions in her memory may be made to the United Church of Cabot, P.O. Box 127, Cabot, VT 05647. Northern Vermont Funeral Service in Hardwick handled arrangements.

Lawrence W. Cookson

On June 17, 2014, Lawrence Wesley "Broat" Cookson was called to rest. He battled cancer for the past two years and was a courageous warrior to the end. Broat was a loving father, grandfather and best friend, with a huge and generous heart. He resided for the past 20 years in Walden.

He was born May 12, 1943, in Hardwick, the son of the late Daniel C. Cookson, Sr., and Mary (McGill) Cookson. He attended Woodbury public schools. He spent most of his working career in construction and excavation, he loved his work and had a great vision with an eye for detail and perfection.

Broat was a member of the Elks Club in Barre, Coles Pond Sledders and a past member of the Vermont Association of Snow Travelers. He had an infectious laugh and spent countless hours with his many friends enjoying a good game of cribbage. He loved hunting and, especially, the time spent with friends at hunting camp. Survivors include his companion, Betty Ainsworth, of Barre; a daughter, Laurie Cookson Silvestri, and her husband, Joseph, of Farmingdale, New Jersey; two stepchildren, Alan May, of East Montpelier, and Evon Maag, of Massachusetts; two brothers, Daniel "Bunch" Cookson Jr., of Cabot, and Chet Cookson, of Plainfield; five sisters, Helen Fletcher, of Florida, Sue Foster, of Graniteville, Marguerite Hill, of Florida, Ruth Rathburn, of Woodbury, and Martha Foster, of Walden; five grandchildren, Isabella Silvestri and Joseph L. Silvestri, both of Farmingdale, Mandy Lumsden, of Walden, Hailee May, of Cabot, and Alana May, of Hardwick; two great-grandchildren, Mya Lumsden and Reegan Lumsden, both of Walden; many nieces, nephews and cousins. - In addition to his parents, he was predeceased by a brother, John Cookson.

Funeral services were held on Sunday, June 22, 2014, at Northern Vermont Funeral Services. In lieu of flowers, contributions in his memory may be made to the Lamoille Area Cancer Network, 198 Farr Ave., Morrisville, VT 05661.

Arrangements are under the direction of Dian R. Holcomb of Northern Vermont Funeral Service, 60 Elm St., Hardwick.

Michael L. Pierce

Michael L. Pierce, 64, formerly of Barre and Plainfield, died suddenly on June 17, 2014, at Citrus Memorial Hospital, Inverness, Florida. He was born in Barre on November 16, 1949, the son of Hazen and Beverlee Amet Pierce. He grew up in Barre and attended local schools. He graduated from the University of Vermont in 1971, and was a science and math teacher in schools in Barre and Montpelier for several years. Most recently, he worked for Dr. Janet Hinzman, where he retired in November 2012. Upon retirement, he moved to Inverness with his life partner of 39 years, Thomas Houston. He enjoyed cooking, knitting, swimming, biking, hiking and kayaking. Both parents and his one brother predeceased him. At his request, no services will be held. Remembrances may be sent to thouston53@me.com or Thomas Houston, 3490 S. Winding Path, Inverness, FL 34450.

Advice from the Tree Warden

By Roland (Slim) Payne

Invasive plants and trees—what are they? What do they do? Why are they bad? They are not native and they disrupt the native ecology by taking over and crowding out native plants and trees. One thing they do is leaf out early and shade out the native plants so they can't grow, and in the fall the leaves stay on longer to not give natives a chance. Most of them grow real thick and reproduce rapidly, and seeds are spread by birds and animals.

Bush honeysuckle: The stems have strips up them in different shades of brown, and if you cut a small branch off, it will be hollow, such as **O** center hollow. If you want to look at some, go up Whittier Hill Road from the Commons Building up to where the hedgerow ends, where the fields come right to the road. That hedgerow is mostly honeysuckle. There is a tremendous amount of it all the way to Route 2, and that end near Route 2 has a lot of it, both sides and out in the woods, it is taking over. That is a good road to look at, but just about any road will have some. There is so much of it I don't know how to clean it up. Property in the land use program has it listed in their agreement on most updated plans to remove it, but I haven't seen any being removed. The only three I know that have removed it are Chris Duff, Roland Payne Jr., and myself, all on the Bayley Hazen Road. USDA used to pay so much a plant to remove it; I never used it, and I don't know if they still have money for that program. The trouble is, after it gets well established, the clumps of plants can get to six to seven feet across, even ten feet, with many stems, probably one hundred stems or more. I would like to see something done to stop it. It is hard to deal with because most of it is on private property, but I am not giving up on it. To do nothing is not an option.

Giant Hog Weed: It looks like the treatment last year on Elm Street did a good job and got most of it. Some came up this year, but not enough to treat. When it flowers, I will cut them off so it can't go to seed, because the seeds are viable for up to ten years. I have destroyed them for five years. Now it should be less and less that are good.

Second Annual
Quilt Raffle!
Queen size "Oregon Trail"
Handmade in Cabot, Vermont
Drawing at Apple Pie Festival
October 18, 2014
All Proceeds to benefit the United Church of Cabot
$5 each or 3 for $12
For Tickets call Sue: 802-563-3380

Northern Vermont Funeral Service
60 Elm Street
Hardwick, VT
05843-0063
802-472-6861
Dian R. Holcomb
Funeral Director

ROUGH CUT LUMBER FOR SALE
PINE BOARDS
1" X 4" UP TO 1" X 14" WIDE
X 8, 10 & 12 FEET LONG
2" X 4", 6", 8", 10" OR 12"
X 8, 10, 12 & 16 FEET LONG
HEMLOCK BEAMS VARIOUS SIZES
Richard Hourihan 535-4552

PLANTING A GARDEN?
Consider planting a row for the Cabot Christmas Dinner

Last year, many people donated items from their own vegetable gardens for the Community Christmas Dinner organized by the Ducharmes and friends at the school dining facility. Please consider thinking ahead and planting something extra in your garden to contribute to the local mix, such as -

Potatoes Carrots
Onions Squash
Cabbage Beets
Sweet Potatoes

What is Good Quality Habitat? The Community Level

By Eric Sorenson

This is the second in a series of articles discussing good quality habitat from different scales or perspectives. This time we focus on natural communities. This article is submitted by Cabot Conservation Committee.

If someone asks you about "good habitat", what comes to your mind first? Is it the dense hemlock forest where you expect to find deer in the winter? Is it the rich woods in the valley bottom that has the most outrageous display of spring wild flowers? Is it the log-strewn cold stream where you know the biggest brook trout are lurking, or the cattail marsh where you've repeatedly seen the elusive American bittern, frozen in position with its head pointed skyward? Or is it the large blocks of unfragmented forest where many wildlife species move freely, or the young aspen stand where ruffed grouse and chestnut-sided warblers are abundant? Of course, all of these are good habitats! And the important point about habitat is that each species (plants, animals, fungi, and all the rest) has its specific habitat requirements.

One useful way to think about these habitat requirements, and what is needed to conserve them, is to view habitat from different scales or levels. At the broadest or landscape scale, there are many species that need large blocks of unfragmented forest and safe connecting habitat between these forest blocks for all or part of their life cycles – this scale was discussed in the last newsletter. At the community level (the scale at which wetlands, natural communities, and riparian areas occur), groups of species are typically closely associated with a particular physical environment – this scale is the focus of this article. At the finest scale, or species level, special attention is needed to address the particular habitat needs of those species that are not captured by landscape or community level conservation – this is the focus of a future newsletter article.

So, what is good habitat at the community level? There are four types of habitat that I'd like to explore: natural communities, riparian habitat, wetlands, and vernal pools.

Natural Communities

A natural community is an interacting assemblage of plants and animals, their physical environment, and the natural processes that affect them. As these assemblages of plants and animals repeat across the landscape wherever similar environmental conditions exist, it is possible to describe these repeating assemblages as natural community types. The Vermont Fish and Wildlife Department recognizes about 90 natural community types. Examples of upland natural communities include Northern Hardwood Forest, Lowland Spruce-Fir Forest, and Temperate Calcareous Cliff, while examples of wetland communities include Northern White Cedar Swamp, Cattail Marsh, and Black Spruce Woodland Bog.

Some natural community types are rare and some are common. Some natural community types, like Northern Hardwood Forest, occur over large areas, while others only occur as very small patches, like Black Gum Swamp. The highest quality examples of natural communities are those that are mature, have few invasive species, and that occur in a landscape that has little fragmentation from roads and development. Maintaining high quality examples of natural communities is an important step in conserving the many plant and animal species associated with each community. In addition, understanding the natural communities on a property provides a powerful tool for making sound forest management decisions, as each natural community type has its own set of qualities and constraints and the natural community concept is based on the potential vegetation of the site instead of the existing vegetation.

