

# The Fairfax News

August 2010



A publication by the people of Fairfax



Volume 33, Issue 5

## HENRY RAYMOND'S COVER PHOTO



The new Bridge #10 opened on July 2, 2010 at 3:16 p.m. - Mike Spaulding is the first car to cross the bridge. He was attempting to turn down Maple Street as the Blow & Cote removed the Road Closed sign and was told to come on through and that he was the first person to cross the new bridge.

## NEWS BRIEFS

### In Passing

Fairfax lost two very familiar faces recently with the passing of Reg Barkyoumb and Maryann Raymond. Henry Raymond and his daughters have written their thoughts on Maryann starting on page 2 and Reg's obituary appears on page 4.

Red Sox Nation, along with our community, mourn their passing.

### Al Daniels Retiring

Parents and students alike were saddened this summer as news spreads around Fairfax that Al Daniels, who many refer to as "the best teacher at BFA", will be retiring. Part of us has to be happy for Al, the grandfather, who has given so much to so many of us.

Thank you Al, for many years of great education and all those great trips to Montreal.

### Blakes' Thanks

We wish to thank all our family and friends for making our 60th anniversary special! The cards, phone calls, food, gifts and best wishes made it a day to remember. Many thanks!

Dean & Colleen Blake

### Fairfax Exploring Land Purchase

The Town of Fairfax Selectboard is in discussions with Larry & Barb Young for the purchase of land near the current fire station for Town Offices. A Town Meeting AND a vote on the General Election would be required for the deal to go through.

## COMING NEXT MONTH

## Back to School

## BFA Fairfax

### Class of 2010

#### FIRST HONORS

Casey Baczewski, Sarah Bigelow, Kyle Bochanski, Clara Bourdeau, Tasha Bushell, Larisa DiMarco, Courtney Duncan, April Gutkopf, Casey Hall, Heather Hamm, Alyshia Jones, Megan Kane, Shannon Kane, Dylan Kerkes, Zaide Ladensack, Benjamin Langelier, Jeremy Lawrence, Tyler Lyford, Caitlin Minor, Heather Peatman, Olivia Root, Charity Ryan, Morgan Sanderson and Bradley Stanley.

#### SECOND HONORS

Brooke Benoit, Zachary Bochanski, Heather Holloway, Jordan King, Craig LaPine, Lukas LaRiviere, Kyle LeBeau, Katherine Lumbr, Ryan Mitiguy, Matthew Patenaude, Samantha Schraven, Dakotah Senesac and Torrey Webster.

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Jonathan Alexander, Samantha Allard, Michelle Ambrisco, Kaileigh Ashby, Laura Bellack, Erin Coon, Grayson Crouse, Hillary Desnoyers, Paige Gardell, Jacob Gottschalk, Karissa Hayes, Chelsea King, Dylan Loller, Simon Mann-Gow, Matthew Masse, Kyle Mead, Bruce Mossey, William Phillips, Deanna Rocheleau, Joshua Senna, Justin Smith, Elizabeth Underwood and Mariah Woodward.

### Class of 2011

#### FIRST HONORS

Lara Bessette, Bradley Bushey, Zachary Ferguson, Chelsea Haley and Christine LeClair.

#### SECOND HONORS

Alyssa Ashley, Shelby Cushing, Helene Drelon, Courtney Howard, Becky LaFountain, Daniel Lawrence, Jack O'Brien, Ian Shea and Thomas Taber.

#### THIRD HONORS

Chelsea Adams, Garrett Allard, Kourtney Bessette, Alexander Blair, James Bryce, Adam Bushell, Kristy Corse, Alexander DeRaps, Callie Froebel, Rebecca Gregoire, Zachary Gross, Brett Hakey, Sarah Ham-

BFA Class of 2010  
Continued on page 6

## Summertime Events

### Fill Fairfax Calendars

## Egg Run & Art in Bloom

By CHRIS SANTEE

Get those running shoes laced, it's time to work up an appetite. An omelet appetite that is, for the Annual Fairfax Egg Run on Saturday, August 7th. This year's Egg Run will be a special one with the recent passing of Reg Barkyoumb, founder of Hillcrest Egg Farm, where the whole idea originated.

