

The Fairfax News

August 2009



A publication by the people of Fairfax



Volume 32, Issue 8

NEWS BRIEFS

Fairfax Break-Ins

July was a busy month for Fairfax burglars, Franklin County Deputies and Vermont State Police. If you are the victim of a break-in, call Franklin County Sheriff's Department at 524-2121. Merchandise has been recovered, but you're not going to get your valuables if you don't report it. More on page 12.

Fairfax Food Shelf

The Fairfax Food Shelf needs you! If you can donate, it would mean so much. If you need the Food Shelf, it is open the first two Wednesdays of the month from 9:00 am to noon at the United Church. Call Reverend Elizabeth at 849-6588 for more information.

Rabies Alert

If you suspect a wild animal has rabies, call the Vermont Game Warden.

Fairfax Town

All the phone numbers you need to know for Town of Fairfax business are on page 10.

Vermont Baseball

You can read a letter from Coach Skip Carter on page 2 and see a photo on page 9 of the future of Vermont baseball.

Pill Board

Fairfax Pharmacist Rick Hogle has some important information for pregnant and nursing moms and much more in his monthly column Pill Board on the backpage. You can pick up "Back to School" supplies and check out the photo kiosk at the Fairfax Pharmacy.

Burlington Sinking?

Another sink hole has opened up on Battery Street in Burlington. Around Fairfax driveways washed out from heavy July rains.

FranklinOne.com

The Fairfax News online daily.

COMING NEXT MONTH

Back to School (already)

A Rebuilding Summer in Fairfax

BY CHRIS SANTEE

HENRY RAYMOND'S COVER PHOTO



Emergency Management Coordinator Steve Bessette is shown above at the Fire Station during the outage on July 24, 2009

What to do if 911 is down. This past month, from about 2:30 in the afternoon until about 7:30 in the evening, Franklin County Residents were only able to call phone numbers within their own exchange. For example, people on the 849 exchange could not call out of the area, thus 911 was also down. Now, in the event that 911 is down, provided that Fairfax Fire & Rescue are aware of it, there should be somebody there to answer the non-emergency number and in turn radio the dispatcher in St. Albans. The non-emergency number for those on the 849 exchange is: 849-2773. The non-emergency number for those on the 524/527 exchange is: 524-2131. Only try using the above numbers for emergencies in case of a 911 failure.

School Board News

BY PEG STEWART, SCHOOL BOARD CHAIRPERSON

Summer has brought a break from meetings for your School Board but not for long. It has given the board, administration and superintendent a time to focus on what was accomplished and what we want to accomplish this year and in the future. We will be conducting our all day retreat to discuss many areas including communication, space constraints, policy review and consolidation among other topics. An official welcome will be given to Michael Clark, High School Principal and Chris Hogan who is the new Junior representative to the School Board.

The board continually updates the policies and procedures of the school. The procedure that continually surfaces is the questions, problems or concern regarding behavior, community concerns or school concerns. Parents who have a concern regarding their student should address the teacher first and receiving no resolve, the appropriate principal. If there is still no resolve an appointment should be made with the Superintendent. Community members with questions or concerns should begin with one of the school administrators and continue following the same procedure. The School Board is the final resource not the first.

Consolidation within the Franklin west Supervisory Union (FWSU) between BFA, Georgia and Fletcher has begun in the areas of purchasing of equipment and positions. Other areas will be considered in the future. This will mean a savings for all schools. We now have an approved Franklin West Action plan and technology plan. These are three year plans that will

be reviewed yearly addressing each individual school.

"The School Board is the final resource, not the first".

P. Stewart

We (BFA) have entered into a Cpower contract. This is an agreement that BFA will agree to run off the school generator and not draw power if a Northeast power grid emergency comes up and the grid is needed for more power. In exchange, Cpower will give BFA a payment each month based on the kilowatts available to be donated. The contract will run through 2011.

The scheduled sidewalk replacement to the Middle School entrance and also from Hunt Street to the school parking lot is being completed. The staff will be returning to school the last week of August for both BFA Inservice and FWSU Inservice. We will be welcoming students back to school on September 2.

