

The Fairfax News

SEPTEMBER 2012



A publication by the people of Fairfax



VOL. XXXV, ISS. IX

HENRY RAYMOND'S COVER PHOTO



Went down Fletcher Road today and saw some smoke at 207 Fletcher Road and realized that Chan Cooley's old house built in the 1960s had been demolished. The house shown in the photo on the right behind the pole was demolished by Chan Cooley in the 1960s who salvaged the materials and built his home at 207 Fletcher Road.

PHOTO IS COURTESY OF MIKE & MARGIE CAIN.

BFA Back to School

BY CHRIS SANTEE

One of the warmest and busiest summers Fairfax can remember is wrapping up in September, but the students already started back to school on August 27th. Since graduation, we've enjoyed sunshine, a Fourth of July Community Day with a parade and the Ducky Race, a circus, Art-In-Bloom, the Egg Run and a concert at J&L Field, not to mention trips to Sandbar Beach, Hampton Beach and many other swimming holes. People have been hiking, biking, camping and enjoying great weather, some just relaxing in a hammock and reading a book from our Community Library.

It will be tough for our students to switch back to a working schedule and

parents will need to give our teachers all the support they can.

For our Elementary and Middle School parents, *The Fairfax News* introduces Principal Tom Walsh in a piece called "It's Elementary" which appears on page 6 in this issue.

For our High School parents, we continue School Board Chair Elaine Carpenter's piece "School Board News" on the frontpage.

For all Bellows Free Academy parents, students, alumni, teachers, library patrons and sports fans, *The Fairfax News* is updated daily online at TheFairfaxNews.com.

Don Pigeon Retiring

On September 28th, Don Pigeon will come to work for his last day as Fairfax Town Road Foreman. D.J. Leach will become the new Fairfax Road Foreman, effective upon Don's retirement. Both Don and D.J. along with Pat Pigeon have served Fairfax for many years, keeping and making Fairfax's back roads some of the finest in the state. There is a common saying that "Fairfax doesn't need Welcome to Fairfax signs, you can tell you're in Fairfax by the roads". No tribute to Don, D.J. and Pat could be greater. Now Don has been around longer than I, so Bernard Keefe has a few words to share:

A Note on Donald Pigeon

I have known the Pigeon family for over fifty years and Donald Pigeon, our road foreman, since he was in high

school.

It is no easy task you have when your road crew must maintain the "highway system" in a rural town with a large fleet of school buses and many workers leaving the area every morning to go to work elsewhere. Their expectation is that they will be able to do so. As far as I know, Donald and his crew have met that expectation.

On behalf of those who feel as I do, I want to recognize Donald for his devotion to his job and thank him for many years of service to our community.

He's no longer "wired in" to Weather Channel and he can throw his alarm clock away. My observation has been that Donald and Ginette value "family time", now they have time for that.

Bernard Keefe

Fairfax Fire Department News



Fairfax Fire Department's full-time Lieutenant David Raymond.

PHOTO BY MIKE SPAULDING

Letter from Dave Yergeau

Dear Friend & Supporter,

The Fairfax Fire Department will be hosting its tenth annual calcutta in October. This will be our main fundraiser for the year.

This year as in the past we will sell only 98 tickets at \$100.00 each and

raffle off ticket #99 and #100 that evening for \$10.00 a ticket. The winners have another chance at the prize money. At the end of the raffle, there will be four drawings from among the non-winning tickets for \$50.00 each. You must be present to win non-winning draw. The \$100.00 ticket will include two dinners. The dinner and drawing will be held at Smugglers Notch Meeting House in the village on Saturday evening, October 13, 2012. Doors open at 6:00 p.m. there will be a full cash bar available; a full buffet will be served at 7:00 p.m. The raffle will follow the meal. Dessert and coffee will be served during this time. You do not need to be present to win draw 1 thru 100. If additional people wish to attend the meal, the cost will be \$25.00 per person.

FAIRFAX FIRE DEPARTMENT

Continued on page 7

NEWS IN BRIEF

TheFairfaxNews.com

The Fairfax News is pleased to announce Fairfax News is now available daily on TheFairfaxNews.com.

Primary Voting

Republicans, Democrats and Progressives will make choices on Primary Day, Tuesday, August 28th, 2012. Polls will open at the Middle School Gymnasium at Bellows Free Academy Fairfax at 7:00 am and close at 7:00 pm. Turnout is expected to be light as absentee ballot requests are way down and few races have primaries.

Turn to page 4 for information on the races and the candidates and keep an eye on TheFairfaxNews.com for Breaking News!

Georgia Mtn. Wind

Site construction is in full swing at Georgia Mountain Community Wind. Story on page 9.

Country Pantry

The Country Pantry should be opening back up in September under new management. Story on page 6.

Dirty Politics

We may have uncovered some dirty politics in the Franklin County Senate Primary race.

You decide. Story on page 7.

COMING NEXT
MONTH

ELECTION
2012

School Board News

BY ELAINE CARPENTER, CHAIR

We have been preparing for this school year for a long time. We started work on the 2012-2013 budget over a year ago and it is exciting to think about our work supporting the students, teachers, staff and administrators as a new school year begins. We are pleased to welcome the following new teachers to Bellows Free Academy.

Andrea Farrar, Grade 4. Andrea comes to us from Westford where she most recently taught. She received her Master's in Education from the University of Vermont.

Juliet King, Elementary Literacy Coach. Juliet is also from Westford and worked prior to that at the Stern Center for Language and Learning. She received her Master's in Education from Harvard University.

Victoria Minor, Grade 3. Victoria did her student teaching at Jericho Elementary School and has worked at BFA as a substitute. Victoria is a graduate of BFA Fairfax and has a Bachelor's degree from Champlain College.

Kendra Myers, Grade 4. Kendra was at BFA last year as a long-term substitute. She previously taught at the Good Shepard School and received her Bachelor's in Education from Johnson State College.

Chris Palmer, Grade 8 Science. Chris did his internship and long-term substitute work at Union 32 High School. He has a Master's degree from the University of Vermont.

Benjamin Psaros, Grade 8 Social Studies. Ben worked with us last year as a long-term substitute in our Middle School. He received his Master's degree in Education from St. Michael's College.

Katie Sobin, Middle School Guidance. Katie did her internship in guidance at the Hiawatha Elementary School and BFA St. Albans. She has a Master's degree in Counseling from the University of Vermont.

SCHOOL BOARD NEWS

Continued on page 6

Postmaster, Please Mail To:

LETTERS TO THE EDITOR

Dear Fairfax,

Hot enough for you? Wow, what a warm and beautiful summer vacationing families have enjoyed.

The farming families are a different story across America. Drought has gripped a large section of the country and normally fertile fields have been turned to dust. Corn and soy bean production are way down.

That translates to food prices going up this fall and winter could get very tough on many families that are already struggling.

Stock up what you can!

As school starts back up at BFA Fairfax, please remember to drive safely.

Take care and God bless,

Chris Santee

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at TheFairfaxNews.com

The Fairfax News

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Dear Family and Friends:

We would like to thank each and every one of you in whatever way that you helped make Mariah and our lives easier during Mariah's illness and through now. However you shared, supported, contributed, whether it was through visits, condolences, contributions, praying for Mariah and our family, etc...

Your thoughtfulness, generosity, and kindness are greatly appreciated and it means the world to us. It will be forever remembered.

We have been very blessed to have so much support through this time.

Although Mariah's life on this Earth was for a brief time, she sure did leave quite the legacy that will impact our lives forever.

