

The Fairfax News

September 2011



A publication by the people of Fairfax



Issue 9

HENRY RAYMOND'S COVER PHOTO



The Meisenzahl Family: Bill, Dot, Brian, Mary, Bill and Bill's wife Debbie. Family Photo taken on Bill's 80th Birthday in 2006 — Bill & Dot have sold their home up on The McNall Road and will be moving to Williston where they will be near their son Brian and his wife and little grandson Charlie. We wish you well, Bill & Dot, and hope we will see you on occasion at the Senior Luncheons as well as St. Lukes whenever you are able to make it back.

Town Office Report to the Taxpayers of Fairfax

Public Meeting September 13th

BY THE TOWN OFFICE COMMITTEE

At Town Meeting in April the voters of Fairfax narrowly defeated a proposal to purchase 9.9 acres of land in the village as a possible site for a new Town Office.

Following the vote, an informal survey revealed that the proposal was defeated primarily because 1.) people did not fully understand the need; 2.) other options were not considered, or at least not presented; 3.) 9.9 acres seemed like too much land and; 4.) the total cost of the proposal, beyond the land purchase, was not clear.

In response, the Selectboard established a Town Office Committee, staffed by volunteers, to try to quantify the need, to look at other options,

to consider whether a smaller parcel could meet the need, and try to determine the overall cost of the project, beyond the simple purchase of land.

The seven people who volunteered have met more than a dozen times since April. Some of those meetings involved walking and measuring parcels of land, while other meetings involved discussions, with land owners and among ourselves, of the various options and their associated issues.

The first issue involved identifying the needs, shortcomings and deficiencies of the current Town Office. These can be summarized in three basic categories:

Taxpayers continued on page 4

NEWS IN BRIEF

Correction

In our graduation issue of the Fairfax News, an error was made as to the Salutatorian's name.

Becky LaFountain is Salutatorian, not Shelby Cushing. Shelby introduced the Salutatorian, Becky LaFountain.

I sincerely apologize for my error.

Omission

In our Baseball State Championship photo on the frontpage of the last Fairfax News, credit should be given to Lori Meigs.

Lori provided us many game photos at the last minute, as we rushed to print.

Special Thanks

to Futura Design of Shelburne, Vermont for assistance on the last issue of The Fairfax News.

Births

Rayaan Kunal Saini

DOB: June 12, 2011

Parents: Kunal Saini, Geetanjali Saini

Leigha A. Muehl

Born- 8/19/2011 at 02:53 am.

Height- 20 1/2 in.; Weight- 7lbs,

1oz; Parents: Nathan & Kathi

St. Luke's

Childrens Carnival; Sept. 11th

Noon to 2:00 pm

Open to kids from 1 to 101

More info on page 3

In Memory Of

Those who have given their lives so that we may enjoy ours.

COMING NEXT MONTH

Bullets Sports

Seasons Change in Fairfax

BY CHRIS SANTEE

Normally, you would not read about changing seasons on the frontpage of a newspaper, but this summer in Fairfax was so filled with family fun events that we felt the need to identify some of them and thank those involved.

There were many volunteers at the many events, but Fairfax Parks and Recreation Department Chair Katrina Antonovich stands head and shoulders above us all. Her tireless efforts resulted in hundreds of smiling childrens' faces (some of them painted) over the summer of 2011.

Seasons continued on page 6

100 Day Challenge Coming to Fairfax

We want to challenge you to be the healthiest you can be! The 100 Day Challenge is a nutrition and fitness program with guaranteed results. There is nothing like this in your area!

The program runs from October 17, 2011 through June 24, 2012. The program accepts only 20 Challengers. Don't wait, challenge yourself now. If you can do it during the holidays, you can conquer anything!!

Challenge continued on page 6

September Is....

Life Insurance Awareness Month!

Life Insurance Awareness Month makes it a perfect time to get together to review your financial needs and discover how life insurance can protect your loved ones. To find out more information, reference the enclosed newspaper insert as well as Nathan A. Muehl on page two.

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

Fairfax FD Gets Ladder Truck

On June 27th, 2011, the Town of Fairfax Fire Department took possession of a 1982 Peter Pirsch 100' ladder truck which had generously been donated by Rett Heald, of Heald Funeral Home and Tom Hungerford, of Hungerford Insurance for fire protection in Fairfax.

