

The Fairfax News

OCTOBER/NOVEMBER 2013



A publication by the people of Fairfax



VOL. XXXVI, Iss. III

HENRY RAYMOND'S COVER PHOTO



FAIRFAX - Paul and Karen Langelier are proud to announce the marriage of their daughter, Kaitlin, to Carlo Spano, son of Vito and Filomena Spano of Torrito, Bari, Italy. The ceremony took place on July 15, 2013, in a quaint church in Quasano, Italy, followed by a reception at Murgia Garden.

A second reception was held on Aug. 17 at the Langelier family farm in Fairfax.

The couple honeymooned in San Cataldo, Italy. They reside in St. Albans.

NEWS IN BRIEF

Births

Welcome Avery Annette Minor, born July 9th, 2013 to Lisa and Aaron Minor.

Welcome Madelyn Rose, born July 9th, 2013 to Jennifer (Cusson) and Geoffrey Foster.

Health Care

Vermont's new health care insurance website is up and running. We've got "navigators" coming to the Community Library in Fairfax to help you find the best choice for you. See more on page 3.

Community Center

Citizens for Fairfax Community report The Baptist Trustees of the United Church of Fairfax have expressed their willingness to DONATE the Baptist Building as a Community Center!

Property Watch

Property Watch is a service that is offered to all residents in Fairfax. If you are going to be out of town for an extended period of time you can call the Franklin County Sheriff's Department at 524-2121 and you will be directed to our property watch form that you can fill out and request that we check on your property while you are away.

New Town Office

The Fairfax Selectboard met Friday, October 4th with a perspective bidder on the construction of the new Fairfax Town Office building. Watch TheFairfaxNews.com for Breaking News!

COMING NEXT ISSUE

GUESS WHAT DAY

IT IS!

School Board News

By ELAINE CARPENTER, CHAIR

With school off to a great start, we are planning our work for the year. In August, the School Board met for an afternoon retreat. We were fortunate to have a presentation from Lindsay Simpson from the Agency of Education. Her focus was on physical activity and its link to improved behavioral and educational outcomes for students. This was good information for us as we move forward in planning opportunities for our students and how these will impact our budget. We had an update from our administrative team on the Action Plan as well as coursework our teachers were involved in over the summer. An exciting part of our meeting was a tour of the school and all the upgrades and improvements that were made over the summer. We are so fortunate to have a dedicated maintenance team that cares for our building.

We will be addressing some big issues this coming year. Among them are:

Revised Teacher Evaluation System We have had an excellent start to the implementation of this system this fall. A committee will be working to address the final components of the system to be included starting next year: community feedback and student outcome data.

Personal Learning Plans To comply with state legislation, we will begin to develop Personal Learning Plans for students in grades 7-12, starting in the fall of 2015. Plans will need to be developed each fall with input from the student, family and a school representative.

Dual Enrollment Eligible high school students are now able to take up to two college courses while enrolled in high school. This cost will now be covered by the state, but by the 2015-16 school year local schools will need to cover 50% of the cost of this program.

SCHOOL BOARD NEWS

Continued on page 7

October Events Keep Fairfax Residents Busy

By CHRIS SANTEE

Reds, yellows and oranges paint the Green Mountains as another beautiful foliage season is upon us and thousands of tourists are bringing in millions of dollars to the local economy. Bienvenue! The weather's been great and many locals are enjoying the foliage also, along with some more local events.

Rummage Sale

On Friday, October 4th and Saturday, October 5th, the Annual Rummage Sale was held at the Baptist Church Building on Main Street in Fairfax. Shoppers found bargains on clean clothes, shoes, pocketbooks, kitchen items and all kinds of nick knacks as well as books. The annual event benefits the United Church of Fairfax.

Household Hazardous Waste Day

Also, on Saturday, October 5th, the Fairfax Selectboard held the fall

Household Hazardous Waste Day for residents to safely dispose of paints, oils, tires, electronics and more. The next Hazardous Waste Day will be held in the spring of 2014. Watch TheFairfaxNews.com for dates.

Fairfax Fire Department Calcutta

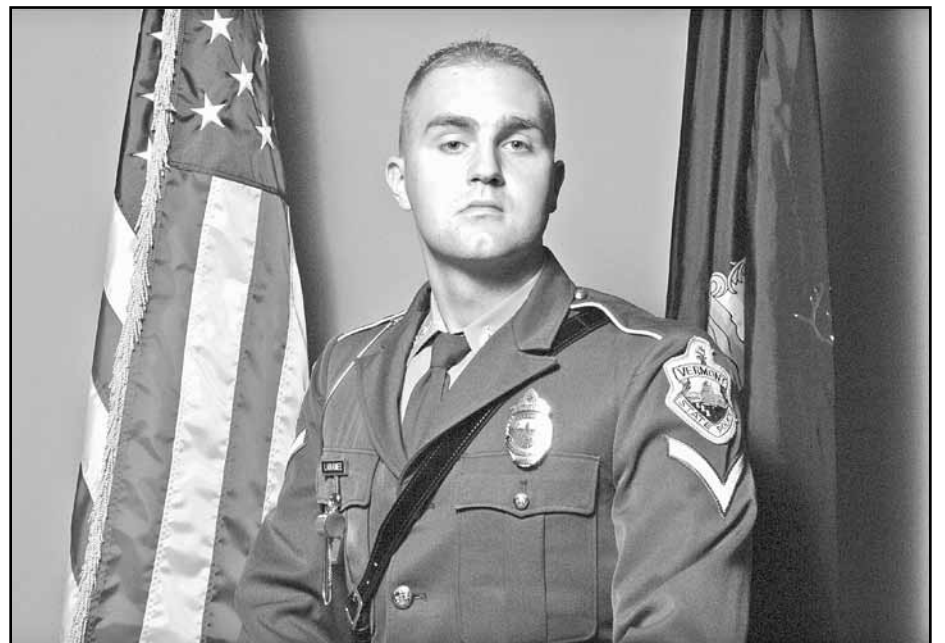
The Fairfax Fire Department hosted its eleventh annual Calcutta on Saturday, October 5th. This is their main fund-raiser for the year.