The Lord has blessed us with incredible courage, strength and endurance to get us through this ordeal.

God bless!

Love,

Bruce, Debbie, & Brent Woodward

Dear Fairfax,

Over the last two months, I've spent much of my time getting into the nooks and crannies of our beautiful county. The reception I was given each time I pulled into a driveway or knocked on a door was always pleasant and respectful, even if I happened to interrupt dinner and for that I am very thankful.

I've traveled from Alburgh to Fairfax and everywhere in between. I spent four days cooking in the hot sun at Field Days and have done my best to meet as many voters as possible to discuss the issues they care about most. What I've found is that more than anything, the folks of our county want someone in the Senate who understands how special our way of life is here. Many people openly assert that life here is indeed different than in some other parts of the state, and feel a deep responsibility to elect people who will fight to protect it.

That means, working to find ways to bolster our agricultural economy. Many people have expressed interest in the idea of bringing processing for our local food here to the county. It's an idea championed by Norm McAl-

lister, another candidate for State Senate, and I think one worth looking at. It could add jobs, and increase profits for local produce and allow farmers to grow more and sell longer.

It also means working to lower our states cost of living. Lower taxes, cheaper higher education and housing costs are all real concerns for Vermonters. For too long the legislature has refused to put any effort in making it more affordable to live, work and raise a family in Vermont. As a Representative I was one of only two members of the House who didn't vote to increase the cost of living by one penny. As your Senator, I'll be just as prudent and a strong voice for against the burdensome cost of living.

Protecting our way of life means fighting to reform our permit and regulatory systems to help bring businesses and jobs to Franklin County. It shouldn't take 18 years for any town to get basic development through a maze of red tape. It's no surprise that many businesses leave or choose not to come here when other states offer a much more predictable and less expensive path for expansion. If we're going to grow our job market, we must work to change our state's poor reputation in this area.

Most encouraging, was the way in which folks around the county have offered their appreciation to me for working against prescription drug abuse. It's a problem that touches every town in our county, and for too long it was one no one wanted to talk about. It's a large part of the reason I wanted to run for office two years ago, and remains a top priority for me this time around. I believe that if we come together in Vermont, we can build a blueprint for the nation to solve this dangerous epidemic. I'll work with diligence and anyone willing to listen to continue the recent success we've had on this issue.

These are the priorities that I'll pursue as your Senator. I believe that my candidacy is unique in offering both the needed experience in making state government work for the people on a day-to-day basis, and a dedicated, forward-thinking consideration of the long-term possibilities for our county.

And so I humbly ask for your support this Tuesday, August 28th, to make certain that the community so

many of you helped to create, remains a place that — more than any other part of the state — represents the very character of Vermont.

From our farms and sugar bushes, to our lakes and rolling hills, so many of the things that define our state, are defined right here in Franklin County.

I believe that this election is a fight for that character and the people that helped build it.

I've spent my entire life in Franklin County, this is my home and it's a good home. The values that I've carried with me to Montpelier over the last five years were instilled in me right here, and it would be my honor to continue to fight for them in the State Senate.

Sincerely,

Rep. Dustin A. Degree

Dear Fairfax,

For the past ten years, I have a proven strong record against higher fees on businesses and have voted against property tax increases. I have voted consistently for tougher laws against sex offenders and supported stronger DWI laws. I also worked on reworking the State Child Custody laws.

I opposed the physician assisted suicide while in the Human Services Committee and was put on a summer study about Palliative Care. From the study, I wrote legislation that required doctors to take updated education courses on end of life care. This, in my opinion, is a much better solution than suicide.

This past year, I helped with the Working Landscapes Bill. This is to help my agricultural and forest entrepreneurs with business plans and fundingsources. I feel this can help create new business opportunities and jobs in Franklin County.

LETTERS

Continued on page 7

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Nathan A. Muehl
Financial Services Professional

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Cell: 802-363-0896
nate@nmafinancial.com

Nathan Muehl, (802) 528-5321
TheFairfaxNews highly
recommends New York Life and
Notman Muehl Associates

Nate Muehl, of Fairfax and Notman Muehl Associates can conduct a review of your insurance needs as well as discusses any financial goals you have in mind in lieu of Life Insurance Awareness Month

Life is too special to not protect the ones you love.

Notman, Muehl Associates Wealth Strategies

Will your family be okay if the unexpected or unpredictable happen?

Life Insurance Awareness month is the perfect time to make sure the answer to this question is yes.

Go to www.lifehappens.org/cakeboss to see how important this year's spokesperson, Buddy Valastro thinks life insurance is.



Nathan Muehl, LUTCF
36 N. Main Street
St. Albans, VT 05478
802-528-5321
nate@nmafinancial.com • www.nmafinancial.com



TheFairfaxNews.com

Upcoming events for Fairfax and the surrounding area are posted daily now on TheFairfaxNews.com.

United Church News

Chicken pie supper, rummage sale and Fall bazaar coming up!

United Church of Fairfax annual Chicken Pie Supper will be September 29 at BFA, 5:00 pm until all are served. Price is \$10.00 for adults.

The usual menu will be served of chicken pie, potato and gravy, squash, coleslaw, rolls, pies and of course dessert pies. Take-out will be available.

The Annual Rummage Sale will be held at the Baptist Building on October 12th and 13th.

The Fall Bazaar will be held on November 3rd.

The United Church of Fairfax Sunday services are held every Sunday at 9:45am at the church on the corner of Fletcher and River Roads. All are welcome to join us.

Choir rehearsals will begin September 9th and Sunday school classes will meet September 16th. Child care is available.

Everyone is invited to take part and become part of our fellowship. You can contact our interim minister Walter Mahany at

802-393-3210 or wmahany@hotmail.com.

Crafters & Demonstrators Wanted

For the 5th Annual Holiday Showcase and Craft Fair at BFA Fairfax, 75 Hunt Street, in Fairfax, on Saturday, November 17th, 2012.

Benefit (NFP's): BFA Boosters for Athletics & the Local Food Shelf.

Registration packet due: 11/01/12.

Contact: 802-782-6874 or e-mail: fairfaxcraftfair@yahoo.com

Fairfax FD Zumbathon

Sunday, September 30, 2012 — 12:00 pm until 1:30 pm in EDT.

Come join the Zumba fun and help out the Fairfax Fire Department! ONLY \$15 per person!! All money raised go to the fire department!! Come get your Zumba on with some GREAT local instructors!

Pats Gold Cards

The Patriots football & cheerleading teams have kicked off their annual fundraiser. They are offering the BFA discount gold cards. These cards offer discounts to over twenty local businesses! The cards are valid for one year

and are reusable throughout the year. They are offering these cards for a \$10 donation! This is a great value & support a great cause! Thanks in advance for supporting our teams!

Openings at Going Places

Going Places Learning Center has immediate, September and October openings available. Going Places Learning Center is offering the first week free, per child. This offer expires on August 31, 2012. It only applies to spots we can accommodate. All spots must have a start date prior to October 31, 2012. Must obligate for at least six months of service.

All children are provided clear, positive, consistent boundaries and rules which promote cooperation and social/emotional development. We utilize positive methods of discipline to include logical consequences, praise, coaching to name a few. We also work as a team with families to address children's growth and behaviors on a regular basis. We are a licensed center with 90% of our staff are certified teachers (CDA or equal).

