

The Fairfax News

October 2010



A publication by the people of Fairfax



Volume 33, Issue 10

HENRY RAYMOND'S COVER PHOTO



The Children's Area at the Fairfax Public Library was dedicated to Sharon Horr in recognition of her 34 years of sharing her love for reading with three generations of children of The Fairfax Community at a retirement gathering for her on August 21, 2010.

NEWS BRIEFS

Happy Birthday

Fairfax resident Imogene Collins will turn 101 years old on Monday, September 27th.

Community Center

A group is interested in making the Baptist Building a Community Center and they have a request on page 11.

Public Meetings

School Board
October 11
Budget Discussion

Fairfax Town

October 26th
Property Purchase

Fairfax Sports

Could a team of young athletes from Fairfax, Vermont beat Rhode Island, Massachusetts and Connecticut?
Answer on page 12

Pill Board

You'll find Pharmacist Rick Hogle's column on page 16 in this special fall issue.

In Passing

Fairfax mourns the loss of residents and family of residents: Juanita Shedd, Allen Corliss, Annette Minor Tefft, Marion Weatherwax, Thomas Norway, Helen Federico, Madalene Lemnah, Father Bernard Bechard and longtime BFA Fairfax educator and Principal John Barker.

COMING NEXT MONTH

A.W. Rich will once again have a treat for the trick-or-treaters

Selectboard Plans Property Purchase

The Fairfax Select Board has been working with Larry and Barb Young in order to put before the voters a proposal to purchase 9.9 acres of land from them. The purchase price is \$25,000 per acre. In addition to the purchase of the land the voters will be asked for approval to build a road into the location and to provide for other infrastructure requirements. The property is located southwest of the Fairfax fire department, behind L.W. Young's former shop which is behind the Baptist Building.

The intent in buying the property is to give the town a place to build offices and to consolidate most of the town functions in one area. The Select Board is of the opinion that this parcel of property is centrally located and would serve the needs of the town well.

There will be an informational meeting at school on October 26, and a vote on the proposal tentatively scheduled for November 17.

Household Hazardous Waste

September 25th

School Budget

October 11th

Public Meeting

October 26th
BFA Fairfax
Property Purchase Informational Meeting

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

Thank You Sharon Horr

by Chris Santee

On Saturday, August 21st, many townspeople packed the Community Library at Bellows Free Academy Fairfax to give their thanks to Sharon Horr, who officially retired as Fairfax Town Librarian on August 26th, 2010 after 34 years of service.

When Sharon became the librarian, in 1972, there were only 100 books in the tiny library in the old section of B.F.A. She leaves a library that has been recognized three times nationally by the LJ Index of Public Libraries.

Except for a brief interruption to have her third child, the library has grown tremendously with Sharon's presence.

In just eight weeks, last summer, our children read over 2,000 books in the Summer Reading Program.

Along with School Librarians Joy LeBaron and Joy Mercer, we in Fairfax enjoy a premiere library for students and townspeople alike with 42,659 books now available.

Thank you Sharon Horr!

Amoskeag Moves to Fairfax

Feeling growing pains in Colchester, Vermont, Kevin Hastings is moving his business Amoskeag Woodworking into the Morse Hardwood Building on Fletcher Road in Fairfax. Morse Hardwood's name will live on in the new venture. Kevin Hastings came to the Fairfax

Selectboard meeting Monday, September 13th.

The Town of Fairfax is expecting to apply for a VCDP Economic Development Grant of up to \$750,000 to assist Amoskeag Woodworking with improvements in infrastructure and the purchase of woodworking and milling equipment to aid in the expansion of their business.

Amoskeag Woodworking was founded in 1992 by Kevin Hastings. The firm spent several years slowly growing while operating out of the basement of his home. By 1995 Amoskeag had grown and the firm began leasing 2,600 square feet of space in a small commercial area on Prim Rd in Colchester. In 2000 the firm then purchased its present location, which consists of 7000 square feet. In 2005 they leased a building a half mile away adding another 6,500 square feet for a total of 13,500 square feet of space. While both of these buildings are on Prim Road the amount of space has proved inadequate and the layout with the two separate buildings is highly inefficient. The firm has grown to a company with \$ 2,000,000 worth of business annually. That business is roughly divided into 20 % residential cabinetry and 80 % commercial architectural millwork. The firm employs 28 people.

The Morse Hardwoods & Millworks Co came on the market in 2010. The owner of the company which has been milling and manufacturing Vermont hardwoods into rough and architectural products since 1983 had decided to retire.

Morse which is based in Essex had been manufacturing out of a 50,000 square foot plant on Fletcher Road in

Fairfax since 1999. The plant, already a wood products manufacturing facility, was an ideal fit for Amoskeag's operations. The plant has an interesting history. Before it was purchased by Morse Hardwoods in 1999 it was owned by Milton Bradley and for twenty years it manufactured Scrabble tiles for every Scrabble game made. In fact at peak output the plant was manufacturing 1 million tiles a day. The plant, which also produced Parcheesi and Jumanji pawns, Jenga and Bottle Topps games and the wooden hotels found in deluxe Monopoly sets, was closed in 1998 putting 87 Vermonters out of work. The production of Scrabble tiles was moved overseas.

Amoskeag has bought the building and will be moving 20 of its 28 employees and all its production work to the plant by the end of 2010. In addition Amoskeag is retaining 6 employees from Morse and will continue with Morse Hardwood's milling of high-quality stock and custom hardwood products.