The St. Albans owners considered donating the truck to a Franklin County town and Fairfax won. Three Fairfax firefighters had experience with the truck while it was in service in St. Albans helping the decision in our

direction.

The truck passed a five year inspection for fire service by the National Fire Protection Association. When it comes time to retire the truck, it will be returned to its owners, Rett and Tom.

The Fairfax Fire Department now has the capacity to rescue people from high locations, provide safety to firefighters when battling chimney fires, fight a fire from an elevated distance, provide roof ventilation and more.



Fairfax Fletcher Schools Contemplate Merging

An informational flyer is enclosed

Public Meetings will be held

October 17 & 18

Postmaster, Please Mail To:

AROUND FAIRFAX

Dear Fairfax,

Summer's winding down and student athletes have been practicing pre-season and will soon be competing in the regular season. Our football, soccer and cross-country teams are all hopeful as their seasons begin.

The fields of Fairfax offer beautiful settings for competition and the sidelines will be filling up with students, parents, friends and community members supporting the Bullets.

Come on down and watch some great sports at BFA Fairfax.

Schedules will be posted on FranklinOne.com.

Take care and God bless,

Chris Santee

Go Bullets !!!

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The Fairfax News

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The Fairfax News • P.O. Box 86,
 Fairfax • Vermont 05454

Dear Fairfax,

Boy Scout Troop 853 would like to thank the people of the town of Fairfax for their generous support during our bottle drives on June 4th and July 8th, 2011.

This money will support our troop's activities, camp-outs, merit badges and other troop expenses.

Thank you to Minor's Country Store for accepting the large amount of bottle returns.

It is great to live in a town with such kind and supportive people.

Troop 853



Boy Scout Troop 853 attended Spring Camperece at Button Bay State Park May 20th, 21st, 22nd.

Back row, L-R: Don Fleming, Chris Stowe, Helen Stowe, Logan McGuinness and Zachary McGuinness Front row, L-R: Marshall Busbey, Hudson Elledge, Ben Brusco, Sebastian McCabe, Curtis Shepard, Dana Stowe, Nick Hendee.

Diary of Anne Frank

The Fairfax Community Theatre Company is getting ready for the fall show, "The Diary of Anne Frank." The show will run five days: Wednesday, Sept 21 through Sunday, Sept 25. Wednesday through Saturday are evening performances, starting at 7:30. Sunday is a matinee, starting at 2:30.

SUPPORT THE SHOW!
 If you're not able to participate, you can still support the cast and crew of "Anne Frank" by purchasing a "Break-A-Leg." For \$5, you can have your name listed in the program as a supporter of the show. For \$10 or more, you can include a message (up to 150 characters, or about 3 lines). (See attached sample.)

Make checks payable to FCTC, and mail them to the producer: Jerry Starks, 49 Foster Rd, Essex Junction, VT 05452. Payment must be received by Friday, Sept 16.

Let's all help keep community theatre alive in Vermont!

If you have any questions, please contact me:

Jerry Starks jxsvt@juno.com, 881-4455

Producer, The Diary of Anne Frank

Go Bullets !!!

Success by Six

The Success by Six Community Meeting has been moved to Thursday, September 1st from 6:30-8:30pm in the Fairfax Elementary Music Room. Anyone who can attend is urged to and please RSVP your attendance ASAP.

There is an urgent need for two co-liasons to head up the Fairfax Success by Six Programs and to ensure the continuation of these Community Services. Please call or email either of us to offer your time to this wonderful program. Patricia Hendee at 524-6393 or Erica Wiggins at 782-6332.

Contact Us!

If you see news happening, have a sports score, or would like to get the word out on your event, call Chris Santee at 782-0406.

Suspicious Vehicles

Fairfax is not immune to the recent upswing in criminal activity. Please keep an eye on vehicles in your neighborhood, write down information and call Vermont State Police at 524-5993 or the Franklin County Sheriff's Department at 524-2121. In case of emergency, call 911.

Lock your cars in your driveways and remove all valuables.

Go Bullets !!!

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United Church of Fairfax

The time of the service is 9:45 am, minister Rev. W. Mahany, wmahany@hotmail.com.

Fairfax Food Shelf

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Confidentiality respected.