We are subsidy provider; infant, toddler, preschool, school age; before and after school, daytime, full-time, kindergarten; 6:45 am to 5:30 pm; days of operation: Monday, Tuesday, Wednesday, Thursday, Friday; transportation: school bus route; schools served: Bellows Free Academy Fairfax; Program Meals: Allergy Awareness, Special Diets; we provide breakfast and a snack and families provide lunch; We give family discounts; fenced yard, smoke-free.

Call Rachel or Peggy at 849-9030 to set up an appointment.

Healthy People, Strong Communities

Live, work and play here — today and tomorrow!

We invite you to join the Northwest Regional Planning Commission and other community-based organizations in an exciting new initiative: The healthy people, strong communities project. This project aims to support job growth and inspire happy, healthy and prosperous lifestyle for this generation and the next. How can we keep our region healthy, safe and prosperous?

Join NRPC and our community partners for a free community dinner and conversation: Wednesday, September 12 at 6:00-8:30 pm at Missisquoi Valley Union High School.

COME! Tell us what YOU think about: Job opportunities and job training; Living a healthy lifestyle; Bike and pedestrian safety and the future of your community. Your ideas will lead to priorities for action and investment in Franklin and Grand Isle Counties.

RSVP to Katelin Brewer-Colie 802-524-5958 kbrewercolie@nrpcvt.com. LIKE us on Facebook! facebook.com/healthyandstrongvt.



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- Need to wash your car? We have a car wash that is still only \$1.50 per cycle.
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Primary Tuesday

Polls open at 7:00 am at the Middle School Gymnasium at Belows Free Academy and close at 7:00 pm on Tuesday, August 28th. Voters will be handed three ballots (Republican, Democrat and Progressive) when they state their name at the check-in table.

After checking your choices boxes, voters will submit ONE party's ballot for their primary and discard the other two in the marked location, then proceed to the check-out table.

Franklin County Senate

With the retirement of Senator Sara Kittell and Senator Randy Brock running for governor, Franklin Counties two Senatorial seats are open. Three Republicans are vying for the two seats available on the Republican ticket, Dustin Allard Degree, Norm McAllister and Joe Sinagra. Degree and McAllister have served in Vermont's House of Representatives. Degree and Sinagra have websites at DustinDegree.com and JoeSinagra.com.

Vermont Democratic Attorney General

Incumbent Attorney General Bill Sorrell has recently run into criticism on several court cases and Democrat Chittenden County State's Attorney T.J. Donovan has stepped up to challenge Sorrell in a Primary. Name recognition and huge contributions from out-of-state give Sorrell the edge. Howard Dean's voice is continuously on WCAX promoting Bill Sorrell in a PAC ad, which ironically Sorrell fought against.

Second Annual Constitution Day Celebration in St. Albans

Let's join together on September 15th, 11:00 am-1:00 pm in Taylor Park, as Americans united, to celebrate our U.S. Constitution and its immeasurable value to us as citizens of the United States. It is time to restore American patriotism, unity and defense of the U.S. Constitution, the protector of our rights.

Why celebrate? On September 17th, 1787, our U.S. Constitution was ratified in Philadelphia, Pennsylvania. The U.S. Constitution, a unique document among nations, guarantees and protects our rights as individuals and as a sovereign nation. Every elected official takes an oath to protect the Constitution and to defend those rights.

This event is sponsored by ACWA, American Conservative Women in Action of Franklin County. ACWA's mission is to preserve and protect our Constitution and American freedoms for future generations — our children and grandchildren.

The purpose of this Constitutional celebration is to remind us why the founders created the Supreme Law of the Land, a document designed to keep us a free nation with limited, clearly-defined federal government powers and protected individual liberties. The founders knew that in order to keep our freedoms and the rights protected for us by the Constitution, we would need to be a people of integrity and industry. They also believed that our rights could easily be taken from us if we, the citizens, were not educated, vigilant and involved. We are empowered by the Constitution ONLY if we assume our responsibilities as citizens in a government of, by and for the people, as Abraham Lincoln stated in his Gettysburg address.

We hope to see you and your family at this patriotic event in Franklin County.

Patriots of all ages are welcome!



Fall's Best Values

- 4-Ft. Mini Scaffold** (7080042) (GSM4) **79⁹⁹**
- 2-Pk. Mouse Trap** Reliable metal bait pedal. (7618727) **.89¢** Victor
- 40-Lb. Salt Pellets** Softener salt with iron remover. (6460518) **8²⁹** Morton Salt
- Whole House Replacement Cartridge** 2-Pk. Filters bad taste, odor, rust and sediment if present in your water. (0434591) **4⁷⁹**
- 12-Oz. Touch 'n Foam® Window & Door Insulating Sealant** Tack-free in 10 minutes.. Interior or exterior use. (1030817) **5⁶⁹** Touch 'n Foam
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9²⁹

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3⁷⁹

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8⁶⁹

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Public Meeting

Town Office Committee
Saturday, September 8th
10:00 am in the
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Director
Rachel L. Stoneburner
goingplacescenter@yahoo.com

Molto Bella Salon

Erica Gambino, Owner

12 Field Street
Fairfax, Vermont
802-849-0147
MoltoBellaSalon@gmail.com

Going Places Learning Center

LICENSED CHILDCARE FACILITY
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FAIRFAX, VT. 05454
802-849-9030

Owner
Peggy Feerick
peggy.feerick@gmail.com

Read Fairfax News Daily at TheFairfaxNews.com

fctcv.org

The Fairfax Community Theatre Company recently performed "Charlotte's Web — the Musical" in the middle school gymnasium at Bellows Free Academy Fairfax.

Check out their website for more!

**30th Anniversary
Vermont Vietnam
Veterans Memorial
August 4th, 2012**



PFC Stuart T. Delaney, graduated from Fort Leonard Wood, Missouri on November 18th, 2011. He is a graduate of the Class of 2011 at Bellows Free Academy Fairfax. Stuart is a member of the Corps of Engineers, currently stationed at White Sands Missile Range, New Mexico. He is deploying to Kuwait and then Afghanistan in July 2012 We are very proud of him.

Tom & Janet Delaney

Prayers be with him!

Healthy Minds



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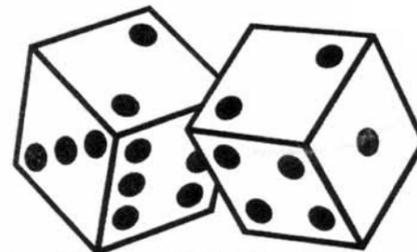
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STAFF

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			Friday Pizza Special

PLANNING A PARTY?
Ask the Deli for more information
about our catering service



SCHOOL BOARD NEWS

Continued from page 1

Assuming a new role but not new to us is **Geri-Lyn Witalec**. Geri has been at BFA as the Middle School Guidance person. She has a Master's of Science degree in Counseling from the University of Vermont. She will be working to support our principals in her new role as assistant principal while also meeting the needs of our student athletes and coaches as the Athletic Director.

You are always welcome at our board meetings. Our September meeting is on Monday, September 10th, at 6:30 in the library. Each month we will have a presentation from teachers and/or students about the work that is happening in our school. In September we will hear from our Guidance department as well as Nursing services and the Student Assistance Program. When you visit the school this fall, please take the opportunity to look around at the many repairs and renovations that have happened. Our Buildings and Grounds crew has done an excellent job completing the work requested by our staff to better meet the needs of our students and staff. We have a beautiful campus which reflects the generous investment made by this community. Thank you.



Remember to Vote

THE FAIRFAX NEWS
Online Daily
at TheFairfaxNews.com

It's Elementary

BY PRE-K - 8 PRINCIPAL TOM WALSH

Elementary Notes

The Elementary School at Bellows Free Academy Fairfax consists of our pre-kindergarten program through our fifth grade.