The Fire Department sold only 98 tickets at \$100.00 each and raffled off ticket #99 and #100 that evening for \$10.00 a ticket. The winners had another chance at the prize money. At the end of the raffle, there were four drawings from among the non-winning tickets for \$50.00 each. Participants needed to be present to win the non-winning draw. The \$100.00 ticket included two dinners. The din-

OCTOBER EVENTS

Continued on page 4

To Protect and Serve



Law enforcement officers (Leo's) in Vermont respond to many situations each day they put on the uniform. Each situation is different and Leo's must be able to react in seconds to protect and serve the public.

Recently, while taking a moment for lunch at On the Run in St. Albans, Vermont State Trooper John Bruzzi received a call to respond to Georgia for a dispute. While on his way out the door, John noticed a man in a wheelchair eating lunch and having a difficult time swallowing. Without hesitation, Trooper Bruzzi performed the Heimlich Maneuver and, according to the man in the chair, saved his life. Before the man in the chair could

thank him, he was gone, and the police cruiser was headed to Georgia with blue lights flashing.

This event could have gone unnoticed, but the man in the chair happens to live in Fairfax and is a friend of *The Fairfax News*. When he came to us with his story, Trooper John Bruzzi became the inspiration for a new feature in this newspaper, Leo of the Month.

Thank you, John, and congratulations on becoming our first Law Enforcement Officer of the Month.

It is our understanding Trooper Bruzzi is being nominated for a Life Saving Award in Montpelier next spring. He has our vote!

Postmaster, Please Mail To:

LETTERS TO THE EDITOR

Dear Fairfax,

I sat on my back deck today and relaxed, taking in the beauty that surrounds me. It was getting cooler, most of the geese seem to have departed, but a few still head south. The colors were tremendous and a light breeze threatened few leaves as they cling to the trees.

Some holidays are on the horizon, with family and friends, but there is still much to do before the cold winds of winter arrive.

Are you prepared? I'm not!

Take care and God bless,

Chris Santee

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Happy Birthday Imogene!



Imogene Collins, of Fairfax, celebrated her 104th birthday on September 27th, 2013 with a 9:00 am Mass at St. Luke's, followed by breakfast with her immediate family at St. Albans Maple City restaurant.

Kidney Donor

We would like to get the word out and ask that you pass this on to everyone you know. A recent BFA Fairfax graduate is in need of a donor kidney.

We know that every willing donor will not be medically acceptable, so we need to reach as many caring people as possible.

Any interested donor can e-mail lelpouliot@aol.com or call *The Fairfax News* at 802-782-0406.

TheFairfaxNews.com

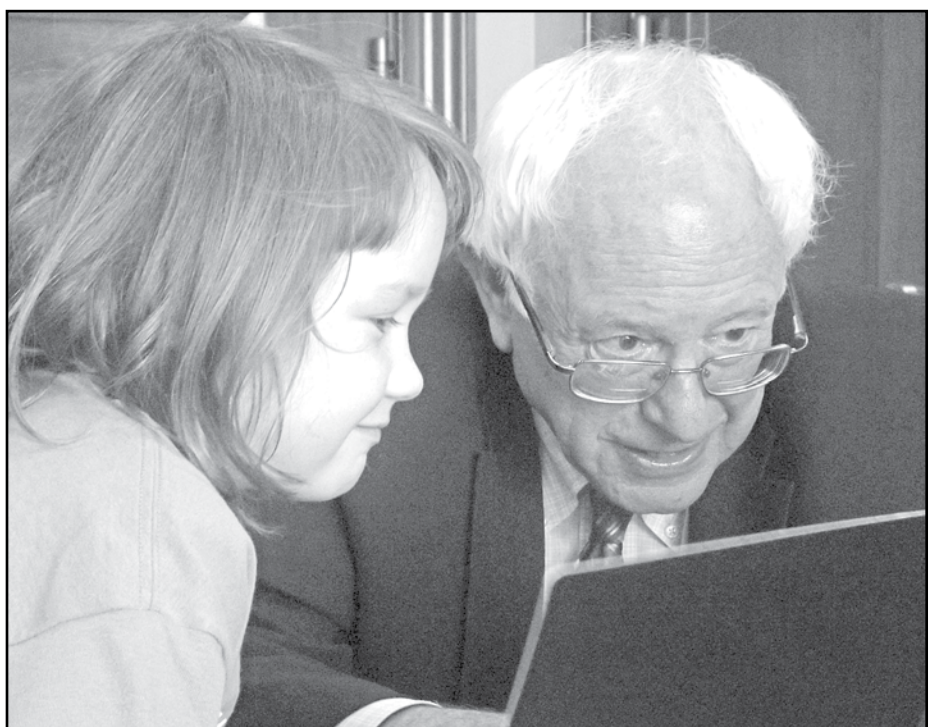
The Fairfax News is available daily online at TheFairfaxNews.com.

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

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

Please submit stories, comments and your community events to csantee@myfairpoint.net, or call 802-782-0406

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Victoria McQuillen and United States Senator Bernie Sanders read together recently in Washington D.C. Victoria traveled with her family to speak to Vermont's delegation and the Vice President on Type I Diabetes.

An assembly was held Tuesday, October 1st in the Elementary Gymnasium at Bellows Free Academy Fairfax with Martha Bloom from Juvenile Diabetes Research Foundation speaking and a Walk for a Cure is scheduled for October 16th at BFA. You may contribute by purchasing a pair of tiny sneakers from a student or logging on to <http://jdrf.org>.

According to their website at JDRF.org, JDRF is the leading global organization funding type 1 diabetes (T1D) research. JDRF's goal is to progressively remove the impact of T1D from people's lives until we achieve a world without T1D. JDRF collaborates with a wide spectrum of partners and is the only organization with the scientific resources, regulatory influence, and a working plan to better treat, prevent, and eventually cure T1D.

As the largest charitable supporter of T1D research, JDRF is currently sponsoring \$530 million in scientific research in 17 countries. In 2012 alone, JDRF provided more than \$110 million to T1D research. More than 80 percent of JDRF's expenditures directly support research and research-related education. In 2012 Forbes magazine named JDRF one of its five All-Star charities, citing the organization's efficiency and effectiveness.