Amoskeag financed the \$ 1.46 million purchase of the building and business with loans from Peoples Bank and the Vermont Economic Development Authority.

In order to maximize the business potential of the Morse building Amoskeag will need to purchase a number of high tech woodworking and milling machines. These machines will be CAD/CAM capable and will allow Amoskeag to expand its business and grow.

If Amoskeag is able to access a VCDP Loan through the town of Fairfax to purchase this needed machinery the firm expects to add up to 20 new employees in the next 2 years.

Go Bullets



Postmaster, Please Mail To:

LETTERS TO THE EDITOR

Dear Fairfax,

As some of you know, my life has become extremely busy in the past couple months and that doesn't include campaigning. As I go around town and talk with folks I'm finding many of you are in the same boat. Jazzi, graphic designer for *The Fairfax News*, commented that she works before going to work and returns home to work. (I do appreciate that).

No matter how busy your life may seem, I'd like to remind you that your family wants some of that time too and they're more important than any meeting, so find the time. Your children will grow quickly and you'll wonder where the time went.

Happy Birthday Cale

Take care and God bless,

Chris Santee

Rescue Squad Fairfax Rescue News

Not long ago I was talking with Henry Raymond. During our conversation he said to me that the towns people heard a lot about what was going on with the Fire Department but not much was ever heard about Rescue. I explained to him that this was somewhat by design because of patient confidentiality. We talked a bit about how reporting might be done so that patient privacy was protected. This article is the result of that discussion.

In July, Fairfax Rescue responded to 29 calls for assistance. Of those calls 22 patients required transport. Of the 22 transported 4 were BLS (basic life support) calls. The remaining 18 patients required ALS (advance life support) transport, and 1 of those was an inter-facility specialty care transport. Of the 29 calls received 24 were from Fairfax, 3 from Westford, 1 from Fletcher and 1 from St Albans where the specialty care transport originated. Of these 29 calls we were required to activate our second ambulance twice to handle a multiple call/patient situation.

By way of comparison, in July, 2009 Fairfax Rescue responded to 31 calls for assistance. Of those calls 18 patients required transport. Of those transported 9 were BLS transports and 9 were ALS transports and 2 of those were specialty care transports. Of the 31 calls received 23 were from Fairfax, 6 were from Fletcher, and 2 originated in St Albans for the specialty care transports. In that month we lost 3 calls to other services because our only ambulance was out on other calls.

Last year we started a subscription program, not only as a fund raiser, but as a way for subscribers to save some money if they needed an ambulance. The program was only moderately successful last year, I suspect partially because people did not understand what it was, and also did not understand that it was our sole fund raiser of the year.

This year the subscription plan is doing better but it is still being utilized by less than 10% of the people we serve. Many of those who have subscribed and who have used the ambulance have saved in excess of \$100.00 per call.

It is not too late to subscribe. Anyone with questions or for more infor-

mation, call 849-2773. We would be glad to answer any questions you may have.

While our membership is at a near all time high level we are always looking for volunteers to help us out. We will gladly accept help at all levels, from drivers all the way to the EMT Intermediate level. All training and required equipment is provided by the squad. Time requirements are fairly minimal. More volunteers means a higher likelihood that we can staff the second ambulance when it is needed.

I would like to thank all those individuals who have supported us in the past and who continue to support us in many ways. Without you we would cease to exist and the residents of Fairfax, Fletcher and Westford would be waiting a long time for an ambulance to come from a neighboring community.

It is my hope to make this article a monthly event to keep all of you posted on what is going on in your rescue squad. If you have any questions or if you have a topic pertaining to rescue or to EMS in general, give me call and I will do my best to address them.

Michael Spaulding EMT 103
Director of Operations
Fairfax Rescue

non-winning tickets for \$50.00 each. You must be present to win non-winning draw. The \$100.00 ticket will include two dinners. The dinner and drawing will be held at Smugglers' Notch Meeting House in the village on Saturday evening, October 16. Doors open at 6:00 pm., there will be a full cash bar available; a full buffet will be served at 7:00 pm. The raffle will follow the meal. Dessert and coffee will be served during this time. You do not need to be present to win draw 1 thru 100. If additional people wish to attend the meal, the cost will be \$25.00 per person.

The schedule of prize money (\$4000.00) is as follows: Draws 1, 10, 20, 30, 40, 50, 60, 70, 80, 90, 91, 92, 93, 94 and 95 are \$100 winners. Draw 96 wins \$125. Draw 97 wins \$175. Draw 98 wins \$200. Draw 99 wins \$300 and Draw 100 wins \$1,500. There will be four losers draws for \$50.

We hope you can join us and take advantage of these cash prizes. Please respond by October 9th, to insure your ticket (and additional dinner guests). If you would like a special number, please indicate your 1st, 2nd, or 3rd choice; and if your choice is not available, a number will be assigned to you. Please fill in the tear-off sheet on page 9 and return with a check. If you can not attend or would prefer not to purchase a ticket any donation would be greatly appreciated.

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

Please accept our sincere "Thank You" for considering our raffle, and we hope you will join us on October 16/
The Fairfax Fire Department

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

Dear Friend & Supporter,

The Fairfax Fire Department will be hosting its ninth annual Calcutta on October 16th. This will be our main fund-raiser for the year.