Middle School Notes

The Middle School at Bellows Free Academy Fairfax consists of our sixth grade through our eighth grade.

In the next issue, I'll be using this space to keep you informed as to our activities and events.

Until the next issue of *The Fairfax News*, feel free to contact me with any questions, concerns or ideas at twalsh@fwsu.org, or by phone at 849-2222.

Country Pantry News

Ermin Jukic, new owner of the Country Pantry stopped by *The Fairfax News* Friday to introduce himself.

Watch for a Grand Opening in September! He needs help in all positions. Call 734-7092 to apply.

Ermin wants to purchase local produce and goods. He wants to maintain the Country Pantry menu with affordable, daily homemade food. Ermin will keep this editor's favorite sandwich on the menu (grilled cheese with bacon and tomato, swiss on rye).

Welcome to Fairfax, Ermin!

Watch TheFairfaxNews.com for exact grand opening information.

Henry Raymond's Website
@ VTGrandpa.com

National Search Committee Appointed

Stephan Morse, chair of the Vermont State Board of Education (SBE), today announced the appointment of a committee charged with conducting a national search for the new Secretary of the Vermont Agency of Education. In making this announcement, Morse said, "This is an exciting time and opportunity to see education grow in Vermont. As chair of the SBE, I look forward to working with Governor Shumlin in this transition to a new state education agency." It is anticipated that current Education Commissioner Armando Vilaseca will be an applicant.

Board members appointed to the committee are: Bonnie Johnson-Aten, Montpelier; Brian Vachon, Middlesex; William Mathis, Goshen; and Morse, Newfane. The committee's charge will include the following: Post the position of Secretary of the Agency of Education; review applications; in-

terview candidates and recommend three candidates to the full board for consideration for recommendation to the governor by January 1, 2013. The timeline calls for the search committee to reach a decision by the Board's December meeting.

Other associated duties of the committee will include the development of a proposed board management structure, a board budget, staffing for the board and board deadlines. The committee will hold its first meeting on Tuesday, August 28, 3:30 p.m. at the Department of Education, 120 State Street, Montpelier.

Collins Seeks Re-Election

Former Fairfax resident and Franklin West Superintendent Don Collins is seeking re-election in the Franklin County senate race after a session off.

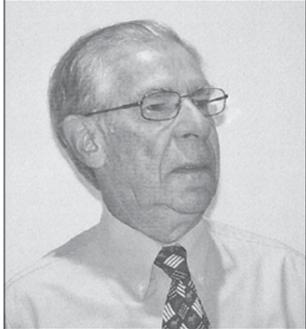
Democrats only have two candidates for the two seat district, so Don will be on the ballot in November.

VOTE

Don Collins for State Senator

Your support is appreciated!

*Let my experience
in our Vermont Senate
work for You!*



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LETTERS

Continued from page 2

These are some of the areas I have worked on over the past ten years. I have always scored 80% or higher from the Vermont Chamber of Commerce for my voting record on legislation that supports businesses.

Lastly, I am the last working dairy farmer in the State House and that gives me a working knowledge of what our farmers are up against. I also, along with my wife, own a small greenhouse operation that we sell bedding and vegetable plants from in the spring. We also own a small maple orchard that we sell sap from and we sell vegetables from our roadside stand on the farm and we supply other stands and local schools with our produce.

This experience gives me the first hand knowledge of what is needed to move diversified agriculture forward, because I do not just talk about it, I LIVE IT!

Rep. Norm McAllister

From Carolyn

I strongly support Norm McAllister and Dustin Degree, candidates for the Vermont State Senate.

My friend and colleague Rep. Norm McAllister announced intentions to run for the Vermont State Senate from Franklin County several weeks ago. For more than ten years, Norm and I have worked closely together for the betterment of the people of Franklin County. Norm has represented the Franklin County communities of Highgate, Franklin, Berkshire and Richford and has served on both the House Human Services Committee and the House Agriculture Committee. He is currently the only working farmer in the Vermont General Assembly. Norm knows how to work hard; he understands Vermont agriculture; he is a good speaker; he has common sense.

Dustin Degree is smart, energetic, hard working and honest. Dustin Degree represents the future. He'll make Franklin County and Alburgh better and has the experience in state government and the energy to get things done. Dustin's influence in the House of Representatives has been strong and I am hoping his influence will continue in the Senate.

Vermont obviously faces problems as agriculture and small businesses

across the state lose legislative support. The continuing economic struggles are affecting Vermont's ability to grow economically. Both these men will do a good job for Franklin County in the position of State Senator. The Primary Election will be on August 28 and voting Please join me in voting for Norm McAllister and Dustin Degree for Franklin County Senator.

Rep. Carolyn Branagan

Franklin-1, Fairfax/Georgia Vermont House of Representatives

Dirty Politics in Franklin County Senate Race?

BY CHRIS SANTEE

An odd thing happens when you go to click on NormMcAllister.com. You are re-directed to another candidate Joe Sinagra.

A check at WhoIs.com of the owner of NormMcAllister.com is friends of Joe Sinagra with Joe's home address and e-mail for contact information.

Watch for more on this developing story on TheFairfaxNews.com.

Franklin County Senate Candidates Dustin Degree and Norm McAllister were campaigning in Fairfax on Saturday morning, afternoon and evening.

Republicans have three running for two seats, Dustin Degree, Norm McAllister & Joe Sinagra in the Franklin County Senate race.

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FAIRFAX FIRE DEPARTMENT

Continued from page 1

The schedule of prize money (\$4000.00) is as follows: Draws 1, 10, 20, 30, 40, 50, 60, 70, 80, 90, 91, 92, 93, 94 and 95 = \$100.

Draw 96 wins \$125. Draw 97 wins \$175. Draw 98 wins \$200. Draw 99 wins \$300 and the big winner, draw 100 wins \$1,500.

You must be present to win one of the four \$50 Loser's Draws.

We hope you can join us and take advantage of these cash prizes. Please respond by October 06, to insure your ticket (and additional dinner guests). If you would like a special number, please indicate your 1st, 2nd, or 3rd choice; and if your choice is not available, a number will be assigned to you. Please fill in the tear-off sheet below and return with a check. If you can not attend or would prefer not to purchase a ticket any donation would be greatly appreciated.

For any further questions, please call Dave Yergeau at 849-6519, Greg Hartmann at 849-6232, or Tom Snyder at 849-2403.

Please accept our sincere "Thank you" for considering our raffle, and we hope you will join us on October 13, 2012

Sincerely,
The Fairfax Fire Department.



Remember to Vote

Irene Anniversary

Governor Peter Shumlin will be touring the state's areas that were affected by tropical storm Irene one year ago August 28th.

Many festivities will be taking place throughout the southern and eastern parts of Vermont.

Watch TheFairfaxNews.com for more.

I would like to purchase the following ticket(s):

1st choice Ticket # _____ Ticket # _____

2nd choice Ticket # _____ Ticket # _____

3rd choice Ticket # _____ Ticket # _____

Name _____

Address _____

Telephone Number _____

Please indicate the number of people that will be attending for dinner _____

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Fairfax Recreation

Katrina Antonovich- Director
849-2641
www.fairfaxrecreation.com
fairfaxparksandrec@yahoo.com

Halloween Parade

The 3rd annual Halloween parade and fall festival is coming soon! Tentatively planned for Sunday October 28, 2012

Haunted House

This year there will be a haunted house at the Baptist Building as we begin to move forward with raising money to create a community center in Fairfax. Haunted House in planned for Friday October 26th, and Saturday October 27th and Wednesday October 31st.

