

# The Fairfax News

May 2011



A publication by the people of Fairfax



Volume 34, Issue 2

## HENRY RAYMOND'S COVER PHOTO



Each year on Holy Thursday, St. Luke's holds its annual pot luck supper at 6:30 p.m. prior to the Holy Thursday Service which begins at 8:00 p.m. The photo shown here was taken on April 9, 2009 as everyone enjoyed a variety of dishes and had an opportunity to chat with other parishioners. The Holy Thursday Service includes the washing of feet of twelve parishioners by the priest & deacon and after the 8:00 p.m. Mass, there is a "Watch Hour" which lasts until midnight. Parishioners volunteer through a sign up sheet to insure someone is there until midnight, just as the apostles were asked to watch and pray with Jesus on this long dark night.

## NEWS IN BRIEF

### Voting Results

Both the BFA Fairfax School budget and the Town of Fairfax budget passed easily at Town Meeting. The school budget passed 373-248 and the town budget passed 458-155.

Bob Horr was re-elected to the Selectboard and Chris Santee was elected to the three year position. Elaine Carpenter was re-elected to the School Board and Rachelle Howard was elected to the two year position. Elizabeth Griffin was elected to the Library Trustee position and James Minor was elected to the Cemetery Commissioner position.

An Article to purchase 9.9 acres of land was defeated 316-296. Read below for more on this.

### Land Purchase

After a close vote on the proposed Land Purchase for Fairfax, the Selectboard posted a survey on VTGrandpa.com and provided a link on FranklinOne.com.

Responses varied as to the reason for a "No" vote with "not enough information" being a common response, so the Selectboard has formed a Steering Committee to explore providing more information on the parcel and identifying any other potential land available in the Growth Center of Fairfax. If you are interested in joining the committee, please call Stacy Wells at 849-6111, ext 7.

Parcels have been walked on Huntville Road, on School Street, behind Fisherman's Pond, on Buck

NEWS IN BRIEF  
Continued on page 4

COMING NEXT  
MONTH

Graduation

## School Board News

BY ELAINE CARPENTER, CHAIR

The Fairfax School Board met in March to reorganize after Town Meeting. We are welcoming Rachelle Howard, who previously served on the board, back for a 2-year term. I was elected by the board to serve as chair and will be taking over from Peg Stewart who has served in this position for many years. She will be helping me learn this new role – thank you, Peg!

The school budget passed at Town Meeting. We were able to meet the legislative Challenge for Change and reduce our budget by \$137,376 for the next school year. We feel that by creatively looking at how we deliver educational services, we have been able to improve how we educate our students as well as offer more learning opportunities. Having met the Challenge, we were able to hold our share of the federal Education Jobs dollars, \$140,390, to put towards our budget for the following year. We are doing our part to help keep your tax rate lower.

As school board members we have been elected to represent you in the oversight and governance of the school. We will work to define the vision and mission of our school, establish policy by which the school is governed, assess student learning and engage the community in this process. It is our responsibility to gather information and make decisions that we feel are in the best interest of ALL students.

Fairfax is a community that is very supportive of its school. To those of you who volunteer, attend school events, cheer on our student teams and ensure that children are arriving at school ready to learn, thank you.

FranklinOne.com

Read  
The Fairfax News  
online daily at  
FranklinOne.com.

## Peg Stewart Steps Down

BY CHRIS SANTEE

Small communities are held together by strong local leadership and for the past seven years, this town and the School Board at Bellows Free Academy Fairfax has been extremely fortunate to have Peg Stewart's steady hands at the helm as Chairperson.

Peg, with her wisdom and experience, will remain on the board, but has stepped down as Chair.

After making the announcement at the first meeting after the elections, Elaine Carpenter was elected as the new Chair and you can read her School Board News in column 2.