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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

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COMMUNITY EVENTS

Tuesday, October 1, 9:30-10:30 am: Preschool Story Hour: Fairy Houses

Join us for themed stories, songs, and activities for ages 0-6. Free.

Wednesday, October 2, 3-4 pm: After-school Craft: Mini-pumpkins!

For after-school craft in October, we'll be decorating mini-pumpkins. Join Nicole Vance, local artist, in creating spooky or fall pumpkin designs on petite pumpkins! Preregister with the library. Free, ages 6+. Limit of 15 registrants.

Thursday, October 3, 7:30 pm: October Under the Night Sky. Cloudy Skies will cancel event.

Join members of the VT Astronomical Society and their large telescopes to view planets,

the Andromeda Galaxy, open and globular star clusters, double stars, and nebulae. Free, all ages. Please pre-register so we can contact you if cancelled, or call the library to check before you come.

Tuesday, October 8, 9:30-10:30 am: Preschool Story Hour: Sink & Float

Join us for themed stories, songs, and activities for ages 0-6. Free.

Thursday, October 10, 2013, 6:30-8 pm: Fall VHC Book Discussion of *March*

For our fall Vermont Humanities book series, we will be reading four novels that all re-imagine classics works of fiction, retelling them from a different character's perspective. In our second discussion meeting, Cheryl Heneveld, a scholar of literature, will be facilitating a discussion on *March* by Geraldine Brooks (this will be a retelling of *Little Women* by Louisa May Alcott). Books will be available at the library to sign out in advance of the discussion. Join us, everyone is welcome!

Tuesday, October 15, 9:30-10:30 am: Preschool Story Hour: We've got Rhythm

Join us for themed stories, songs, and activities for ages 0-6. Free.

Wednesday, Oct. 16, 3:00-4:15 R.E.A.D. to a Dog

Kids can read a book of their choice to a fuzzy, friendly dog. To sign-up for a 15-minute time slot, call (849-2420) or stop by the library.

Thursday, October 17, 2013, 6-8 pm: Intro to Facebook

Learn the basics of how to navigate Facebook with Tom Barber, Senior Ed computer instructor. Free, all are welcome. Limit of 11, please preregister with the library in advance of the class.

Saturday, October 19, 2013, 6:30-8 pm: Nicaragua Folkloric Dance Ensemble

A multi-media performance showcasing eloquent, folkloric dancing from Nicaragua. Performed by a five member dance ensemble, with cultural dancing performed to marimba music in beautiful costumes and dresses. Through dance, video, story telling, and gourd art displays, learn the story of Women in Action, a group of 40 women living in one of the poorest

settlements of Managua, Nicaragua, who are working together to organize community health, nutrition, and education programs.

Free, for all ages. Donations encouraged.

Tuesday, October 29, 9:30-10:30 am: Preschool Story Hour: Up Down & All Around

Join us for themed stories, songs, and activities for ages 0-6. Free.

Wednesday, Oct. 30, 3:00-4:15: R.E.A.D. to a Dog

Kids can read a book of their choice to a fuzzy, friendly dog. To sign-up for a 15-minute time slot, call (849-2420) or stop by the library.

At the Library

The library is undertaking the writing of a new Strategic Plan which will guide our focus and growth in the next 3-5 years. You may have filled out an initial survey around town meeting time this year, which helped us to select several service areas that are most important to Fairfax residents. We have since formed a committee of community members, trustees, and the librarian. The committee is conducting a second, more detailed survey, and reaching out the broader community in other ways, to find out what we are doing well, and what you want from your library in the future.

Your participation is so important. Please take a few minutes to complete the survey. Paper surveys are available at the library or take it online by going to: www.surveymonkey.com/s/FCL-Planning.

Vermont Health Connect

The Community Library has a Vermont Health Connect informational program scheduled for Thursday, November 7th from 6:30-8:00 pm which will be open to the public and free of charge.

There will be a brief overview of VHC, a Q & A session, and then time for individuals to work one-on-one with one of 2 or 3 navigators who will be there (by appointment — we'll be setting those up later this month). There will also hopefully be a representative from the Franklin County Chamber of Commerce who will be able to answer questions about small businesses in regards to the new health care access.



Breaking News

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OCTOBER EVENTS

Continued from page 1

ner and drawing were held at Smugglers Notch Meeting House in the village on Saturday evening. Doors opened at 6:00p.m. with a full cash bar available; a full buffet was served at 7:00p.m. The raffle followed the meal. Dessert and coffee were served during this time. Participants did not need to be present to win draws 1 thru 100. If additional people wished to attend the meal, the cost was \$25.00 per person.

The schedule of prize money (\$4,000.00) was as follows: Draw #1 \$100.00, Draw # 10 \$100, Draw # 20 \$100, Draw # 30 \$100, Draw # 40 \$100, Draw # 50 \$100, Draw # 60 \$100, Draw # 70 \$100, Draw #80 \$100.00, Draw # 90 \$100, Draw # 91 \$100, Draw \$ 92 \$100, Draw # 93 \$100, Draw # 94 \$100, Draw # 95 \$100, Draw # 96 \$125, Draw #97 \$175.00, Draw #98 \$200.00, Draw #99 \$300.00, and the big winner, Draw #100 won \$1,500.00 followed by four Losers Draws for \$50 each.

If you could not attend, any donation would still 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.

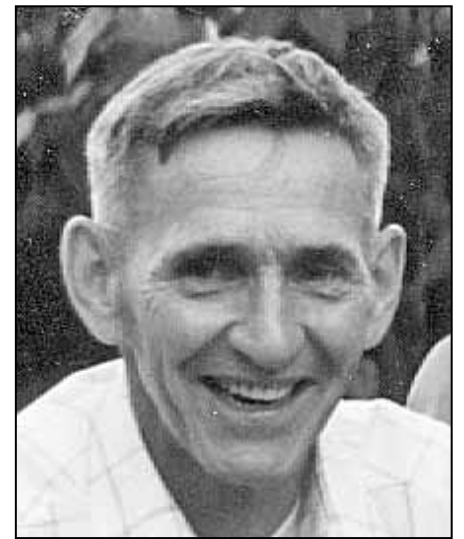
More fun events are coming up around Fairfax throughout October.