A Huge Thank you to all our Volunteers!

All our wonderful events would not be a success without our volunteers. A Huge thank you to our Volunteers who made our summer events a success!

We had 41 floats and 8 booths at the 4th of July parade – the first in 21 years! And over 500 runners at the 13th annual egg run! Countless volunteers put in hours and hours to ensure these events are success! Thank you to each and every one of you!



Construction in the Park Update

In August, the trenches were dug and electricity lines installed to the park. Plans are underway to have power in the park by Monday August 27th! In the fall we plan on installing water and sewer lines as well as laying the pad for the buildings. Anyone interested in donating time or resource to this project please contact Katrina at 849-2641. Time and donated resources are in-kind donation and can be used as our grant match.

Eastman's Bakery wins famous Golden Duck Trophy for selling the most ducky race tickets!



Fall Fitness Activities

Kripalu Hatha Yoga and Meditation

Tuesdays 6:30 – 7:00pm Meditation
7:00- 8:00pm; Yoga

- ◆ Please bring a yoga mat
- ◆ All Fitness Levels, age 14 and up
- ◆ Registration: Pre-registration requested
- ◆ Instructor/Contact info: Lonnie Poland at 373-5319
- ◆ Cost: Yoga and Meditation \$10; Yoga class \$7
- ◆ Location: BFA Middle School gym - please use high school entrance

Zumba

Wednesdays 7:00- 8:00pm
Saturdays 9:00-10:00

Ditch the Routine, join the party!

- ◆ Please bring plenty of water and it is recommended to wear comfortable clothing and sneakers / shoes with a flat bottom. Running shoes are not suggested.
- ◆ Cost: \$5.00 per class; registration is not required. (Wednesdays)
\$7.00 per class, registration not required (Saturdays)
- ◆ Location: BFA Elementary Gym - please use high school entrance
- ◆ Instructor Wednesday: Kathy Bourdeau
Contact info: bourdwalk6@comcast.net
Instructor Saturday: Pam Adams
Contact info: Pam@edge.com, or 370-4437

Fitness Boot Camp

Monday & Thursdays 6:30 – 7:30pm,

- ◆ Designed for both men and women who want something different and want results
- ◆ Participants need to bring plenty of water, a towel or yoga mat, and light weights (optional). It is recommended to wear comfortable clothing and sturdy running shoes that are not too worn.
- ◆ Cost: \$7.00 per class; registration is not required.
- ◆ Location: BFA-Fairfax High School
- ◆ Contact: Lisa Durocher at 849-6621

Sargent Brazilian Jiu-Jitsu (tentative)

Jiu-jitsu is a martial arts program and self-defense program.

Mondays 5:30 – 7:00pm (Ages 6-13) 7:00-8:30pm (14 – Adults)

Ten Week class - \$10 per class or sign up for all 10 for \$85

What to bring to the first class: T-shirt, Shorts, Mouth Guard, Water, Cup (Optional) and Positive Attitude. Gi's (uniforms and belts will be needed: Cost ranges from \$60.00 - \$199.00) –Scholarships may be available.

Cody Lewis to register: 782—5311 or codylew802@yahoo.com

Max registrations for the class are 15.

Georgia Mountain Wind

The tree clearing for the access road, transmission line, and turbine sites has been completed. Site construction of the access base road and erosion control features involving earth moving equipment and blasting began in May and continues. At this time, J.A. McDonald of Lyndonville, has reached the saddle of the mountain, and two of the four storm water detention ponds have been installed. The ponds are functional along the portion of the road going up the mountain to handle storm water runoff.

Access to and the wind turbine sites 3 and 4 (the two eastern sites) site construction are nearing completion. The next step in this area will be constructing the wind turbine foundations. At the same time the access road going north into Georgia is under construction, moving to wind turbine sites 1 and 2 (the two western sites). Additionally in this area, two additional erosion control structures will be constructed for storm water control purposes.

The site construction work should wind down in mid-August. The wind turbine foundation construction and the electrical collection system installation construction, including the placement of new poles along North Rd near the Husky plant are gearing up and should be completed in the late August-early September time frame.

Shipments of the major wind turbine components –blades, generator, and tower sections –are planned to begin in early September and continue through mid-October.

As transportation scheduling becomes firm, Georgia Mountain Community Wind will be in touch with the Towns on the specifics for these activities and related tasks prior to deliveries.

Watch TheFairfaxNews.com each day, for more on this developing story that will change Fairfax's ridgeline.

"A Giant Leap for Mankind"

Neil Armstrong,
whose bravery
inspired a
generation!

Fletcher Road

BY HENRY RAYMOND FROM VTGRANDPA.COM

Went down Fletcher Road today and saw some smoke at 207 Fletcher Road and realized that Chan Cooley's old house built in the 1960's had been demolished. Interesting story about this house is that in the early years in the center of the village Gillette's Store stood on the corner of Fletcher Road and Main Street and can be seen behind the light pole and horse and buggy in the photo on page 1 and Chan Cooley, being a thrifty man took it upon himself to tear down the house, salvage the materials, and build himself a house up on 207 Fletcher Road. Behind that house

Cambridge Area Rotary Presents the 25th 5K Fun Run and Walk

It will be held Labor Day September 3rd. Start time is 9:30 am. Runners and walkers of all ability levels are ages encouraged to participate. Clubs and school teams of 3 or more will get special rate when they register as a group!

This spirited event is quite popular and brings many community members and businesses together for a charitable cause. The proceeds go to fund a variety of community service projects throughout Lamoille County. These include Winter Wellness Days at Smugglers Notch, the Cambridge Community Skating Rink, and literacy programs being conducted throughout Lamoille County Schools.

Event Details: Course: 5k (3.1 miles). Start on Lower Valley Rd between the Cambridge Village Market and the Cambridge Post Office. Head toward Pleasant Valley, turn left onto Bryce Rd, turn left onto Williamson Rd, turn left onto Upper Pleasant Valley Rd, cross Church St onto Maple St, turn right onto Depot St, cross Main St onto School St, finish at Cambridge Elementary School. Course is asphalt and hard-packed dirt roads.

Registration Info: In person registration and packet pickup Sunday, Sept. 2nd from 5:00-6:30 pm or the morning of the race from 8:00-9:00 am outside Cambridge Elementary School. If registering day of race arrive early and allow extra time. Entry Fee: Adult \$15; Youth 12 and under \$10; Older youths 60+ \$10; *Family (adult & 1 child) \$20; *Student club/team (3 or more participants) \$10 each. Divisions: Male & Female: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60 and over. Awards: Awards for female and male first place finishers in each division. All participants are eligible for raffle and door prizes.

Race day: Parking: Everyone will need to park at the Cambridge Elementary School in Jeffersonville. Bus service before the race will run continuously from CES to the start between 8:00-9:00 am. Post race bus transportation back to Cambridge from CES will be provided beginning at 10:00 am. Participants and spectators are welcome to ride the bus. Pets: We love your pets but please leave them at home.

To request a registration form: send an e-mail to Sam Lotto at swlvt@together.net or download the form at: <http://www.rotarycambridge.org>.

September is Life Insurance Awareness Month!

