

# The Fairfax News

November 2009

★ A publication by the people of Fairfax

★ Volume 32, Issue 11

## NEWS BRIEFS

### In Passing

Fairfax suffered two losses in October, both were loved tremendously and both were too young. Our thoughts and prayers go out to the families.

### Swine Flu Shots

On Monday, November 23rd, the Vermont Department of Health will administer H1N1 vaccinations at BFA Fairfax for students and staff.

### Bishop Matano

For those of you that attend St. Luke's, Bishop Matano will be in town for the Feast of Christ The King to celebrate the 11 a.m. Mass. He was last here in January 2006 and many of you got to meet him then. There will be a reception after Mass down stairs for all of you to meet him if you wish.

### Steeple Opens

It was worth the wait! Steeple Market re-opened on November 12th, 2009 after being destroyed by fire last Christmas Eve.

### Pill Board

One thing I'm thankful for is Pharmacist Rick Hogle at the Fairfax Pharmacy, but it's Customer Appreciation time and he's thankful for you.

Check out Rick's article on the back page and stop on down for Customer Appreciation Days are December 4th and 5th.

### Cram the Complex

From now until December 4th, BFA Fairfax will be collecting canned goods to bust a bus full of food going to Cram the Complex at BFA St. Albans' Collins Perley Sports Complex.

### FranklinOne.com

Breaking Fairfax News is available online at FranklinOne.com and VTGrandpa.com

Special thanks to our troops around the world. We're praying for you and we support you.

## COMING NEXT MONTH



## Thanks to BFA Fairfax Athletes

BY CHRIS SANTEE

Winter sports have begun at Bellows Free Academy Fairfax, but before we get into basketball, there are some who deserve credit and thanks for their fall performances.

In a small town in a rural state one might not expect to find many outstanding athletes and while the standouts may be limited, the teams that are competing at Bellows Free Academy Fairfax are outstanding.

The BFA girls soccer team finished the regular season as undefeated Mountain Division Champions.

The Lady Bullets varsity team dominated their opposition once again this year, outscoring them 74-9. Fans surrounded the field on Hunt Street, cheering in all kinds of weather, including a brief monsoon.

The Fairfax girls compiled a 15-0-1 record before running into their nemesis, Peoples Academy and losing their first game of the year in the semi-finals of the playoffs.

**ATHLETES**  
Continued on page 6

## HENRY RAYMOND'S COVER PHOTO



In the late afternoon on November 12, 2009, The Steeple Market opened for business. This was a long awaited event and word spread rapidly. I took a number of photos and this photo shows the check out employees working that evening with their General Manager Rob Mahoney.

Shown left to right: Wanda Tatro, Tammy Larocque, General Manager Rob Mahoney, Mary Barrett, Hillary LeClair & Chrissy LeClair.

## Our Changing Schools

BY BFA PRINCIPAL MICHAEL CLARK

This fall we began looking at the best way to use the old industrial arts space. A school committee was formed in September and received input from students and some community members. After exploring several possibilities for the space, the committee is ready to move to the next stage of planning. The first step is to present the committee's draft plan to the community and provide an opportunity for input about the plan.

### The Background

Two years ago when the long time industrial arts teacher retired, the position was advertised. The hiring committee at time did everything it could to fill the position. However, no suitable candidates were available to be hired. Last year when the budget was very tight (and there were still no suitable candidates), the funding for the industrial arts position was removed from the budget. After contacting the Vermont Department of Education this year, I discovered that there are only 125 licensed industrial arts teachers in the state of Vermont. To put this into perspective, there are over 290 school districts, 67 high schools and 21 regional technical education centers in Vermont.

The industrial arts classes offered students opportunities to learn in a hands on way and allowed them to see the results of their work right away. Learning in this way is very important for some students; our challenge as a school is to ensure that students with this type of learning style have opportunities to learn this way in all of their classes. The industrial arts classes also provided opportunities for students to use power tools

and to develop skills and confidence with them. We may need to redesign some classes so that students can still access the small hand held power tools to develop these skills and confidence. Perhaps we may do this with an algebra only Action Physics class.

Last spring and summer I began talking with the VT Woodworking School (which is only 4 miles down the road from school) about ways students who are really interested in developing woodworking skills can access their programs. One thought is that the VT Wood Working School might be able to come to the high school and teach a short workshop (a couple of days) about wood inlay to all Art 1 students. I need to continue these conversations and work with the VT Woodworking School ensure that our students have access to these kinds of classes.

**CHANGING SCHOOLS**  
Continued on page 6

Fairfax  
Interfaith  
Service  
United Church  
November 22nd  
7:00 pm

Postmaster, Please Mail To:

## Five Fatalities

Vermont State highways have suffered five fatal motor vehicle collisions for the month of November. Speed appears to be the result in four of the five collisions. Among the November fatal collisions, speed has been a contributing factor in the majority of the fatal collisions this year. In over half of those collisions, the occupants were unrestrained.

With the upcoming holidays and potential bad weather, we encourage drivers to slow down, stay focused on the highway, buckle up, and as always, never operate a motor vehicle while impaired.