The first regularly scheduled School Board Meeting will be August 10th at 6:30pm in the library. If you have any questions or concerns please contact me at pstewart@bfafairfax.com.

Fairfax is changing. Changing back to the way things were.

In the center of town, on Main Street, Fairfax landmark Steeple Market is going back up to the delight of many locals. Originally the old St. Luke Church, the structure was destroyed by fire last Christmas Eve.

Also on Main Street, AW Rich Funeral Home has a new front porch, which will be greatly appreciated by little ones this Halloween.

The Town Office Building, also known as "the White House", has undergone an extensive makeover.

On Swamp Road, a new high tech barn, with a robotic milker, is going up after another fire destroyed Peter and Madonne Rainville's. The public is invited to an Open House on Saturday, August 8th from 10:00 am to 5:00 pm.

FAIRFAX
Continued on page 4

Our Changing School

BY BFA HS PRINCIPAL
MICHAEL CLARK

I am excited to be joining the BFA and Fairfax community. I appreciate all of the time that the Principal search committee spent getting to know me and giving me a chance to begin to know BFA and Fairfax. Throughout the hiring process and the start of summer I have been impressed by how dedicated the faculty, staff, and community of Fairfax are to the education of their children.

In order to introduce myself to you, I'd like to provide you with some information about my professional experiences. I began my teaching career in 1995 in Newport, New Hampshire at Newport Middle/High School, where I taught high school math and science for three years. While at Newport, I also worked for the Vermont Fish and Wildlife Department, at the Green Mountain Conservation Camp, on Buck Lake. In my time with GMCC, I was a Natural Resource Instructor (1 year), Assistant Director (1 year), and the Director for the camp (3 years).

In 1999, I began working at Colchester High School as a Chemistry and 9th Grade Science teacher. I developed a reputation as a teacher who motivated reluctant students to be successful in science. In 2001, I took the position of Assistant Principal for Student Management at CHS.

CHANGING SCHOOL
Continued on page 6

Postmaster, Please Mail To:

LETTERS TO THE EDITOR

Dear Fairfax,

What a busy, rainy month we have enjoyed, or endured.

It seemed every time the sun broke through, we needed to mow our lawns. Farmers had a hard time haying, which didn't go well with milk prices. Gardens have suffered through blight with tomatoes and potatoes.

On a bright note, Lake Champlain celebrated its 400th birthday. One sunny day at Sand Bar State Park, there were so many Fairfax people it was like a town picnic.

Now, we have August and it's "Quality Time" as summer starts to wind down. If you can't afford a vacation, try a "stay-cation".

In Fairfax, you can grab the kids, head over to the Fairfax Recreation Park with a picnic. Or go upstream to a newly cleaned up Fairfax Waterfalls. Or grab some fishing gear at Minor's and head downstream to Arrowhead (or upstream to the falls).

Enjoy your family, your neighborhood, enjoy Fairfax!

Take care and God bless,

Chris Santee

Lights & Sirens

July 1 marked the start of a new fiscal year for Fairfax Rescue and with it came the idea for a new column in the Fairfax News to keep the community updated on what's happening with the squad and provide some valuable information along the way.

During the past year, we saw our call volume increase and were on target to reach 300 calls, but on June 30 we fell short by 41 when we received #259 at approximately 11:30 p.m.

The summer has proven to be sporadically busy with stretches of days with nothing much going on followed by several calls in succession in one 24 hour period.

Our insurance program has been a success so far and we feel this will be a real benefit to those families who need to use our services during the year. Our new ambulance is scheduled to arrive in about six weeks, so we are all looking forward to this event. We will be keeping the old ambulance and will continue to use it as a secondary when we have a need for one.

If the call volume continues to increase as it has over the last few years, having a second ambulance will allow Fairfax Rescue to answer it's own calls when the primary crew is out as opposed to calling in mutual aid from another town.

How you can help?

Even though we have some great detailed maps—it seems that in the middle of the night locating a house number on a dark lonely dirt road is difficult! When you call 911 for Fairfax Rescue, dispatch gives us the street address, but a description of your house, so if possible, please turn on lights, have someone outside or some other way that we might be able to identify your house as being the one we need to go to. It saves a lot of time when we find your house the first try.