Riparian Areas

Riparian areas are the lands adjacent to streams, rivers, and lakes. Although riparian areas are highly variable in terms of community composition, they consistently provide some of the most important ecological functions found in our landscape: they protect water quality; they contribute food base, structure, and shoreline stability to the adjacent aquatic ecosystems; they support many rare and uncommon natural communities and species due to the dynamic nature of the associated waters; and they provide critical habitat and movement corridors for many species of wildlife that are tied to this water-upland interface. Maintaining natural vegetation in riparian areas is the best way to protect these ecosystem functions. The width of riparian areas needed to protect ecosystem functions varies both with the particular location and with the function. For example, in an active floodplain of a larger river, protecting channel stability and the uncommon Floodplain Forest community would suggest maintaining natural vegetation cover on the entire floodplain. For a riparian area with stable, bedrock shorelines, a relatively narrow vegetated area is needed to protect surface water quality, but 300 feet or more is needed to maintain wildlife corridor functions. Riparian areas are especially susceptible to invasion by non-native species and control of these is important to protecting many of the biological functions.

Wetlands

Wetlands are well-known as critical habitat for many species. Wetlands come in many forms, but all provide important ecological functions and all have characteristics of abundant water, specially adapted vegetation, and saturated soils that distinguish them from adjacent uplands. Swamps are dominated by trees and shrubs, marshes are dominated by herbaceous plants, and peatlands (bogs and fens) have permanently saturated, deep organic soils. On a primarily upland property, the presence of even a small wetland of an acre or two adds significantly to the biological diversity of the property. It would not be uncommon to find 75 to 100 plant species in some small wetlands – mostly species that don't occur in the surrounding uplands. Many species of wildlife rely on wetlands for all or part of their life cycles, including waterfowl, wading birds, furbearers, black bear, and amphibians. Although most wetlands are protected from development by state regulations, it is also important to consider the ecologically sensitive characteristics of wetlands and their buffers when conducting forest management activities.

Vernal Pools

Vernal pools are critical habitat for breeding amphibians. These small, ephemeral pools that occur in natural basins within upland forests are most obvious in the early spring when they contain standing water and the loud chorus of calling spring peepers and wood frogs. They typically become dry in mid to late summer, but can still be recognized then by the stained leaves marked by seasonal high water, sparse vegetation, and wetland soil characteristics. Vernal pools typically lack trees, but are shaded by trees growing in the surrounding upland forest. Spring peepers, wood frogs, spotted salamanders and other amphibians migrate to vernal pools on warm, rainy, spring nights for a couple of weeks of breeding, before returning to the upland forests where they spend the remainder of the year. The best protection for vernal pools and their amphibian inhabitants is to maintain a 100 foot protective buffer in which the forest is maintained in a natural condition. It is also recommended that forest management up to 600 feet from the pool edge maintain canopy cover, minimize creation of ruts from heavy machinery, and avoid direct mortality of migrating amphibians by not operating during spring migrations.

These are just some of the important community level habitats we find in Vermont. Considering and conserving these habitats as part of forest management and land use planning will help to maintain the diverse values of our forests.

The next article in this series will explore habitat quality at a smaller scale, with a focus on critical habitats.

Eric Sorenson is an ecologist with the Nongame and Natural Heritage Program of Vermont Fish and Wildlife Department. He can be reached at 802-241-3714 or eric.sorenson@state.vt.us

New Name for Danville Post Office

This June, the House of Representatives approved legislation introduced by Representative Peter Welch (HR 1865), naming the postal facility at 35 Park Street in Danville, VT, the Thaddeus Stevens Post Office. In August 2013, the Senate approved an identical version (S. 885) of the bill, sponsored by Senator Sanders and cosponsored by Senator Leahy. President Obama is expected to sign the bill into law. Senator Sanders, a lifelong admirer of Thaddeus Stevens, drafted the legislation with residents of Danville.

Stevens was born in Danville on April 4, 1792, and attended the University of Vermont and Dartmouth College. He died in 1868. He served in the U.S. House of Representatives from 1849-1853 and 1859-1868, representing Pennsylvania. As a Member of the House, he was a leading opponent of slavery and discrimination and proponent of the 14th Amendment to the Constitution, which was adopted the same year he died.

Vermont was the first state to ban slavery in its constitution. It is believed Thaddeus Stevens carried on this conviction in the fight against slavery during the years up to, during and post-civil war reconstruction.

113th CONGRESS
2nd Session

H. R. 1865
IN THE SENATE OF THE UNITED STATES
June 18, 2014

Received; read twice and referred to the Committee on Homeland Security and Governmental Affairs

AN ACT

To designate the facility of the United States Postal Service located at 35 Park Street in Danville, Vermont, as the `Thaddeus Stevens Post Office'.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,

SECTION 1.
THADDEUS STEVENS POST OFFICE.

(a) Designation- The facility of the United States Postal Service located at 35 Park Street in Danville, Vermont, shall be known and designated as the `Thaddeus Stevens Post Office'.

(b) References- Any reference in a law, map, regulation, document, paper, or other record of the United States to the facility referred to in subsection (a) shall be deemed to be a reference to the `Thaddeus Stevens Post Office'.

Passed the House of Representatives June 17, 2014.
Attest: KAREN L. HAAS, Clerk.

May's Got Fish? A Success

Organizers Elena Gustavson, Sarah Mangan and Bobby & Stephany Searles reported a fantastic turnout for Cabot's Local Business Expo and Children's Fishing Derby on Saturday, May 17, with dozens of kids and their parents enjoying the fishing derby and over a hundred folks over the course of a cool and rainy day pass through the Expo, explore our town and village businesses and participate in the door prizes.

In support of local business, a Cabot Investment Fund (UDAG) grant covered the cost of the tent and media outreach to advertise the event beyond Cabot's borders and attract potential customers.

The organizers reported that it was invigorating for local business owners to meet neighbors, share products and services, as well as connect with each other as peers.

Anecdotal conversations with local residents and people from neighboring towns expressed a desire to see more "street-side" gatherings like this over the summer, in the form of a regular outdoor market (i.e. farmers' and producers' market) or something festive to bring people to the village. Stop by Harry's Hardware, Cabot Village Store, Sarah's Country Diner and Downstreet Eats to talk about what you'd like to see next.

P.I.E. Contest

Jean McCallum shows her first prize blue ribbon in the Cabot Partners In Education dessert contest, part of the CPIE Spring Fling BBQ for June Term. McCallum won for her blueberry pie entry. Judges were Will Walters of the Hardwick Gazette, Mike Mooney, principal of Twinfield Union School and his wife, Brenda Mooney. There were six entries in the first annual CPIE event. Will Walters photo.

Area Resident Graduates From University of New England Medical School

Biddeford, ME.

Bryden Considine, D.O., son of Tom and Cia Considine of Cabot and a member of the graduating class of 2014 at the University of New England College of Osteopathic Medicine, was awarded the degree of Doctor of Osteopathic Medicine at commencement ceremonies held at the Cumberland County Civic Center, Portland, on Saturday, May 17, 2014. UNE graduated 116 physicians at the ceremony, including 25 Master of Medical Education Leadership degree recipients. Bryden Considine, D.O., was hooded by his wife, Dr. Emma Considine, a UNE graduate of the class of 2013. The Hooding Address was delivered by William G. Anderson, D.O., F.A.C.O.S., Past President of the American Osteopathic Association.

Dr. Considine accepted an Internal Medicine Residency at The University of Connecticut, working at Hartford Hospital (Hartford, CT), St. Francis Hospital (Hartford, CT) and The Farmington Medical Center (Farmington, CT).

The University of New England is a top-ranked independent university with two distinctive campuses located in the coastal communities of Biddeford and Portland, Maine, and a new campus in Tangier, Morocco. UNE's College of Osteopathic Medicine is located on UNE's oceanfront Biddeford Campus and emphasizes the education of primary care physicians. The College has graduated more than 2,800 osteopathic physicians since its founding in 1978, and is the number-one provider of physicians for the state of Maine. *U.S. News & World Report* has recognized the College for its national leadership in primary care training, geriatrics, rural medicine and family medicine. UNE is the leading provider of healthcare professionals in Maine; it offers more than 40 undergraduate, graduate and professional degree programs and has internationally recognized scholars in the liberal arts, sciences, health and medicine. For more information, visit *www.une.edu.*

Cabot Community Association

The Cabot Community Association (CCA) office is open to the public from 9:30 a.m. until 1:30 p.m. on Mondays. Debra Zimmerman, the Cabot Community Association Coordinator, will also be available by appointment. Call 802-563-3338 to schedule.