The Vermont State Police will continue to aggressively enforce motor vehicle laws to ensure the safety of our citizens and visitors traveling along Vermont highways. Highway safety is everyone's responsibility. Please do your part in keeping our highways safe.

Happy Thanksgiving!



# LETTERS TO THE EDITOR

Dear Fairfax,

Happy Thanksgiving!

I've got a lot to be thankful for this year. I bet you do too.

We live everyday in a beautiful town where tourists drive hours to enjoy for a moment. We have trees, woods, forests and foliage. On a trip to the store we pass streams, brooks, rivers and waterfalls. We see deer, turkeys, geese, moose, ducks and an eagle. We live in a wonderland that we should not take for granted.

We have a great school system with a fine local government featuring outstanding emergency services and a road crew that is second to none.

Most of all, we have each other. There are no people I would rather call neighbor than the people of Fairfax.

I've got a lot to be thankful for this year. I bet you do too.

Take care and God bless,

*Chris Santee*

Happy Thanksgiving!



## The Fairfax News

The Fairfax News and FranklinOne.com are owned and operated by TwoKidsToys.com GWBD

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### Correction

The new ambulance for Fairfax Rescue Squad came from Ohio, not Indiana as last month's article stated.

### Barn Grants

In August, there was an announcement of \$161,000 in historic barn grants for 19 farms "to help preserve their barns for future generations". As I looked at the criteria, I had a lot of questions about the awards. I wrote several Franklin county legislators about my concerns and raised several questions. I got two returns. I want to thank Carolyn Branagan and Gary Gilbert for their replies. They not only answered my questions but provided me with a lot of information about the program and, more importantly, prompted them to raise some question about the outlay of taxpayers' money for projects such as these.

Thank you, Carolyn and Gary.

*Bernard J. Keefe, Jr.*

### Thanks to the Masons

Mildred Warren would like to thank the four members of the Masons showed up and did a lot of work for her around the house. The four were Wayne Sweet, John Schraven, Cory Hinton and Thom Smith. They did a great job for her and she wants to make sure they all know how grateful she is.

### Deer Editor,

Youth Season locally has been astounding. You should see all the photos at Fletcher General. Deer, bear, moose, turkey. What a harvest! Lotsa BFA and Fletcher kids afield that obviously hunt and shoot well. Top shelf!!! I always want to celebrate the success and participation of Vermont's Youth and Conservation. These kid's are exceptional ones connected by a common strand of culture, adventure, community, food, and active stewardship of our environment.

Wish they could be recognized in respective communities as an important team of sorts. For many, it's a life long endeavor. Not just a couple of varsity sports glory years which I find arguably shallow and fleeting. Accept for the select few athletes that all our time and resources develop. Participation and the outdoors is far more lasting and ac-



Front L to R: Gary Gilbert receiving check from Hudson Elledge. Back: Carolyn Brannigan, Emily Johnson, Tyler King, Ben Bosland and Aaron Minor, from Minor's Country Store.

BFA Fairfax's sixth grade had a raffle with the prize being a \$100 certificate from Minor's Country Store. The check is for \$500 to be given to Operation Holiday Homecoming, an effort to bring home VT soldiers for Christmas.

PHOTO BY MIKE CAIN

cessible. It has great, positive impacts over time to our immediate economy and to our natural world. And to our children's character.

I hope my son shoots more birds like pictured and "Whips" few birds if you know what I mean? I'm sorry, but I see few programs for youth that can develop and prepare kids as well. BFA Fairfax has won some state championships with its starters who are also avid hunters. Now that's success on the field and afield.

I salute our youth hunters. They are big winners the moment they enroll in hunter education.

*Tom Schmidt*



### Operation Holiday Homecoming

Many from our legislative district called me concerning financing Christmas week home visits for 700 Vermont National Guard soldiers now in training and scheduled to be deployed in early January. Many of you are aware that the soldiers who are soon to be deployed to Afghanistan will be given a week off from training at Christmas but are on their own to find a ride back to Vermont. Senator Shumlin is organizing a non-partisan effort to raise money to pay transportation costs for Vermont National Guard soldiers to return home for Christmas leave. 'Operation Holiday Homecoming' will be administered by the Vermont National Guard Charitable Foundation, Inc. and is being supported by many Vermonters, including several legislators from Montpelier. The Vermont National Guard Charitable Foundation, Inc. is a 501 (c) (3) non-profit organization. Contributions are tax deductible. Make a check out to Vermont National Guard Charitable Foundation, Inc. Be sure to write Operation Holiday Homecoming in the memo space. Mail it to: Operation Holiday Homecoming, PO Box 683, Essex Junction, Vermont 05453. Credit card donations may be made at [www.supportvermontguard.org](http://www.supportvermontguard.org).

*Rep. Carolyn Branagan*

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# COMMUNITY EVENTS

## Christmas Concert

On Sunday, December 6th, get your family together and come enjoy the Fairfax Fletcher Westford Band for the annual Christmas Concert at 3:00 pm in the high school gymnasium at Bellows Free Academy Fairfax.