If it's day time, try to have someone outside if it's possible. We understand that an extra person isn't always around and leaving a sick or injured person is not a good idea, so we only ask that you do what you can to assist us in finding your house, we do not want you to leave someone alone who shouldn't be. We will find you, we're good like that.

Until next time, stay safe and be well or call us if you can't.

FFR

Citizens for Fairfax Community, Inc.

CFC is a local nonprofit, open-membership organization whose mission is to create a community center in which people across the generations can find opportunities to gather and participate in a variety of activities: creative, educational, civic and recreational

Our Objectives: 1. Find and develop a community center facility and 2. Promote programs that fulfill the social, cultural, recreational, and wellness needs of the residents of the greater Fairfax area.

Headlines from this month's activities:

- Although attendance at this mid-summer meeting was predictably sparse and no landmark points were passed in the past month, steady progress by individuals and subcommittees was reported in several areas; most notably:

- A good meeting with the board of the United Church of Fairfax to explain our interest in possibly purchasing the Baptist building as a site for the community center.

- Gathering information and cost estimates for our hypothetical examples for construction of a community center.

- Nominations are needed, in the next four weeks, for new CFC Trustees. We need everyone to think about people who might be willing to help with our work; talk to them about CFC and find out if they are interested, and pass their names along to us.

- Next Meeting: Aug. 17, 6:30 pm, 234 River Rd. All interested Fairfax area residents are welcome!

To find out more, express your views, or get on our email list for full reports, call 849-6561 or email mark@vtwellness.net.

CFC Board of Trustees: Susan Posner-Jones, President; Margeret Bushy, Vice-President, Barbara Duval, Treasurer; Mark Hunziker,

Secretary; Pamela Jumper, Trustee; Elizabeth Griffin, Trustee; Trevor Russell, Trustee and Mary Taylor, Trustee.

READ 5 MINUTES WITH YOUR CHILDREN

Concern about the Future of Vermont Baseball??

Although UVM baseball was the 17th least expensive sport, out of 20, at the university the Athletic Administration deemed it necessary to eliminate the sport due to "budgetary factors". Softball was also eliminated although it was the least expensive of all sports. There are still many unanswered questions regarding that decision. Some of those unanswered questions are:

We are witnessing the apparent impending exit of minor league baseball (VT Lake Monsters) from Centennial Field due to unacceptable field conditions of the facility (reference the Burlington Free Press's June 22nd front page story on this). My question is why is this happening? I am sure you are aware of the staggering loss this would be to the Vermont community in terms of lost revenue, jobs, and family entertainment. My concern regarding UVM is that the Lake Monsters annually "lease" from UVM the use of Centennial field, for field improvements, for a yearly amount of between \$30,000 and \$40,000. This was verified to me by an administrator of the Lake Monsters. A UVM Athletic Administrator has also verified to me that there is over \$325,000 in that account as of this year. This money has been accruing and unused over the years as the field has been deteriorating. Why was this money not used for the intended purpose of field improvements to Centennial Field for UVM baseball?

Why with elimination of baseball and softball and the devastating ripple effect of the dismissal of 48 student/athletes, 5 contracted coaches, 2 volunteer coaches, a senior Athletic Communications employee, a senior athletic maintenance employee and their families were none of the 7 Athletic Directors positions eliminated or cut back? Does this seem right?

Bill Currier (UVM class of 1984) has been the Head Baseball Coach for 22 years before his position was eliminated after this year. Here was a loyal, talented and dedicated employee. The student/athletes he coached had a 95% graduation rate. Yet, in spite of his dedication to the university as a

Letters
Continued on page 9

The Fairfax News

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COMMUNITY EVENTS

United Church News

For over a year the United Church has been hosting a monthly Community Meal on the last Thursday of the month. Due to renovations going on in the Basement, there will be no meal from June through August. The Community Meal, which is free and open to anyone, will begin again on the last Thursday of September.

Be Creative @ The Fairfax Community Library

The summer reading program at the library is under way.