This year as in the past we will sell only 98 tickets at \$100.00 each and raffle off ticket #99 and #100 that evening for \$10.00 a ticket. The winners have another chance at the prize money. At the end of the raffle, there will be four drawings from among the

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United Church News

October 10th, 10:45am
 A Great Day of Singing; We will have a worship celebration centered around favorite hymns. Join us to make a joyful noise unto the Lord. As the saying goes, when you sing, you pray twice!

There is always time to bring your child to church to participate in Sunday school. Our middle school youth group plans monthly activities.

Our annual fall rummage sale will be on October 8th from 3:00-7:00 pm and October 9th from 9:00-2:00 pm at the Baptist Church building. If you wish to contribute something to the cause, drop off times are: October 6th, 7th, and 8th from 9:00-noon. Please, we appreciate your contributions, but do not bring us any electronics, tires, skis, or large items that cannot be disposed of if not sold. Thank you!

Our next Community Cafe! will be October 28th at 5:00 at the United Church. Drop in for supper. Free will offering is taken.

Our annual holiday bazaar will be November 6th at the Baptist Church Building from 9-2 pm. We will be selling tasty foods along with craft items.

Household Hazardous Waste

September 25th

School Budget

October 11th

Public Meeting

October 26th

BFA Fairfax

Property Purchase Informational Meeting

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- New England coffee 10-12 oz ground — all varieties \$4⁹⁹
- Arm & Hammer 2X detergents 50 oz — all varieties including HE \$3⁹⁹
- Pillsbury 5 lb Flour \$1⁹⁹
- Bell's Stuffing — 16 oz box \$2⁴⁹
- Kraft Velveta & Cheese dinner — 12 oz \$2²⁹
- Dole 46 oz Pineapple Juice \$2¹⁹
- Old Orchard 64 oz Apple Juice 2/\$3⁰⁰
- Friskies canned cat food — 5.5oz — all varieties 2/89¢
- Green Mountain 100z — 12 oz ground or whole bean coffee — all varieties till only \$6⁹⁹
- Natural Directions Organic Tomato Sauce 5 oz can \$1²⁹
- Natural Directions Organic Apple Juice — 64 oz \$2⁹⁹
- Natural Directions Recycles Paper Towels — 2 pk 2/\$5⁰⁰

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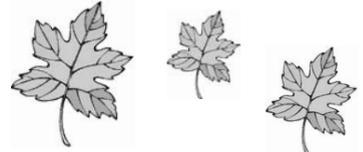


Minor Mix-Up Major Mistake

Due to a mix-up in the inclusion of names on the November 2nd ballot, Lee Minor was omitted from the Justices of the Peace contest. Lee has been a member for about 50 years and it would be a shame to not have him on the Board.

The Fairfax News is endorsing Democrat Lee Minor for a write-in campaign.

Rita Magnan's name was also omitted. Magnan is not currently on the Board, but would appreciate any write-ins.



Going Places Going Places

It's been a busy summer at Going Places Learning Center, behind J&L Hardware in the business center. Going Places learned mid-summer that they had been accepted for an After School Development Grant. They recently received the grant of \$13,800 for the start up costs of the afterschool program. Money will go towards staff time, after school classroom, material, art expenses, soccer balls, hoops, toys, books, chapter books, resource guides for beginning readers, thesaurus and dictionary.

It will also include organizational materials like shelving, storage and enrolling in the National Afterschool Association.

"The grant will help what we've been trying to do in creating an after school program and make it a more solid foundation" said Christel Michaud.

At Going Places there is a first grade and up after school room and some funding for a K-Pre-K classroom.

If that's not enough, once a week, Going Places has been hosting presentations on safety and taking field trips. Over the summer they visited the ECHO Center on Lake Champlain.



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Thank You

To all who contributed to the Going Places fundraiser of baked goods and thanks to Family Video for assisting in the sales of the goods. The kids raised \$68 for C.O.T.S.

Going Places Learning Center



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Knights of Columbus Children's Carnival & Chicken Bar-B-Q



Pete Fitzgerald, Deb Mucia and Brenda Menard prepare the chicken dinners.
PHOTOS COURTESY OF VTGRANDPA.COM



Don Pigeon helps a youngster enjoy the Children's Carnival.

Citizens for Fairfax Community, Inc.

If you are a follower of this column, chances are you are among the many who can see the great need for having a vibrant, active, multigenerational community center in Fairfax—a place for meetings, social gatherings, music and art events, classes, etc. You may envision, as we do, what an exciting hub of activity such a place could be for our area. You probably would love to see the historical, architectural, cultural, and sentimental landmark—the Baptist building—preserved, renovated, and used for the benefit of Fairfax area residents. You may have even been following our group's work for a while now, wishing you could do more to help out. Well, now is the time!

Please consider contributing \$100, or whatever amount feels right to you, right now—to help us move into the next phase of bringing these dreams to life.

Send your tax-deductible contribution to: Citizens for Fairfax Community, Inc, attention: Barbara Duval Treasurer, 234 River Rd, Fairfax, VT 05454.

We will need your mailing address so we can send you a receipt for your taxes; and we would love to also get your email address and phone number so we can keep you updated. If you prefer to contribute anonymously, be sure to let us know; and if you have any questions, please feel free to contact any of the Board Members listed below.

For more about this fundraising drive, and for complete minutes of CFC's 8/24 meeting, go to www.FranklinOne.com or www.vtgrandpa.com/forums, current news and events.