Fairfax Relays

On Tuesday, October 8th, the BFA Fairfax Cross Country team will host

OCTOBER EVENTS

Continued on page 6



Douglas Stewart

As many of us know, in April, Fairfax lost a tremendous man and supporter of BFA-Fairfax and the Town of Fairfax. Douglas Stewart volunteered a great deal of his time working on improving the Community Trails, supporting BFA athletics, and anything he was asked.

Doug was instrumental in his support of BFA football along with assisting with the installation of the multi-use scoreboard at the Recreational Park.

Douglas proudly served his country during the Vietnam War as a member of the U.S. Air Force. During his 23 years with the Air Force he was stationed around the world from Bermuda to Japan and across the U.S.A. from New Hampshire to California.

As a way to honor Doug, a memorial flag pole was installed in the middle of the cul-de-sac at the Recreation Park in Doug's memory.

Tom Feerick, of Feerick Fence, installed the flag pole along with the memorial stone.

The Douglas S. Stewart Memorial will be dedicated on Saturday, October 12, 2013 at half-time of the Bullets football game vs. Poultney (homecoming weekend). Game time begins at 2pm. Come cheer on your Bullets and join in on the dedication at half-time.

Fairfax Recreation Director Katrina Antonovich added "A huge thank you to Karen McNall for coordinating all the fundraising efforts and making it look great with the mums and the stone and to Tom for his hard work. This couldn't have happened without you!"

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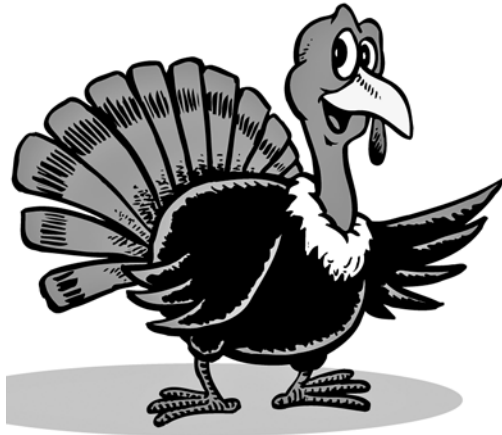
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It's Elementary

BY PRINCIPAL TOM WALSH

BFA Fairfax Open House was held on Thursday, September 26 from 6:30-8:00 pm. Once again this was a wonderful celebration of our Pre K-12 school community. Thanks to all that came out to celebrate the new school year.

On Tuesday, October 1, BFA Fairfax Elementary will kick off our participation in the JDRF Kids Walk To Cure Diabetes educational assembly, which will inform students about type 1 and type 2 Diabetes, the importance of a healthy diet and exercise, and safe and effective fund raising strategies. After the kick off, students will have two weeks to sell JDRF paper sneakers to friends and family for donations to support diabetes research. On Wednesday, October 16, we will host the JDRF Walk outside on our grounds and celebrate our efforts to fund raise for this important cause.

Annual Elementary Hike Day at Catamount Family Center will take place on Friday, October 4. This is a fantastic all school event where students, parents, and staff have lunch, walk the grounds and admire the remnants of autumn at the Catamount Family Center in Williston.

BFA Fairfax Elementary will participate in the International Walk to School Day on Wednesday, October 9. All Elementary students will be dropped off at the Hayes and Rich Funeral Home where members of the National Honor Society and BFA Student-Athletes will walk with them to the school building.

Students in grades three through eight will participate in the New England Common Assessment Program (NECAP) during the first three weeks of October. Students will be assessed on the previous years mathematics, reading, and writing grade level standards. Next year we will be transition-

ing to the Smarter Balanced Assessment Consortium (SBAC) as part of the implementation of the Common Core State Standards

Please consider following the daily educational happenings at BFA Fairfax on Twitter. You can follow us at #Bfairfax or my Twitter account @ecucatom.

OCTOBER EVENTS

Continued from page 4

the Fairfax Relays. Hundred of runners from Franklin and Chittenden Counties will compete, some in costume, for baked goods.

CFC, Inc. Meeting

The next meeting of Citizens for Fairfax Community, Inc (CFC) is Tuesday, October 8th at 7:00pm at the United Church, and we will cover several important topics.

First, we will discuss the Halloween Haunted Ship and what supplies and volunteers are required to make this event a success. Please contact Katrina Antonovich (fairfaxparksandrec@yahoo.com) or Ann Lemieux (ann@dustytrailrealty.com) if you would like to be involved in the project but are unable to attend the meeting.

BFA Fairfax Bullets

The Bellows Free Academy Fairfax Bullets have enjoyed tremendous success on the athletic fields for several years. Currently the boys varsity soccer team is ranked #2 in Vermont's D-III with 8 wins, 1 loss and 1 tie and the Lady Bullets are ranked #4 with 6 wins, 2 losses and 1 tie. October 12th is Homecoming and the soccer teams host Enosburgh, while the football team hosts Poultney.

Memorial Dedication

Join us on Saturday, October 12th at the Fairfax Recreation Park at the

Bullets football game, for a very special dedication to a very special man, Douglas Stewart. See story on page 4.

Autumn Quilt Show

Toni Stone and Steve Overton's 18th Autumn Quilt Show will be held on Sunday, October 13th from noon till 3:00pm at 401 Buck Hollow Road, in Fairfax with live music by The Cave-men.

A great time to visit, enjoy the colors of the season, enjoy fresh foods and beverages, brunch croissants and fruit salad. There will be over 100 Quilts to choose from \$60-\$400. There will be somewhat used quilts at very good prices too, in the "bargain bin". You can browse some good affirmation books too. Call 802-849-2257 for more information.

Senior Days

The Lady Bullets will host Richford in their final regular season game of the year on Friday, October 18th, it's Senior Day at 4:00pm. The boys host Richford on Saturday, October 19th at 11:00am and the Bullets football team hosts Winooski in the Battle for the Bonnet in their Senior Day at 1:00pm..