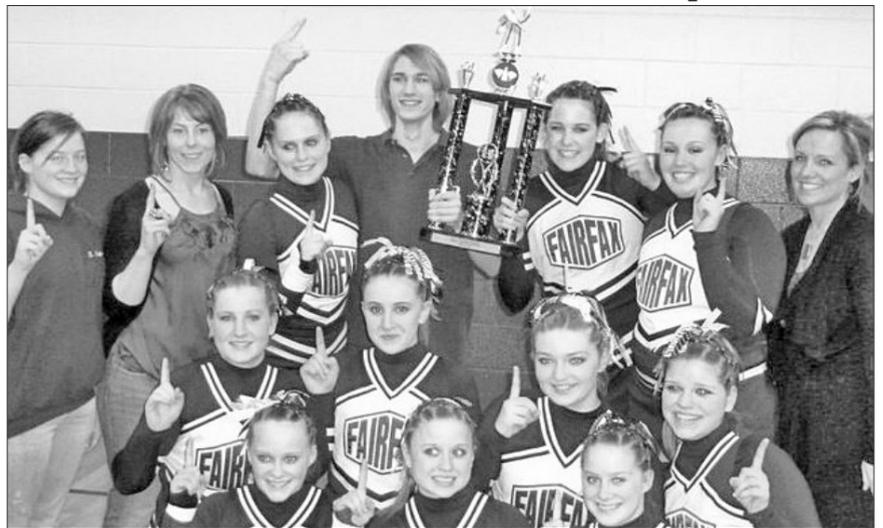
Thank you, Peg Stewart, for all your service to our small community.

As well as remaining on the school board, Peg is also on the committee studying the possibility of merging B.F.A. Fairfax with Fletcher Elementary, which meets every other Wednesday, alternating between the two schools. The committee will continue the study through the summer and have some news next fall.

Check [www.fwsu.org](http://www.fwsu.org) for more on the merger.

The Bellows Free Academy Fairfax school board meets on the second Tuesday of the month in the Fairfax Community Library at 6:30 pm and the meetings are open to the public.

## Vermont D2 State Champions



### 2011 B.F.A. Fairfax Cheerleaders

Front Row L to R: Hunter Mossey, Marissa Langley, Shelby Mossey, 2nd Row L to R Kelsie Irish, Kiley Ashley, Chelsea Adams, Alyssa Miller, Top Row L to R Team Manager Taylor Mossey, Coach Tia Rooney, Marissa Carey, Mike Hebert, Josie Thibault, Lexi Combs and Coach Coach Jody Brouillette.

On behalf of the entire BFA Fairfax cheerleading team we would like to thank the following patrons whose donations made possible our trip to the New England Regional Cheer Competition in Providence R.I.

Ann and Thomas Kinley, Elaine Delorme, Barbara and Todd Hebert, Dale Bellows, Jeannette and Timothy Wills, Wendy Gabaree, Patti and Michael Smith, Sharon and Richard Covell, Jean Branch and David Garcia, John David Woodley, Karen and Stuart Combs, Lynn Gillilan, Tammy and Christopher Langlois, Eileen Waters, Mary and Paul Dupre, Karen Hebert, Carol and Neil Weatheron, Tim Collins, Brenda Bar-koumb and Larry Irish, Frank Smith, Janet and Bob Mazzola, Joe McSoley, Sheila McKay, Bailey Lamphere

Linda Carey, Palmer Hunt, Pam Farmer, Mary Spaulding, Andria Mc-

Donald, Judy Stewart, Ms. Duffy, Jean Anne Branch, Kelli and Todd Langlois, Kay and Dan Covell, Andria Neuland, Ross's Auto, Trish McMahn, Kathy Mayville, J & L Hardware, Wirenuts Contracting, Twilight Construction, Fairfax Pharmacy, A.W. Rich Funeral Home, Fairfax Perennial Farm, Gallagher, Flynn & Company, LLP, Rainville's Collision & Repair, Minors Country Store, Georgia Auto Parts, FranklinOne.com and the Fairfax News.

A special thank you to Steeple Market for providing lunch, Eastman's Bakery for the delicious cookies, and Nan's for the drinks, as well as the Patriots cheerleading fund, Mrs. Brown for making the trip happen, and the countless individuals who donated in our collection cans and took a chance on the coffee maker raffle.