Refreshments will be provided by Minor's Country Store for the FREE event.

Santa may drop in also, he has many times in the past.

Come join a Fairfax tradition and bring your camera.

If you'd be interested in joining the band, please call 849-6760 or 849-9856.

## Tree Lighting

On Saturday, December 12th, come enjoy the second annual Fairfax Tree Lighting from 4:00 to 6:00 pm. There will be hot chocolate and cookies and ornaments are available for \$5 to hang on the tree (benefits Fairfax Food Shelf).

Santa will be onhand and there will be sleigh rides again this year.

Call Ann at 849-6605 for ornaments or more information.

## Alumni Hoops

The Bellows Free Academy Fairfax Alumni Association will be holding it's annual Alumni Basketball game fundraiser on January 9th at 7:00 p.m. in the high school gymnasium.

\$5.00 to play or watch. There will be raffles and prizes. If you'd like to play, girls contact Cheryl Veren at 849-2898, boys contact Mark Irish at 849-2336. All proceeds will go to the Alumni Scholarship fund.

## At the Library

Covered Bridge note cards are available at the Community Library at Bellows Free Academy Fairfax. Perfect for the holidays.

On December 3rd at 6:00 pm, there will be a Bees Wax Candle-Making Class instructed by Annette Hanson.

The cost is \$16; take home eight ornaments, one pair of candles, and a large two color candle.

Must pre-register and pay by November 25th.

On December 8th at 5:30 pm, an Investment Fraud workshop will be held. The FINRA Foundation, a non-profit organization will host this program on how to avoid fraud when making financial decisions and investments. Learn how to reduce your risk of becoming a victim and how to iden-

tify scams by using resources available to us. This workshop is especially important to seniors who tend to be the target of many of these scams.

## Franklin County Republican

Christmas Holiday Dinner  
The Abbey  
Saturday, December 5th  
Music by Armand and Gianna Messier  
527-7332 or 868-2334

## Georgia Market Online

Shur Fine 18 oz Quick Oatmeal \$1.29; Shur Fine 10 oz hot cocoa packets \$1.29; Bertoli 24 oz pasta sauces, all varieties, 2 /\$5.00; Velveta shells & cheese 12 oz box \$2.49; Shur Fine 16 oz fancy pumpkin, a Holiday favorite 99¢; Stove Top dressings, 6 oz, all varieties \$1.69; Green Mountain whole bean or ground coffee, all varieties, everyday price \$6.99; Shur Fine 250 ct napkins \$1.79.

**Dairy:** Booth Brothers 2% gallon milk, everyday priced, \$2.79; Shur Fine 1/2 gallon milk, all varieties, everyday priced \$1.69; Hood 1/2 gallon orange juice, from concentrate, everyday priced \$1.99.

**Frozen:** Shur Fine self-rising pizzas 29 -34 oz 2/\$9.99; NEW Perry's ice cream 48 oz, largest selection in the area \$ 4.99. There are too many specials to list here, so Georgia Market has a new website at GeorgiaMarket-VT.com. You'll find deals like Booth Brothers 2% gallon milk — everyday priced — \$2.79 and Stove Top dressings 6 oz., all varieties \$1.69.

The site is brand new and it's growing so bear with us.

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Prince 16 oz boxed pasta — select items .....2 / \$2.00

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Expires 8:00 p.m. December 15, 2009

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Download audio books to your MP3 or iPod through the Green Mountain Library Consortium by going to: <http://gmlc.wordpress.com/recorded-books/> clicking on Fairfax Community Library putting in p and your 4 digit library account number.

example P7270 then click on a selection to be downloaded and follow directions from there. it is simple and easy and there are 2000 titles available and you can receive 10 titles at a time. Call or visit the library with questions. 849-2420.

Consumer reports is now available! Now, more than ever, consumers need to make sure they are getting the best value from their purchases. Fairfax Community now subscribes to ConsumerReports.org to help their patrons make better purchasing decisions on the products they are shopping for. In addition, library patrons will

find advice and tips on saving money on home improvement plans, how to shore up personal finances, ways to improve health and much more.

ConsumerReports.org is now freely available to all Fairfax Community Public Library patrons through EBSCOhost.

Through EBSCOhost, patrons can explore the product reviews, ratings, news and comparisons. The information is updated frequently, providing reliable data, unbiased information and more than 1000 ratings, reviews, product comparisons and video clips.

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### Citizens for Fairfax Community, Inc.

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

Headlines from this month's activities:

- Both the annual membership meeting in November and our participation in the Hunters' Breakfast were successful, with good attendance and enthusiasm; and the promise of even bigger and better in years to come.

- Our next top priority is to obtain funds to finance a comprehensive "feasibility study" to assess the repair and upgrade needs of the Baptist building.

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



FAIRFAX — Amber Marie Soutiere, 22 of Fairfax entered the gates of Heaven in the presence of her loving family on Wednesday October 21, 2009 at Fletcher Allen Health Care in Burlington.

Amber was born February 16, 1987 in Burlington the daughter of Daniel and Barbara Collins Soutiere.