Meet and Greet Potluck Supper

There will be a Meet and Greet Potluck Supper on October 18th at 6:00pm. It's a great chance to meet and greet our Nicaraguan guests, visit

with them, share stories and have fun! Bring a dish to pas and a smile to share at the United Church of Fairfax on the corner of River and Fletcher Roads!

Nicaraguan Dancers

A folkloric dancer ensemble from the Women in Action in Managua, Nicaragua will be coming to the Community Library at B.F.A. Fairfax on October 19th and you'll have a chance to dance with them. It's their fourth year coming and a very memorable event. There will be a free-will offering. See more on page 3.

Fairfax Bus Tour

The Fairfax Historical Society will have a bus tour on Sunday, October 20th starting at 1:00pm. Al Daniels is able to get a bus from school. Please be in the parking lot at school in front of the library by 12:45pm. We will take a tour around the southern part of Fairfax and make a pilgrimage to the homesite of the first settler, Broadstreet Spafford. The tour should last a couple of hours at most.

The Society will be together for a meeting Sunday, November 24th at 1:00pm in the Fairfax Community Library. We will discuss issues with the museum and Historical Society President Mike Cain will dig out the slide shows from the 1976 US Bicentennial

OCTOBER EVENTS

Continued on page 7



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SCHOOL BOARD NEWS

Continued from page 1

Revised Education Quality Standards The Agency of Education has just revised Vermont's Education Quality Standards. A new set of regulations will be coming to us to be implemented by the fall of 2014. We will be looking at what this means for our school in the coming year.

Healthcare Reform The Affordable Care Act is requiring major changes in how healthcare is provided in our state. We are working now to come into compliance with this law. Our school is considered a large employer so there are strict guidelines we need to follow. We are clear that this could have a significant impact on our budget.

At the September meeting of the Vermont School Boards Association Board of Directors, Governor Peter Shumlin was our guest. We had a lengthy conversation with him about the success and challenges of our public education system in Vermont. Vermont is the first state in the nation to legislate that all students eligible for reduced and/or free meal programs are provided these services at no cost. One of our challenges is we need to make post secondary education more affordable and accessible to low income students. He is clear that universal access to prekindergarten education and flexible pathways of learning for high school students are his priorities. And he also reminded us that we need to work to find ways to curb unsustainable costs of education in our state.

You are always welcome to attend any of our school board meetings. If you can't attend the meeting, you can watch our meeting on Cable Access TV through the link on our website. We meet on the second Monday of each month at 6:30 in the library. We have time at the beginning of each meeting for Public Comment. Every meeting we have an educational presentation. Here is our schedule of presentations for this year:

- October — Common Core/Budget Input
- November — Special Education
- December — Early Education/Pre-school and Act 62

- January — Multiple Pathways
- February — Dramatic Arts
- March — Digital Learning Culture
- April — Engaged Community Partners

May — High School Mission in Action

Our fall sports teams have been practicing since August. We have the highest enrollment ever from our student body in the athletic program. Please join us in celebrating these talented student athletes!

OCTOBER EVENTS

Continued from page 6

celebration, and the 1991 Vermont Bicentennial.

Band Practice

The Fairfax Fletcher Westford Band will begin practicing Thursdays, October 24th for a Christmas Concert to be held December 1st. Call 849-6760 to join!

Halloween Haunted Ship

The Baptist Church Building will host a Haunted Ship open October 26th, 27th and Halloween night.

Growing by leaps and bounds, Halloween, October 31st has become a very popular evening in Fairfax. Many will park at the school and trick or treat on Hunt Street, Main Street, School Street and Maple Street. The Fairfax Fire Department will be assisting at intersections and with glow sticks to keep our children safe. John Workman and the crew at A.W. Rich Funeral Home will once again have a special show. This year, it's the Smurfs!

And in early November

St. Luke's Craft Fair

A Craft Fair will be held on Saturday, November 2nd at St. Luke's Church at 17 Huntville Road in Fairfax and their looking for more crafters! Call Deb Mucia at 849-6256 or e-mail Mary Beth Redding at reddingcrew@surfglobal.net.

Fall Bazaar

The annual Fall Bazaar will be held at the Baptist Building on Main Street in Fairfax on November 2nd from 9:00am to 2:00pm. Bargain hunters will shop for hand made gift items including pot holders, place-mats, aprons, quilt hangings, knitted and crochet items and much more. There will also be a huge food table along with jellies, jams and pickles (just like Grandma used to make). We will also have a White Elephant table. The Fall Bazaar benefits the United Church of Fairfax. For info call 849-6313.

Check TheFairfaxNews.com daily for more fun events in and around Fairfax or advertise your event by e-mailing csantee@myfairpoint.net.



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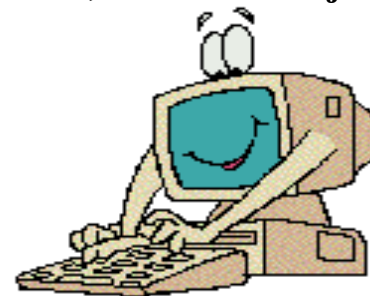
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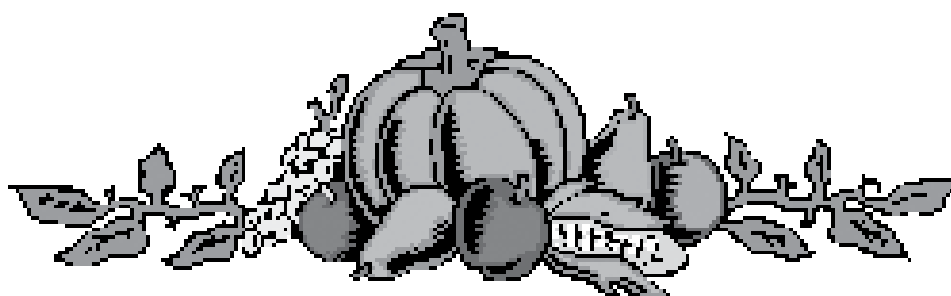
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Robert H. Sweet