The 5K/10K road race is a fun event open to all the community to walk or run at their own pace. You choose from a 5K health walk, 5K fitness run, or the 10K challenger's run.

Keeping in all the fun, we offer a random prize give-away and free omelet bar for race participants and volunteers. Be a part of the great annual traditions in Fairfax as a runner or volunteer!

Volunteers are needed pre- and post-race, as well as during the race. To volunteer call Pam Jumper at 370-4437.

5K course is flat and is out and back to the Fairfax Falls dam, appealing to recreational runners and walkers out for fun, or to speedsters seeking a personal best.

10K course continues past the dam over a small hill, followed by a flat stretch past pretty River Berry Farm, up a small hill and back to Chafee Road, to Sheperdson Hollow Road, into shady wooded hills, then back to the start.

Check FairfaxRecreation.com for more information and to register.

The Fairfax Egg Run is just one of the many fun-filled events in a Fairfax summer.

**ART IN BLOOM**  
Continued on page 9

## Vermont State Champs



Fairfax Beats Connecticut 2-0

The Fairfax Fletcher Westford Little League 11 and 12 year old Softball team won the Vermont State Championship on Monday, July 26th in Swanton, when they beat Connecticut Valley North 4-1. The girls beat Milton, St. Albans, Essex twice, Vergennes twice and CVN twice to win the title.

The team didn't stop there, as they earned an invitation to the Regional Tournament in Albany, New York.

Facing Connecticut in the first game on Saturday, July 31st, the Fairfax girls showed aggressive base running and almost scored early. Fairfax Pitcher Kayla Mathieu kept sending the Connecticut players back to the dugout inning after inning. Batting in the fifth, bloop Fairfax singles helped runners advance and Fairfax took a 2-0 lead. Mathieu shut down the Connecticut batters the rest of the way and ended with a perfect game.

Sunday's game against Maine started out perfectly with Fairfax's heads-up base running plating three runs in the first, but Maine came back for six in the second inning and cruised to victory.

At one win and one loss, Fairfax faced Massachusetts Monday in a must-win game to keep the dreams alive of playing in Oregon in the Siftball Little League World Series.

Fairfax's 11 & 12 year old softball team is coached by Stephanie Babcock and Travis Mathieu.

The Vermont State Champions are Kayla Mathieu, Kayla Nester, Kaitlyn Barnack, Elizabeth Towsley, Sarah Rainville, Kailyn Hackbart, Gianna Trono, Brooke Wheel, Maria Ormerod, Hannah Corrigan and Victoria Brown.

**VERMONT STATE CHAMPS-**  
Continued on page 5

Postmaster, Please Mail To:

# LETTERS TO THE EDITOR

## Maryann M. (Hoben) Raymond October 19, 1940–July 11, 2010

Dear Fairfax,

What a great summer we've been enjoying weatherwise. Gardens are blooming, vegetables are growing, the corn is reaching to the sky.

Now, August is upon us and we'll be back to school before we know it, so take some time, grab the family and go hiking, swimming, biking, pack a picnic and enjoy this great summer in Vermont.

Take care and God bless,

*Chris Santee*

*Chris and Terri  
Married 20 years August 19*

*Happy Anniversary*

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**Editor**

Chris Santee • 849-2758  
E-mail: csantee@myfairpoint.net

**Technical Department**

Colin Santee • 849-2758  
E-mail: csantee@myfairpoint.net

**Graphic Arts/Layout**

Jacinta Monniere • 425-2805  
E-mail: jazmatatz@gmavt.net

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*Maryann and Henry Raymond*

### My Last Hours With Maryann

BY HENRY RAYMOND

On July 11, 2010, at 2:05 a.m. as I held her hand, Maryann went to be with the Lord, now free of pain and suffering, leaving some wonderful memories for me, Lynn, Sharon, Mary Kay, Little Henry, Sammy and son-in-law Mike, who were all there with her in her last hours at Fletcher Allen Health Care.