Amber was a devoted daughter, sister, aunt and friend. She was selfless, beautiful and she touched so many people. Her warm smile and laugh will be missed most. Amber was a free spirit who lived her life her way. She loved spending time with her nieces and nephew. She enjoyed driving around in her car, eating her Mom's home cooking, and playing cards. Her favorite times were going on a cruise and visiting Shawn, Lynell, Maddie and JoJo in North Carolina with her mother. The medical staff became a second family to her. She will be missed by all who knew her and left a void in all our hearts. May she now fly high with the Angels.

Amber is survived by her parents, Dan and Barb of Fairfax, her brothers; Shawn Soutiere and his wife, Lynell and their children, Madison and Jordan of North Carolina, Charlie Soutiere of Fairfax and her sister; Allison Soutiere and her friend, Kyle Ovitt and their son, who is also Amber's Godson, Nicholas of Fairfax. Her grandparents; Owen "Buzz" and Alice Collins of Fairfax and Lawrence Soutiere and his companion, Mona Bosley of Colchester. Her great grandmother, Imogene Collins of Fairfax and her godparents; Charles and Cindy Rainville of South Burlington. She leaves several aunts, uncles, cousins and friends. She was predeceased by her grandmother, Yvette Soutiere, her aunt, Gail LaRose and her uncle, Larry Soutiere.

Her family wishes to give special thanks to everyone who has touched Amber's heart at Fletcher Allen.

A Mass of Christian Burial was celebrated on Saturday, October 24, 2009 at 11 am in St. Luke's Catholic Church, Huntville Road in Fairfax. Burial will follow in St. Luke's Cemetery.

Visiting hours were from 2-4 and 7-9 pm in the Minor Funeral Home, Route 7 in Milton.

Online Condolences may be made to the family at [www.minorfh.com](http://www.minorfh.com).

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"HOLIDAY SHOWCASE  
& CRAFT FAIR"**

**And support the BFA Football Team  
& Fairfax Food Shelf!**

**When:** Saturday, November 21<sup>st</sup>, 2009  
**Where:** BFA Fairfax-Multi-Purpose Room, Fairfax, VT  
**Time:** 9:00 AM - 3:00 PM

**Admission:** FREE — However, we encourage you to bring Non-Perishable Food items or make a monetary donation to benefit the Fairfax Food Shelf at the door!  
Browse through a myriad of gifts for your loved ones this holiday season and be confident in your purchases; knowing that your Holiday dollar is staying in the community and supporting local causes!

For more information, directions to or to participate in this event, please feel free to contact me!

Sarah Webb 802-782-6874 or [webbsa@myfairpoint.net](mailto:webbsa@myfairpoint.net)



# Art Fair

Margaret M. Maffin and Valerie Ugro of Fairfax, and Caroline Brown of Westford are among 36 members of the Essex Art League participating in the Mistletoe Art Fair during the first three weekends of December. The fair will be held at the Essex Shoppes and Cinema (the fashion outlet mall) on Rte. 15 in Essex Center. The shop space for the fair is between Hannafords and Factory Brand Shoes. The hours will be Fridays 5-8, Saturdays and Sundays 10-4.



John Joseph Simko, 45, of Milton died peacefully surrounded by his family on October 23rd following a 2½ year battle with

pancreatic cancer.

John was born in Philadelphia, PA on May 11, 1964. He graduated from West Catholic High School in Philadelphia and received both a BA and Masters in Education from UVM. He was on the UVM basketball team from 1983-1986, and was captain of the team in 1983. He earned an MBA from the University of Phoenix.

John started his lifelong career in education at Burlington High School as an Alternative Educator and JV Basketball Coach. His interest in business and finance led him to a brief stint at Putnam Investments. However, he eventually returned to his love of teaching children. He became a Special Educator at BFA Fairfax, and finally at Swanton Central School. It is there that he found himself surrounded by a wonderful group of friends and colleagues who continued to support him throughout his illness. Their generosity and kindness is unmatched. He was also a Library Trustee for the Milton Public Library, as well as a Eucharistic Minister for St. Ann's Parish in Milton.

On September 18th 1993, John married Veronica and together they made their home in Milton, VT. In 1996, they started their family with the birth of their first child, Maxine. Three and a half years later, they welcomed their second daughter, Ella. After the birth of their third daughter, Lena, John spent two years as a stay-at-home dad, where he enjoyed watching his daughters grow. He could always be found with a group of children around him, whether his or not, laughing and being silly. He was a presence wherever he went, a gentle giant whose love of humor and puns would keep everyone

around him laughing. His love of education extended to home, where he took an active interest in all the kids' schoolwork and activities. John found teachable moments in everything around him.

Throughout his life, John was an avid if not fanatical golfer. His favorite part of the game was sharing his knowledge of the sport with his friends on the course. He could be found most mornings, rain, snow or shine, heading out to the golf course.