The Cabot Community Association office is located in the Willey Building on the first floor, shared by *The Cabot Chronicle* and Cabot Connects mentor program (which also has space at the school). Stop in to share your thoughts.

Cabot Recreation Department

By Michelle Delaney

The Recreational Department is doing upgrades to the recreational field this summer and we would like to ask that everyone keeps off the areas that will be marked off.

We will be having pick up soccer at the Marcotte Field:

From 3-4:30 p.m. Sundays are for family pick up soccer for all ages, this is organized by Lars Maine-Torres (563-2757 or lhtorres@gmail.com).

From 4-5:30 p.m. Mondays are for players entering the 5th through the 8th grade, this is organized by Michelle Delaney (563-2427 or mpsoccer2@aol.com)

From 5-6:30 p.m. Tuesdays are for players entering 1st through 4th grade, this is organized by Donna MacKinnon (595-9429 or mackinnon.dm@gmail.com).

From 4-5:30 p.m. Wednesdays are for players entering 8th through 12th grade, this is organized by Michelle Delaney.

Donna MacKinnon is organizing fall soccer and is collecting signup forms now. Please sign your child up now so we know how many teams we will have and can plan our games accordingly. Please e-mail Donna if you did not receive a sign up form from the school. Home schooled children are welcome.

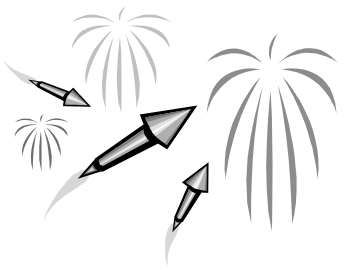
I do not usually encourage sedentary activities- but get your kids watching the World Cup if at all possible this summer!

CABOT FOURTH OF JULY

The Cabot PTSO is looking for new volunteers to help with the annual Fourth of July events. As most of you know, this is one of the town's biggest celebrations, and it takes a lot to put it on.
We need a few community members to help with the preparations, the set up and the clean up.

As always,
we are also looking for new ideas.
Call Wendy Barnett today
at 563-9907 and offer to help.
You'll have fun.

Thanks, the Cabot PTSO



Cabot's Annual 4th of July Celebration

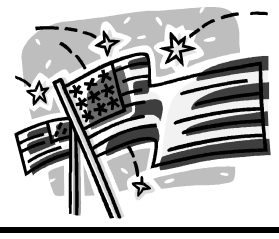
The Cabot School PTO will be hosting their annual 4th of July celebration on the 4th. Come and join us in the wide range of activities that will be going on throughout the day:

- **Rummage Sale & Yard Sale** - Cabot School Gym - 8:00 a.m. -2:00 p.m.
- **Historical Society Exhibits** - 9:00 a.m. –1:30 p.m.
- **Parade – 11:00 a.m.** on Main Street
- **Chicken BBQ** at noon on the Recreation Field
- **Live Music** from the Malicious Brothers with special guest Micah Carbonneau on the Recreation Field.
- **Food off the grill, soda and snow cones, games for the whole family!**

We hope you can join us in Celebration!

Free parking on the town common; the recreation-field is reserved for handicapped visitors and the elderly.

For information or questions about the festivities, please call Wendy Barnett at 563-9907



WEBSITE VOLUNTEER NEEDED NOW

The Cabot Chronicle

The Cabot Chronicle needs someone to update the paper's website each month, starting right away. Work involves uploading approximately thirty articles at the beginning of each month, removing outdated material, and occasional mid-month updating when special events are going on, such as the community map for the townwide lawn sale.

The need is continuous, but even if you can only help for a month or two, WE NEED YOU NOW! It would be a real help to the community.

Please call 802-563-3338 or
email inbox@CabotChronicle.org today.

COMMUNITY CALENDAR

~ JULY~

Tuesday 7/1

Marble Run GO ZIP ZOOM ROLL 4:00 p.m. Free at the Craftsbury Public Library, ages 5-12. Variety of materials to engineer and build, work in pairs or a team, test creations and let marbles run. Info 802-586-9683.

Project MICRO with Janet Schwarz. 6:30 p.m. Remember the first time you looked through a microscope? Well, you will get a chance to observe bugs, fingerprints, and miniscule pond water inhabitants. There will be microscopes provided by UVM College of Medicine Microscopy Imaging Center. Free. Open to ages 8 and up at the Cabot Public Library.

Wednesday 7/2

HMS Pinafore 7:30 p.m., Gilbert and Sullivan operetta performed at Unadilla Theatre, Marshfield. $20 adults, $10 for children. Tickets and directions 802-456-8968.

Is It Alive? with Pam Quinn. 10:00 a.m. -11:30 a.m. Children ages birth to age 7 will experience the difference between living and non-living things with hands-on exploration, scavenger hunt and making nature journals with items collected. At the Jaquith Library, Marshfield. There will be free lunch available after the program.

Gooey Science with Jacqueline Soule 6:30 p.m. What makes rubber bands stretch and balls bounce? Come to the Jaquith Library in Marshfield to find out. Each child and adult will make a concoction (safe and non-toxic) to take home. Open to people of all ages.

Anchors Away for Atlantis, Vermont's Award Winning International Youth Circus, 2014 Circus Smirkus Big Top Tour, St. Johnsbury, Leonard Field, 1:00 p.m. and 6:00 p.m. Ages 0-up. Adult (13+) $22, Children (2-12) $19, Under 2 Free. Handicapped Accessible, Snack Stand, Restrooms. Tickets 1-877-SMIRKUS or smirkus.org

Thursday 7/3

Joe's Pond Fireworks at Dusk, Rain Date July 5.

Circus Smirkus in St. Johnsbury, Leonard Field, 1:00 p.m. and 6:00 p.m. Tickets 1-877-SMIRKUS or smirkus.org

Montpelier 4th of July celebration 10:00 a.m.-10:45 p.m., Parade 6:00 p.m.-7:00 p.m., Fireworks 9:30 p.m. See website for street closures, parking info and shuttle service. www.montpelier alive.org/independence day.

Blithe Spirit 7:30 p.m., Noel Coward ghostly comedy. Unadilla Festival Theatre, Marshfield $20 adults, $10 for children. 802-456-8968, www.una dilla.org

Friday 7/4

Cabot Independence Day celebration TODAY. Rummage sale and yard sale at the Cabot School Gym 8:00 a.m.-2:00 p.m. Historical Society exhibits; PARADE at 11:00 a.m. Chicken barbecue with the fixings ($8.00 ¼ chicken, $10 1/2 chicken) at noon on the recreation field and live music from the Malicious Brothers with special guest Micah Carbonneau. Food off the grill, soda, snow cones and games for the whole family. Free Parking on the Common in front of the church, the Recreation Field is reserved for the elderly and handicapped. Restrooms available at the gym and Port-o-Lets on the recreation field.

Saturday 7/5

Annual Burklyn Arts Summer Craft Fair 10:00 a.m.-4:00 p.m., Bandstand Park, Lyndonville. Features work by over 60 juried Vermont artists. Raffle table, luncheon and baked goods. 802-626-6210 burklynarts.org.

Caledonia Spirits Distillery Tour 10:00 a.m.-5:00 p.m. 46 Log Yard Road, Hardwick. Learn unique distillery practices and how products are developed. Taste their full line of craft spirits. Must be 21+ years old. 802-472-8000 or info@caledoniaspirits.com

Sunday 7/6

Spirits of Vermont 3:00 p.m.-6:00 p.m., Pope Memorial Library, 121 Park St., Danville. This is a wonderful event not to be missed. It will be a great opportunity to try products from VT wineries, breweries, distilleries and restaurants. Must be 21+ years old. To benefit Danville Pope Memorial Library.

VT Symphony Orchestra Music in the Meadow at Trapp Family Lodge in Stowe .Tickets and time of performance: Stoweperformingarts.com or Flynn Tix Regional Box Office 802/86-FLYNN.

Tuesday 7/8

Burke Hiking Day Camp for Kids 9:00 a.m.-4:00 p.m. Spend days exploring all that the Northeast Kingdom has to offer, variety of camps: mountain biking, canoeing, kayaking. Contact 802-626-7300, infor@skiburke.com

Vermont's Moose 6:30 p.m. Cabot Public Library. Learn the biology and management from Cedric Alexander, Moose Project Leader, of VT Fish and Wildlife Department. Learn the history of the moose in Vermont, extrication, restoration, current status and future projection of their health.