Each one of us held her hand and gave her hugs and kisses and told her we loved her many times during those 32 hours. She, in turn, up until 5 p.m., about 7 hours before she died responded with I love you too.

Her last words to me were when I asked her if she knew who I was were, "You're My Old Sweetie." I will never forget that or the sound of her voice.

Maryann suffered a massive stroke around 5:15 p.m. on Friday, as she and I sat at the kitchen table eating our supper. I am so terribly, terribly thankful to God that it happened when I was there and not when I wasn't around. Even though she had a medic alert, she apparently was not aware she was having a stroke and would not have been able to push the button.

After calling 911, called Mary Kay next door who came right over, and our Fairfax Rescue was there very shortly. They, along with several Fairfax Fireman, loaded Maryann on the stretcher and had her in the FAHC Emergency Room in about 45 minutes. Lynn & Sharon arrived before 9 p.m. and my son-in-law and grandsons arrived after my youngest grandson finished acting

in a play he was in. Everything that could possibly be done was done and it was Maryann's wishes, expressed to each one of us and her Doctor, Dr. Alan Ramsay, that any treatment given to her should result in a good quality of life for her, so she would not be a burden on her family.

I would like to emphasize here that "Maryann was never a burden, she was my wife."

Maryann would never have been able to walk, nor be able to feed herself and was blind in her left eye as a result of the stroke. In addition she had a pacemaker and her heart was deteriorating a certain percentage each year and she knew that in another three years or so she would require heart surgery, which she was told she was not a candidate for.

The doctors made her very comfortable in her last hours with no pain and as hard as it was, we all reluctantly accepted what was to be, knowing it was for the best, as well as what Maryann wanted.

To all of you who did that little something special for Maryann, be it give her a call, drop in to see her, pick up something you knew she wanted or liked and drop it off, thank you so much, because whatever you did for Maryann, you also did for me.

I doubt very much that many of you who did these things realized how much this meant to Maryann and it may take me a while, but I will try and

make sure I contact each one of you, to thank you personally.

I still have my three wonderful daughters, two grandsons and son-in-law. They have learned much from Maryann. Each has their own personality and was loved so very much by their "Mom" and by me. In every family, one of the parents is the driving force, and in my family that was Maryann. She is gone now, but because of a job well done, we will all be fine and with God's help can just cherish the memories until we meet again.



*Mary Kay, Lynn, Maryann & Sharon*

### Mom By Mary Kay Raymond

I am so blessed to have had such an amazing mother. The love, support, and lessons she taught me are the reason for who I am today.

She taught me to be strong, kind, loving, and that it was ok to make mistakes, but to learn from them.

**Maryann Raymond**  
*Continued on page 7*

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**Fairfax Historical Society Annual Meeting**

On Sunday, August 15th at 1:00 pm, meet in the library parking lot at BFA Fairfax for a bus tour of selected Fairfax sites, ending at Colleen Steen's house on Main Street for refreshments and the business meeting.

The business meeting will consist of a welcome with opening remarks and public comment; the secretary's report; the treasurer's report; a museum update; a report of the by-laws committee; old business of a picnic and ice cream social review; new business; and the election of officers for the year ending August 2011.

The following meeting is tentatively scheduled for November 21st with a program of a slideshow of old Fairfax pictures.