NORM MCALLISTER
STATE SENATE
FRANKLIN COUNTY & ALBURGH
283-6363 | norm.allister@senate@gmail.com

- Lifelong dairy farmer
- 10 years in the VT House
Served on the Agriculture & Human Services Committees
- Married 40 years to Lena McAllister, a first grade teacher at Enosburg Elementary
- Longtime coach in Highgate, Enosburg & Richford

DUSTIN ALLARD DEGREE
STATE SENATE
FRANKLIN COUNTY & ALBURGH
782-4507 | degree.dustin@gmail.com

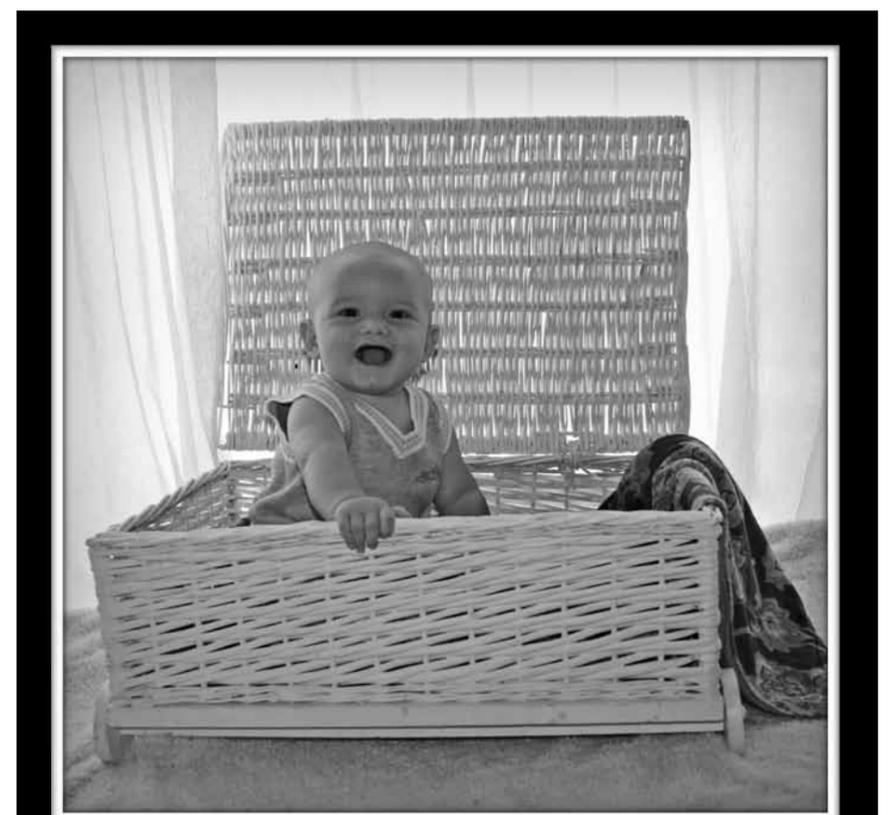
- Current State Representative for St Albans
- Former Executive Assistant to Gov. Jim Douglas
- Worked in Agency of Commerce & Community Development
- Vice Chair, St. Albans City Development Review Board
- St. Albans native & lifelong Franklin County resident

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FAIRFAX — Mariah Fawn Woodward, 21, of Fairfax passed away peacefully, Saturday June 23, 2012 at Fletcher Allen Health Care in Burlington, surrounded by her loved ones, following a courageous battle with a long illness.

Mariah was born May 8, 1991 in Burlington, the daughter of Bruce and Deborah Girard Woodward. She attended school in Fairfax and was scheduled to graduate with the Class of 2009, until being diagnosed with an illness that forced her to be away from school for two years. Through her perseverance and determination, Mariah was able to come back to class and proudly graduate only one year later with the Bellows Free Academy Class of 2010.

Mariah was an avid photographer who quickly accumulated over two thousand pictures that she was glad to share with anyone. She was a scrap booker who always enjoyed a scrap-book project. An accomplished paint-

er, she won awards from the Federal Duck Stamp Conservation and Design Program. She drew, painted, and collected giraffes and enjoyed her special pets. She loved her cell phone, her computer and enjoyed chatting with her very special face book friends. A daring young lady who loved a challenge, Mariah loved to do road trips, especially by herself. When granted a wish from Make-A-Wish Foundation, Mariah chose to go to the Mall of America, in Minneapolis, Minnesota just to go shopping. She will be dearly missed.

Mariah is survived by her parents: Bruce and Debbie Woodward of Fairfax, her brother, Brent Woodward and his friend, Natalie Adams of Tampa, FL. Her grandparents: Almon and Dorothy Woodward of Fairfax, Flossie Girard Powers and her husband, Gene of North Port, FL. Her aunts and uncles: Nancy and Dan Gross of Fairfax, Marjorie and Bruce Hathaway of Fairfax, David and Kelly Woodward of Fairfax, Linda Woodward and Art Vigil of Westford, Stephanie Trudell of Port Charlotte, FL., F. Ellery Girard and his wife, Beverly, of Nokomis, FL, Diane Barkyoumb and her husband, Kenny of St. Albans Town, David Girard and his wife, Beth of West Linn, Oregon, Tracy Girard of Ramrod Key, FL and Barry Kasindorf. Her godfather: Jim Woodward and several very special cousins. She was predeceased by her brother, Cody, her grandfather, Frank Girard, her aunt, Debbie Kasindorf, her uncle, Jerome Girard and her godmother, Laura Woodward.

Special thanks go to Mariah's close friend, Devin Hensel who stayed by her side and was always there for her. Thanks also to Mariah's friends; Sam

and Mike, Jeff, Chris, Stephanie, Katrina, Victoria, Steve, Rachael, and Devin. Your thoughtfulness will always be remembered. To the nurses and staff at Fletcher Allen Health Care, words cannot express the gratitude that Mariah's family has for your kind, compassionate and professional care provided Mariah while she was with you.

Funeral Services were held on Saturday, June 30, 2012 at 11 AM at the Church of the Rock, Fairfax Road in St. Albans with Pastor Michael Oldham officiating. Burial will follow in Sanderson Corner cemetery in Fairfax. Visiting Hours will be held on Friday, June 29, 2012 from 5 to 8 PM in the Minor Funeral Home, Route 7 in Milton.

Memorial Contributions may be made to **Make-A-Wish**: Beat the Winter Blues and Help Make Wishes Come True for VT Make A Wish Kids. 4582 Gore Road, Highgate, VT 05457

Online condolences may be made at www.minorfh.com.



FAIRFAX — Lee Buik Denizot, age 60, loving mother of Joel and Seanan Denizot, passed away on June 7, 2012 after a car accident a week earlier. She was surrounded by family, friends, and loved ones.

Lee lived passionately, danced every day. Loved her children, her horses, her family, and everything she touched in turn felt her love and warmth.

She led a full and extraordinary life. An avid traveler, an artist and teacher, Lee was a kind soul who saw light and life in people, animals, flowers, and nature. More than anything, though, she loved her children who will always remember her light and extraordinary energy as they live lives sure to be filled with as much joy and celebration as their mother did.

There was a Memorial Service on June 23, 2012. For details and location, please email leememorialvermont@gmail.com.

In lieu of flowers, her family requests that donations be made to Spring Hill Horse Rescue at www.springhillrescue.com.

Online condolences may be made at www.minorfh.com.



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Sanders & EPA Chief Inspect Vermont National Guard Solar Power Project

On August 23rd, Environmental Protection Agency Administrator Lisa P. Jackson joined U.S. Sen. Bernie Sanders on a tour of a Vermont National Guard solar power installation that is a model for military bases around the country.