Caspian Lake Swimming Lessons 10:00 a.m.-11:00 a.m. Greensboro. July 8-19. Taught by Red Cross instructors. $30 per student. Sign up at www.greensboroVT.org

Wednesday 7/9

All About Wind and Air with Erin Malloy.10:00a.m.-11:30 a.m. Vermont Energy Education Program offering hands-on lessons how we use wind and the sun. Children birth to age 7, free lunch to follow. Jaquith Library Marshfield.

Just For Fun Film Series 7:00 p.m. At the Jaquith Public Library (for titles of movies visit website www.jaquith publiclibrary.org) Episodes from the popular 1967 Sci-fi TV series. Take a break from all the science at the library with a fun and silly science fiction movie.

Thursday 7/10

Lost Nation Theatre July 10-27, Montpelier Wailing Smoky sexy musical **Blues in the Night,** contact for tickets 802-229-0492.

Free Summer Concerts 6:30 p.m. Performance by Diane Tetreault Jazz Quartet. Old Schoolhouse Common gazebo on the Jaquith Public Library lawn in Marshfield. Bring your chairs, blankets, and settle down for the evening of great music. Food will be available for purchase.

Saturday 7/12

Antiques and Uniques Festival 10:00 a.m.-4:00 p.m., Craftsbury Common. Over 100 vendors on the Common offering A to Z specialty foods. Antique car owners are asked to drive to event for special parking and viewing. Great day of shopping, socializing, picnicking, live music and barbecue tent.

Tuesday 7/15

Summer Music from Greensboro 8:00 p.m. at the Greensboro United Church of Christ featuring "Cavatina Duo" the best flute and guitar duo in the world today. $20 adults, Free under 18. For tickets and directions go to www.summermusicfromgreensboro.net

Action Origami with Gail Martin. Back by popular demand. 6:30 p.m. at the Cabot Public Library. Participants will make and decorate some of the following from paper. Spinners, copters, birds, frogs, hang gliders, poppers, windmills and skeletal octahedron.

Wednesday 7/16

Cold Blooded Critters with North Branch Nature Center. 10:00 a.m.-11:30 a.m. Jaquith Public Library open to children ages 0-7. All types of amphibians and reptiles call Vermont home. Some in ponds, river streams, and underground. Meet some animals and do hands-on activities to learn about them. Free lunch after the program.

Folk Dancing with Sue Morris.7:00 p.m. Learn folk dances from around the world. All ages and beginners are welcome at the Jaquith Public Library.

Thursday 7/17

Free Summer Concert 6:30 p.m. Old Schoolhouse Common gazebo in Marshfield. Performance by the Green Mountain Playboys with Katie Trautz. Bring your chairs, blankets and settle down for the evening listening to some great music.

Monday 7/21

OPEN HOUSE 10:00 a.m.-2:00 p.m. for Twin Valley Seniors Center at 4583 US Route 2 East Montpelier. Hosted by MVP Healthcare and cordially invites all to join us to show appreciation and support to a secure lovely new home for all surrounding communities to enjoy. Come and check us out and enjoy the chicken barbecue at 12 noon, music and tour of the new facility.

Tuesday 7/22

Summer Music from Greensboro 8:00 p.m. Greensboro United Church of Christ. Dmitry Kouzova, cello, with Julie Kouzova, piano, will perform 19th century romantic music by Schumann, Brahms and Chopin. $20 adults, Free under 18. For tickets and directions go to www.summermusicfromgreens boro.net

Wednesday 7/23

All About the Earth/Mud/Plants 10:00 a.m.-11:30 a.m. Get your hands dirty and join Angie Barger for mud pies and tea party at the Jaquith Public Library in Marshfield. Open to children 0-7.

Meet Live Raptors and Reptiles 6:30 p.m. while learning about VT Wildlife in the Southern Vermont History Museum. Presenter Michael Clough will bring native critters to Jaquith Public Library. Many hands-on event. Open to all ages.

Thursday 7/24

The Caretaker 7:30 p.m. Classic Harold Pinter comedy Unadilla Festival Theatre, 501 Blachly Road, Marshfield, $20adults, $10 for children, 802-456-8968.

Free Summer Concert 6:30 p.m. Performance by Michael Arnowitt's Improvisions Jazz Quartet at Old Schoolhouse Common gazebo on the lawn of the Jaquith Public Library in Marshfield. Bring your chairs, blankets and enjoy a lovely evening listening to great music.

Friday 7/25

Jeezum Crow Festival Jay Peak Resort. This is a 2 day event featuring an impressive lineup of bands, details about each performance and price (including time and date) can be found on the Jay Peak website.www.jaypeakresort.com

Tuesday 7/29

Summer Music from Greensboro 8:00 p.m. Greensboro United Church of Christ. Lewis Franco and the Missing Cats, a jazz quartet from the NEK will bring their popular repertoire. Season ticket subscribers will have preferred seating at this concert. Check out prices, directions www.summermusicfrom greensboro.net

Wednesday 7/30

Goddard College MFA Art Crawl 6:30 p.m.-8:30 p.m. Grab a map (available on Campus) join us for student art work and performances spread around the campus. 123 Pitkin Rd., Plainfield 802-454-8311.

All About the Sun/Solar Energy with Erin Malloy. 10:00 a.m.-11:30 a.m. Open to children 0-7 at the Jaquith Public library. The Vermont Energy Education Program will offer hands-on lessons on how we can use the wind and the sun.

Raggle Taggle Players perform: Read and Put Some Scientific Method to your Madness.6:30 p.m. At the Jaquith Public Library in Marshfield. Mad scientist (not, really) and assistant Igor will present the aspects of creativity, collegiality and scientific methods of things today.

Thursday 7/31

Free Summer Concert 6:30 p.m. Featuring Cold Country Bluegrass and Kick 'Em Jenny in the Old Schoolhouse Common gazebo in Marshfield. Bring your chairs and blankets and have a rip roaring time listening to some good music.

~ 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.

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

Story Hour at Cabot Public Library, Tuesdays at 10:30 a.m.

Cabot Recreation Department 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

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

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

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

Classic Film Night, first Wednesday at 7:00 p.m. with Rick Winston and Tom Blachly. Jacquith Public Library 426-3581, Marshfield.lib.vt.us

Story time and Playgroup, Wednesdays from 10:00 a.m. - 11:30 a.m. Jacquith Public Library, 426-3581. Marshfield.lib.vt.us

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 Socialites, second Tuesday of each month, Cabot United Church, 7:00 p.m. Social activities, community service. Call for information Cindy 456-1361.

Yoga & Wellness Classes, Fridays, 9:00a.m.-10:30 a.m., Cabot Public Library. Nourish your body, mind and spirit! Alicia Feltus 563-3220 or aliciafeltus@gmail.com

UDAG/Community Investment Fund for Cabot meeting, third Thursday every month at 7:00 p.m. in the Willey Building. For information email Jan Westervelt, jrwcabot @yahoo.com

FOOD SHARE AND FOOD DROP DATES

CABOT FOOD SHARE
Wednesday, JULY 9
Noon-2:00 p.m.
Wednesday, JULY 23
Noon-2:00 p.m.
Cabot Masonic Hall

FAITH IN ACTION NORTHERN COMMUNITIES PARTNERSHIP INC.

NEIGHBOR TO NEIGHBOR

Home Office
3339 Main St., P.O. Box 157
Cabot, VT 05647
(802) 563-3322 ~
admin@fiancp.org

NEK Office
71 Depot St., P.O. Box 515
Lyndonville, VT 05851
(802) 626-1212
nekfaithinaction@gmail

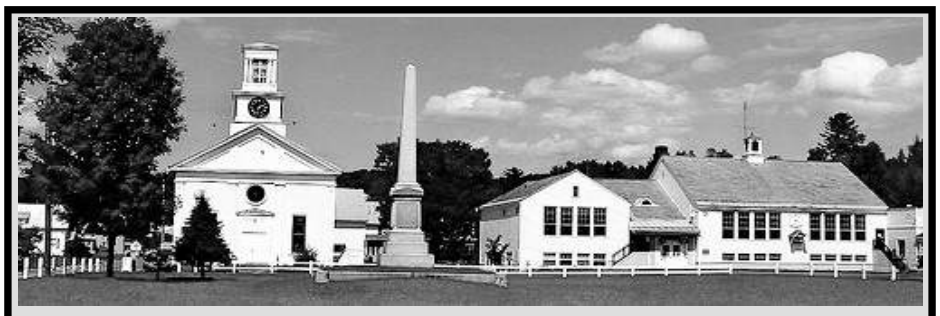
Available for Cabot Residents

MARSHFIELD FOOD DROP
Second Saturday of every month.
SATURDAY, JULY 12
Food pick up at 8:00 a.m.
Open until food is gone - usually 9:30 am

Onion River Food Shelf
Old Schoolhouse Common
School Street, Marshfield

Contact: Christopher Whalen 426-3122

Volunteers show up at 6:50 a.m. to unload 5,000 pounds of food for distribution. More help is needed unloading the truck, organizing the food for distribution, and helping senior citizens and others carry boxes of food to their cars.