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Background

- Elected Vermont State Auditor 2004
- Elected Vermont State Senator 2008
- Vermont resident for 40 years
- Retired financial services executive responsible for protecting over \$1.3 trillion – yes, trillion.
- President, Vermont Chapter and Member, National Board of Directors of the Alzheimer's Association; Trustee, Vermont Historical Society; Trustee Vermont Law School
- Vice Chair, US Military Academy (West Point) Board of Visitors
- Swanton Board of Civil Authority
- Married; 23 year old daughter
- Vietnam Veteran (Captain, Military Police Corps) – Bronze Star Medal & two Army Commendation Medals
- Middlebury College graduate; Master of Arts degree from Yale



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Happy Birthday Imogene Collins



Imogene Collins will celebrate her 101st birthday on Monday, September 27th with over 100 children, grandchildren, great grandchildren and great great grandchildren.

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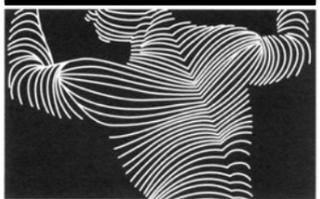
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Scam Alert

The caller claims to be a jury coordinator. If you protest that you never received a summons for jury duty, the scammer asks you for your Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant. Give out any of this information and bingo; your identity was just stolen.

Upcoming Sports

BFA Cross Country runs in the Thetford Invitational, October 2nd and the Fairfax Relays October 5th.

Bullets soccer hosts Danville on October 1st and JV hosts Winooski on October 2nd.

Lady Bullets host Winooski on October 2nd.

Odds & Ends

The 4-H year begins October 1, and many clubs accept new members. Check out your communities the week of October 3 and look for 4-H Window Displays!

Crafters Wanted — BFA Fairfax — November 20th, for the 3rd Annual Holiday Showcase & Craft Fair. Please contact Sarah Webb at 802-782-6874 or webbsa@myfairpoint.net if you are interested in participating. All proceeds from space rentals benefit the BFA Boosters For Athletics!

History Through Song with Linda Radtke will be performed at the Westford White Church. Friday, October 1st at 7:00 pm. Event is free of charge and there will be refreshments served.

Westford Fall/Winter Music Series
Sunday, October 10th: 4-5:00 pm

UCW (White Church) on the Green

Free concert featuring Slick Martha's Hot Club

This popular local band has built a reputation for offering thrilling performances of swing to bop jazz classics featuring the music of Django Reinhardt. The group includes beloved long time area musicians, Charlotte Martha & Shane Brodie, violin and guitar; Carrie Cook, upright bass (from the Old Dirty String Band, copper Kettle and the Woe Doggies); Jesse Luce, electric guitar, Peter Cook, percussion (vintage NY jazz musician supreme). The Westford white church venue with its beautiful acoustics will offer a spirited performance in the Vermont fall countryside.

Henry Raymond reports an anonymous donor has donated the complete cost of cleaning the cross at St. Luke's Cemetery. Many thanks to whoever this donor is.

Hazardous Waste

Fairfax will hold a Hazardous Waste Day on September 25th at the Town Garage on Fletcher Road from 8:00 am to noon. Antifreeze (1 gallon containers only), thinners (1 gallon containers or less), oil based paint (1 gal containers or less),

Metal scrap, clean used oil — no charge. Electronics to be determined. Car tires \$4. Furniture/matresses & truck tires \$5. Tractor tires \$10, heavy equip tires \$20. Herbicide pesticides farm & household \$5 per item (thermometers, electrical devices, lamps).

Latex paint is NOT a hazardous waste.

Thanks to all for helping take care of our environment.

Blood Drive

There will be a Red Cross blood drive at Bellows Free Academy Fairfax on November 10th, from 11:00 am to 4:30 pm. Fairfax has always been very generous.

School Board Meeting

There will be a B.F.A. Fairfax School Board Meeting on October 11th, in the Multi-Purpose Room to take input on the upcoming school budget.

The normal meeting will follow.

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Fairfax Sports

The Fairfax Cross Country Relay is coming up in October.

The BFA Fairfax girls soccer team is 5-1 and tied for fourth in the state rankings.

The boys are 3-2 and ranked eighth.

The Bullets football team is 1-0 in Division III and 1-2 overall.

Patriots Youth football is rocking! The Patriots swept St. Albans and St. Johnsbury.

Watch FranklinOne.com for schedules and results and come enjoy the games.

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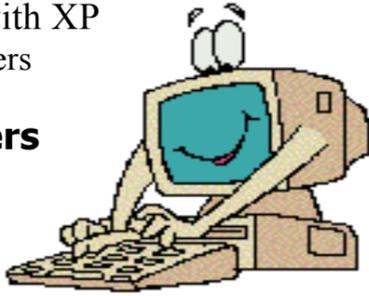
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TURKEY DINNER

The Georgia Plain Baptist Church invites all to attend the Annual Turkey Dinner on Saturday October 9, 2010. The meal will be served at the Georgia Elementary School at 5pm and at 7pm.

Tickets are by donation and are available by calling 802-524-4232 or at the door.

The dinner includes turkey, gravy, mashed potatoes, squash, cabbage salad, cranberry relish, rolls and many desserts including maple pie and cake. A food sale is held in the lobby and table decorations are for sale. All proceeds fund missions activities sponsored by the church.