JEFFERSONVILLE/FAIRFAX — Robert H. Sweet, 87 of Mann's Meadow and formerly of Fairfax, passed away peacefully Monday, March 4, 2013 in Copley Hospital in Morrisville. Robert was born December 11, 1925 in Colchester, the son of the late Hobert and Martha Raymond Sweet. He served his country with the US Army following WW II. As a member of the Occupation Army, he landed in France and was stationed in Austria and Germany. Following his discharge from the military he worked as a Dairy farmer. On November 18, 1950, he married Carlene Bevins in the Methodist Church in Fairfax. Together they moved to Seymour CT for 5 years, where Bob worked in a Paper Mill. They then moved back to Fairfax where they made their home for the next 44 years. During this time Bob found employment with the McKenzie Meat Packing Company in Burlington for over 25 years. In 2006, Bob and Carlene moved into the Mann's Meadow Senior complex in Jeffersonville. He is survived by his wife of over 62 years, Carlene of Jeffersonville and their children; Dennis Sweet and his wife, Mary of Castle Rock, CO and Lorri Tucker and her husband, Richard of Fairfax. His grandchildren; Brian, Eric, Karen, Joseph and Sarah. His great grandson Aidan Sweet and great granddaughter due in April. His sister Jean Menard of Burlington and by several nieces and nephews. Bob is also survived by Brenden Blair of Fletcher, who was a special part of his life for 5 years. He was predeceased by his brothers, Erwin during WWII, Roy and Leon and his sister, Louella Zeno. Visiting hours were held on Thursday March 7, 2013 from 5-8 pm in the Minor Funeral Home, Route 7 in Milton. Funeral Services were held on Friday March 8, 2013 at 1 pm in the United Church of Fairfax with Rev. Walt Mahaney officiating. Burial will follow in the Plains Cemetery in Fairfax. Memorial Contributions may be made to the American Heart Association, VT Affiliate, 434 Hurricane Lane in Williston, VT 05495 Online condolences may be made at <http://www.minorfh.com/>

Shawn P. Barkyoub

ALBURGH — Shawn P. Barkyoub, age 37, collapsed and died suddenly on Friday, July 19, 2013, doing what he loved most, cutting wood.

The heat proved too much that day and Shawn died from Environmental Hyperthermia.

Born in St. Albans, on Jan. 8, 1976, he was the son of Paula (Shagoury) Mable and Alan G. Barkyoub. Shawn loved being outdoors and was a Jack-of-all-trades with an uncanny knack for repairing almost anything.

He worked at farming, but found his true passion logging, and his favorite place to be the forest.

Shawn was a practical joker with an insurmountable wit, and the ability to spin a story that would leave you laughing. He was a true original and could make a mark on whomever he touched and did. His legacy lies within his most beloved daughter, Lexus.

Shawn is survived by his fiancée, Jessica Vezina; his daughter, Lexus, and stepson, Logan of Alburgh; father, Alan G. Barkyoub and his wife, Judy, of Fairfax; mother, Paula Mable of Highgate Center; grandmother, Ramona Barkyoub of Hopkinton, Mass.; his sister, Lori Barkyoub and her partner, Jeff Adams of Georgia, Vt.; sister, Tammy Barkyoub Retalic and husband, David; and nephews Tyler and Brendan Retalic of Framingham, Mass. Shawn leaves behind many step brothers and sisters, aunts, uncles and cousins. He is also survived by future in-laws, Lee and Trudy Vezina and Jason Vezina of North Hero; and close friends, Randy Morin, Justin Magnan and David Lussier.

Relatives and friends were invited to attend calling hours on Wednesday, July 24, 2013, from 5 to 8 p.m. at the Heald Funeral Home, 87 South Main Street, St. Albans. A funeral service was held on Thursday, July 25, 2013, at 1:30 p.m. at St. Luke's Episcopal Church on the corner of Church and Fairfield Streets in St. Albans.

Please visit www.healdfuneralhome.com to leave an emory or a message for the Barkyoub family.

Those planning an expression of sympathy are asked to consider contributions to a Trust Fund to be set up for Lexus and Logan, c/o Heald Funeral Home, 87 South Main St., St. Albans, VT 05478.

Paul Emile Rainville

(November 21, 1930 - July 21, 2013)

ST. ALBANS — Paul Emile Rainville, 82, died peacefully on Sunday, July 21 2013, at his home with his wife, Lillian at his side.

Paul was born November 21, 1930, in St. Hyacinthe, P.Q. Canada, the son of the late Omer and Cecilia Bernard Rainville. On August 6, 1966, he married Lillian Rainville. They were married for over 46 years.

Paul worked for Central Vermont Railway for 15 years and was an accomplished mason and finish carpenter. Paul's grandchildren were his pride and joy and he loved to spoil them with sweets. He enjoyed people and had a great sense of humor. He had a passion for history and traveling. He was a life long member of the Knight of Columbus.

He is survived by his wife, Lillian and his children, Johane Pigeon & her husband, Normand, of Swanton; Luke Rainville & his wife, Lori, of St. Albans; Andrew Rainville & his wife, Susan; Lise Yandow & her husband, Jon; Paul Langelier & his wife, Karen. He is also survived by 22 grandchildren & 5 great-grandchildren. He is also survived by his 3 brothers, Jean Louis & his wife, Cecile; Jean Guy & his wife, Fernande all of Fairfax; Gilles & his wife, Claudette of Georgia; his 3 sisters, Fernande Tougas; Imelda Tougas & her husband, John all of Swanton; & Therese Paquette of Jericho. He was predeceased by 5 brothers, Harvey; Gaston; Laurent; Robert & Bernard; 3 sisters, Madeleine; Marie Paule & Noella; 4 brothers-in-law and 3 sisters-in-law.

Calling hours were held on Thursday, July 25 from 5-8 pm at Heald Funeral Home, 87 So Main St.

The funeral Mass was held at St Mary's Parish, 45 Fairfield St. in St Albans on Friday, July 26 at 11 am with the Reverend Brian O'Donnell as celebrant. Interment will be held at 3:00 pm at the family lot in St. Luke's Cemetery, Main Street in Fairfax.

Those planning an expression of sympathy are asked to consider Memorial Masses in Paul's memory or a charity of one's choice. Please visit www.healdfuneralhome.com to leave a memory or a message for the Rainville family.