This year we will be giving away bicycles for elementary and middle school, iPods for highschool, and books and toys for preschoolers. Come into the library to get your reading logs and enter to WIN! Prizes generously funded by the Fairfax Community Library, The Fairfax PTSA and community members.

August 6th —10:00 am Success by Six sponsors, get Creative!

August 13th — Grand Finale with Tom Joyce – Magic Man. Raffle prizes awarded today.

Calling all High School Students!

READ FOR TUNES at the Fairfax Community Library!

If you are between the ages of 13-18 on August 13th here is how:

Fill out a Read for Tunes entry form for every book you read this summer by August 13th and place in the box at the Fairfax Community Library. You will then be entered in the drawing to win an Apple® iPod nano 8GB MP3 player.

Farmers Markets

The Westford Farmers' Market will be held on the Westford Common (town center) every Friday, rain or shine, from 3:30-6:30 pm.

The Fairfax Farmers' Market will be held at Swanson's Farm & Nursery on Route 104 in Fairfax every Saturday, rain or shine, from 8:00 am to noon.

Lego Contest

The Community Library at BFA Fairfax is holding a "Be Creative with LEGO Contest."

Create an original LEGO structure (school appropriate). Prizes awarded on August 20th in three age categories and for most creative overall. Display your work in the library through August (or stop in and see others).

Also "At the Library" in August, on the 13th at 10:00 am, the Grand Finale of the "Creative" summer, Tom Joyce-Magic Man with raffle prizes awarded and on August 20th at 10:00 am Nature Walk with Northern Stewards Keith and Allan Thompson.

FCTC Auditions

The Fairfax Community Theatre Company is holding auditions for our fall production of 2 Dragons and a Taste of Saki - An Evening for Children of All Ages, 5 family-oriented 1-Act plays to be performed over 2 weeks in October. All are original adaptations written by FCTC members Walter Mahany & Jerry Starks. The director is Margie Cain. Show dates are October 9-11 and October 16-18.

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EVENTS

Continued on page 11

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This may be the last photo of Steeple Market without the Steeple. It should be on the building very soon.



Peter and Madonna Rainville (photo above by Lisa Boucher, with our thanks) and their four girls will be hosting their Open House Saturday, August 8th at Four Girls Farm on Swamp Road from 10:00 am to 5:00 pm. Seeing the robotic milker will be worth the trip over. The cows are led in by grain ("It's like candy for kids" said Madonna recently).

The Rainville's lost their farm and half their herd in a tragic fire, but these folks can't be stopped. They are re-building into a troubled industry during an economic downturn and they deserve all of our support.

So, to everyone in Fairfax, Don't Miss the Open House on Saturday!

L-Team Car Wash

Tokens make great gifts for those who love their cars!

Enjoy summer driving in a shiny car!

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Art in Bloom

On the last Saturday in July, a rare sunny day, Fairfax celebrated the Third Annual Art in Bloom Festival at Swanson's Farm & Nursery on Main Street in Fairfax. The event was to benefit the Fairfax Fire Department and the Fairfax Rescue Squad. Next to the Lamoille River, in the sunshine, several local bands entertained townspeople and tourists.

Event organizer Shelly Pottala sent out an e-mail after. The following is a part of that e-mail:

"In the end we were able to raise \$1,224.82 and after expenses it was a total of \$1,050.86. Not bad considering the economy. The biggest hit this year was the Tie Dye Sisters who raised \$250.00 all of which they donated to the FFD and FRS. Second was Shelly's basket and third was Shelly's chair. We had a lot of fun doing it.

I also want to thank the entire community for participating. Again, without you we can not do this. Thank you."

No, Shelly, thank you!

**READ 15 MINUTES
WITH YOUR CHILDREN**

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A.W. Rich Funeral Home on Main Street in Fairfax (above left) and the Fairfax Town office Building (a.k.a. the White House) have recently undergone extensive facelifts.

The porch on the funeral home will be a great bit with the trick or treaters this Halloween as the tradition will continue.

The White House is owned by Bellows Free Academy Fairfax and leased to the Town of Fairfax.