He is survived by his wife Veronica Valz and daughters Maxine, Ella and Lena Simko; his parents John and Rosanne Simko of NJ; his brother and sister-in-law Francis and Diane Simko of NJ; his sister Denise Ewing of Maryland; mother and father-in-law Rita and Bob Smith and family of Addison, VT, and Joe and Janet Valz of Florida; his sister-in-laws and their husbands, Jennifer and Jason Hatch of Ferrisburgh, Audrey and Eric Jackson of Hermon, ME; and many nieces and nephews.

John's family feels blessed by the generosity of time, energy, love and support that they have received from their many friends, neighbors and colleagues throughout his illness. Special thanks to Christian Thomas, MD and Shelly Bonnette, RN at VCCM, and Jen and Rick Dooley for their amazing love, care and kindness.

John had a love of books and his local library. For those who wish, memorial contributions may be made to Friends of the Milton Public Library, c/o Milton Public Library, 39 Bombardier Road, Milton, VT 05468.

Visiting hours were held on Tuesday, October 27, 2009 from 5-8 PM with a Vigil Service at 8 PM in the Minor Funeral Home, Route 7, Milton. A Mass of Christian Burial was celebrated on Wednesday, October 28, 2009 at 11 AM at St. Ann's Catholic Church, Main St. Milton with Fr. John Feltz, celebrant. Burial will follow in the Milton Village Cemetery. Online condolences may be made to the family at [www.minorfh.com](http://www.minorfh.com).

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**CHANGING SCHOOLS**

*Continued from page 1*

**The Plan**

The committee's plan is convert the space into a "Community Fitness Center" and Art Room. A fitness center serves the school well. Children in today's world generally do not get enough exercise. A fitness center would help all students to learn about exercise equipment and would create opportunities for students to develop healthy exercise habits. Additionally, our students who participate in athletic co-curriculars would have expanded access to strength and aerobic training. This improved access would likely result in more competitive teams with students who are less likely to be injured in the season. If a student athlete did suffer an injury, it could also provide appropriate equipment to rehabilitate the injury. The fitness center would have equipment like treadmills, stationary bikes, rowing machines, elliptical trainers, strength training machines, and free weights.

**"The committee's plan is convert the space into a "Community Fitness Center" and Art Room."**

If there was interest, the community could also have access to the fitness center much like they do with the community library. One possibility would be to work with the town recreation department to have the fitness center open in the morning before school say from 6-8 a.m. and again in the evenings from 5-10 p.m. When the fitness center was not available to the community, it would be reserved for use by school children in their PE classes and co-curricular teams.

By moving the High School Art room to the industrial arts room, we gain flexibility with the Art program and help to revitalize that part of the building. We could build a small graphics computer lab attached to the art room in which students could learn

about the digital arts. Students have expressed an interest in having a dark room so they could learn about black and white photography. The old art room could be reconfigured to be used appropriately by the middle school.

**"The community could also have access to the fitness center much like they do with the community library...."**

Funding for this project could be done primarily through grants and stimulus monies.

We will hold a community forum to present our ideas in detail and to receive feedback from the community on November 23 at 6:00 p.m. in the Driver's Education Room (we will have signs to point you in the right direction). Please RSVP so that we can have materials for you, by calling Carol Stanley at 849-6711. I look forward to seeing you there.

**ATHLETES**

*Continued from page 1*

BFA's girls soccer will definitely miss seniors Allyson Airoidi, Co-Captain Casey Baczewski, Co-Captain Brooke Benoit, Clara Bordeau, Hether Hamm, Olivia Root and Morgan Sanderson. Returning for another run next year are juniors Mikayla Forsey, Maureen McGuinness, Adelle Rebeor and Emily Santaw. Sophomores Ashley Benard, Alyssa Benoit, Ruby Bushey, Liz Stratton and Danielle Sweet and freshmen Kayla Baczewski, Sandra Groening, Anissa Hartmann, Julia Snyder and Morgan Young promise future success.

"I have told the girls over and over how much of an HONOR it was to coach this team" said Geri Witalec. "Not only are they stars on the soccer field, but they are leaders in the school, the community, and the pride that they have brought to Fairfax will certainly continue in their future endeavors. They have set a new standard for what

it means to be a member of the BFA Fairfax girls soccer program, and their legacy will be remembered for many years. Even though we are losing some fantastic seniors both on the field and off, we have a lot of strong talent returning, and look forward to our 2010 campaign."

The JV girls soccer team finished with their best-ever record of 9-1.

The Bellows Free Academy Fairfax boys soccer team had youth on its side but battled a lack of experience early in the season.

The Bullets ran well with many opponents but ended up on the wrong end of the score. Coaches Katie Mack and Kevin Gross made some changes and the Bullets ran off five straight wins and had some momentum going into the playoffs, but came up short in the first round.

The 2010 Bullets will miss senior Bruce Mossey (so will I) who brought a touch of class to a young team.

Returning to build on last season will be juniors Eric Bergman, Zach Ferguson, Zach Gross, and Dameon Young, sophomores Ben Ashline, Corey Begnoche, Justin Bolam, Cody Gonzalez, Cameron Loller, Tyler McNall and Nick Woodward and freshmen Teagan Burnham, Tim Rebeor, and Travis Yandow.