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Nestles Toll House morsels — 11 oz-12 oz	\$2.48
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## Reginald E. Barkyoub

Fairfax's #1 Red Sox fan passes



FAIRFAX Reginald Edwin Barkyoub, a life-long resident of Fairfax age 78 passed away on Saturday, June 26, 2010 in the comfort of his home with his family beside him. Reginald was born in Fairfax on August 12, 1931 son of the late Edward and Clara (Drinkwine) Barkyoub. At the age of 17 he started his own egg business with 1,000 chickens and a pickup truck. He ran his business from 1950 to 1983 retiring at the age of 50 due to his health. On June 5, 1954 he married the former Joyce Hogan in St. Mary's Church in St. Albans. Joyce and Reginald resided in Fairfax as he built his business Hillcrest Poultry Farm on Huntville Road. Here they worked together to establish a successful business and family. Reg was loved by everyone. He was kind, fair and extremely intelligent. He worked very hard to grow Hillcrest to one of the largest farms in the state. He was the most dedicated Red Sox fan ever. He loved his boat, fishing and gardening. Reg will be greatly missed by everyone who had the true pleasure to have known and loved him.

He is survived by his wife of 56 years, Joyce (Hogan) Barkyoub of Fairfax; His children Gary Barkyoub and Deborah Geno and Gary's children Jared, Seth, Katie and her twins Sadie and Sage of St. Albans; Chris Barkyoub and wife Kimberly and their children Danielle, Michael, Tyler and Riley of Queensbury, NY; Ann Besaw and her children Alicia, Michelle and Wade of Milton; Crystal daughter of the late Cheryl Sullivan who predeceased Reginald on October 28, 1999. His brother Gordon Barkyoub and wife Ramona of MA and many nieces, nephews cousins, friends and business associates and his little canine companion "Sophie".

He was also predeceased by a granddaughter Allison Barkyoub on September 12, 2002, his brothers Edward Berthiaume, William Barkyoub, Walter Barkyoub, four sisters Helen Gaboury, Lena Laverdure, Florence Magnan and Eva Kosla.

Visiting hours were held Wednesday June 30, 2010 from 2:00-4:00 and 7:00 - 9:00 p.m. at the A. W. Rich Funeral Home.

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Continued from page 1

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FAIRFAX, VT, July 26 — Fantastic Fairfax 4-Hers are learning by doing. This summer, a group of 9- and 10-year-olds created a project-based 4-H group to incorporate service learning and hands-on exploration. Their first community service goal is to donate organic food grown in each of the members' gardens.

The group is led by Tia Rooney and Lisa Durocher and is made up of seven members. The first two projects are growing their own gardens and learning about digital photography. To date, the members created high-quality "Mother Nature Notecards" with their best digital images displayed on the front. The Notecards is the first major fundraiser for the group. Ad-ditionally, the members are preparing for the Franklin County Fields Days by submitting a poster, a group banner, and a framed and matted digital image. During this busy activity, the members are tending to their gardens by weed-ing and monitoring pests.

The gardening project began with the members ordering seeds from the 4-H Extension office in St. Albans. Before the gardens were planted, the members had a visit from a local grow-er, Dave Marchant from River Berry Farm. The members learned first-hand how to plan, prepare and plant their gardens. Dave kindly made another

**4-H Members**  
Continued on page 7

**Need to register to vote?**

Register anytime at the Town Clerk's Office.

Last day to register to vote in the Primary: August 18, 2010

Don't forget to vote. It matters.



You can vote by Absentee ballot now for the Primary Election on August 24, 2010. Need more info? Contact me at [cbranagan@leg.state.vt.us](mailto:cbranagan@leg.state.vt.us)

**Rep. Carolyn Branagan**  
FRANKLIN-1, FAIRFAX/GEORGIA

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**4-H Members**

*Continued from page 6*

visit to each garden to view the initial growing stage and give each gardener advice. The members were attentive and full of questions. As the harvesting season approaches, the members will donate most of their vegetables to the local food shelf to help the fight against hunger. The benefits of a service learning organization joins the young members with their family, friends and community by taking the opportunity to apply learning to real human need.