Questions: 393-3210



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Local 4-H Members "Fair" Well

Fantastic Fairfax 4-Hers are learning by doing. This summer, a group of 9 & 10 year olds shined brightly at the Franklin County Field Days. The members collected their share of "Best in Show" and blue ribbons for photography, posters, pottery, drawings and baked goods. The Champlain Valley Fair is the last stop for their entries.

The group is led by Tia Rooney and Lisa Durocher and is made up of six members. The project-based 4-H group incorporates service learning and hands-on exploration. Their primary projects are growing their own gardens, where most produce is donated to the local food shelf, and learning about digital photography. This year the members are having fun with creative arts, thanks to our favorite local artist, Sally Zeigler, and they're learning about animal care.

Results of the Franklin County Field Days: Poster: "Best in Show", Chloe Shedd; Blue Ribbons, Annalise Durocher, Alison Irish, Sydney Rooney, Autumn Durocher. Baked Goods: "Best in Show", Annalise Durocher. Photography: "Best in Show", Alison Irish; Blue Ribbon; Blue Ribbon, Annalise Durocher, Autumn Durocher, Chloe Shedd, Ada Sorenson; Red Ribbon, Sydney Rooney. Drawing/Paintings: "Best in Show", Autumn Durocher; Blue Ribbon, Annalise Durocher, Sydney Rooney. Pottery: Blue Ribbons,

Autumn Durocher, Alison Irish, Sydney Rooney, Chloe Shedd, Ada Sorenson; Yellow Ribbon, Annalise Durocher.

4-H has grown into a community of 6 million young people across America learning leadership, citizenship and life skills. 4-H can be found in every county in every state, as well as the District of Columbia, Puerto Rico and over 80 countries around the world. The 4-H community also includes 3,500 staff, 518,000 volunteers and 60 million alumni. 4-H'ers participate in fun, hands-on learning activities, supported by the latest research of land-grant universities, that are focused on three areas called Mission Mandates:

- Science, Engineering and Technology
- Healthy Living
- Citizenship

The 106 land-grant universities across the country deliver research driven programs through Extension agents in each of the more than 3,000 counties. The 4-H leadership builds on the strength of our state and local professionals in partnership with the National 4-H Headquarters.

Fantastic Fairfax 4-H'ers Leaders: Tia Rooney (tiarooney@yahoo.com) and Lisa Durocher (lfdnt@aol.com). 4-H Mission Statement: 4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.



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St. Luke's Children's Carnival

Mark your calendars for the St. Luke's Children's Carnival on Saturday, September 11th, then come and enjoy the fun.

The Children's Carnival is open to all children ages one to one hundred and one and will run from noon till 2:00 pm on the front lawn of the St. Luke Rectory on Huntville Road in Fairfax.

The games will include putting, basketball free throws, a football throw, dart tossing, bean bag tossing, ring tossing, bowling and a bike tire toss.

There are prizes for all who play and there will also be a dunking booth and much more.

The cost is \$3 per person and \$10 maximum for a family.

Saxon Hill School Barn & Bake Sale

Saturday, September 24th
 8:00 am to 5:00 pm

Sunday, September 25th
 10:00 am to 4:00 pm

45 Family sale with enormous quantities of first quality items such as children's toys and clothing, baby gear, household goods, books, dvds, sports equipment, and more! Look for our signs, bake sale table, and huge barn along Route 15 in Underhill Flats. For more information please call 899-3622.

BB Vandalism

Anyone in Fairfax and Fletcher who has had any BB gun vandalism should call Vermont State Police at 524-5993.

Watch for more on FranklinOne.com.

"On the Green" Concerts Held

The summer of 2011 was a summer to remember for concerts "On the Green" in front of Bellows Free Academy Fairfax on Tuesday evenings, a couple of them rainy.

It started in late June with the Carol Ann Jones Acoustic Trio, followed by the Fairfax Fletcher Westford Band, Robert Resnik and Marty Morrissey, The Irregulars, Conscious Roots, Big Spike, Woods Tea Company, Tammy Fletcher and wrapping up with the Milton Town Band in mid-August.

Thank you to all involved in bringing this entertainment to Fairfax.

Fairfax Community Library

School Year Library Hours: M, W 8-5:30; T & TH 8-8; F 8-3:15; SAT 9-1.

Summer Library Hours: MWF 10-5:30; T & TH 9-8; SAT 9-1.

Personal

Looking for Nicholas from Fairfax, 36, and a social work student at UVM., who was, on Saturday 8/30, in Cooperstown, NY at Ommegang Brewery. Contact this newspaper.