Steve Cota, of Fairfax, did the work at the Town office and hired some local residents to assist. They scraped, replaced rotted boards, insulation, painted and more to make our headquarters look spiffy.

A.W. Rich Funeral Home really gives a nice look and feel to Main Street, Fairfax.

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CHANGING SCHOOL
Continued from page 1

During my third year in this position, Colchester lost its Director of Student Support Services in October and I was asked to take this position; I was pleased to accept the position to assist the school to meet its immediate need. At the end of that year, I returned to my teaching responsibilities teaching Physics and Chemistry. One of the major motivations for me to return to the classroom, in addition to my love of teaching, was that my wife, Jenna and I wanted to start a family. In 2004, we welcomed our first daughter Mickaela into our lives and in 2006, our second daughter Josephine was born.

After a change in Principal at CHS, the incoming Principal asked me to return to administration as Assistant Principal. While at a leadership conference in the summer of 2006, I decided I wanted to dedicate myself professionally to be the leader of a school that was interested in making the kinds of changes that always put students, and learning first and foremost.

When I returned from that conference I began researching high schools and BFA Fairfax quickly rose to the top of my list of schools that were doing great things. When the BFA principal's position was posted, I knew I had to apply.

BFA Fairfax is on a journey towards transformation. Teachers have embraced two important philosophies to guide this transformation; these philosophies are called Understanding By Design and Differentiated Instruction. In future articles I will describe and explain how BFA is using these philosophies in detail.

I believe that transitions are the perfect time to stop and think about: What do we value, believe in, and expect from all of our learners? As well as, why do we have these values, beliefs, and expectations? The community's input into these values, beliefs, and expectations are vital to ensuring that the school is doing a good job. I

have prepared an interactive forum session that I would like to do three times with parents and any other community members that are interested. The input from these forums will help me understand what the Fairfax community values, believes in and expects from its learners and school. These forums will take place at BFA High School in the multipurpose room on: August 12th at 10:00 am, August 13th at 6:30pm and August 15th at 1:00 pm. Each session will last between one and two hours depending on attendance. If you would like to attend a session I encourage you to RSVP with Carol Stanley by e-mail at cstanley@bfafairfax.com or by calling 849-6711.

I am proud to call myself a new member of the BFA and Fairfax communities. I am looking forward to bringing my experiences to BFA and to help continue the BFA tradition of ensuring that all students have a high quality educational experience. Please feel free to contact me with questions, comments, concerns, or pats on the back. You can reach me any time by e-mail at mclark@bfafairfax.com, during the school day at 849-6711, or if it is a pat on the back, by stopping by my family farm in Sheldon in the evenings.

Franklin West Supervisory Union News

BRUCE CHATTMAN, SUPERINTENDENT

As the 2009-2009 school year ends, it is important for all our students to understand that their learning does not end. Our students will venture forth into new experiences for the summer that will provide them with opportunities to apply their knowledge and skills in different arenas. The array of opportunities include summer camps, parks and recreation programs, youth athletics, family vacations, summer school, travel, and work opportunities. There will also be time for play, reading, and just being

“kids.” It is our hope that each student will have a safe, meaningful and fulfilling summer experience from which they will continue to develop essential interpersonal skills, motivation, and confidence to be the best they can be.

When they return to school in the Fall, students will find that teachers and administrators will also have had new learning experiences during the summer varying from formal education and workshops to fulfilling personal endeavors. The FWSU Board and each town school board within the supervisory union adopted an ambitious “Action Plan” in June that provides direction for the professional development for teachers, administrators and all staff over the next three years. This plan has the explicit goal of improving student learning and results in target areas as measured by the New England Common Assessment Program (NECAP). In addition, the plan calls for the development curriculum and assessment in areas such as art, music, physical education, and world languages that are not measured by standardized assessment. The foundation for the Action Plan was provided by teams of dedicated teachers and administrators who worked throughout the 2009 school year, in addition to their regular responsibilities, to conduct an in-depth analysis of student data, curriculum alignment, grade level expectations and curricula alignment.