Postmaster, Please Mail To:

# LETTERS TO THE EDITOR

Dear Fairfax,

Vermont Yankee owner Entergy of Louisiana has filed suit against the State of Vermont to keep the Vernon, Vermont nuclear plant running past its closing date. Some questioned the state's authority when Vermont's legislature passed the shutdown bill and now, Entergy is asking the court to decide.

As a supporter of nuclear power, part of me hopes Entergy wins and my electric bill will stay low, but as a proud Vermonter, I'm not happy with the court deciding the power of the Vermont legislature and part of me hopes Vermont wins.

Whatever your position, this should prove to be an interesting argument.

Take care and God bless,

*Chris Santee*

## Skunks

BY RANDY DEVINE

'Tis the season when these critters are waking up from a winter's nap. The chances that your canine will have an encounter with these wildlife kitty's have just increased.

Skunks generally mind their own business, however, when they feel threatened, they will not hesitate to use their defensive system. Your domestic pet may be a recipient of a skunk spray and I have just the solution.

Myth is that tomato juice works for just that—well, I would rather drink the tomato juice, or better yet, how about a Bloody Mary? I've tried the tomato juice wash and haven't found much success. During my time as constable for the Town of Fairfax, I have had to decapitate skunks that were suspected of being infected with rabies and submit the head to the Vermont

Department of Health for rabies analysis. Dr. Bob Johnson, State Veterinarian gave me this solution to neutralize the skunk spray and it works great. Here it is:

1 Quart Hydrogen Peroxide, 1/4 Cup Baking Soda, 1 Teaspoon of liquid dish detergent. Mix together and apply with a sponger brush and rinse. Be careful around your pets' eyes. I mix a double batch to assure I have enough to do the job. Latex, or rubber, gloves are essential for this procedure.

Your pet will soon be huggable and be allowed back in the house.

Cut this solution out and post on your refridgerator, because, you never know.

## Shape Poems

BY BEA FAIRFAX 3RD GRADERS

### Square

A square is my house that I sleep in at night.

A square is a stool that my brother and sister stand on.

A square is the window that I look out of.

A square is a sink I wash my hands in.

A square is a peace of paper I draw on.

A square is a gift I got.

A square is a fan that is in my room.

I draw squares.

Noah B

### Circle

Circles are like a basketball hoop that I play basketball with

A smiley face is a circle that I use when I am happy

POEMS Continued on page 6

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**The Fairfax News**

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**Business Change Announcement**

Spring is here and John Workman is now with Century 21 Advantage at 1993 Williston Road in South Burlington, Vermont and can be reached at 802-862-6433, extension 68.

## United Church News

Easter Sunday Sunrise Service will be at 6:00 am on April 24th and held at the Bellows Farm overlooking the mountain with the regular Easter Service to be held at 9:45 am.

Reverend Mahany may be contacted at 393-3210. For more information call 849-6333.

## St. Luke News

Holy Thursday, April 21st, Potluck Dinner at 6:30 pm with Mass following at 8:00 pm.

Good Friday, April 22nd, Service at 3:00 pm, Stations of the Cross at 7:00 pm.

Holy Saturday, April 23rd, Easter Vigil at 8:00 pm.

Easter Sunday, April 24th, Mass at 8:30 am and 11:00 am.

## Rummage Sale

Friday, May 6 from 3:00 to 7:00 pm and Saturday, May 7 from 9:00 am to 2:00 pm (bag sale) at the Baptist Building on Main Street in Fairfax.

Clothes, books, toys and white elephant. Benefit of the Ladies of the United Church in Fairfax.

For more information, call 849-6313.

## Doo Wop Hop

Fairfax Community Theatre Company presents Doo Wop Hop — community dance.

Dust off your poodle skirts and blue suede shoes for an evening of dancing, refreshments, contests, raffle, children's activities.

Saturday May 7 from 6:00 to 9:00 pm at Bellows Free Academy Fairfax.