FranklinOne.com Fairfax's Daily News Source



Taxpayers
continued from page 1

1. The building space will not meet the Town's needs much longer. Office staff projected that more than twice the current space will eventually be needed for storage, space for small and large public meetings, office space for additional staff, and an enlarged vault for vital records and land records.

2. Parking is woefully inadequate. Eight people work in the Town Office today and they each drive a car to work. There are eight parking spaces. Overflow parking during school hours is non-existent, and parking on the roadway, around a dangerous curve, is not safe.

3. The building is in desperate need of significant repairs. Perhaps most importantly, the foundation leaks, resulting in a frequently wet basement. Mold and mildew have resulted in the spring and summer, creating odor and potential health hazards. The real solution would involve lifting the building and installing a new foundation and floor with proper perimeter drainage. A 2007 study commissioned by the School (Owner of the building) revealed about \$123,000 in needed and recommended repairs and improvements. 2011 estimates for these repairs and any others identified since 2007 have not been obtained. Any significant repairs would also trigger the need to make the building handicap accessible, according to the Americans for Disabilities Act (ADA) requirements, including an elevator to the second floor.

Based on these needs and issues the committee has begun to look at options. One option would be to repair and renovate the current structure and add over 3000 square feet of new space (the amount identified following a survey of the current staff) to the current building, and expand the parking around this enlarged building further onto school-owned land. This option was presented to the School Board for their consideration, since they own the building and the property. They

Taxpayers
continued on page 6



August SWALERS

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Health & Wellness Opportunities in Fairfax

Boot Camp: For all ages and levels (Mon. & Thurs. 6:30 - 7:30 pm at BFA-Fairfax school); contact: Lisa Durocher @ 849-6621 or lsdbootcamp.wordpress.com.

100 Day Challenge: A life-changing health & wellness program that starts on October 17 and runs to January 24; contact: Lisa Durocher @ 849-6621 or 100dayvtchallenge.wordpress.com

Yoga (Tues. 6:30-7:30 pm at BFA-Fairfax school)

Zumba (Wed. & Sat. at BFA-Fairfax School)

Hornets Snag Bullets Groundskeeper

After serving our country, Gary Stewart returned to Fairfax to be our groundskeeper, but now Division I Essex has recognized his talents and he's a Hornet. Best wishes, Gary, and thank you for your years of dedicated service.

Also gone from Fairfax are busdriver/mechanic Scott Allen (off to South Burlington) and Bob Kimball who is working in the private sector.

102 Years Young

Imogene Collins will celebrate her 102nd birthday on September 27th. Recently, Imogene had a fall and we wish her a speedy recovery as her big day approaches.

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Challenge continued from page 1

Challenge yourself this fall to be the healthiest you, for you and your family. Optimal health involves eating well and moving well! Challenges come in many shapes in sizes. Whether it's weight loss, healthy living, nutrition education, stress reduction, improved fitness, increased endurance/speed/strength, rehabilitate from an injury, look good for summer fun or that wedding or reunion.

It's not the "Biggest Loser", you're not herded into a large room and talked "at". Your challenged as an individual based on your health history, family schedule, and personal goals.

Here are a few comments from the recent 100 Day Challenge graduates: "February 14 was the first day of the rest of my life." "Your class with Megan's support for the nutritional part of it has been the very best workout ever...This is the best shape I've ever been in." "The aspect of the program I liked the best was the accountability." "You are The Best Trainer Ever Possible...times 10!!!" "The best part of this program was the outreach and support." "The challenge was fantastic for me.....it gave me a new body." "The blogs on nutrition and exercise were also EXTREMELY valuable. I learned so much! And most of all THE RESULTS!" "You two were very supportive and encouraging. I need that! I also enjoyed the other challengers and doing classes together."

"You don't have to be great to start, but you have to start to be great."

For more information visit www.100dayvtchallenge.wordpress.com, email at 100fitnesschallenge@gmail.com or call us: Lisa: 802-849-6621 and Megan: 802-888-6262.