Brig. Gen. Thomas Drew, the Guard's new adjutant general, escorted the EPA administrator and Sanders (I-Vt.) on a tour of one of the largest solar projects at any National Guard base in the United States.

"This solar installation project is a great example of what can happen at military facilities, where we can foster healthier environments for the people on our bases, and drive innovation that is critical to our economic and environmental future," said Jackson. "Some of our most interesting and innovative environmental ideas are taking hold on bases and through EPA's work with the military. The EPA is proud of our active collaboration with the various branches, and our efforts to protect health and the environment in the places where our soldiers and their families live and work."

Sanders welcomed the EPA chief to Vermont and echoed her statement. "At a time when the U.S. Defense Department is the largest consumer of energy in the world, the Vermont National Guard is a model for what other military institutions can be doing," the senator said.

Sanders applauded Jackson's leadership at the EPA, crediting her and the Obama administration with improving fuel economy standards for cars and trucks and for strong enforcement of clean air regulations to combat global warming. "Perhaps not as well known," the senator added, "is that EPA has been working with the military to help make our bases more sustainable when it comes to energy and water use."

As Chairman of the Senate Green Jobs Subcommittee, Sanders held a hearing with leaders from the Army, Navy, and Air Force and EPA to discuss that partnership. He cited the Vermont National Guard as a leader.

The project was estimated to save hundreds of thousands annually on the Guard's energy bills and provide 40 percent of the electricity needs at the base. In fact, the project has outperformed expectations. In the last three months, the solar project has generated 681 megawatt hours of electricity, over 11 percent more than expected. During the same three-month period, the Guard saved more than \$82,000 on electric bills.

"Our National Guard is a model for the military and for businesses, as well, that want to invest in energy efficiency and sustainable energy to save money and cut greenhouse gas emissions," Sanders said.

Completed in 2011, the project was built with \$8.5 million in grants secured by Sanders.

Welch Urges EPE to Waive Ethanol Mandate As Drought Causes Feed Prices to Soar

With the worst drought in 50 years pushing feed prices higher and adding to the struggles of Vermont dairy farmers, Rep. Peter Welch is urging Environmental Protection Agency (EPA) Administrator Lisa Jackson to bring relief by relaxing the mandate that requires the blending of ethanol in U.S. transportation fuel.

Welch and a bipartisan group of 156 lawmakers – 30 Democrats and 126 Republicans – want Jackson to reduce or waive the Renewable Fuel Standard (RFS), which requires that 10 percent of all transportation fuel in the U.S. come from corn-based ethanol. Producing that much ethanol can consume up to 40 percent of the U.S. corn supply. And with the drought causing expected yields to plummet and prices to soar – price forecasts are up nearly 40 percent in a month – Welch and his colleagues are urging the EPA to act now.

"This is common sense. Corn prices are surging and Vermont dairy farmers are struggling. Whatever we can do to bring relief amidst the worst drought in 50 years we should do," Welch said. "I'd like to eliminate the ethanol mandate forever, but let's at least waive it temporarily for struggling farmers in this extremely difficult drought."

Welch has been a House leader working to end the unprecedented taxpayer support enjoyed by the ethanol industry, which includes the RFS and a protective import tariff of \$0.54 per gallon. An additional \$.045 per gallon tax credit for ethanol producers – which was in place for over 30 years and amounted to a \$6 billion taxpayer expenditure in 2010 – was ended by Congress in January.

The EPA has opened a 30-day public comment period on the request to waive the RFS.

Shumlin Files Financials

The Shumlin for Governor campaign announced today that it will report raising over \$836,000 to date from nearly 2,200 donors. The campaign has roughly \$770,000 on hand.

"We are so pleased with the outpouring of financial support Governor Shumlin has received over the past month," said Shumlin for Governor Finance Director Erika Wolffing. "We have raised over \$160,000 in the past four weeks and received contributions from over 700 new donors who believe in Governor Shumlin's leadership and focus on job creation, economic development and delivering results for Vermonters."

At the Library

As you may know, Chantal resigned from her two jobs at the library in order to devote herself to full time parenting after the birth of her son, Avery this summer. We are very pleased to welcome two new part-time employees to the library staff! Please say hello next time you are in the library and see some new faces.

Keagan Calkins is our new town Library Assistant. You will see Keagan on Tuesday and Thursday evenings, Friday mornings, and Saturdays. She holds a Masters of Library and Information Science, and really loves to talk books.

The new Program Planner for the town library is Karyn Norwood. Karyn comes to us after working as an Americorps volunteer on the Franklin-Grand Isle Bookmobile for the past year. She is passionate about history, literacy, and building collaborative relationships within communities.

Public Meeting

Town Office Committee
Saturday, September 8th
10:00 am in the
Multi-Purpose Room at
BFA Fairfax!

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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 (first and third Monday 6:00–8:00 pm)

Zoning/DRB/Planning Office 849-6111 Ext. 3..... Monday–Thursday 10:00 am–2:00 pm

Zoning Administration 849-6111 Ext. 4 Monday-Thursday Call for Hours (first and third Monday 6:00–8:00 pm)

Lister's Office 849-6111 Ext. 5 Tuesday, Wednesday, & Thursday 9:30 am–4:00 pm

Utility Office 849-6111 Ext. 6 Monday & Tuesday 9:30 am–3:00 pm and most Wednesdays

Selectboard Office 849-6111 Ext. 7 Monday through Thursday 9:00 am–3:00 pm

Parks and Recreation Director Katrina Antonovich 849-2641

Water/Sewer Facility 849-6033..... Monday–Friday 7:00 am–4:00 pm (24/7 Emergency Call 849-6304)

Fairfax Community Library 849-2420..... www.FairfaxVTLibrary.org

For Your Information

- * 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 849-6111
- * Animal Control Officer Bill Stygles 849-6268

Selectboard Members

- * Bob Horr, Chairperson
- * Randy L. Devine Vice-Chair, Chris Santee
- * Dave Shea and Tom Fontaine

Events

- * Taxes are due November 15th
 - * 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 1st, 3rd & 5th Mondays
 - * Hazardous Waste Day September 29th —
8:00 am to Noon at the Fairfax Town Garage
- Please feel free to contact the Fairfax Selectboard at FairfaxSelectboard@yahoo.com

Read Fairfax News Daily at FranklinOne.com

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

In August the local website will pass 600,000 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.

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Town of Fairfax Notes

Don Pigeon will work his last day as Fairfax Road Foreman on September 28th. D.J. Leach will become the new Road Foreman and Lesley Combs, of Fairfax, has been hired to take D.J.'s place on the road crew.

Household Hazardous Waste Day will be held September 29th from 8:00 am to noon at the Fairfax Town Garage on Fletcher Road. Watch TheFairfaxNews.com for a list of what can and cannot be dropped off (and the costs).

Surveyors are currently working on the Main Street Sidewalk Project and residents along the route should soon be receiving more information in the mail of an upcoming public meeting. We're looking at construction through the summer of 2013.

The Town Office Committee has been meeting and will be having a public meeting Saturday, September 8th at 10:00 am in the Multi-Purpose Room at BFA Fairfax.

Taxes are due November 15th.

EMERGENCY - CALL 911

For other calls, please use:
Franklin County Sheriff
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Public Meeting

Town Office Committee
Saturday, September 8th
10:00 am in the
Multi-Purpose Room at
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Chocolate Chip Banana Oat Cake with Peanut Butter Banana Glaze

This is a rustic looking banana cake with an intense nutty banana flavor and chewy texture. It has just two tablespoons of oil and it can easily be made gluten-free by using gluten-free oats!