Tickets at the door: \$10 per person, 2 for \$15, families (3 or more) \$20, seniors & students \$8, children under age 5 are free.

For information call 324-5637 or visit online [www.fctcv.org](http://www.fctcv.org).

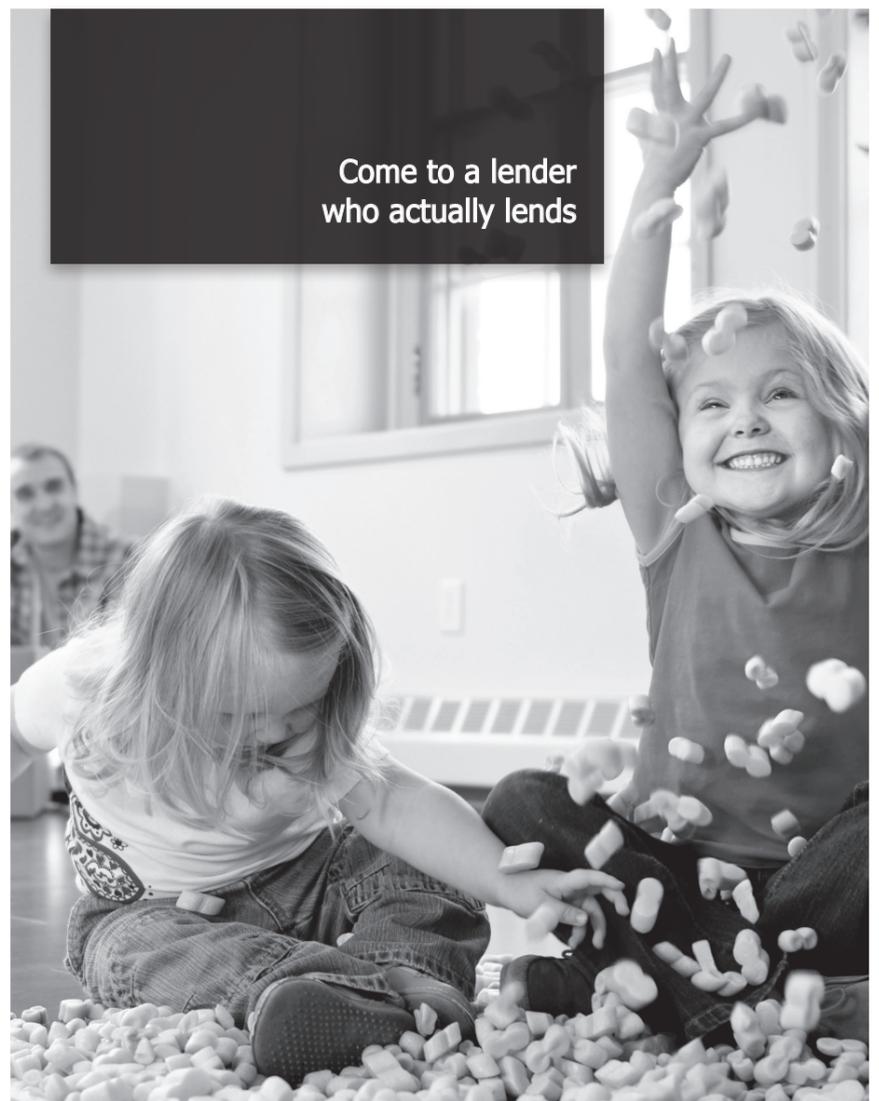
## CFC, Inc.

Citizens for Fairfax Community, Inc. will hold their next meeting on Wednesday, April 20th at the Hunziker home at 234 Rxiver Road in Fairfax. Call 849-6561 for more information.



## Eat Italian!

There will be an Italian Home Cooked Dinner benefit in the Georgia Middle School gymnasium on April 22nd at 6:00 pm to help the Combs family with their loss in the March 21st B&B fire. \$10 per person, \$5 per child (12 and under) and great raffle prizes. Doors open at 5:30 pm.