“We were pleasantly surprised how easy it was to establish a 4-H group. Both Tia and myself wanted to offer a small group the opportunity to work on meaningful, long-term projects. Today’s society is focused on immediate gratification. In contrast, these projects take planning and patience. Both former 4-H members, we have fond memories of the organization. If other parents are interested, it’s easy to start a group. If we can do it, anyone can,” said Lisa Durocher.

Fantastic Fairfax 4-H’ers

To purchase Mother Nature Notecards, please call 849-9997 or 849-6621.

Leaders: Tia Rooney (tiarooney@yahoo.com) and Lisa Durocher (ifdnt@aol.com)

4-H Mission Statement:

4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.

**Maryann Raymond**  
*Continued from page 2*

Whether I was right or wrong she was there in my corner and to see me through it. She helped me to learn to set goals and to be proud of my achievements.

She never in my life made me feel I could not go to her to talk about anything. If we didn’t talk once a day, it could be 5 times in a day. We never ran out of things to talk about. Whether it was my schedule for the day, and yes I

still reported in when I would leave my house next door so she knew where I was and how to reach me, to discussing challenges in my life that I was trying to overcome.

She could read me like a book. If I walked in the house or just a call on the phone, she immediately sensed how I was.

Her number one priority was to make sure her family had all the love and support they needed. This also was evident with anyone who came in the door.

She was an ear to listen and give guidance to so many of my friends throughout my entire life. She had such a nurturing way to anyone she met. At times I played second fiddle to my friends as they were going upstairs to the living room to chat with mom and dad.

It wasn’t uncommon to have 20 pairs of shoes in the garage from my friends being over. If anyone needed a place to stay while they worked out some issues, I never heard the word no. My parents have always opened their home to help.

All the love, support, and kindness she shared every day of her life with me, made me thank the Lord everyday for being blessed with having her in my life.

Mom was always vocal about what she wanted in life and in passing. She would say, “I don’t want you to grieve my passing, but to celebrate my life. I have gotten everything I ever wanted, your father, you girls, a wonderful son-in-law, and two perfect grandsons.”

So I ask you all to celebrate her life in your own special way as a tribute to her life.

Mom, I love you, I know you are at peace, and I will see you again soon.

**For Mom — By Sharon Raymond**

**M**om, there isn’t a day where I didn’t know how much you loved me. From my earliest

memories, you were always finding ways to protect me yet help me to find my way — “your little Sherry” always knew you were looking out for her .

Through your guidance, words of advice and unconditional love and support, I never thought there was anything I couldn’t do. Mom you are the reason and the source of strength

that allowed me to do so many things — without it I would not have become the loving, strong and independent woman I am today. As I look back, there are so many wonderful memories – whether it was a shopping trip

**Maryann Raymond**  
*Continued on page 8*



Greg Beeman 802-324-0308 Ann Lemieux 802-849-6605 Bob Abair 802-309-8951

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**Citizens for Fairfax Community, Inc.**

7/27/10 Board of Trustees Meeting Report:

We started the meeting by confirming that we unanimously agree to pursue the Baptist building exclusively as the site for the community center.

We reviewed our options and prospects for obtaining funding for the purchase and renovation of the building. The bottom-line conclusions are:

Most of our funding will need to come from private and business donations.

The planning required for a successful "capital campaign," the completion of a credible business plan, completion of grant applications, and other aspects of needed research and writing are far beyond the scope of our volunteer-pool's capacity. This points to the need to hire an experienced consultant to

take on the bulk of this work.

Grants to fund such work are available; but will require (a) that we raise at least 25% of the amount needed through donations or fundraising and (b) that we are affiliated—at least loosely—with a municipality.

We need to raise a few thousand dollars through donations and/or fundraisers ASAP.

Several "next steps" were initiated, including: updating the Selectboard and the Church Board, running a major raffle, and applying for grants.