8-10 slices

For Cake

- 2 cups regular oats, processed into a flour
- 1/2 cup regular oats (not processed)
- 1/2 cup brown sugar, packed firmly
- 1/2 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1/16 tsp ground cloves (optional)
- 2 tbsp cane sugar (or regular white)
- 1 tsp baking powder
- 1/2 tsp kosher salt
- 2 tbsp coconut oil, melted (or other light tasting oil)
- 2 medium very ripe bananas, peeled
- 1/3 cup applesauce
- 1/4 cup almond milk
- 1 tsp pure vanilla extract

Fold in 1/2 cup dark chocolate chips; 1/4 cup walnuts, chopped; 1 ripe banana, cut into chunks

For Glaze

- 1 ripe banana (but not too ripe, you still want it solid!)

- 2 tbsp peanut butter (I used White Chocolate Wonderful flavor)
- 1/2 cup icing sugar, sifted
- Pinch of kosher salt, to taste

For Cake

1. Preheat oven to 350°F and lightly grease an 8 inch (4 cup) casserole dish or 8 inch cake pan. Add 2 cups of regular oats and process them in a food processor until flour-like in consistency.

2. In a large bowl, whisk together the dry ingredients (processed oats, regular oats, sugars, spices, baking powder, and salt).

3. In another bowl, mix together the oil, applesauce, almond milk, and vanilla. Add in the two peeled bananas and smash into the wet ingredients until smooth.

4. Add the wet mixture to the dry and stir until just combined. Fold in the chips, optional walnuts, and the chopped banana.

5. Spread into prepared pan and bake for 36 minutes or until a toothpick comes out clean. The cake must be cooled for at least 15-20 minutes before attempting to remove.

6. Once fully cooled, slice and top with Peanut Butter Banana Glaze (see below). Store in the fridge for up to 3 days. Makes 8-10 servings.

To make the glaze: Mash banana in a bowl until smooth. Add in peanut butter and mash until combined. Sift in the salt and icing sugar and stir until fully combined. Makes about 2/3 cup glaze. Store in fridge in a sealed container for 1-2 days.

Jacquie Schwartz
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Fatal ATV Crash

On August 22, Vermont State Police was dispatched to 121 West Road in Fairfield, Vermont for a single ATV accident with injuries.

Upon arrival to the scene, VSP was made aware that the male operator was transported to North West Medical Center. That operator was later pronounced deceased by medical personnel at the hospital. The operator was later identified as Charles Boylan age 60 from Fairfield, VT. Upon VSP's investigation of the accident, speed and alcohol do not appear to be a factor in the crash. The investigation is still pending at this time.



Remember to Vote



Each month Jacquie will offer one of her popular breakfast recipes. Visit at 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. Visit at www.buckhollow.com

Franklin County Wins Babe Ruth Champions

14 Year Olds Win Second Straight!

With two of the top players unexpectedly on the bench, some teams might fold going into the playoffs, but the Franklin County 14 year old Babe Ruth team pulled together to beat a tough bunch from South Burlington to secure their second straight state championship.

From Fairfax, Evan McGregor, Ryan Streeter, Tyler Lamphere and Sean Remillard played on the squad.

The team competed in the New England Regionals in Winooski, Vermont and beat the defending champions from Cranston, Rhode Island before falling to Maine.

With a couple more wins, these boys would have been off to Utah! Congratulations!

Public Meeting

Town Office Committee
 Saturday, September 8th
 10:00 am in the
 Multi-Purpose Room at
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YOU MAY NOTICE SOME NEW FACES IN THE PHARMACY from time to time now and in the future. Fairfax Pharmacy has been designated a Professional Practice Site by Albany College of Pharmacy. The students that we have are entering their final year at the college and spend most of that time in various practice settings for a 6 week period of advanced professional experience. As part of that experience they are expected to perform a project that benefits the community or site they are visiting. Brown bag events, blood glucose and blood pressure checks are some of the projects completed by our first two students. Please avail yourself of these offerings as they are provided free of charge and help our students sharpen their counseling abilities and utilize the six years of education they have received.

THERE IS CONTROVERSY AS TO HOW LONG PATIENTS SHOULD TAKE BONE STRENGTHENING DRUGS such as Fosamax, Actonel or Boniva. Long term has been linked to jaw bone problems and unusual femur fractures. A lot of patients are put on these drugs and left on them indefinitely. It turns out that the benefits of these drugs persist long after patients stop them. Patients with high risk of fracture probably should remain on these medications however most patients can stop them after 3 to 5 years. Prescribers should monitor bone density in those patients and restart the medications if needed. Patients should continue to take calcium with vitamin D supplements.

PATIENTS WITH HIGH BLOOD PRESSURE WONDER IF THEY

CAN TAKE AN NSAID such as ibuprofen or naproxen because of the warnings that appear on the packages. Most patients can but with caution. NSAIDs can raise blood pressure by about 5mmHg in patients with hypertension but some patients are more likely to be affected than others. Occasional use is usually ok however daily use for a week can reduce blood pressure control. Do not take an NSAID with an ACE inhibitor, ARB (receptor blocker) or diuretic. Naproxen appears to be the safest NSAID to use in patients with cardiovascular disease.

WOMEN WONDERING WHAT TO TAKE FOR PAIN RELIEVERS DURING PREGNANCY OR NURSING may want to start with acetaminophen (Tylenol). Ibuprofen, naproxen and other NSAIDs should be avoided during pregnancy but may be used while breastfeeding. Tramadol should be avoided in the first and second trimester and may be used cautiously in the third. During nursing, tramadol may be used since very little gets into the breast milk. Opioids such as codeine should not be used in the first trimester and only if pain can't be managed using other medications. Opioids should also be used very carefully during nursing because the metabolism of the mother may cause an overdose in the infant.

IF YOU ARE TIRED OF PHARMACY BENEFIT MANAGERS (PBMs) interfering with what medications you can take or where you can obtain them please go to whorunsmydrugplan.com and watch the short satirical video. There is a lot of useful information at this website.

Fairfax Rescue Installing 911 Signs

BY MIKE SPAULDING

Perhaps the most frustrating thing emergency responders face is the inability to find someone who has called for help. Fairfax Rescue is currently engaged in the process of installing E911 signs in the Towns of Fairfax, Fletcher and Westford. The E911 signs are 14 inches by 5 inches and reflective with house numbers on both sides, making them visible regardless which direction emergency services come from and what time of day or night. We have currently taken

orders for around 160 signs in the three towns and have installed about 80 of them at the time of this writing. You may see our crews out around town getting the signs installed. Our eventual goal would be to have signs installed at virtually all residences in the three towns. The cost of the signs is \$15.00 and includes installation and any mounting hardware needed. Signs can be mounted to existing posts or mailboxes providing that they are on the same side of the road as the house. If a separate post is needed, homeowners can provide their own or we can provide and install one for \$7.00. Signs need to be mounted in such a way as to be easily visible from the road. The initial offering was put out with our subscription mailing. If you missed the subscription letter you can print an order form from our web site at fairfaxrescue.org. You may also contact us at 849-2773. or stop by the fire station for further information. We ask that everyone seriously cons



Mike Spaulding and Nancy West of the Fairfax Rescue Squad install a 911 house number sign at a home on Fletcher Road.

PHOTO BY HENRY RAYMOND

Henry Raymond's Website @ VTGrandpa.com

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