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- Shur Fine Mayonnaise 30 oz jar .....\$1.99
- Shur Fine Salad Dressing — 30 oz jar .....\$1.99
- Dole Pineapple Juice — 46 oz can .....\$1.89
- Old Orchard cran apple or apple kiwi juice cocktails — 64oz .....\$1.79
- Shur Fine Fudge Mint Squares — 9.4 oz .....\$1.79
- Uncle Ben's Ready Rice -8.5 oz — all varieties .....\$1.79
- Snow's Clam Chowder or Corn Chowder —15 oz cans .....\$1.49
- Shur Fine Facial Tissues — 160 ct .....\$1.09
- Friskies canned cat food - 5.5 oz — all varieties ..... 2/\$1
- Shur Fine 16 oz Elbow Macaroni .....99¢
- Cup o' Noodles soups — 2.25 oz ..... 2/ 89¢
- Shur Fine Pork & Beans — 15.5 oz can .....79¢

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  - Land o' Lakes Margarine - quarters ....16 oz ..... \$1.79
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**NEWS IN BRIEF**

*Continued from page 1*

Hollow Road and across Main Street near Nan's along with a couple parcels currently owned by Larry and Barb Young. One local developer has offered to donate two acres and this is being explored.

Watch FranklinOne.com for more.

**Sidewalks & Streetlamps**

The Town of Fairfax has received access to federal grant money (stimulus) to study the feasibility of new sidewalks from Hunt Street to Nan's Mobil and to study streetlamp replacement.

Two lightly attended Public Meetings have been held on the sidewalks with the environmental and geological firm KAS of Williston and at least five options have been discussed, from doing nothing at no cost, to sidewalks on both sides of Main Street with parking and green areas for roughly two million dollars.

Erik Sandblom, of KAS, can be reached by e-mail at eriks@kas-consulting.com or by calling 383-0486 and he's looking for input from Fairfax residents on the design. More information is also available at the Fairfax Town Office.

On Main Street and Fletcher Road, Fairfax has about 18 out-dated and ineffective streetlamps and spends about \$600 per month on electricity.

New lighting could increase safety, help fight crime and save money. The public is encouraged to attend upcoming meetings to provide input, or to attend a Selectboard meeting on the first three Mondays of the month at 6:30pm at the Town Office. More on these stories will be available on FranklinOne.com.

**Flooding in Fairfax**

The wild and whacky weather switched from snow to rain with the warmer temperatures and coupled with the melting snow, the Lamoille River began rising recently.

Downstream in Milton, a tragic boating accident claimed one life at the dam on Lake Arrowhead.

**NEWS IN BRIEF**  
*Continued on page 7*



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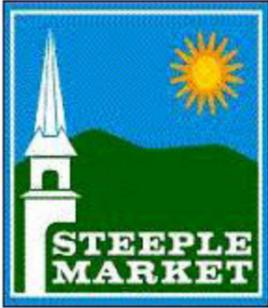
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**POEMS Continued from page 2**

Circles are like dots that are on shirts

The number zero is a circle that I see when I write numbers

Circles are like a sticker that I get when I answer something right

A peace sign is a circle that is on my shirt

Circles are like erasers that I use when I mess something up

These are all circles circle is my favorite shape I love circles.

*Gwen*

**Circle**

A circle is like a ball that I play with.

A circle is like the sun in the sky.

A circle is like a clock on the wall.

A circle is like a fan that keeps me cool on a hot summer day.

A circle is like a basketball going into a basketball hoop on a summer day.

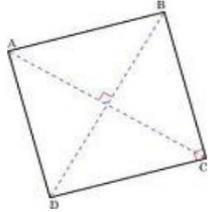
A circle is like a peace sign on my head.