Thank you to all involved in the Bellows Free Academy Fairfax's soccer program, the competition was fierce, your sportsmanship was exemplary.

**Bullets Football**

Fairfax's football team made the playoffs for the first time in school history.

It was an up and down year, where the Bullets found themselves needing a win in the final game against Winoski and some help to make the post season. Fairfax won the "Battle of the Bonnet" over the Spartans and created a new rivalry.

Earlier in the year, DIII powerhouse Windsor came to Fairfax and had their way with the Bullets running an effective option and scoring 42 points to

the Bullets zero. Drawing them in the first round of the playoffs in Windsor seemed like an impossible task. But, as the sun sank lower earlier in the day, some football boosters got together and rented some lights so the boys could practice and practice. The hard-work paid off. On a sunny Saturday in southern Vermont, the Bullets gave the eventual Vermont State Champions Windsor all they could handle coming up just short on a 19-17 score.

Head Coach Mike Williams had this to say after the game: "The loss certainly stings quite a bit, we had the #1 seed on the ropes and if not for a bounce or two here or there, it may have been a different outcome.

Needless to say we are very proud of our players, their efforts this season and where they have taken the program in such a short time, is unbelievable. The work of the assistant coaches, the boosters and the support of the parents, school and fans all factored into our historic season.

Many ups and downs, many laughs and tears, but memories that will last these young men a lifetime."

Seniors leaving include Co-Captain Grady Ballard, Co-Captain Ben Langelier, Co-Captain Kyle Redding, Davis Bodette, Brett Gennero, Max Graves, Devin Hensel, Lukas LaRiviere, Jeremy Lawrence, Travis Lussier, Tyler Lyford and Josh Woodward.

Juniors returning next year with an eye on returning to the playoffs are Garrett Allard, Robert Bannister, Andrew Barden, Brandan Bates, Adam Bushell, Arthur Bushell, Kyle Campbell, Kyle Fielden, Zach Macia, Jeremy Langley and Bryce Sartin.

Two sophomores are returning with size and strength, Kody Ballard and Joe Langelier.

Coach Williams is assisted by Greg Campbell, Dick Hebert, Roland Larroche and Vince Redding, one of the original Patriot coaches. Karen McNall is the equipment manager.

Thank you to all involved with Fairfax varsity, junior varsity and Patriots Youth Football.



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Special Thanks to Mark McNall and Bryan Kirby for contributing greatly to the success of this team.

**Cross Country**

Last, but certainly not least comes what may be the finest of all Fairfax teams, the Bellows Free Academy Fairfax Cross Country team.

Coached by Fred Griffin and assisted by Tom Pfeiffer and Cheri Audette this team is more of a family. The coaches do more than coach, they help student athletes become responsible young adults.

It starts in mid-August at Underhill State Park with hiking and bonding. It continues through one of Vermont's premiere sporting events, the Fairfax Relays, and this year it ended with an awards banquet at the Inn at Buck Hollow Farm.

The Fairfax Relays, held in October, bring runners from schools around northern Vermont for a costumed cross country event with lots of great, healthy food for prizes. Over a thousand folks come to Fairfax for the day and somehow, it always seems to be on a warm, sunny day.

The runners were NVAC Champions again this year and were looking forward to the States when the flu struck. Coach Griffin used this opportunity to teach the dejected youths that "Life is uncertain".

At the Inn at Buck Hollow recently, hosts Brad Schwartz and his wife Jacquie prepared baked bread bowls which they filled with a vegetarian chili for many hungry athletes and their parents. Packed around the fire after dinner, Coach Griffin delivered awards recognizing each and every participant on the team.

The boys Cross Country team included Kyle Bochanski, Zach Bochanski, Dustin Hayes, Grayson Crouse, Dakota Senesac, James Minor, Keith Rabidoux, Rory MacLaren, Simon Mann-Gow, Jake Thibault, Alex Barden, Dan Lawrence, Max Sloan, Steven Leach, Eli Phillips, Eric Newbury, Oakley Crouse, Tyler Meunier and Ben Pomlicher.

The girls Cross Country team included Larisa Marco, Megan Kane, Shannon Kane, Sam Shraven, Heather Holloway, Hillary Denoyers, Heather Peatman, Jordan King, Michelle

Ambrisco, Kelsey Klauzenberg, Ellen Fitzgerald, Hannah Filiberti, Rebecca Gregoire, Elise Brunelle, Mattie Hayes, Elizabeth Adams, Allie Minor, Olivia Snyder, Molly Hogan, Austen Carpenter, Lyla O'Brien, Meghan Bochanski, Liz Marco, Amelia Rothwell, Margaret Fitzgerald, Emily Filiberti and Hannah Gerke.

The middle school program is equally strong and promise a bright future.

Thank you to all who contributed and ran with the BFA Fairfax Cross Country program.

Thanks to all parents for coming to home games and driving to away games, for dropping off and picking up at practices, you all have busy schedules, but you placed your children first.

Just like actors needing a stage to perform on, groundskeeper extraordinaire Gary Stewart makes all athletes and parents proud to play on and watch from the Fairfax fields. The grass is full, the lines are bright and straight, the fields look sharp. The pink ribbons on the field for Breast cancer awareness was outstanding. Thanks, Gary.