James Lee Sizen

James Lee Sizen, 51 of Nampa passed away Sunday, July 28, 2013. He was born October 18, 1961, in Vermont, the son of Gary and Kathryn Sizen. He has two brothers, Daren and Shane, both of Vermont, and families and relatives. After high school he joined the Marines. He has three children: Jason, Chris, Tina, and grandchildren. He moved to Emmett, Boise, and then Nampa. He worked as an electrician for the Simplot Company. He leaves his wife Susan, and stepchildren, Matthew and Katie Testa, Ruth Curran and Jacque Curran. His final wish was cremation and for his ashes to be sent to Vermont, and that no services be held. He was preceded in death by a niece and his parents. His ashes will be spread beneath a tree on the family farm in Vermont.

Norma N. Bame

FAIRFAX — Norma N. Bame, 91 of Carroll Hill Road, passed away peacefully Sunday July 21, 2013 at Franklin County Health and Rehabilitation Center in St. Albans.

Norma was born January 7, 1922 in Burlington the daughter of the late Ruric and Ethel Bodah Liberty. She was married to Marshall Wendell Bame who predeceased her on September 15, 1998.

She was a homemaker. A member of the Jerri-Hill XYZ Seniors, she belonged to the Happy Wanderers Singers and volunteered at RSVP and the Respite House in Williston. She belonged to the Church of the Latter Day Saints in Burlington.

Norma is survived by her children: Matt and his wife, Elizabeth of Jericho, Marsha Barber and her husband, Wayne of Fairfax, Tim Bame and his wife, Marilyn of Milton and Chris Bame of Fairfax. Thirteen grandchildren and many great grandchildren. Her brothers; Arthur Liberty of Park Forest, IL, Paul Liberty of North Springfield, VT and her sister, Marlene Hill and husband, Howard of North Springfield, VT. She was predeceased by her son, Wendell, her brother, Douglas and sisters, Marie and Phyllis.

Visiting hours were held on Thursday July 25, 2013 from 5-8:00 pm in the Minor Funeral Home, Route 7 in Milton.

Funeral Services were held on Friday July 26th at 2:00 pm in the Funeral Home with Pastor Bruce Wilkinson. Burial will follow in the Underhill Flats Cemetery.

Memorial contributions may be made to the Alzheimer's Association, VT and NH Chapter, 172 North Main Street, Barre, VT 05641 or Gallaudet University for the Deaf, Development Office, 800 Florida Avenue, NE., Washington, DC 20002

Online Condolences may be made to www.minorfh.com

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Diane and Gabe Handy are presented a plaque by Dan Vanslette in thanks of their contributions to the new Fairfax Rescue Building. PHOTO BY BOB STRANG

Fletcher School Building Study Community Forum

On Tuesday, October 29th, at 6:00p.m., the public is invited to Fletcher Elementary School Gymnasium for a Community Forum to discuss the Elementary school building and its current space constraints. We need your input. We need to hear your priorities and wishes for the Elementary School.

Contact Todd Baumeister: tbaumeister@fwsu.org or 802-242-0022) or any of the committee members whose contact information is listed at <http://fes.fwsu.schoolfusion.us> (Building Study Committee link on the lower left-hand side – above the calendar).

Arts & Apple Festival

The Westford Historical Society is presenting its 3rd annual Arts & Apple Festival on Sunday Oct. 27th from 10 am to 3 pm at the Brick Meeting House on the Westford common.

Artists and artisans will show their work while you may purchase a fresh homemade apple pie or have a slice with hot coffee or cider. You can also enjoy fresh apples from Chapin Orchards. The Westford Historical Society will also be exhibiting historic photos. For more information, call 872-9683.

Facebook & Twitter

We are excited to announce that BFA Fairfax is now on Facebook. Please find and like us at www.facebook.com/bfairfax to stay up to date on the latest news and happenings! You can also find us on Twitter at #BFAIRFAX.

Patriots Youth Football

www.fairfaxpatriots.com

FCHHA Elects New Board, Makes Awards

At their 44th Annual Meeting, Franklin County Home Health Agency (FCHHA) elected Kathy Rossner, Todd Wimette, Dan McCoy, Hank Lambert and Steve Doe to the board of directors and re-elected Gail Albertelli to a second term on the board. The keynote address was given by J. Churchill Hinds, Vice President for Accountable Care at Fletcher Allen Health Care. In his address, he spoke

to the important role home health care will play in health care reform and in accountable care organizations.

Seeking Girls Who Want to Make a Difference For Unique Leadership Opportunity in Montpelier

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To apply, contact Nicole Nolan toll-free at 888-474-9686 x142 or nolan@girlscoutsgwm.org. Applications are due Oct. 31, 2013. Girl Scouts of the Green and White Mountains serves more than 14,000 girls across New Hampshire and Vermont, thanks to 5,500 trained and dedicated volunteers. See www.girlscoutsgwm.org or call 888-474-9686 to register or join. We are a chartered council of Girl Scouts of the USA, celebrating 101 years of building girls of courage, confidence, and character, who make the world a better place.

Bullets Under the Lights

The BFA Fairfax Bullets traveled to North Country to play football on Friday night, October 4th and came home winners by a score of 40-8.

Matt Larose scored three touchdowns with Luke Langelier, Nick Coon and Logan Langley also scoring on a throw from Cam Place.

The Bullets football team is 3-3.