For years the church has provided free meals delivered to the homes of elderly, homebound or needy members of our community. If you know of someone who would appreciate a dinner please call Carolyn Branagan at 527-7694 or Marilyn Prevznak at 849-9982.



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Political Letters to the Editor

Dear Editor,

Paul Beaudry will make a fine congress person. He will build coalitions and work hard for policy so Vermont can build wealth from within. Beaudry is like us. He's fresh and he's accountable and culturally aware. He represents us. Unlike Peter Welch. Peter is too fancy and expensive.

Welch got into Congress because folks disliked GW Bush. Welch is just another lawyer holding up congress with slippery litigation tactics. The lawyers in congress are why congress stalemates and fumbles and is criticized for getting little or nothing done. Do we really want more lawyers in congress? Heck No! I think America has a sense of what's best. We were leary as to John Edwards, another slippery lawyer. Deception manifests itself in these types. Common sense is not a system they are comfortable with.

Welch is one of those sweet talkers contributing to our deficit along side Obama.

And will continue to vote so that future economic losses are socialized and we become even more dependent on Federal Govt. Vermont's true independent spirit is lost in the representation of Peter Welch.

2010 Nov, we have a chance to weed out those who got in because GW Bush was unpopular. And do the nation and VT a favor. Welch has never voted for a good piece of economic policy. Just radical, left minded, social stuff and restrictive pet related policy for his little friends at the human society. Let's stop giving power to these types. Welch is not suited for America's comeback. He'll just use his legal deviousness to stall and hold us back. He part of the problem now and for our future. The absolute wrong guy for the job at hand.

Tom Schmidt

Conservative or Give Away

Carolyn Branagan is an important contributor to putting the brakes on a legislature bent on giving away our precious dollars. At a time when our economy is in a slump and people are looking for jobs, we need Carolyn to remind our spend thrifths that small businesses are a major contributor to our economy and its continued solvency. She understands how important this issue is. Carolyn also understands our town's concerns for growth and infrastructure. She makes it a point to appear before the town fathers on a regular basis to hear these concerns and express them at the Vermont Legislature. As a former educator, she is well versed in the dynamics of education, making her a voice to be recognized and responded to. Those of you who have sought her assistance on issues know fully well that she is responsive and dedicated to giving us the information we need to make our decisions. Let's not put another liberal in our legislature at a time when conservative views are sorely needed. Let's keep Carolyn in place to protect our interests.

Ed Nuttall

Water Bills

The Town of Fairfax would appreciate it if all those delinquent in water bills would pay as soon as possible.

It's Time to Change the Way We Do Business

Getting Chris Santee into the Vermont Legislature is a reason for change. We need someone who understands the dynamics of our town and the issues facing our State. Vermont needs a conservative who will and can find ways to save our precious dollars instead of giving them away. Fiscal responsibility is sorely needed today when our economy is suffering, and I'm sure Chris can make that difference. As an editor of a newspaper, he knows his constituents well bringing their issues to the forefront and assisting them getting answers and change. We can either stay with the status quo or make an important change now sending a message to our legislature that continuing Vermont's give aways is not helping the State at large.

Ed Nuttall

Franklin County is Lucky

I wish I lived in Franklin County. If I did, I could vote for Judith McLaughlin as a new Senator to represent me. I have known Judith all her life, and she has five things I want in my Senator, or any Legislator for that matter. First, Judith has a resume that shocks anyone who looks at it. She is better qualified to run for the U.S. Senate, but I am glad she wants to serve us right here in Vermont. Second, Judith has more experience than any of the other candidates running for Senate in Franklin County. She has traveled, lived, worked and studied all over the world. Best of all, she has leadership experience in government. When she puts her mind to something, she gets it done. Third, she really has some great ideas on how to get Montpelier to run more efficient, to stimulate agriculture, and best of all to stimulate the economy for jobs in the County. Fourth, she has pure and simple ethics. She won't lie to you, she won't try to mislead you, and she won't sugar coat the problem. She is the straightest arrow I know. Lastly, she has a sense of humor and a good touch of humility. She loves to laugh and everyone around her feels better. She's as comfortable in her overalls working in the barn, as she is wearing a suit and carrying a briefcase. She's a woman who had dined with Presidents and danced with Ambassadors, but you'd never know it talking to her over a pot-pie supper at the local church hall. I highly suggest you vote for her Franklin County, and then you'll see how really lucky you are.