*Jeffrey*

**Square**

A square is like a book that I read

A square is a printed picture that I took



A square is like a chart that we use in school

A square is like a mirror that I see myself in

A square is like a piece of bread that I use for my sandwich

A square is like a window that I look out of

And a square is like a tissue box that I grab a tissue out of to blow my nose

I love Squares

*Chloe*

**Sphere**

A sphere like my head on me

A sphere is like a circle on the floor that is in the kitchen

A sphere is like baseball flying at you

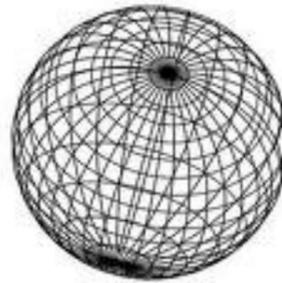
A sphere is like scooped ice cream in a cone

A sphere is like the sun in the sky

A sphere is like the globe spinning in the class

A sphere is like the moon in outer space

I love spheres



**At the Library**

The Fairfax Community Library located on Bellows Free Academy Fairfax serves the whole community and the new Town Librarian is Debbie Landauer. The library's phone number is 849-2420 and the Debbie's e-mail is fairfaxlibrarian@gmail.com.

There is a summer student position available at the library and they are accepting applications until April 27th for a 20 hour per week library assistant position. Stop by the Fairfax Community Library or BFA guidance office for an application.

The position runs from approximately June 20 through August 26. The days/hours will be determined by the student and the town librarian. The pay is VT minimum wage (\$8.15/hour). You must have completed your sophomore year to apply. BFA students and local homeschoolers encouraged to apply. Interviews will be held in early May.

**For Homeschoolers**

Come discuss having a monthly "Homeschoolers' Afternoon" at the Fairfax Library. What would you like to see? Please come and bring your ideas. Homeschoolers' Brainstorming Meeting: Wednesday, May 4th; 3:30 - 4:30 pm at the library.

**Library Hours**

School Year Library Hours: Mondays and Wednesdays from 8:00 am to 5:30 pm, Tuesday and Thursdays from 8:00 am to 8:00 pm, Fridays from 8:00 am to 3:15 pm and Saturdays from 9:00 am to 1:00 pm. Friday 8:00-3:15; Saturday 9:00-1:00.

*At the Library Continued on page 8*

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**NEWS IN BRIEF**

*Continued from page 4*

In Fairfax, waters rose above River Road, Goose Pond Road and at the end of Hunt Street, closing sections of the three roads.

Drier weather over the past few days has relieved the flooding problems, but please, exercise caution near the Lamoille.

**Country Pantry Diner Opening Soon**

General Manager Keith Neil says new owner Lisa Middleton, of Fairfax, is stressing "Community First" as they prepare for their opening of the Country Pantry Diner.

While they don't want to mimic the former establishment, they have heard the customers wishes (including those posted here) and they're bringing back the home-cooking menu of the restaurant that was so popular in the past along with their own flare.

Keith expects the restaurant to open during the first week of May and be fully operational by Mother's Day. You'll see familiar faces serving your food, but the chef will be Terry Salls,

**NEWS IN BRIEF**  
*Continued on page 8*

**Big Truck Day**

Saturday, April 23rd from 10:00 am-12:00 pm at the BFA Fairfax Elementary Parking Lot. Children will have the opportunity to see and explore various "big trucks" (i.e. farm, military, and construction vehicles). Come check out a hot air balloon! There will be a truck parade at 12:15 pm.

**Grilled Chicken Barbecue**

Lamoille Lodge #6 will be hosting a Grilled Chicken Barbecue at the Baptist Building on Saturday, June 25th from 5:00 pm-7:00 pm.

Children 12 and under are \$8. Adult advanced tickets are \$10, \$12 the day of the BBQ.

Email [hinton@surfglobal.net](mailto:hinton@surfglobal.net) for tickets or contact your friendly neighborhood Freemason.



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**NEWS IN BRIEF**

*Continued from page 7*

with ten years experience at the Wayside in Berlin, Vermont.

There will be chickens and turkeys roasting for real meals with home-made gravy. The deck will be open for summer dining with more comfortable seating arrangements. They have heard the requests for booths and they should be coming, in time.

Perhaps, most importantly, the new management will have their ears open for input as they put the "Community First".