Take a night off from cooking!

Cabot United Church

Thursday evening suppers, Alternate weeks in July & August
5:30—6:45 p.m. Takeouts 5:00 p.m.

July 10 & August 7 ~ Pulled Pork

July 24 & August 21 ~ Baked Chicken

$8 - Adults ~ $4 - Children

Cabot School FREE Breakfast and Lunch Program for Kids

Summer Programs

Monday through Friday

Breakfast Is Served: 8:00—10:00
Lunch Is Served: 11:00—12:30

Tuesdays, July 1st, 15th, and 29th:

School Gardening

Help the teachers keep the gardens going for next fall's classes! Come weed and water, and we'll send you home with some greens!

No registration required. Just show up!

9:00—11:00 a.m.

Meals are free for all youth under 18 years old, regardless of residency. Adults can purchase a meal for $4.00.

Cabot 4th of July!

July 4th, Main Street, Cabot

- Parade will start at **11am**
- Rummage/Yard Sale **8am-2pm**
- Historical Society Exhibits
- Chicken BBQ noon on the rec field

LIVE MUSIC

As always there will be lots of fun games to play for the whole family on the rec field after the parade.

The 2014 QuarryWorks Season Proudly Presents

110° IN THE SHADE

Book by N Richard Nash
Music by Harvey Schmidt
Lyrics by Tom Jones

The Broadway Musical Hit
Based on the play "The Rainmaker"

July 10, 11, 12 & 13
July 17, 18, 19 & 20

Thursday, Friday & Saturday at 7:30 pm
Matinees Saturday and Sunday at 2:00 pm

All performances free thanks to the generosity and enthusiasm of QuarryWorks supporters and the Adamant Community Cultural Foundation.
On performance days, playgoers are invited to come early and picnic on the grounds against the dramatic backdrop of a granite quarry.
Reservations can only be made two weeks in advance of the date a particular show opens. Call 229-6978.

Directions to QuarryWorks Theater

From I-89 South or North, take Exit 8. Turn left at Main Street/ Route 12 (this is the 4th light after the exit). Go straight through downtown Montpelier. When you reach the traffic circle, stay on Main Street by bearing right (Route 12 will go left). Continue up the hill. The road will turn sharply to the left (the big gray building on the left). Main Street turns into County Road. Stay left on County Road - do not turn onto Towne Hill Road. Follow County Road 5 miles to Haggett Road. Turn left just past the Adamant Co-op and follow Quarry Road 1 mile. Bear left at the fork. The Theater is directly ahead.

FOR MORE INFORMATION VISIT QUARRYWORKS.ORG

QuarryWorks

My Exchange Year in Cabot

By Laura Stűmke

Laura Stűmke is an exchange student from Halle (Saale), Germany, staying with the Mueller-Harder family. She left Germany August 22, having finished tenth grade, and when she returns, she will still have two more years of school. She won't get credit for her time here because the school system is so different. She expects to take fourteen different subjects next year.

Ten months ago, I arrived in Cabot, not knowing what to expect and knowing nobody. Today, Cabot is my home, Cabot High School is my school, and I have a family here! I cannot believe that my exchange year is almost over - time never went by faster. It was an amazing experience, and I want to thank everybody who made my exchange year so fantastic. To share my adventures and to show my experience being an exchange student, I wrote the following essay:

"Why do you want to do an exchange year?" my family and friends as well as everyone else asked me. I had a lot of reasons and still could not explain it to others. I imagined how my exchange year would be, but I actually had no idea. I talked with former exchange students about their experiences, but looking back now, I see that they had a totally different year.

You cannot describe what an exchange year is before you do it yourself.

It is not like moving to a new city or spending a vacation away from home. You go by yourself, knowing that you will not return for the next ten months. You know nobody and nobody speaks your language.

An exchange year is meeting new people.

You leave your family and friends behind. From time to time you will feel alone, but you will find new friends and even a new family. Not that you forget everybody at home, but your family will become bigger. An exchange year is meeting people you never talked to before but who know your name.

An exchange year means new traditions.

You will experience new holidays and celebrate others differently. Your family and friends will explain them to you, and you will show them some of your culture. You think about your holidays back home and about small traditions your family had.

An exchange year is learning.

You study and go to school, sometimes with no idea what is happening. You keep on trying and you will learn a new language. At the same time, you will forget your own language, and are just barely able to remember your new one. You learn to ask for help and to not give up. You learn that you do not always have to worry and that it gets better when you just wait.

An exchange year is thinking.

Thinking about people back home and why you are not there. Thinking about school, homework and free time. You think about your past and how things will be when you go back home. About how much you love the people you did not even know a year ago. You think about how strange things were back at home, things you did not even question before. You think about things you want to do when you are back home and about all the things you still want to do before that. And you will question how your family used to do things, because you start to forget old traditions and new ones become normal to you.

An exchange year is millions of feelings.

A former exchange student described an exchange year like a ride on a roller coaster. You wait, excited and nervous, a long time before it starts. But when it finally starts, you leave the ground behind you and cannot really see what is in front of you. You get doubtful feelings, questioning yourself if all of this was a good idea. And then an unbelievable ride begins: there are ups and downs, fast turns and upside down parts. At the end, you are sad that it is over and wish you could do it again, but you are also proud to have survived it.

An exchange year is being open to new things.

An exchange year is making the uncomfortable comfortable.

You have to be open to new traditions and a lot of unknown things, even if some of them seem stupid to you. When I imagined my exchange year, I never thought about a place like Cabot. I knew it would be unlikely to live in a gigantic city like New York, but I never imagined myself living in a place like Cabot. But I suspected even less that I would fall in love with this "tiny" town in the middle of nowhere with more than half a year of winter.

An exchange year changes you.

You develop with every new and unexpected task. You find out what is important to you, and what you are not going to do. You get used to the unknown, and once unknown situations become known to you, you learn to live.

An exchange year is not a year in your life. It is a life in a year. You cannot describe this. You can only experience it.

Healing Power of Pets

By Helen Morrison

All of us have heard of the benefits of having pets, that they can lower blood pressure, relieve anxiety. They can sense an epileptic seizure coming on, can help bring us out of our shell, lift our spirits, and literally make us feel physically better. There are stories of folk who are physically or emotionally challenged being opened up by loving and caring for a pet. Those who are incarcerated can be softened, become more vulnerable, let their guard down, and begin to reach out for re-entry into society by tending to a pet. Certainly in my own life, when I have felt sad or unwell, one of my cats is right there with me, just being a caring companion. They don't ask for anything. They just lie right up against me, there until I feel better.

For all the stories in the news, it is comforting to run into these stories first hand. Over the past year and a half, while working at the Kingdom Animal Shelter, there have been numerous stories of the healing power of pets. Several adopters came in because they had had cancer and had received good reports on their present status. For one, adopting kittens was a celebration of hope and the future. For another, she wanted a companion. And, as it turned out, both the cat and the woman discovered the healing power of each for the other. It is absolutely heart-warming to see these two so happy together.

Another story involves a much older person who was dying. Her cat stayed right by her side, never left, through the entire journey. After the woman passed, the family very much wanted to bring the cat into their home because the cat had been such a good companion to their mom. They wanted to, in a sense, keep their mother's spirit with them in the presence of her cat.

Still another adopter was having a difficult time with depression. Bringing kittens into her home has, in her words, "given her something to center her, something that needs her love and care". And as a result, her depression is lifting. And these kittens have a wonderful loving home.

And finally, a story from one of our volunteers. Her stepson and his fiancée visited this volunteer one weekend. The fiancée went upstairs to take a nap. One of the house cats, who is very shy and usually disappears when guests come, followed her upstairs, snuggled up to her, and began licking and pushing at an area on her neck. He just wouldn't stop. Ultimately, the fiancée got up and checked her neck...and found a lump. On her return home, she had the lump assessed and it was malignant. It seems the cat had sensed that. Had that not happened, it is hard to know how long it would have been before she found the lump.