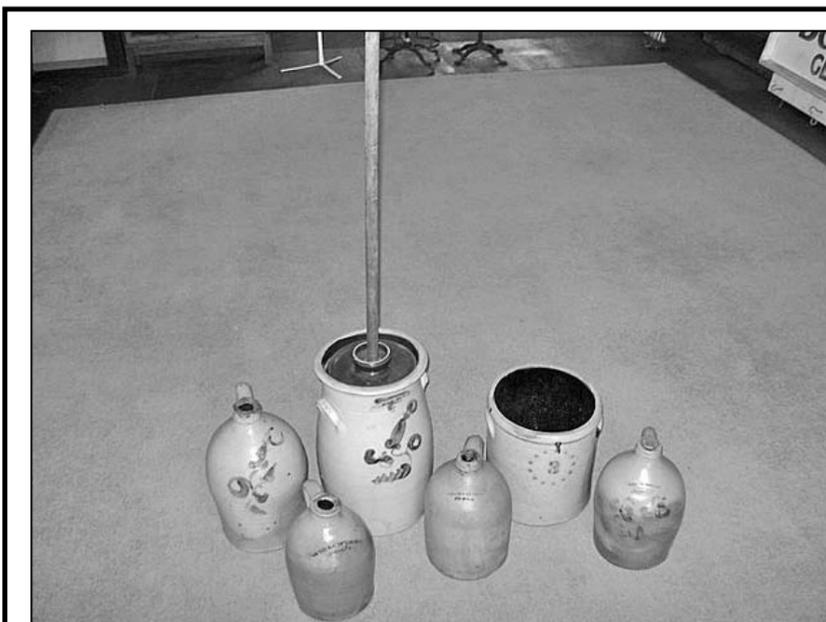
Sheila Gorski

Chittenden County Resident

Candidate Announcement

I am pleased to announce that I am a candidate for re-election to the Vermont House representing Georgia and Fairfax. I chose to run one last time to help create a balanced budget within our means, to follow through on unfinished business and to continue the fight to prevent tax shifts to the property tax.

Our focus should be on once again creating a balanced budget while maintaining the lifelines necessary for those who are willing but unable to provide for their families and need temporary assistance. Many of my friends, those who work for an hourly wage and those self employed, were proud that



On August 22nd, Fairfax Historical Society President Mike Cain reported to the Vermont State Police that sometime between the 19th and the 22nd, our museum had been broken into and several pieces were stolen. After much publicity throughout New England, Mike received a phone call from a man and the return of the pottery was negotiated.

PHOTO COURTESY OF VTGRANDPA.COM

they were able to provide for their families. The thing they were proudest of is now threatened. We need to help those who are helping themselves.

The creation of a K-12 council to improve greater retention and graduation rates for our colleges is only the first step to increasing high school standards. We placed a requirement in the budget bill that all colleges and university's must report how improved college retention, graduation rates, and cost savings for students and parents could be accomplished if colleges gave credit for dual enrollment, online classes, and advanced placement classes. This is an issue too important to let die.

Last year we were successful in drafting legislation that reduced statewide school spending while recognizing that some districts like Georgia and Fairfax were more cost effective than others. Fairfax and Georgia have lower target reductions because they have met their responsibilities to taxpayers and students better than other districts. However, school taxes will not decline if the legislature shifts new programs to the education fund or reduces payments to that fund. Both were planned by the administration but were defeated. We cannot let such shifts happen.

Representative Gary Gilbert
Fairfax/Georgia
45 Sand Hill Rd, Fairfax

Musical Parents

A year ago, a man I had known since we were in elementary school said to me, "we should contact a television station and put together some type of presentation about what it was like growing up playing music with musical parents. It should include Joe Mayo, Thunderbird, Raymond Parent, Carl Durgin and the many other local musicians we grew up listening to in Franklin County who mentored us, and others kids like us. Maurice Longley, whose father played guitar, grew up to play the bass, his brother Larry plays the 5 string banjo. My father, Gerry Smith, was a fiddler. From the time my brother, "Born to Rock" Joe Smith could play the drums, and I could play accompaniment on piano, my father took us to barn dances, wedding receptions, anniversaries, New Year's Eve parties, and much more. Maurice and I never did follow through with the television idea and Maurice passed away last February. But that day as we reminisced about how much we complained about having to sit there and play music while other kids were out having fun, we both agreed we wouldn't change it now for the world. We were able to appreciate how valuable that time was and how much we enjoy being musicians today.

Musical Parents
Continued on page 11



Paul Lavallee captured some bridge work from a different view this summer.

Governor Douglas Came to Fairfax

Vermont Governor Jim Douglas came to Vermont Breakfast Company in Fairfax on August 28th in probably his last stop here as governor. The governor is not seeking re-election after four terms. Owner Jack Foley put out a fantastic meal for all to enjoy.

PHOTOS COURTESY OF VTGRANDPA.COM



Henry Raymond, Jim Douglas and Chris Santee



Ed Roupe, Governor Douglas, Lafe Pottala, Mark and Deb Mucia converse after a great meal.

Congress is Digging an Economic Hole

BY LEN BRITTON

My recent-released TV commercial depicts a family's joy after receiving what they believe is a grand prize check from a sweepstakes. Celebration quickly turns to shock when they realize the oversized check they're being presented is actually an invoice for their share of the national debt: \$168,000. The young boy exclaims, "that's a lot of money, mister!" The federal agent glibly replies, "Better get a paper route, Billy."

Our national debt is out of control. It needs to be dealt with or we will be chaining an economic millstone around the necks of our children. Washington has never been particularly bashful about throwing around taxpayer's money. The Bush administration started down a path of reckless spending which has been put through the budgetary super-collider chamber provided by Obama and the current Congress. They are digging an economic hole all the way to China and it has to stop. The national debt is at \$42,000 for every man, woman, and child in the country. And this does NOT include the unfunded mandates of Medicare, Medicaid and Social Security - or the recently passed health care bill. If you want to see something truly jaw-dropping, go to the National Debt Clock website and watch the red ink spin.

The current sovereign debt crisis in Greece should be a loud wake-up call to all those who think we can continue kicking our own national debt can down the road. The Greeks have been spending around 13% of their GDP on debt payments. We're at 9% in this country and heading higher fast. Moody's Investors Service projects that the debt service could reach over 22% of GDP by 2013. Imagine if you were spending nearly a quarter of your take-home pay each month for minimum payments on your credit card. It wouldn't leave much for other spending needs. The federal government is going to be facing the same piper if we don't change our ways.