Next Meeting: Tues, Aug 24, 6:30 p.m. at the Hunzikers' home. This is expected to be an open meeting.

**FranklinOne.com**

Read

**The Fairfax News**

online daily at FranklinOne.com.

**Maryann Raymond**  
*Continued from page 7*

where we might have spent a little more than our budget, lunch at the hospital cafeteria when I was at UVM, our night out when you and I went to see Jean Pierre Rampal or one of our many phone calls, the thing I remember most is how special you made it and, even more, how special you made me feel.

Mom, you were such a humble and generous woman with so many gifts to share and lessons to teach us.

You gave me the gift of faith — something that has and will continue to help me get through each day.

I recently saw a quote that made me think of you Mom — "laugh as long as

you breathe, love as long as you live".

You taught me how to laugh and not take myself too seriously — no matter what the circumstances.

The most important thing you taught me was how to love. I am so lucky to have you and Dad as my parents — the love you share is a beautiful example of what true love is meant to be. You gave your love freely and opened your heart to anyone who was important to me. My friends knew they could always count on you too Mom and you always greeted them with a big hug and an open heart.

May you find peace and comfort now — we know you are in a better place and free of pain. I love you mom and I'll talk to you later.

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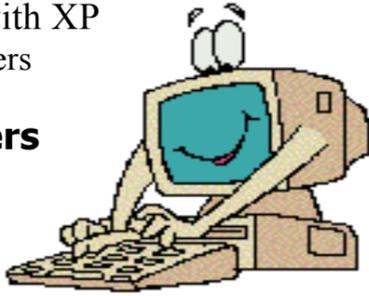
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**Art in Bloom**

On a hot Saturday in late July, along the banks of the cool Lamoille River, hundreds of art and music fans gathered to enjoy the Fourth Annual Art in Bloom Festival. Organized by Shelly Pottala as "something to give back to the community", the event is a fundraiser for the Fairfax Fire Department and the Fairfax Rescue Squad.

Garrett Brown opened the show for a very surprised audience that had no idea the first performer was a former First Night in Burlington winner. The young acoustic guitar player from Hinesburg amazed the vendors and those who arrived early in the day. His distinct playing mixed with his already matured voice for a memorable performance.

As the hot sun combined with the humidity, someone asked Kaileigh Ashby if she had her guitar with her and if she would sing. Garrett welcomed the break. The recent graduate of Fairfax took over where Garrett left off and the crowd was thoroughly enjoying the show. Kaileigh's wonderful

voice filled the air and her guitar playing had feet tapping. She sang a special original song she said she wrote with Tyler Meunier called "Make Believe". If you missed these two fine young musicians, I encourage you to catch them next time they perform.

Cathy Gottschalk directed the Fairfax Band made up of Sam Pakulski and Louise Minor on clarinet; Tom Bruno, Carol Bessette and Joe Pakulski on Alto Sax; Cameron Loller on drums; Jeremy Barber on Baritone Horn; David Ashley on tuba; Laraine Shea, Alexis Yandow and Greg Drew on cornet; David Groening on trombone; and Carol Groening on flute.

Backside Grind closed out the show for the fourth year and as usual, they got the crowd rocking to the Rolling Stones and rolling to Pink Floyd. Their show was briefly interrupted as the skies opened and the rains came to cool off the humidity on the crowd of hundreds.

Many vendors reported profitable days and all reported enjoyable days.

Special thanks to Shelly Pottala and the Swanson's for providing the perfect setting.