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Blue Jean Ball

Get ready to enjoy another evening of casually elegant fun at the 5th Annual Blue Jean Ball on Saturday, October 26th at the American Legion in St. Albans. Dress up your denim to match our "Moonlight in Vermont" theme or come as casually as you'd like. Tickets are going fast, so call today, or go online, to reserve yours! Dinner will be catered by Bob Santini of Bayview Caterers with dessert provided by the culinary arts students of the Northwest Technical Center, topped with delicious Ben & Jerry's ice cream. In addition to fabulous silent auction items, Auctioneer Mark Waterhouse will lead us through another entertaining live auction for several select items. After our auctions are over, enjoy a dance demonstration by Kevin and Kate Laddison of First Step Dance to our theme song, "Moonlight in Vermont." Join them on the dance floor for more fun! That evening, we will also draw the winner of our queen-sized quilt handmade with love by the Home Health quilters. To buy event or quilt tick-

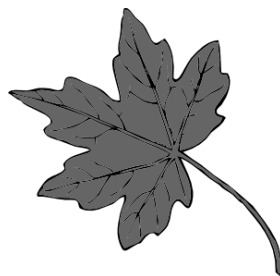
ets, call us today, 527-7531. Proceeds from the evening will help us meet our mission of providing medically necessary home health care to all the residents of Franklin County who need it, regardless of their ability to pay. Special thanks to our Designer Fit sponsors for this event, Ben & Jerry's, Community National Bank, Kinney Drug Foundation, Perrigo, Mylan Technology, McDermott's TD Bank, Superior Technical Ceramics, Ray's Dies & Tubing, and Spears & Heald Funeral Homes. We also thank the many other local businesses who have supported our event as sponsors. Please find a full list on our website. Franklin County Home Health Agency, Inc. is a non-profit organization committed to providing comprehensive, high-quality home health care and hospice to area residents of all ages and incomes. We provide short and long term health care and support services and community health programs as well as care and support to first time mothers, childbirth education, and newborns and their families.

Tips and Tricks

On Saturday, October 12th from 10:30 to noon, Tom DeVarney will show you tips and tricks for websites such as Find A Grave, FamilySearch.org, the home edition of Ancestry.com and others. One major tip will be on forming searches using wildcards. Tom has been involved with the VT French-Canadian Genealogical Society for many years as a researcher and teaching classes. Classes are held at the Vermont Genealogy Library located on Hegeman Ave, Fort Ethan Allen, Colchester, across from the State Police Building. Classes are \$5.00. We are open for research Tuesdays 3 to 9:30 p.m. and Saturdays from 10 to 4. Please visit our website www.vt-fcgs.org/vtgen.html or call 802-310-9285 for more info.



*Happy 90th Birthday,
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Westford Music

On Sunday, October 13th, at 4 pm. at the UCW white church at the top of the village green in Westford, Carol Ann Jones, a well-known vocal artist, will perform a variety of rock, popular and country music for the first concert of the season for Westford music series this fall. She is being joined by Will Patton the multi-talented and in wide demand, bandleader, composer, instrumentalist, and mandolinist who will play his original compositions and old favorites. They are bringing along two touring guest folk artist, Rik Palieri, who will perform a variety of songs and folk instruments with banjo, string guitars, Native American flute and Polish bagpipes. Also, joining the concert will be Robert Wuagneux, a singer/songwriter who is 'charting' across the country on the indie and broad jam charts.

This performance is being filmed by the LA produces/film maker, B.Noel Barr, a music writer from San Pedro, California and producer of the T.V. show The American Road. This show is part of a project about independent musicians who work at their craft for the 'love of the craft'. It is about the towns, the venues and people who

support live local music. It will be produced for public television and other possible outlets such as Discovery Channel.

All the artist have produced albums and played in venues around the country and internationally. Vermont is their home state and they are in wide demand touring and performing with each other, with other bands, and performing as soloist offering their wide repertoire of musical genres.

The concert will provide great appeal to audiences who love folk, jazz and country music. Refreshments will be served. Free will donations.

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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
 Fairfax Fire Department (non-emergency number) 849-6075 Standard office hours — Mon, Wed, Thurs, Fri; 8am-4pm,
 Tues; 1pm-9pm (subject to variations, due to scheduled events); fairfaxfire7@yahoo.com

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

- * Chairperson – Randy L. Devine,
- * Vice-Chair – Chris Santee, Tom Fontaine, Dave Shea and Leebeth Ann Lemieux

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

Please feel free to contact the Fairfax Selectboard at FairfaxSelectboard@yahoo.com

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- 1 cup milk
- 2 large eggs
- 2/3 cup granulated sugar
- 1 cup peanut butter
- 1 tsp salt
- 1 tbsp baking powder
- 1 3/4 cup all purpose or whole wheat flour

Preheat oven to 350°F.
 Add milk, eggs, sugar, and peanut butter to jar and secure lid. Select "Batters."
 Add remaining ingredients and secure lid.
 Press "Pulse" 46 times or until flour is incorporated.
 Pour batter into greased 9" x 5" loaf pan.
 Bake for 50 minutes or until wooden toothpick inserted comes out clean.



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WOMEN GOING THROUGH MENOPAUSE often look to natural remedies to relieve symptoms including hot flashes, weight gain and irritability. Amberen is promoted to relieve such and more. It contains calcium, magnesium, vitamin E, zinc, ammonium succinate and other ingredients. Cost runs about \$100 for a 3 months supply. The evidence of effectiveness is not there. Women should avoid the triggers that cause hot flashes such as caffeine. They may want to try weight loss products keyed on diet and exercise. Soy supplements contain genistein which has shown a modest benefit for some women. Dietary amounts should be at least 20 grams per day of soy protein or 15 mgs of genistein. There is doubt about the benefit of flaxseed and intake should be limited due to the chance of diarrhea from the high fiber content. Black cohosh has shown a very limited benefit in relieving hot flashes. There is concern about liver toxicity and women taking it should immediately report abdominal pain or jaundice to their physician. DHEA, wild yam, evening primrose oil and dong quai don't seem to help and some have the risk of side effects and drug interactions.

THE ADVENT OF THE MEDICAL USE OF MARIJUANA has produced questions about its effectiveness, risks and benefits. In the several states that have allowed its medical use, the list of approved conditions often is much longer than the evidence would support. Marijuana may help nausea and vomiting, fibromyalgia, neuropathic pain and the spasticity and pain related to multiple sclerosis. The duration of action is too short to be of much benefit in glaucoma. There is no evidence to support use in dementia or epilepsy. Side effects decrease over time and may include dry mouth, increased heart rate, dizziness and fatigue. It should not be used in individual with a history of addiction, heart disease or severe psychiatric illness. Smoking may aggravate existing respiratory conditions and lead to chronic bronchitis.

Marijuana interacts with anticholinergics such as oxybutynin and central nervous system depressants such as diazepam and other benzodiazepines.

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