So what do we do? For starters, stop digging the hole. Federal discretionary spending has increased 74% faster than inflation since 2001 as a result of large defense and domestic hikes. Freeze federal budgetary increases to the rate of inflation. Begin the process of rolling back spending on federal programs. In the 1980's and 90's we spent roughly \$21,000 per household to fund our government. We are currently spending around \$34,000. Ac-

ording to the Heritage Foundation, if we returned to pre-2001 levels of funding, we could have a balanced budget by 2012. That's a start.

Billions could also be saved by eliminating corporate welfare, all federal programs that fail to accomplish their mission, program overpayments, redundant programs, and earmarks (pork). Implementing these measures would put America on the path towards fiscal responsibility.

But I'm afraid the incumbent congress does not have the political will for such difficult changes. They are part of the problem, not the solution. The entrenched political class residing in Washington is awash in special interest money which deadens their appetite to challenge the status quo. Congress can't even cut their own operating budget, raising it over 25% since the economic downturn began. How many Vermont households have increased their own spending like that recently?

If we are going to return financial sanity to Washington we need to change the players, and elect outsiders charged with the duty of securing a proper economic future for our children.

Len Britton is a candidate for the United States Senate and lives in South Pomfret.

Musical Parents Continued from page 10

As the school year begins, students are signing up to take band instrument lessons, or piano and guitar lessons after school. Many times parents will ask how much time should their child spend practicing, what should they do if they won't practice, it should be fun, they shouldn't have to fight to get them to practice, etc.

Maurice and I were too young and inexperienced to know what benefits we would reap by practicing, but our fathers did. We knew we weren't going to win any arguments about not having to practice. Today I thank those parents, including mine, who knew better than I did.

As the Elementary music teacher here at BFA Fairfax, I hope this helps answer a couple of those questions. As a piano teacher, and musician, learning new music can be tedious at times, but the rewards are well worth it. If you would like your child to learn to play piano or guitar, give me a call at 933-5594. Hope you all have a great year!

Suzanne Hogan

Why be a member of the PTSA?

In the past, the Fairfax Bellows Free Academy PTSA has sponsored a number of projects and fund raisers. Projects include TV Turn-off, School Pictures, Book Fairs, Hike Day, Halloween parties, Family Movie nights, Open House faculty dinners, Winter Carnival, Ski Programs, the Sunshine Fund, Odyssey of the Mind, money for scholarships and enrichment activities.

This year the PTSA is going through some changes with three new officers.

Suzanne Hogan, President; Mary McQuillen, Treasurer, Vice President — voting will take place September 30th, and Nikole Brock is in her second year as the PTSA secretary.

The PTSA works to promote the health and welfare of students and seeks to encourage collaboration among parents, schools, and the community at large. PTSA membership is open to anyone who wants to be involved and make a difference for the education, health, and welfare of our children. Strong schools mean stronger communities. Research studies conducted over a 30 year period show that children do better when their parents are involved. Grades are higher, test scores improve, and attendance increases.

In order to continue the projects the PTSA has sponsored in the past, we are going to need to work to increase membership and develop some innovative fund raising ideas. We hope you will join us at our next PTSA meeting, September 30th, at 7:00 p.m. in Room 201 (the elementary music room), when we will be voting for a vice president, as well as discussing the future of the PTSA.

Also be sure to join us on October 7th for the Elementary Open House. The PTSA will be setting up a coin

drop as one of our first fundraising efforts this year.

If you are interested in becoming a PTSA member, volunteer for future events, or just want to ask a question or make a suggestion, contact us. We appreciate any help you can offer.

Suzanne Hogan

PTSA President and Elementary General Music Teacher

Dear New Friends from Fairfax,

I want to tell all of you thank you and to let you know how it has touched my heart that a community could be so caring, generous and welcoming at such a difficult time for myself. My own community has not befriended or cared for me like the folks of Fairfax. Your amazing acts ranging from a simple hello or honk when going by me to a cup of coffee or bottle of water or most importantly, the conversations.

The phone has stopped ringing, the cards have all arrived and the knocks at the door have ceased but the generosity of the Fairfax community is still here and stronger each day. I truly feel Fairfax is home because of all your kindness. Thank you.

Jinny Bogni-LeMay

P.S. Special thanks to a new friend at the cemetery and to my continually caring friends at A.W. Rich, especially John, Kara, Claire, Daisy and the rest of the gang; folks at St. Luke especially Father Julian, Stephen Ratte, Jeanette and the congregation. The folks at Steeple Market and Minor's Country Store, Jim Gabaree. Please forgive me if I have left anyone out because I certainly have not forgotten you in my prayers. Thank you.



For those of you who I haven't met yet on the campaign trail, let me introduce myself. I'm Mike McCarthy, and I would like to represent Franklin County and Alburgh next session in the Vermont State Senate. Over the past two years I took a struggling bagel bakery and café in St. Albans and turned it into a successful small enterprise that continues to grow. I want to bring the energy, vision and commitment to sustainable business practices that I aspire to at Cosmic Bakery to the Statehouse next session and put it to work for you.