Seasons continued on page 1

It all started in June, with Community Day and a Ducky Race at the Fairfax Recreational Park, organized by Katrina. As we were celebrating the success of that day, Katrina came before the Fairfax Selectboard asking if we would back her in bringing a circus to town in July. After a resounding "yes", phone calls and meetings were fast and furious and on July 15th, Fairfax welcomed the Walker Brothers show to town. Under the big top tent, set up just for the event, people from Fairfax and beyond were amazed and entertained by clowns, trapeze artists, magicians, horses, dogs and a man in a gorilla suit.

Giving Katrina a break, Shelly Potlata and Nicole Swanson put together the Annual Art in Bloom Festival, which took place the day after the circus and entertained hundreds with art booths, live music by local bands and musicians including Dylan Day. Backslide Grind and No Left Turn, with music organizer Jeff Chapman. Delicious food was also enjoyed, prepared by Steeple Market.

In early August, another Parks and Recreation Department fundraiser organized by Katrina Antonovich, the Annual Egg Run took place with electronic timers on each runner. Some walked the 5 and 10K race along River Road and Goose Pond Road. Special thanks also go to Orman Ovitt for allowing a town and more to come onto his front yard to enjoy omelets after the race.

Now, summer is turning to fall and our attention shifts to the many autumn activities in our great town. And winter's right behind!

Taxpayers continued from page 4

responded in late July that they would allow expansion further onto school land but they would not convey the building or the property to the town. We are now waiting for them to tell us if they would grant a perpetual lease.

We also proceeded to look for other options. Specifically we examined the Village area to try to identify other possible locations for construction of a new Town Office. And, while our focus was within the Village we have not ruled out the possibility that a location outside the Village is possible. Two to three acres of land was determined to be a reasonable target parcel. This is sufficient property for a new office building, adequate parking and future expansion.

We contacted ten land owners regarding thirteen possible parcels of interest. All but five parcels belonging to five different land owners have been eliminated for various reasons. The remaining five parcels all have some advantages and some drawbacks, which we are still studying.

In attempting to look at the total cost of the project, we have started to

list all the elements of the project for which there would be a cost. These elements include land purchase; rights-of-way; road construction; parking lot construction; building design; site preparation; building construction; renovation and remodeling; sewer and water costs; permitting; temporary quarters; moving costs; and financing options. None of our estimates is yet complete, but we are getting closer.

The committee has much work yet to do before we bring final recommendations or proposals to the town. We are ready to schedule our first Public Information Meeting, at 7:00pm on Tuesday, September 13th, in the BFA Library, to present our preliminary findings and gain your feedback.

This is important work and we are carefully studying the issues from many perspectives. If and when we ask voters to approve a proposal, we want to make sure that we have considered the needs, the options and the costs thoroughly. In the meantime we will continue our efforts and would welcome any feedback you may wish to pass on.

At this time it would be very helpful for us to know how many options you would like to have presented for further consideration at a town-wide meeting. Since each option we present may have different topography, dimensions and access issues which will dictate a different building design, we do not want to design too many buildings. Comments, questions and suggestions should be forwarded to the committee through Skip Taylor in the Town Office. He can be reached via email at fairfaxza@yahoo.com, or by phone at 849-6111, extension 4.



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Citizens for Fairfax Community, Inc. (CFC)

7/20/11 Meeting Minutes

The grant application has been resubmitted and, after VCDP's initial review, their list of additional 'Ts' to cross is relatively short and quite doable. They will consider the application on Sept 8.

We urgently need to raise an additional \$1000 - \$1500 before Sept. 8 to bolster our case with VCDP. Donations (sent to CFC c/o 234 River Rd, Fairfax) would be most welcome. We also hope to raise funds with some activities at the Egg Run

Informal meeting: As we were one short of a quorum, this was not a formal business meeting of the Board. We met from approximately 7:15 to 8:45 PM.

In attendance: Doug Stuart,* Eda Kirkpatrick,* Mark Hunziker,* Susie Posner-Jones,* Corey Hinton, and Amanda Duling* (* indicates Trustees)

Reports & Discussions:

Susie reported that she has resubmitted the VCDP grant application; and Carl Bohlen has already given it a preliminary review. He gave us a short and fairly easy 'knock-list' of 'T-crossing'-type details left to tend to. We are on schedule and on track for consideration at their next meeting, Sept. 8.

The most important thing we need to deal with immediately is to raise approximately \$1000-1500 before that VCDP review. Only a few hundred dollars are actually needed to meet their percentage-based requirements. But the higher number will definitely make our case for approval stronger in the eyes of the VCDP Board.