The district has developed a professional development schedule to fully implement the strategies in the Action Plan and work on this plan has already begun. A team of teachers and administrators will be participating in a workshop sponsored by the Association Supervision and Curriculum Development to continue their work on Understanding by Design – a program in best practices for instruction. Another group of 40 FWSU teachers and administrators will be participating in a technology workshop to develop the knowledge and skills to effectively use of 21st century technology/learning tools in conjunction with best prac-

tices in teaching, while others will be pursuing formal course work at state colleges and UVM to fulfill their individual professional development plans. This work will continue throughout the school year through this embedded professional development program. As we strive to move forward to teach our students the 21st Century Skills they need to be successful, we must also purge ourselves of routines and practices that are impediments to effective and efficient use of professional time. We will begin by the replacement of weekly “management” meetings with collaborative teams working on professional development activities. Administrators are working across all schools to schedule learning blocks more efficiently so students will have concentrated time to focus on literacy and math as well as teacher time for work on assessments and instruction.

The Fairfax School Board held its annual summer retreat/workshop on August 5th. Fairfax residents are invited to contact the Board Chair (Peggy Stewart; 849-6548) or me (849-2283) if you have any ideas, concerns or suggestions you would like the Board to consider for their agenda.

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Fairfax, Fletcher, Westford 11-12 year old Little Leaguers.
Division 3 Runners Up

PHOTO BY JOANNE WILKINS

Attention Little League Volunteers!

Thank you all for your hard work and dedication throughout the FFWLL 2009 Little League season!

I have begun accepting nominations for the 2010 season.

**All board positions are renewed each year.*

Positions are:

- President – currently held by Susan Roy
 - Vice President Softball – currently held by Lisa Charland
 - Vice President Baseball – currently held by Tony Kitsos
 - Player Agent – currently held by David Bushey
 - Treasurer – currently held by Ronda Degree
 - Information Officer – currently held by Michele Bushey
 - Safety Officer – currently held by Andy Higgins
 - Secretary – position not currently held
 - Coaching Coordinator – position not currently held
- All board positions are open each year, and if current board members are to stay in their positions they must be re-elected. If you would like to nominate yourself or someone else for a position on the board, please contact League President Susan Roy @ 849-2018 or fairfaxroy@yahoo.com.
- *All nominations must go through the League President**
- I would love to see some new folks join the board, with fresh new ideas!
Elections will take place at the annual board meeting on Sunday, November 1st.

Happy Anniversary, Terri 19 years on August 19th

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Rabies Alert

Recently I received notice from the Vermont Commissioner of Health that the rabies vaccine bait drop will take place in August. Several counties in the state have been chosen including Franklin County in which all towns will receive the bait. This will be the 13th year the bait drop has taken place in Vermont.

The bait drop program is designed to keep rabies from spreading across the US/Canadian border. In rural areas the bait is dropped from low flying planes and in residential areas it is placed by hand in places where it will most likely be found by wild animals. The bait should not be used as a vaccine for domestic animals.

Careful testing done according to federal regulations have been completed and the Health Commissioner expects no adverse health effects for people or pets that may inadvertently come into contact with the bait. But if you find some of this bait, the advice is not to touch it: leave it alone.

Expect the bait drop to occur during the month of August in our communities of Georgia and Fairfax. For more information contact Public Health Veterinarian Dr. Bob Johnson at 802-863-7240 or contact me at cbranagan@leg.state.vt.us

Rep. Carolyn Branagan

Franklin-1, Fairfax/Georgia Vermont House of Representatives



Where Do You Stand?

Now more than ever you should take the time to look over your assets and protection. A few questions you should ask yourself. Am I allocated properly? Am I diversified properly? Will I have enough to meet my goals? If something happens am I protected? These are just a few questions that should be easy to answer. If you would like to review your current situation, give me a call. You work hard for your money, make sure it does the same for you.

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It's Back

You knew the church, now here's the steeple! This may be the "happiest" photo ever to appear in *The Fairfax News* for many residents as the steeple is going back up. Many folks have stopped and talked to the construction workers, about what the building meant to them. Some were baptised there, married there, said good-bye to loved ones there when it was St. Luke's.

Others remember it as the convenient supermarket in the center of town. One gentleman, who forgot to shave, was interviewed on Channel 3 and stated "It was something that meant something".