Thanks also to Mike Cain and Doug Stewart for the pink ribbons.

At the helm of all Bellows Free Academy sports is the Athletic Director Mike Brown. Mike truly cares about each and every student athlete having a successful and fun sporting experience in school, but he cares about their safety first.

Extra special thanks to Mike Brown for, well, everything he does!

Watch for Mike hanging some more banners in a gym near you soon. Go Bullets!!!

**Bottle Drive**

Project Graduation Class of 2010  
Bottle Drive  
Saturday, November 28th  
9 a.m.-1 p.m. at  
Minor's Country Store

Students will be canvassing homes around Fairfax looking for bottle donations to support the Project Graduation Event.

Please consider donating your returnables either when students come to your home or you can bring them at any time to Minor's and ask them to donate your refund to the cause!

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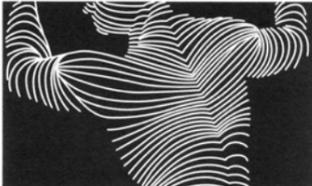


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ing and grooming trails. One of the oldest snowmobiling organizations in the U.S., VAST is a non-profit, private group that includes 138 clubs statewide, with over 35,000 members combined. The clubs and their steadfast volunteers are the backbone of the organization.

“We’re delighted to be a part and to have the ability to host snowmobile travelers from all over the East, giving them immediate access to these trails,” said Brad Schwartz, of the Inn at Buck Hollow Farm.

## Fairfax Middle Schoolers Help Animals

In early November, Emily Wills’ Community Group (comprised of 6th, 7th, and 8th graders) organized a middle-school wide coin drop to benefit the Franklin County Humane Society (FCHS). For one week each grade collected quarters, dimes, and nickels that counted towards their total; a rival grade could sabotage and put in pennies, which would count against the grade’s total.

The 7th grade won the coin drop.

In one week, our middle school students raised \$750 total for FCHS. On Wednesday the 11th, a representative came to the school and accepted the check, and talked about how the money is used; she said that FCHS takes in over 1,000 animals a year, and that our money will pay to vaccinate 1/3 of their dog population for this year.

## Operation Happiness

Operation Happiness is an annual community initiative supported by the Franklin-Grand Isle United Way. The operation is run by volunteers and relies heavily on the generosity and support of the community. With over 300 volunteers, Operation Happiness was able to provide baskets of food to nearly 1,200 needy families throughout Franklin and Grand Isle Counties in 2008. In addition, children in these families receive toys through the “Toys for Kids” Marine Red Barrel program as well as the support of local monetary donations.

As has been stated all over the news, families have been especially hard hit during this recession. We hope the

community will continue to support our endeavors to ensure this program’s success.

### Operation Happiness Basic Facts

Program phone number 524-1121 Monday through Friday 8:30 am to 1:30 pm.

Calls will be taken starting Monday, November 23rd thru Friday, November 27th, excluding Thanksgiving Day. They will continue Monday through Friday of the next week until the maximum numbers of families has been met.

Pick up date for the baskets is Saturday, December 19th from 8:15 to 11:00 am. Specific pickup locations will be announced at registration.

Those wishing to volunteer may call Wendy Morrill at 527-7850. Mon-

etary donations may be sent to: The United Way, PO Box 387, St. Albans, VT 05478. Checks should be made payable to: Operation Happiness. Donations of canned goods, new hats, mittens and toys are also greatly appreciated.

### Snowmobile News

The Inn at Buck Hollow Farm has entered into a partnership with the “Fletcher Roughriders” as a result of which their miles of trails are now part of the VAST network of trails throughout the state. VAST is the Vermont Association of Snow Travelers. Founded almost 40 years ago, VAST is responsible for the organization of the sport within Vermont, maintain-

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- Town Clerk's Office 849-6111 Ext. 1, Ext. 2 ..... Monday–Friday 9:00 am-4:00 pm (Mon. 6:00 pm-8:00 pm)
- Zoning/DRB/Planning Office 849-6111 Ext. 3..... Monday-Thursday Call for Hours (Mon. 6:00 pm-8:00 pm)
- Zoning Administration 849-6111 Ext. 4 ..... Monday-Thursday Call for Hours (Mon. 6:00 pm-8:00 pm)
- Lister's Office 849-6111 Ext. 5..... Tuesday, Thursday & Friday 9:30 am-4:00 pm
- Utility Office 849-6111 Ext. 6 ..... Monday & Tuesday 9:15 am-2:00 pm
- Selectboard Office 849-6111 Ext. 7 ..... Monday - Friday 8:00 am-4:00 pm
- Water/Sewer Facility 849-6033 ..... Monday–Friday 7:00 am-4:00 pm (24/7 Emergency Call 849-6304)

## For Your Information

- \* Property Taxes Past Due
- \* Burn Permits/Fire Warden Duane Leach 849-6174
- \* Assistant Fire Warden Paul Langelier 849-2230
- \* Dog Bites — Report Immediately to Town Health Officer Peter King at 849-2243
- \* Animal Control Officer Bill Stygles 849-6268
- \* Fairfax Constable Josh Langelier 752-0908