**Crime Reports**

On April 6th, there was a burglary on Main Street in Fairfax at the Poulin residence. Two small trailers were parked in their driveway on the night of the burglary. One trailer had the door hinges cut off and was entered; the other trailer had evidence of attempted forced entry, however this trailer was not broken in to. Poulin advised a Bostitch power tool, a sawzall, a toolbox, and several smaller tools were taken from the trailer.

On April 13th and 14th there were reports of packages being stolen after they had been delivered by the Post

Office to residences in Fletcher and Fairfield.

Anyone with any information is asked to call the Vermont State Police at 524-5993.

Franklin County Sheriff's Department responded to dozens of calls in Fairfax over the past month, including several regarding suspicious activity. The Covered Bridge over Mill Brook in Fairfax has been the scene of vandalism and speeding recently.

Anyone with any information is asked to call the Franklin County Sheriff's Department at 524-2121.

Homes and vehicles should be locked up in today's world, even in Fairfax. Keep an eye on FranklinOne.com for Breaking News of police reports and more.

Thanks to all those in the law enforcement community.



**At the Library**

*Continued from page 6*

Summer Library hours: Mondays, Wednesdays, and Fridays from 10:00 am to 5:30 pm, Tuesdays and Thursdays from 9:00 am to 8:00 pm and Saturdays from 9:00 am to 1:00 pm.

**New Assistant**

The library is pleased to welcome our new program coordinator and library assistant, Chantal Marklinski, who starts her tenure here on April 25. Chantal recently graduated from McGill University with an MLIS (Masters of Library and Information Science degree) degree, and resides in Underhill.

**Book Group**

The monthly book group will be reading *Funny in Farsi* by Firoozeh Dumas for the June book. This fall, we will be reading a series called "Gastronomy: Novels about Food and Culture" through the VT Humanities Council. The four mouth-watering novels highlight how what we eat is closely aligned to who we are. Call or email the library if you'd like to join in for June or in the fall. The book group meets the second Thursday of the month from 6:30-8:00 pm.

**At the Library**  
*Continued on page 9*

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The 18th Annual LCI Evinrude All-Season Fishing Tournament presented by Apple Island Resort and Marina returns in 2011 for another season of big fish and happy, dedicated Lake Champlain anglers.

The All-Season Tournament, starting May 1st and ending September 30th, features ten species within three divisions which include the most sought-after fish that Lake Champlain offers: steelhead trout, landlocked Atlantic salmon, brown trout, lake trout, smallmouth and largemouth bass, northern pike, catfish, walleye, and new for 2011, bowfin. Divisions include warm water, cool water, and cold water species.

Monthly merchandise prizes are awarded to the registered angler who enters one fish from any of the eligible fish species for that month which amasses the highest number of points

**At the Library**  
Continued from page 8

### Home Delivery

New! Home Delivery from the Library.

If you or someone you know is unable to get to the library, due to illness, injury or disability, we would like to bring books to you! We have a dedicated volunteer who will pick up your books from the library, bring them to you, and take them back when you are finished.

Whether your need is short term or long term, give the library a call at 849-2420 to set up your delivery. If you are not a current library patron we will be happy to sign you up for a card. (There is no library card fee for Fairfax residents or any non-resident over 65.)

for its respective division. Each eligible species is given a point scale with which total derby prize points are determined by multiplying the weight of the fish by the appropriate points for that fish species. At the tournament's end, a cash-prize pool based on the number of entries in the tournament, which exceeded 1,100 anglers in the 2010 Tournament, is distributed to the 15 monthly winners based on their overall derby points.

With 11 All-Season weigh stations strategically located around Lake Champlain in Vermont and New York, anglers are always close to a weigh station to weigh in their catch. Combined with a low entry fee of \$40, a reciprocal license, and the monthly and overall cash and prizes, the All-Season Tournament is an accessible, fun, and exciting opportunity for families, friends, and individuals to get outside and go fishing.