Many fundraising options were suggested and discussed. Most of them will not fit this tight timetable, but seem like good ideas for next year. Even the Zumbathon, though relatively quick and easy to organize, may need to happen slightly after Sept. 8. The group zeroed in on three activities that could be done in conjunction with the upcoming Egg Run: a 50/50 raffle, face painting, and a gourmet lemonade concession. If the Rec. Dept. Board is OK with these, we will do them.

Next Meeting: Though there will need to be a lot of coordinated CFC activity in the next two months, we will not hold a board meeting in August. Our next meeting will be Sept. 21.

September agenda in brief:

- VCDP grant
- Fundraising report
- Haunted House
- Other future fundraising
- Other grant options
- Annual membership meeting
- Nominations committee

Respectfully submitted,
Mark Hunziker, Secretary

Citizens for Fairfax Community, Inc.
802-849-6561
mark@vtwellness.net



2011 State Champions in Varsity Baseball, Avid Anglers and Champions of Conservation

By TOM SCHMIDT

On 8/1, St. Albans Pier, my son and I were happy to meet (from left to right) Cam Weber, Robbie Rinaldo and Brett Hakey of the BFA Fairfax 2011, Varsity Baseball State Championship team. Inspired by the TV Show, "RIVER MONSTERS," these student /athletes were not perch fishing. They were rigged for the biggest, baddest and ugliest fish that lurked beneath the surface in St. Alban's Bay. And they succeeded landing a near 11lb, fresh water drum.

Robbie Rinaldo hooked the fish while his BFA teammates cheered and coached and prepared to net it. It was clear right off that he had hooked an exceptional one. The drum fish fought hard and line screamed off of Rinaldo's reel. He played the fish perfectly and retired it nicely into the net of his teammate. All on the pier came to have a look.

The three BFA graduates shared with my son how to rig for the big ones. They made a fine impression that my son and I won't soon forget.



I was delighted to know that they planned to filet the drum and have a feast. So we gladly let them ice the fish in our cooler. Seeing ethics in practice by these fine, young, sportsmen was a terrific bonus. It reflected that Vermont's traditional outdoor community is succeeding to install respect, civic sense and ethics in young participants.



Boy Scout Troop 853 had two scouts achieve the rank of EAGLE SCOUT. Alex Blair, on left, son of William Blair and Penny Blair and Stephen Leach, son of Duane and Marnita Leach.

Creative Discounts

Creative Edge will be offering 10% discounts on certain products in September. Look for them on facebook. Call 849-2455 for details.

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 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 (first and third Monday 6:00-8:00 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-2:45 pm
 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)

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 849-2243
- * Animal Control Officer Bill Stygles 849-6268
- * Fairfax Constable Josh Langelier 752-0908

Selectboard Members

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

Events

- * Dog Licenses were due April 1st
- * Trash & Recycle Pick Up Days Wednesdays and Thursdays Call 1-800-439-3615 for more info
- * New recycle bins can be picked up at the Town Office during regular office hours.
- * Selectboard Meetings first three Mondays

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

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Raw Cheesecake

This simple vegan non-dairy no-cook cheesecake will have you fooled. This raw cheesecake recipe just takes three easy steps: crust (easy, throw in food processor and press down into pan); cream cheese (easy, throw everything in high-speed blender and pour on top of crust); and sauce (easy, throw everything in high-speed blender and pour on top).



Crust ingredients:

- 1½ cups macadamia nuts (or a combination of walnuts and macadamia nuts)
- ½ cup dates
- ¼ cup dried, unsweetened coconut
- 1 pinch sea salt

White cheesecake filling ingredients:

- 3 cups cashews
 - ¾ cup lemon juice
 - ¾ cup agave or honey
 - ¾ cup coconut oil
 - 1 tablespoon vanilla
- Up to a ¼ cup of water, if necessary to facilitate blending

Fruit topping ingredients:

- 2 cups frozen strawberries
- ½ cup dates

1. Throw the macadamia nuts and dates into your food processor. (Don't add the coconut!!) Process nuts and dates until well processed but still airy.

2. Take a cheesecake pan (or just a basic glass brownie pan if you're like me and don't have fancy cookware) and sprinkle the coconut on the bottom as your very first layer. The point of doing this

is to make it so it's easier to remove the cheesecake and the coconut stops the crust from sticking to the bottom of the pan. Then press the macadamia nuts and dates down into the pan to form the crust.