More and more, as I work at the Shelter, I love the cats, of course. But it isn't just about the cats. It is about the cats, it is about the people who adopt them, and about what they bring to each other's lives. It's about finding the right match of a particular cat, a particular person, and their unique situations.

Kingdom Animal Shelter

By Helen Morrison

Luna is a one-to-two-year old female with a sweet moon face and very long tufts in her ears. She is a little shy but warms right up when petted. She would love to come to a safe and loving home. Come and visit her at Kingdom Animal Shelter on Memorial Drive in St. Johnsbury. Check our website for adoption hours: www.kingdomanimalshelter.com.

CABOT INVESTMENT FUND (UDAG) SCHOLARSHIP AWARD RECIPIENTS

These individuals fulfilled the requirements for scholarship awards according to the UDAG plan, and their names were announced at Cabot High School Graduation on Friday, June 13.

Jena Bastress	Olivia Bellavance
Caleb Domey	Lars Hammer
Theron Lay-Sleeper	Shelby Maurice
Kassandra Morse	Timothy Mueller-Harder
Mazie O'Connor	Eugenia Schumacher

Criteria was limited to following instructions and meeting eligibility requirements; size of award was influenced by quality of essay and community service to Cabot.

$5 in 5 minutes? Wanna make

Call or e-mail us the name of a business that may want to advertise in The Cabot Chronicle

If your lead is successful, we'll send you $5!

FOR COMPLETE DETAILS VISIT WWW.CABOTCHRONICLE.ORG

Potentially Deadly Horse Disease

You may have noticed a posting last month on Front Porch Forum about a mare in the area with equine protozoal myeloencephalitis (EPM) not diagnosed early and euthanized. This is not a disease often seen in Vermont.

According to Hardwick Veterinary Clinic personnel, equine encephalitis is usually more of a concern. It can be spread by mosquitoes, but a vaccination is available.

EPM has not been prevalent in Vermont, but as opossums (the primary vectors) move north, more cases can be expected. The infection is caused by a parasite carried by the opossums, and horses can pick it up if they graze or drink water that has been contaminated by opossum fecal matter. The best way to safeguard horses from the dangers of opossums is to avoid leaving food available to attract them and maintain good rabies prevention. It is not spread horse-to-horse.

Once infected, the symptoms of EPM, such as changes in gait and appearing lame, may be overlooked, and by the time diagnosed, EPM may be well established. There are different stages of the neurological disease, some with less severe symptoms, and treatments have mixed results. Some horses have lived long lives, but a neurologically-damaged horse cannot be ridden, and over time, advanced symptoms can kill the horse. The best strategy is prevention.

More information is available about EPM at this website: www.thehorse.com - search for EPM.

July 9 is Cabot Night at Mountaineers Game

Take me out to the ball game. . . . Tuesday, July 9 is our night!

The Mountaineers have named July 9 Cabot Night, and Cabot Community Association is working on a deal to save you money and give you a carefree night with your family, mentee, friends and neighbors. *The Cabot Chronicle* will be the beneficiary of the 50/50 raffle split that night.

If enough people want to go, the Cabot Community Association will hire a bus (the school cannot help) to take us to the game and back. We hope to keep the price at $10 per person, or $30 for a group of four, for a round trip on the bus and admission to the ballgame. You won't have to pay for parking, and you'll be dropped off near the admission gate.

We need to know by July 6 how many people want to go, to determine if this is feasible. Please email inbox@cabotchronicle.org or call Cabot Community Association at 563-3338 by July 6 if you want to reserve seats on the bus. If we don't get enough people to charter a bus, we'll try to arrange car pooling.

VERMONT MOUNTAINEERS

July 2014 Schedule

HOME GAMES - 6:30 pm | AWAY GAMES TO BE ANNOUNCED

SUN	MON	TUE	WED	THU	FRI	SAT
		1 VM @ Keene	2 Mystic @ VM	3	4 VM @ N.Adams	5 Laconia @VM
6	7 VM @ Laconia	8 Keene @ VM	9 Laconia @ VM	10	11 Holyoke @ VM	12 Newport @ VM
13	14	15 VM @ N.Adams	16 New Bedford @VM	17	18 VM @Keene	19 N.Adams @ VM
20 **NECBL All -Star Game @ Holyoke**	21	22 VM @ Mystic	23 Sanford @ VM	24	25 VM @ Newport	26 VM @New Bedford
27 VM @ Ocean State	28	29 Holyoke @ VM	30 Keene @VM	31 VM @ Sanford	Aug 1 VM @ N.Adams	Play-offs Begin Aug 4th

TICKETS

Mountaineers Baseball Tickets will be on sale at the Montpelier Recreation Department and other locations listed on the team website at www.thevermontmountaineers.com.

HMS Pinafore By Gilbert & Sullivan at Unadilla Theater, Calais

By Bruce Westcott

The best 100 minutes you'll ever spend: romping through British silliness. And with beautiful music! Something about a sailor, his captain, his true love and mistaken identity. Come see some great singing by your Cabot neighbors: Lynn McKinney, Sue & Sam Carpenter, James Haugland, Ellie Blachly and others. Performances on Wednesday, Friday and Saturday evenings at 7:30 p.m., for the first two weeks in July. Details are at www.unadilla.org.

Unadilla Theatre

Cabot Ride The Ridges Special Rate for Cabot Residents

The Second Annual *Cabot Ride the Ridges* will be on Sunday, September 14, on the Cabot Green. It is a fun and challenging mostly dirt road bike ride through the scenic landscapes of Cabot and Peacham to benefit the Cabot Connects mentoring program. We have rides for everyone:

- a Family Fun 10 km,
- the Sturdy 30 km,
- the Rugged 60 km and
- the Warped 100 km.

There will be aid stations along the way for refreshments and help with bikes. One of the best parts of this event, besides the beautiful views and fun, will be the fantastic wood fired pizza from Woodbelly, the gourmet cheeses of Cellars at Jasper Hill, the specialty goat cheeses of Vermont Creamery, Kingdom Creamery Ice Cream, Vermont Switchel, Kicking Horse Coffee, Burtt's apples, Sweet B's Bakery bars, and NECI cookies.

Kids 12 and under are free! All Cabot residents get the special rate of $10.00!

Many thanks to all our sponsors: Bourne's Energy, Cellars at Jasper Hill, Concept 2, Hunger Mountain Coop, National Life Group, Northeast Vermont Regional Hospital, Union Bank, Vermont Creamery, Washington, Electric Coop, Woodbury Mountain Toys, and Zutano.

And thanks also to a fantastic team of people helping to put this all together: Lori Augustyniak, Mark Bromley, Mark Christensen, Cia Considine, Andy Gilbert, Jacqueline Lumbra, Matt Moody, Lynn Rockwell, Paul Wade and Tim Walker. Special thanks also to Jeannie Johnson and Todd Jones for their support. If you have any questions or would like to register, please call Kathleen Hoyne at 563-3338.

RUMMAGE SALE DONATIONS NEEDED

Cabot PTSO is looking for donations of clothing and good clean furniture for the Fourth of July rummage sale.
Volunteers will be at Cabot School Gym to receive donations from:

July 1 - July 3, 10:00 a.m. to 3:00 p.m.

For questions or to arrange pickup of your items before July 1, please call 279-6818.

Cannot accept computers, TVs, printers, encyclopedia, mattresses.

Rummage sale proceeds benefit Cabot PTSO programs. Your support is appreciated.

Twin Valley Senior Center

Twin Valley Seniors, Inc.
4583 U.S. Route 2
P.O. Box 152
East Montpelier, VT
05651

Twin Valley Senior Center News
By Rita Copeland

Twin Valley Senior Center has grown acquainted with our new Center since our move in mid-May. We are very comfortable and enjoy the extra space. We are meeting new friends, having recruited a couple of new volunteers whom we welcome with open arms. They are Ann Bailey and Andrea Blanchard, and they both work as hostesses in the dining room on different days. We are hoping to recruit more volunteers so that we may reach our goal of being open five days a week.

Volunteers are needed as follows:

* Meals on Wheels, to learn all aspects of the process so you might fill in for vacation and days off of regular volunteers.
* Activity Planner, to plan and schedule in-house activities as well as booking day trips, etc.
* Event Planner to plan and book people that would be interested in doing presentations at the Center for both our members and the community. This could include local historians, artists, authors, musicians, or any entertainment that Seniors and community members would enjoy.
* Exercise Leaders to learn the Bone Builders and Tai chi programs to lead sessions so that we may expand the times and days offered.
* We would like to have a volunteer join us that would like to plan and oversee evening and weekend events.
* We need volunteers that would be willing to help oversee and work fundraising events.