Anglers who register for both the All-Season Tournament and the 30th Annual Father's Day Derby presented by Yamaha this year may have their fish entered into both contests simultaneously. More than \$700,000 in cash is up for grabs in the Father's Day Derby presented by Yamaha and more than \$10,000 from the LCI Evinrude All-Season Tournament presented by Apple Island Resort and Marina. New for 2011, anglers whose registered fish matches the surprise species and weight of the Surprise 30th Birthday Cash option could end up bringing home up to \$600,000, including ten \$30,000 species chances and one \$300,000 fish!

The LCI All-Season Tournament is supported by Evinrude, Apple Island Resort and Marina, and Bert's Custom Tackle.

For more information visit [www.lciderby.com](http://www.lciderby.com) or call 802.879.3466, 24 hours a day, 7 days a week.

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- 1 teaspoon sea salt
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- ¼ cup honey
- ¼ cup all natural peanut butter
- ¼ cup brown sugar
- 1 cup dried cranberries (or other dried fruit)

Preheat the oven to 325F. Line a rimmed baking dish with parchment paper (if you want loose granola you can use a regular baking sheet, rims aren't needed).

Combine the oats, coconut, seeds and nuts and spread evenly on the baking sheet and toast in oven for 15 minutes. After the dry ingredients have been toasting for about 10 minutes begin to make the granola glaze.

Combine honey, peanut butter, brown sugar, salt, cinnamon and vanilla in a sauce pan over medium-low heat, stirring to dissolve the sugar.

When the oat mixture has done toasting, transfer the mix to a large bowl and combine this with the wet glaze and stir really well. Spread the mixture into a square pan and smash into the pan really well using the back of a wooden spoon. This step is important because your granola bars will fall apart if you don't press it well enough in the pan before you bake.

Bake the granola bars for about 30 minutes. Check on the granola after about 20 minutes to see if it's browning. When done take it out, let it cool for a few minutes and cut into 1 inch squares or whatever shape you want. Enjoy!

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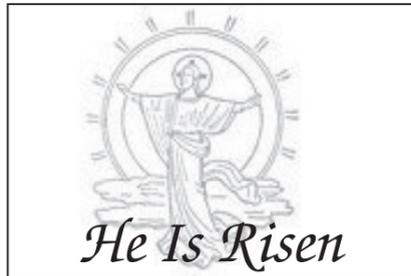
**SOME TODDLERS AND INFANTS MAY NOT BE GETTING ENOUGH IRON.** Iron deficiency can lead to developmental problems even if no anemia is present. Babies delivered at term have a four month iron store and after that must then get their iron from food or supplements. Formula fed babies get enough from diet while breast fed babies need supplements until they get enough in iron rich foods at about six months. Cow's milk may inhibit absorption of iron and should be avoided until one year of age. Because they grow so fast, premature infants need iron supplements for the first year. The correct dose should be discussed with a pediatrician.

**A RECENT RECALL OF HYLAND'S TEETHING TABLETS,** a homeopathic remedy, has concerned people that rely on homeopathic products for relief. Most homeopathic products are so dilute that they contain very little active ingredient. However, the teething tablets recalled contained enough belladonna to cause toxicity in infants. A product can be sold a homeopathic if the ingredients are listed in the Homeopathic Pharmacopoeia of the United States even if they are not super diluted. There have been reports of allergic reactions as well as arsenic, mercury and zinc toxicity associated with homeopathic remedies. Please be sure to read the label and ask your pharmacist if you have questions.

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**THE INSTITUTE OF MEDICINE HAS RECENTLY RECOMMENDED NEW GUIDELINES FOR VITAMIN D AND CALCI-**

**UM.** The vitamin D RDA has been raised to 600 IU for people up to 70 years and 800 IU over that. This is only the amount needed to prevent rickets and osteomalacia. Higher amounts are associated with reduced risk of cancer, autoimmune disorders, heart disease and falls and are safe doses. Kids should get about 600 IU per day and adults from 800 to 2000 IU per day. The RDA for calcium has been lowered to 1300 mg for kids, 1000 mg for women to 50 years and men to 70 years. Older adults should get 1200mg per day. Patients should not go over 2000 mg per day as this might increase the risk of kidney stones and perhaps heart attacks.



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