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# Our Town of Fairfax

## Contact #'s — Departments and Offices

- Town Clerk's Office 849-6111 Ext. 1, 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 Call for Hours (Mon. 6:00 pm-8:00 pm)
- Zoning Administration 849-6111 Ext. 4 ..... Monday-Thursday Call for Hours (Mon. 6:00 pm-8:00 pm)
- 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 & Wednesdays 8:00 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 Past Due
- \* Burn Permits/Fire Warden Duane Leach 849-6174
- \* Assistant Fire Warden Paul Langelier 849-2230
- \* Dog Bites — Report Immediately to Town Health Officer Peter King at 849-2243
- \* Animal Control Officer Bill Stygles 849-6268
- \* Fairfax Constable Josh Langelier 752-0908

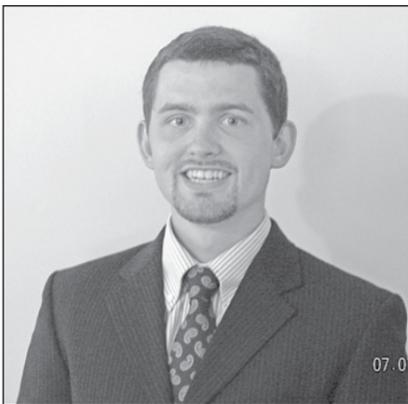
## Selectboard Members

- \* Bob Horr, Chairperson
- \* Bill Ormerod, Peter King, Randy L. DeVine, John Mitchell
- \* Deadline for Selectboard Meeting Agenda Items Wednesday at 3:30 pm

## Events

- \* Dog Licenses April 1st
- \* 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.
- \* Selectboard Meetings on first and third Mondays of the month at 7:00 pm

## Read Fairfax News Daily at FranklinOne.com



### Fairfax Man Appointed New Financial Representative for Northwestern Mutual Financial Network

Eric J. McLaren has been appointed Financial Representative by Northwestern Mutual in Essex Junction. He will be associated with Northwestern Mutual Financial Network

As Financial Representative, McLaren will join a network of specialists offering a wide array of products. Offering Life Insurance, Disability, and Fixed Annuities. He will provide expert guidance and innovative solutions for a variety of financial needs and goals.

McLaren is a native of Fairfax Vermont. A graduate from Bellows Free Academy, he attended from kindergarten up through grade twelve. He

attends Vermont Technical College, where he will receive a Bachelor's degree in Business Management and Technology. Anticipated completion is May 2011.

McLaren grew up in Fairfax since the age of four. During his time at Bellows Free Academy he had the unique experience of starting school and ending school in the same classroom. McLaren- "When I started at BFA my first teacher Mrs. Brooks had a classroom located in the bottom floor of the elementary wing. Later a new wing was built and the classroom location changed. But when I got to my senior year I had the son of Mrs. Brooks teach senior history, in same place I had my first class." In high school he played multiple sports such as soccer, basketball, baseball and track. After Bellows Free Academy McLaren spent summers working, taking classes and volunteering at the Franklin County Humane Society.

For more information, contact:Eric J. McLaren at (802) 752-5611 cell or (802) 879 3339 office.

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### Late Score

Fairfax, Vermont 10  
Massachusetts 2

Next Game Wednesday  
Fairfax vs. Rhode Island  
Inning by Inning Coverage  
[www.FranklinOne.com](http://www.FranklinOne.com)

### Wanted

Fairfax is looking for individuals to serve on the Planning Commission and on the Development Review Board.

Call 849-6111.

### Newspaper Coupons

Look for more Georgia Market coupons in the Buyer's Digest every week!

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### Cake Auction, Barbeque and Band Concert

**Aug. 7**  
**5PM**

Everyone is invited!

Members of the community & summer visitors are especially welcomed



**Barbeque follows the auction:**  
salads, hamburg, hot dogs & chicken  
*The barbeque is by donation*



**Cake Auction**  
Approximately 80 homemade cakes for auction, all made by the women of the church.



**Drink Table Features**  
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**Georgia Plain Baptist Church**  
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The Westford/Fletcher/Fairfax Band will play from 6:30-7:30PM.  
For more information contact Carolyn Branagan at 527-7694 or Alexis Bell at 524-4232.