Of course, we are always open to ideas and suggestions from community members for programs and events they would like to see happen in our area. If you can spare any amount of time and would like to help, please contact us at 223-3322.

TVSC now has a great space that is centrally located that we would like to offer to all of the six towns we serve, giving each the opportunity to use our space for different functions, which, in turn, will help support the Center. In the very near future, please watch for details of events we will host, cater or lease our new space to help with our extra expenses.

The phone number to TVSC is (802) 223-3322, mailing address is P.O. Box 152, East Montpelier, VT, 05651 and the physical address is 4583 US Route 2, East Montpelier.

Some times have changed due to our move:

We are open 9:00a.m.-2:00 p.m. Mondays-Wednesdays-Fridays
Bone Builders: 10:45 a.m.-11:45 a.m.
Tai Chi Class, Mondays 1:00 p.m.-2:00 p.m.
Scheduled In-House Presentations: 11:45 a.m.-12:15 p.m. (longer if needed)
Lunch served at 12:15 p.m. (unless delayed)

We will be closed on Friday, July 4th. We wish everyone a safe and happy holiday.

July 2nd we will be having an outdoor barbecue at the Center
July 9th & July 30th Foot Clinic
July 21st SASH
July 21st Grand Open House 10:00 a.m.—2:00 p.m., BBQ & Music at noon
July 25th Day trip with details to be announced

We invite everyone to just stop by and see the our new digs. We invite you to join us for a nutritional lunch with suggested donation of $4.00 age 60+ and $5.00 all others.

Save your treasures for August to rent a table at the TVSC Flea Market, which we are now planning.

If you can spare any amount of time please consider contacting us at 223-3322.

Twin Valley Senior Center

At Blueberry Commons on Route 2, East of Montpelier

Last Sunday of the Month Take Out

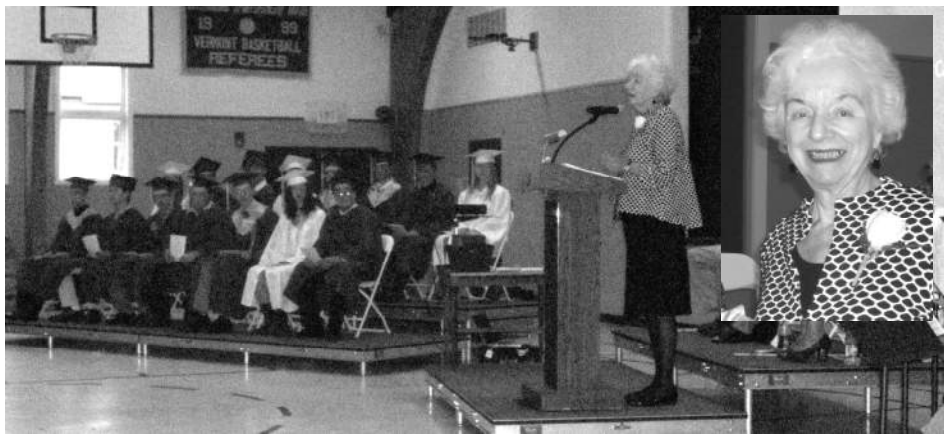
SUNDAY, JULY 27

All are invited to eat at the center,
Indoors or outside at our new picnic tables.
Meet your friends there for dinner!
The menu is sweet and sour pork on noodles, salad and cobbler.

$10.00

Call Susan for reservations: 223-6954.

Madeleine Kunin at Cabot Graduation



Governor Madeleine Kunin was pleased to be keynote speaker at Cabot High School Graduation on June 13. Photo by Jeanne Johnson.

From The Cabot Public Library

2014 Cabot Public Library's Summer Reading Program

This summer's theme is **science**.
All programs are free and open to children and adults of all abilities.

Sign up for the summer reading program and win prizes, t-shirts and enter our raffle to win a $25.00 gift certificate for The Galaxy Bookshop.

The Thousand Page Club continues. Sign up as soon as school is out!

Evening Programs:
(Days and times vary.)

Tuesday, July 1 – 6:30pm - Project MICRO with Janet Schwarz

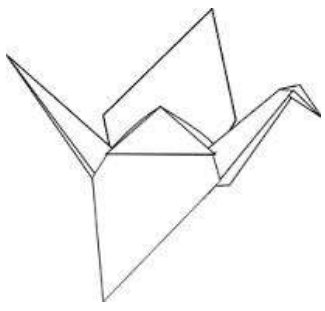
Remember the first time that you looked through a microscope???

Project MICRO (Microscopy in Curriculum, Research-Outreach) exposes Vermont youth to the *wonders* of their microscopic world. They may observe bizarre bugs, "filch" fingerprints and be mesmerized by miniscule pond water inhabitants. We bring all of the microscopes (both dissecting and compound), eye loupes, and pocket microscopes. Project MICRO is sponsored by the UVM College of Medicine Microscopy Imaging Center and is largely dependent upon volunteers**.** Suggested age: 8 and up.

Tuesday, July 8th – 6:30pm - The Biology and Management of Vermont's Moose with Cedric Alexander

Cedric Alexander, Moose Project Leader, Vermont Fish and Wildlife Dept., will review the history of the presence of moose in Vermont, the extrication and restoration, current status, management, and future projections of their health.

Tuesday, July 15th - 6:30pm - Action Origami with Gail Martin



Back by popular demand! Participants will make and decorate some of the following from paper: spinners, helicopters, flapping birds, hopping frogs, hang gliders, poppers, windmills, and a skeletal octahedron. Come see a display of samples sent in advance by Gail!

Friday, August 22nd – 7:00 pm – *Mayfly* with Katie Trautz and Julia Wayne

Mayfly, Americana/Old-time duo, is a Vermont based band that performs old-time New England and Appalachian music, as well as original songwriting on guitar, fiddle, mandolin, banjo and vocals. *Mayfly* has been performing for over 10 years, touring throughout the USA and Canada. The ladies have two albums, one of which won 'Best Traditional Album of the Year' in Vermont. *Mayfly* intersperses close harmony vocals with strong instrumentals influenced by blues, ballads, and American roots music.

CAMP LAUGHING TURTLE

234 Pransky Road,
Cabot, Vermont 05647
(802)563-2730
www. Camplaughingturtle.com

AT CAMP LAUGHING TURTLE

We have a strong tradition of learning to live in health, harmony and respect in every part of our lives.

Our first priority is having fun together while learning to take personal responsibility for our choices.

Our goal is to develop caring, connected and capable young people who share a strong and abiding commitment to themselves, their community, and the natural environment.

Our staff is variously gifted in music, drama, creative arts, outdoor living, hiking, sports, backpacking, outdoor, carpentry, gardening and leadership skills. They reflect the values we most appreciate and share a commitment to providing positive and healthy learning experiences which foster creativity and promote feelings of independence and self-esteem.

At camp we help kids understand that they are special and that summer is about the fun they create as they find new friends and face new challenges.

CAMP WEEKS:

June 16th through August 22nd

8:30 a.m. to 4:00 p.m.

Care is available from 7:30 a.m. to 5:00 p.m.
DAILY TRANSPORTATION
AVAILABLE FROM ST. JOHNSBURY
(bus pick-ups possible in Danville and Walden)

RATES:

$180 per week

which includes a fee of $2 per day for the bus.

Family rates, sliding fee scale, limited grants and scholarships.
(Don't hesitate to ask about a payment arrangement that would be suitable for you and your family.)

GRANT SLOTS STILL AVAILABLE:
If eligible for any child care subsidies, take advantage of a grant for 100% of the cost of camp.

For more information, call Judy at
(802)563-2730
or visit the website.
To register online,
www.Camplaughingturtle.com

Vermont Children's Theater Season

The Vermont Children's Theater is pleased to announce their summer theater schedule. All show are family-friendly and feature local children from 7 years old through graduating high school seniors.

This year we are pleased to present:

Disney's Beauty and the Beast, Jr.
Thursday, July 10 at 7:00 p.m.
Friday, July 11 at 7:00 p.m.
Saturday, July 12 at 2 p.m. and 7:00 p.m.

West Side Story
Thursday, July 17 at 7:00 p.m.
Friday, July 18 at 7:00 p.m.
Saturday, July 19 at 7:00 p.m.
Friday, July 25 at 7:00 p.m.
Saturday, July 26 at 2:00 p.m. and 7:00 p.m.