PHOTO BY SOME UNSHAVEN MAN

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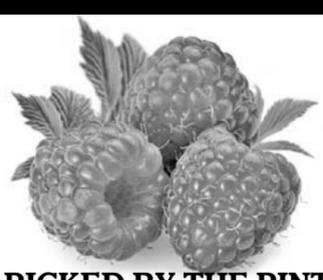
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Letters

Continued from page 1

student and employee over those 26 years, Coach Currier was not offered an opportunity to finish out his working life with a job position at UVM. Does this seem right?

The UVM baseball program since its inception in 1888 has consistently had the highest percentage of VT high school graduates on the roster. Where does the Vermont ball player go now to play Division 1 baseball?

Is there something we can do about this situation? Well, maybe contact a UVM trustee, your state legislator, maybe Bernie Sanders (has been a

staunch supporter of UVM athletics and minor league baseball in Burlington). Do you have any ideas? The silent majority can't afford to be silent on this one.

Jim Carter (MEd, UVM 1983)

Coach Jim "Skip" Carter is an assistant high school baseball coach at Bellows Free Academy Fairfax.

Patriots Youth Football Camp

Saturday, August 15th, 2009
8:30 am to 1:00 pm
Register by August 7th



Musicians in Bloom

Dylan Day, Dave DuPrat and Willie Watson (background) of the Alzona Watson Band with their killer blues jammed with Hillbillies from Outer Space and their zydeco cajun music and it worked at the Third Annual Art in Bloom Festival at Swanson's Farm & Nursery. Fans smiled as the music blended in an unusual combination. Jeff Chapman was looking good in his shades on the rare sunny July day.

The Festival netted over \$1,000 for Fairfax Fire & Rescue.

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Our Town of Fairfax

Contact #'s — Departments and Offices

- Town Clerk's Office 849-6111 Ext. 2 Monday–Friday 9:00 am-4:00 pm (Mon. 6:00 pm-8:00 pm)
- Zoning/DRB/Planning Office 849-6111 Ext. 3..... Monday–Thursday 10:00 am-2:00 pm (Mon. 6:00 pm-8:00 pm)
- Zoning Administration 849-6111 Ext. 4 Monday–Thursday 10:00 am-2:00 pm (Mon. 6:00 p.m.-8:00 p.m.)
- Lister's Office 849-6111 Ext. 5..... Tuesday, Thursday & Friday 9:30 am-4:00 pm
- Utility Office 849-6111 Ext. 6 Monday & Tuesday 9:15 am-2:00 pm
- Selectboard Office 849-6111 Ext. 7 Monday–Friday 8:30 am-3:30 pm
- Water/Sewer Facility 849-6033 Monday–Friday 7:00 am-4:00 pm (24/7 Emergency Call 849-6304)

For Your Information

- * Property Taxes Due 11/15/09
- * Burn Permits/Fire Warden 849-6174
- * Assistant Fire Warden 849-2230
- * Dog Bites — Report Immediately to Constable Josh Langelier at 752-0908
- * Recycle Bins can be picked up at the Town Office

Selectboard Members

- * Bob Horr, Chairperson
- * Bill Ormerod, Charlie Swanson, Randy L. DeVine, John Mitchell
- * Deadline for Selectboard Meeting Agenda Items Wednesday at 3:30 pm
- * Selectboard Meetings every Monday at 7:00 pm

Events

- * Dog Licenses PAST DUE
- * Trash & Recycle Pick Up Days
Wednesdays and Thursdays
Call 1-800-439-3615 for more info
- * New recycle bins can be picked up at the Town Office during regular office hours. Check-in to pick-up
- * Second Constable Wanted — Call 849-6111
- * Hazardous Waste Day - October 17th, 2009
- * Animal Control Officer Bill Stygles 849-6268

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- 1 1/2 cups 1% lowfat milk
- 3 eggs
- 1/4 cup sugar
- 1 Tbs ground cinnamon
- 1 Tbs vanilla extract
- 2 Tbs butter or margarine, melted
- 2/3 cup dark raisins
- 12 slices whole-wheat bread, or bread of choice cut into 1/2-inch cubes



Servings: 12

1. Preheat the oven to 350 degrees F.
2. In a large bowl, combine all the ingredients except the raisins and cubed bread and mix well. Add the raisins and bread, mix well, and allow to soak for 5 minutes.
3. Spray a standard-size muffin tin or 12 custard cups with nonstick spray. Mound the mixture into each of the 12 cups.
4. Bake until firm and well browned, about 35 minutes. Cool on a wire rack for at least 10 minutes before removing the muffins from the cups. Great with maple syrup drizzled on top.