3. Throw all cream cheese icing ingredients into your high-speed blender and blend! Add as little water as necessary to facilitate blending. (Try to add as little water as possible.)

4. Place the above in freezer for an hour or so (so that it will firm up).

5. Meanwhile, throw your strawberries and dates in your high-speed blender. Blend until nice and smooth. Pour this mixture on top of the crust/creamcheese, which was just in the freezer for about an hour. Replace the raw cheesecake recipe back in freezer. Freeze until this raw cheesecake recipe reaches the desired consistency!

6. Defrost this raw cheesecake recipe for about one hour before eating (or just slice from freezer and enjoy this delicious raw cheesecake)!

Enjoy!

Jacque Schwartz
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For almost 20 years, the Inn at Buck Hollow Farm on Buck Hollow Road has hosted visitors to our community from all over the world, many visiting friends and relatives in Fairfax. Brad & Jacque have also hosted countless weddings, receptions, meetings and retreats.

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Ray Bouffard and the crew at Georgia Market break ground recently on a new 10,000 square foot store. The old store will be dismantled with much of the building being donated to Habitat for Humanity. The old store remains open.



Last years sports seasons at Bellows Free Academy were very successful, ending with a State Championship celebration in Montpelier where Coach Mike Brown got the shower. Come watch the Bullets this year as they will continue to compete admirably.

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PILL BOARD

SENIORS OVER 65 MAY WANT TO CONSIDER GETTING PERTUSSIS VACCINE. The CDC has issued new recommendations for older adults due to their risk for getting pertussis and also passing it on to grandchildren and infants who are more at risk for developing a severe illness. There was a 2 year waiting period recommended after the last tetanus shot however that has been changed. The only drawback of a short interval between injections is a sore arm.

KIDS WITH OBVIOUS CASES OF ACUTE EAR INFECTIONS WITH MORE THAN MILD SYMPTOMS will definitely benefit from oral antibiotics. Watchful waiting is recommended for mild symptoms or uncertain diagnosis. However new studies now show treating a more pronounced illness with antibiotics saves one out of every four kids under 3 years of age a more severe, prolonged infection. Ear pain can be relieved with oral ibuprofen or acetaminophen and analgesic eardrops.

USING "BATH SALTS" TO GET HIGH IS THE LATEST CRAZE. These are not really bath salts but designer stimulants that many states are rushing to label illegal. The primary ones are mephedrone and MDPV. Often sold in smoke shops, convenience stores and online; they come in small powder packets labeled "bath salts" or "plant food" and go by brand names like Blizzard, Ivory Snow, Cloud 9, Vanilla Sky and others. They are smoked, injected, snorted and taken orally and can lead to serious violent behavior with some users killing themselves or others.

PATIENTS TAKING PPIs, SUCH AS NEXIUM, PREVACID AND OTHERS, that have milder GERD symptoms might be better off on antacids or H2 blockers (Pepcid, Tagamet, etc.) due to the increase risk of fractures, pneumonia and Clostridium difficile diarrhea associated with PPIs. Long-term use of PPIs can also lead to low magnesium levels whose symptoms include palpitations, muscle cramps, tremor and dizziness. Sometimes it's difficult to stop PPIs due to acid rebound. Taking the medication once daily vs. twice daily then decreases

ing to every other day may result in less chance of symptoms returning. Patients with severe GERD, erosive esophagitis, ulcers or at risk for NSAID induced ulcers are definitely candidates for PPI use and should NOT discontinue these medications.

THE NUCLEAR ACCIDENT CAUSED BY THE TSUNAMI IN JAPAN sparked interest in potassium iodide (KI). KI blocks the accumulation of radioactive iodine in the thyroid helping to prevent thyroid cancer—and that's all. It doesn't protect any other organs or from any other type of radiation. During an emergency, public health officials will distribute doses of KI from stockpile. The FDA has approved three products-Iosat, Thyrosafe and Thyroshield. Products can also be compounded from bulk KI powder. Topical iodine tincture is not safe for oral use, iodized salt doesn't have enough iodine, kelp has variable amounts of iodine and potassium iodate irritates the GI tract. KI should not be taken unless needed since it can cause skin rashes, allergic reactions and thyroid problems in some people.

**Merger Meetings
Fairfax October 17
Fletcher October 18**

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