Beauty and the Beast and West Side Story tickets:

Evening performances:

Children 12 and under: $6

Teens and Seniors: $8

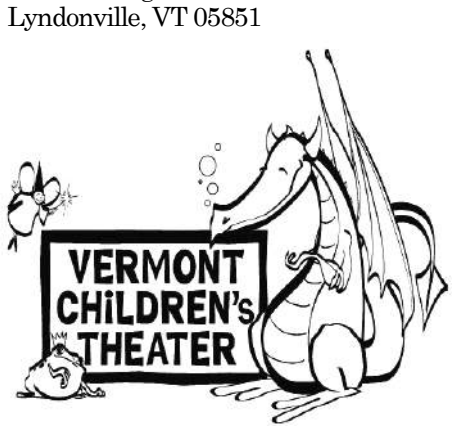
Adults: $10

Matinees - All seats: $5

The Vermont Children's Theater provides the children in the Northeast Kingdom of Vermont with a practical introduction to theater, developing theatrical technique, self-confidence and personal responsibility regardless of their ability to pay. The VCT is committed to the pleasure, enjoyment, sense of self worth and accomplishment of children, collectively and as individuals. Family members are invited and encouraged to take an active role with their children, as volunteers in the many support activities required for the success of the program.

The Vermont Children's Theater is a 501(c)(3) non-profit organization, and contributions are tax deductible.

The Vermont Children's Theater
PO Box 701
2283 Darling Hill Road
Lyndonville, VT 05851



LOCAL DIRECTORY

ACCOUNTING & FINANCIAL

HAZEL M. GREAVES
Income Tax & Bookkeeping Services
E-Filing Returns/Prompt Refunds
27 Dow Drive-Walden
E. Hardwick, VT 05836
Telephone (802) 563-2332
Fax (802) 563-2601
2/15

M. STUART & ASSOCIATES, INC.
DENISE STUART~MICHAEL STUART, CPA
Certified Public Accountant
and Business Consultants
156 Daniels Road, PO Box 908
Hardwick, VT 05843
802-472-6192
denise@mstuartassociates.com
michael@mstuartassociates.com
8/14

CONTRACTORS

CountryFloors
"Our Goal Is 100% Customer Satisfaction"
471 Hollister Hill, Plainfield, Vermont
Mon-Fri 8 a.m.-5 p.m. ~ Sat 9 a.m.– noon
Or by appointment (802) 454-7301
2/15

DUNHAM BROTHERS PAINTING Inc.
Wall Covering & Painting Contractors
Damien Dunham
Office : (802) 426-4077
Fax: (802) 426-4037
P

Green Mountain Eco Floors
Quality · Affordable Local
Dustless Sanding Refinishing
Natural Finishes
Prefinished/Unfinished
Oliver Flooring Sales Installations Cyrus
Welters Free Estimates Pond
802·595·5049 KeepVermontGreener.com
9/13

FARM & GARDEN

Amanda's GREENHOUSE
Perennials, Flower and Vegetable Plants
Rt. 215, Cabot --- 426-3783 C

BRUNELLE FARMS
Dutton Brook Road, Brownington, VT
Non-Certified Organic hay $3.50/bail
Delivery Available
(802)754-2028 or
abrunellefarm@hotmail.com
P

HEALTH & WELLNESS

Hardwick Chiropractic
Gentle, Effective Health Care
Dr. Grace Johnstone ~ Dr. Rick Eschholz
Dr. Allison Bogan
54 School Circle, East Hardwick, VT
hardwickchiropractic.com
472-3033
P

PYRAMID BLACK BELT ACADEMY
Discipline ~ Focus ~ Family
Master's Alba & Stanley Parsons
Certified 7th Dan Instructors
Hardwick, VT ~ 472-3045
P

LOCAL RETAIL

RHAPSODY Local Organic
(802)563-2172
www.rhapsodynaturalfoods.com
Tempeh BBQ & Teryaki & Eggrolls
Now Available at the Cabot Store!
www.rhapsodynaturalfoods.com
P

GOODRICH'S Maple Farm
2427 US Route 2, Cabot, VT 05647
802-426-3388
Maple products-holiday gift baskets,
sugaring supplies, tanks
Everything for all your sugaring needs
P

SERVICES

CABOT HEIGHTS PROPERTY MAINTENANCE
Plowing and Snow Removal
Driveway Repair, Renovations
Painting, AND MORE…..
Call: 802-563-2397 or 802-274-6646
Email: CodlingMB@Fairpoint.net
www.CabotHeights.com 8/14

Put your business here. Directory ads are a great value at $80 for the year!

Call 563-3338

SERVICES

Cedar Brook Farm
Brush Hogging & Cedar Fence Posts
Wildlife Food Plots
Large Acreage Rototilling
Anthony Palmiero ~ 802-274-2955
East Calais, VT
ajpalmiero@gmail.com
10/14

HARDWICK Veterinary Clinic
Andrea Gilbert, D.V.M
64 N. Main St., P.O.Box 760
Hardwick, Vermont 05843
(802) 472-8400
info@hardwickvet.com
www.hardwickvet.com
Open Tuesday - Saturday
2/15

Heating And More LLC
Your Efficiency Experts
Wood, Oil, Propane, Pellets
And Now...Geothermal
Free Estimates, Emergency Service
Also Plumbing Repairs
Family Owned And Operated
Customer Satisfaction Our #1 Priority
Call:**426-HEAT(4328)**
P

Masse Poultry Processing
Custom Slaughtering . All Types of Poultry
Cutting Available
387 Eden Mountain Road,
Craftsbury, VT 05826 ~ 802 586 2857.
8/14

Seth's Computer Services
* PC and Mac Repair and Upgrades
* Laptop Repair and Upgrades
* Wireless Network Installations
* PC Spyware and Virus Removal
WWW.SETHSCOMPUTER.COM
seth@sethscomputer.com
802-370-3067 C

Sunwise Surveying
Specializing In Boundary Surveying
Lisa M. Ginett, RLS & Uriah Paire
193 McKinstry Rd. Cabot, VT
426-3025
P

A Stitch in Time
PROFESSIONAL SEWING
35 ELM ST. MONTPELIER, VT
802-917-3698

Under New Management!
Mon12-6, Tues-Fri 10-5:30, Sat by Appt.
We specialize in lovingly restoring
& renewing your favorite things
& creating new things especially for you!
Mending, altering, custom, & up-cycling
Prom & Bridal wear ~ Tailoring & home decor
New, well-loved & vintage clothing

SERVICES

Ellen Blachly TRADITIONAL UPHOLSTERER
All sorts of upholstery problems solved.
Free estimates and consultations;
pick-up and delivery available.
Call or email to discuss your project.
ellie@together.net
Home: **563-2248** ~ Shop: **426-3733**
589 Eaton Cemetery Road, Marshfield.
At the Marshfield School of Weaving.
2/15

front porch forum™
HELPING NEIGHBORS CONNECT

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 front porch forum
over 400 members out of
550 households, more than
2,500 postings to date

Cabot residents
can also sign up for
Hardwick, Walden
front porch forum
More than 670 members out of 1700
households, almost 4,000 postings
Go to frontporchforum.com
to sign up.

ONLINE
The Cabot Chronicle

ATTENTION ADVERTISERS!

The Cabot Chronicle
now has ***online***
affordable advertising.

For more information
contact
The Cabot Chronicle
at 563-3338.
Don't miss out on
this opportunity.

TWIN VALLEY SENIOR CENTER

Twin Valley Seniors, Inc.

4583 U.S. Route 2
East Montpelier
RitaCCope@MyFairpoint.net
802-223-3322
Serving:
Cabot, Calais,
East Montpelier,
Woodbury,
Plainfield
& Marshfield

- **Free Door to Door Transportation**
- **Free Tax Preparation**
- **Health Clinics**
- **Monthly Newsletter**
- **Meals – Every Mon., Wed. & Fri. 10 am-2 pm**
- **Bingo & Games**
- **Exercise-Bone Strengthen & Tai Chi**
- **Entertainment**
- **Parties, Trips, Celebrations**
- **Volunteer Opportunities**
- **Donations & Contributions always appreciated**
- **Gift Certificates**
- **Meals on Wheels for Homebound & Disabled residents**
- **Dietician approved meals-Home cooked,** ***No physician orders needed to receive meals***

You are invited to visit…

Cabot Evangelical Church

Meeting on Sunday Mornings at 10:00
Willey Building—Second Floor Meeting Room
Main Street—Cabot

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