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EVENTS

Continued from page 3

Auditions are Monday, Tuesday, and Wednesday, August 17th-19th at the Westford Brick Meeting House from 7-9:00 p.m. Auditions will consist of readings from the plays and some improvisation.

Looking for actors from age 8 to 80!!

For character and play information please call 849-6638 or visit our website www.fctcvt.org.



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PREGNANT OR NURSING MOTHERS ARE OFTEN CONCERNED ABOUT what antibiotics are safe to take. Cephalosporins and penicillins as well as erythromycin and azithromycin are generally safe to use. Metronidazole can be used in the second and third trimester if there is no good alternative. Clindamycin can be used as an alternative to metronidazole. Nitrofurantoin may be used except close to delivery due to a small risk of causing anemia in newborns. Septra and Bactrim and their generic equivalents should be avoided as they have been associated with birth defects and liver problems in the infant. Quinolones like Cipro and Levaquin and tetracyclines should be avoided during pregnancy. Tetracyclines can be used during nursing since only low levels occur in breast milk.

PATIENTS WITH PEANUT ALLERGIES should avoid using Combivent inhalers. These inhalers contain soy proteins which may trigger an allergic reaction in patients allergic to peanuts. There is a new inhaler coming that will not contain soy proteins and Atrovent HFA, which contains one part of the combo in Combivent, does not have soy protein.

MANY PATIENTS WITH ASTHMA ARE PRESCRIBED drugs used to treat acid reflux even if they don't have reflux symptoms. There is conflicting evidence from current studies as to whether this is effective. Nexium given to poorly controlled asthmatics without acid reflux symptoms did not improve asthma symptoms. If patients have a persistent cough or nighttime asthma symptoms it may be worth a trial on a PPI such as Nexium, however if no improvement occurs in about 8 weeks then the PPI probably is not going to help.

THERE ARE GROWING CONCERNS REGARDING THE AMOUNT OF ACETAMINOPHEN (Tylenol) that people are ingesting. So much so that regulators are considering lowering the maximum daily intake and reducing the mg of drug per tablet. Many people do not understand the pervasiveness of acetaminophen in OTC drugs. They take a prescription pain med, an OTC cold

and flu med and a night time sleep aid, all of which may contain enough acetaminophen to put them over the recommended dose leading to toxicity and liver failure. Just 6000mg per day for 2 days can cause liver failure in some people. The current recommendation is no more than 650mg per dose and 4000mg per day however that will probably soon drop to no more than 3250mg per day. Heavy drinkers actually should stay well below 3250mg per day. Read the labels on every OTC medication and make sure you don't exceed the maximum daily intake.

Fairfax Break-Ins

The Franklin County Sheriff's Department have questioned two Fairfax juveniles and recovered stolen items from several break-ins after a very brave Fairfax woman discovered the youths where they should not have been on August 4th on River Road. One was caught at the scene and one was caught on the other side of the river. Rare coins and other items have been recovered. If you have been a victim, of a break-in, call 524-2121, ask for Deputy Underwood and leave your name and number if he's not in. He will get in touch with you.

FranklinOne.com

The Fairfax News is available daily online at FranklinOne.com.

In April, the local website passed 200,000 hits and includes weather alerts, breaking news, community events, sports and school news from BFA and beyond, sheriff's news, rescue and fire news and of course political news. It will include all your Town Meeting news.

You can subscribe to *The Fairfax News* and receive 12 issues in your mailbox, one each month, for only \$20 per year.

Please submit stories, comments and your community events to csantee@verizon.net.

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