## Strawberry Apple Burrito

*A great summer kid friendly recipe, substitute almond butter or cream cheese for the peanut butter and serve for breakfast or as a dessert.*



- 1 large whole wheat tortilla
- 1/2 royal gala apple
- 3-4 strawberries
- 1/2 tablespoon peanut butter (or more)
- sugar and pumpkin pie spice to taste
- margarine

1. Core and halve the apple.
2. Cut the apple and strawberries into thin slices.
3. Layer half the apples and add a little sugar/spice. Add a layer of strawber-

ries, and top with more sugar/spice. Top with the remaining apples, and again top with the sugar/spice.

4. Spread a very thin layer of PB around the edge of the tortilla.
5. Fold two sides in and then fold the other two sides (to get a square). Spread some margarine on the folded side and press down in a frying pan over medium-low heat.
6. Spread margarine on the other side before you flip it over. Cook until both sides are nicely browned, about 5-7mins on each side.

I like to cut it down the middle and dip it in a maple syrup.

Serves: 1

Preparation time: 10-15 minutes

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month Jacque will offer one of her popular breakfast recipes. Visit at [www.buckhollow.com](http://www.buckhollow.com) for more recipes, to read their dog Gizmo's gossip column or subscribe to their monthly newsletter by clicking on the newsletter link.

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# PILL BOARD

**CAN YOU STORE METERED DOSE INHALERS UPSIDE DOWN** and still have them work. Advertising by the makers of ProAir HFA hints at a problem with other inhalers but this appears to be a marketing tactic. Advair HFA, Ventolin HFA, Xopenex HFA, Symbicort and Veramyst are effective regardless of how they are stored. The only one not tested for different storage positions is Flovent HFA so patients should prime it once if it has been stored upside down before taking a puff. Stop by the pharmacy and pick up our hand-out-Tips for Correct Use of Inhalers.

**PARENTS ARE WONDERING IF THEIR CHILDREN SHOULD TAKE FISH OIL SUPPLEMENTS** since they are now being included in infant formulas, prenatal vitamins and foods. Omega-3s are vital in neurodevelopment and some of the kids products are being promoted for improving brain function, intelligence and eyesight. There is no proof that taking these products makes kids smarter and the feds are making these claims disappear. Dietary sources of Omega-3s such as 4 ounces per week of canned light tuna or salmon burgers provide the EPA and DHA components of Omega-3s that are needed.

Kids that won't eat fish can be tried on supplements especially if they have behavioral or psych problems. Some early studies suggest that fish oil MIGHT help kids with ADHD, autism or depression. Most fish oil supplements do not contain PCBs or mercury-to be sure buy from a reputable manufacturer. Flaxseed oil is not a good substitute for fish oil and cod liver oil has too much vitamin A.

**YOU WOULD THINK THAT A PRODUCT CALLED MAALOX TOTAL RELIEF** would be just a more potent form of Maalox. Not true. Maalox Advanced is a classical buffered antacid formula. Maalox Total Relief has the same formula as Pepto-Bismol, bismuth subsalicylate, an ingredient that turns stools dark. Kaopectate changed its formula a few years back from kaolin and pectin to bismuth subsalicylate. Many people take Maalox Total Relief or Kaopectate and arrive at the ER or the pharmacy counter asking about dark stools from

taking the products. The FDA is forcing the makers of Maalox Total Relief to change its name. Other products have similarly confusing names-

Bayer Heart Health Advantage has no aspirin, Dulcolox Balance doesn't contain bisacodyl and Lotrimin Ultra doesn't contain clotrimazole like Lotrimin. When in doubt-ask your pharmacist.

**SOME DENTURE ADHESIVES CONTAIN ZINC** which is added for holding power. If package directions are followed these products are safe but using in excessive amounts for years could lead to copper deficiency causing neuropathy and anemia. One 68 gram tube should last 8 to 10 weeks. Denture wearers should just dab dots of adhesive on dentures to avoid oozing. Have the dentures refitted if needed instead of using more adhesive.

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