## Selectboard Members

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

## Events

- \* Dog Licenses PAST DUE
- \* Trash & Recycle Pick Up Days  
Wednesdays and Thursdays  
Call 1-800-439-3615 for more info
- \* New recycle bins can be picked up at the Town Office during regular office hours.
- \* Hazardous Waste Day — Spring 2010
- \* Selectboard Meetings on first and third Mondays of the month at 7:00 pm

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- 10 ounces butternut squash (about 2 cups)
- 1 teaspoon lemon juice
- 1 cup quinoa
- 1/4 cup chopped shallots
- 4 cloves garlic, minced
- 1 teaspoon dried thyme
- 2 1/2 cups vegetable broth
- 1 teaspoon grated lemon peel
- 1-2 tablespoons lemon juice
- Salt and freshly ground pepper, to taste
- 2 tablespoons lightly toasted pine nuts (optional)
- 1 teaspoon minced fresh chives (optional)

Preheat oven to 400F. Cut the squash in half and scrape out the seeds and strings (using a grapefruit spoon makes this easier). Peel and cut into 1/2-inch cubes and toss with the 1 teaspoon of lemon juice. Place them on a non-stick baking sheet (or silicone mat), sprinkle with a little salt and pepper, and bake for 15 minutes, stirring halfway through.

Place the quinoa in a fine-mesh strainer and rinse it well and allow to drain. Heat a deep, non-stick pot. Add shallots and garlic and cook, stirring, until shallots soften slightly. Add the quinoa and toast it until it has dried out and begins to exude a toasty aroma. Add the squash along with the thyme and vegetable broth. Reduce the heat to low and cover. Cook, stirring once or twice, until all broth is absorbed, about 20 minutes. Stir in the lemon peel and 1 tablespoon of lemon juice. Season to taste with salt and pepper, and add more lemon juice if needed.

Serve with toasted pine nuts and chives sprinkled on top.

**Servings:** 4 large side-dish servings

Jacquie Schwartz  
**Inn at Buck Hollow Farm**  
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# PILL BOARD

**MANY NEW PRODUCTS PROMOTING IMPROVED GI FUNCTION AND IMMUNITY** contain probiotics. These products are supposed to provide "good" bacteria in the diet in an attempt to crowd out the "bad" bacteria that may be causing bloating, upset stomach or diarrhea. Patients suffering from irritable bowel syndrome may benefit from Align for abdominal pain and bloating or VSL #3 for bloating with diarrhea predominant IBS. VSL#3 may also maintain remission in ulcerative colitis. Diarrhea associated with antibiotics may respond to Culturelle, DanActive or Florastor. These should be taken about 2 hrs after the antibiotic, all through therapy and for one week after completion. Activa and Yakult may help soften stool but they have not been proven to prevent constipation.

**PATIENTS OFTEN WONDER IF THEY SHOULD REPEAT A DOSE OF MEDICATION IF THEY VOMIT AFTER TAKING.** It depends on a couple of factors.

If it occurs within 15 minutes of taking or if the intact dosage is present in the vomit then redosing is advisable. If more than an hour has passed then redosing is not necessary since the drug is probably beyond the stomach. The 15 to 60 minute period is where a judgment call is necessary. Medications with low margin for errors, such as HIV or birth control pills should probably be retaken. Antibiotics with a single daily dose especially for an acute infection should be repeated. Long acting opioids such as methadone or Oxycontin should not be retaken. Digoxin, warfarin and other drugs with narrow dosing ranges should also not be repeated unless a possibility of low blood levels exists.

**WOMEN MAY BE CONCERNED ABOUT THE SAFETY OF YAZ OR YASMIN** oral contraceptives due to the amount of advertising by legal firms looking for clients that want to sue the manufacturers. This is due to the fact that according to the FDA the companies were not forthcoming in their consumer ads about risks associated with their products. Most of the risks are the same as other birth control pills. There is a slightly elevated risk of high potassium levels and thrombosis

but the difference is very small. In any case the risk is less than the thrombosis risk associated with pregnancy. Going with the lowest estrogen dose possible, preferably fewer than 35 mcgs, minimizes clotting risk. Yaz and Yazmin are a good choice for women with polycystic ovary syndrome, premenstrual dysphoric disorder, acne or excess hair growth.

**IN THE NEXT THREE YEARS MANY BLOCKBUSTER BRAND DRUGS WILL BE GOING GENERIC.** By the end to this year Prevacid, Pulmicort Respules and Valtrex will have generics. Aricept, Arimidex, Cozaar, Flomax and Effexor XR are due out in generic versions in 2010 and Lipitor, Plavix, Diovan, Levaquin, Lexapro, Seroquel and Singulair will be generic by the end of 2012. Prevacid in the 15mg strength will soon be available OTC as Prevacid 24HR. Initially the authorized generic may not cost a lot less than the brand but eventually other companies come out with their products and the prices start to drop.



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