I was at the Farmer's Market in Enosburg on Saturday and talked to one of the vendors there about the cost of health care. He was self-employed, running two small enterprises with his wife and told me they were both on a Green Mountain Care program. After

over thirty years of paying premiums in to a health insurance plan from his previous employer, without VHAP he would not have been able to afford health insurance while he started his small business.

His story is the story that I've heard from so many people while I've been campaigning. If the cost of health care continues to rise at over a million dollars a day, we will no longer be able to afford the quality of care that even now only some of us can access. I'm offering a different vision, and I hope to follow the recommendations of the Health Care Reform Commission that was appointed last session to implement comprehensive reform that covers all Vermonters well and that we can all afford.

Health care reform is just one issue that must be tackled next year. The effectiveness of programs like the Community Justice Centers means that taxpayers can save money we now spend locking up some non-violent offenders and shift it to improve or maintain programs that help families make good foundations for productive lives, like early childhood education.

These shifts in priorities must be made with care and based on data and careful evaluation, not ideology. I'm willing to do the work to weigh these issues carefully in Montpelier, to listen to what my neighbors need, and to work toward a positive future for our corner of the state. I have a vision of sustainable industry and innovative businesses successfully operating in Vermont. They can be supported by locally grown food, powered by green energy with a workforce that is sustained by good schools, hospitals roads and technology infrastructure. I hope you'll join me in working toward that future together.

For more information about me and my stance on the issues, please take a look at www.mccarthy4senate.com.

Thanks,
Mike McCarthy, Candidate for State Senate





THANK YOU!

...from the Little League Eastern Regional New England Runner-up
11 & 12-year-old Softball Team!

Your support helped these girls accomplish so much! There are
so many who supported us, we can't fit you all here, but know we
appreciate each and every one of you!

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Fairfax Recreation Fall Activities

Sponsored by the Fairfax Parks and Recreation Department

Fitness Activities

Kripalu Hatha Yoga

Tuesdays 7:00- 8:00pm; starting September 7th

Beyond the significant physical benefits of improved strength, flexibility, & balance, yoga leads to over all health & well being, and is appropriate for people of all ages, gender & physical ability. Each class will include centering, warm-up (pratapana), yoga postures (asana), yogic breathing (pranayama), relaxation (yoga nidra), and integration. As is the nature of Kripalu yoga, compassionate self awareness will be emphasized and students will be guided through details of alignment of each posture with hands-on assisting as needed.

- ◆ Please bring a yoga mat if you have one
- ◆ Instructor Contact info: Lonnie Poland at 373-5319
- ◆ Cost: \$30 for six weeks or a \$7 drop in fee.
- ◆ Location: BFA FACS Room - please use high school entrance

Zumba

Tuesdays 9:00 - 10:00am; starting September 11

Ditch the Routine, Join the party!

Zumba fuses musical rhythms and moves to create a dynamic, workout system designed to be **FUN and EASY TO DO!** The routines feature interval-training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA!

- ◆ Please bring plenty of water and it is recommended to wear comfortable clothing and sneakers / shoes with a flat bottom. Running shoes are not suggested.
- ◆ Cost: \$7.00 per class; registration is not required.
- ◆ Location: BFA Multi-purpose room - please use high school entrance
- ◆ Instructor Contact: Pam Jumper at Contact info: 802-370-4437 pamaj68@aol.com

Fitness Boot Camp

Monday & Thursdays 6:30 - 7:30pm, Starting September 2nd

Never boring and always an adventure, classes include resistance training and cardiovascular exercise such as running (short distances), push-ups, sprints, lunges, jumping jacks, jump roping, kickboxing, stretching, cone drills, obstacle courses, and whatever else it takes to distract participants from the fact that they're getting a great workout.

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

Journey Dance

Saturdays 8am-9am beginning September 11th.

Love your Body Love Your Life! Journey Dance is a grooving celebration that will have you loving your body and loving your life! Weaving simple guided movements and free exploration, Journey Dance invites you into your body and out of your mind. This holistic fitness practice tones your body and strengthens your core, as you sweat away toxins and excess weight. You leave feeling connected, grounded, energized and vital. No dance experience necessary. All ages are welcomed. Recommend comfortable clothing and bare feet or flat soled flexible shoes.

Cost: \$7.00 per class; registration is not required
Running shoes not recommended
Location: BFA-Fairfax - Multipurpose room High School
Please contact certified instructor: Megan Daigle at 999-1971 or email: megan@SimplifyYourHealthNow.com
www.journeydance.com is a great site for more info on the vision directly from the co-founder Toni Bergins

Ski Conditioning Class

Two Wednesdays a Month -7pm- 8pm, Beginning September 15th

Learn strength, conditioning, and flexibility exercises for skiing icy crust or fluffy powder, giving you a strong, balanced core and lower-body to keep your quads and knees from screaming. Will also greatly improve your XC skiing, snowboarding, snowshoeing, hiking, cycling, and running. Meets two Wednesdays per month, 7-8 PM, BFA Fairfax Multi-purpose room.

REQUIREMENTS: must be in good physical condition;
COST: \$7 per session; plan on attending a majority of classes to maintain continuity and safe progression;
EQUIPMENT: stability ball, yoga mat; two light to moderate-weight dumbbells or similar hand weights; balance disc.
Don't let the equipment list fool you - this class will challenge and strengthen muscles you didn't know you had!
INSTRUCTOR: Dave Vallett is an NSCA-certified Strength & Conditioning Specialist experienced in personal training, teaching, and coaching for a variety of individual sports. He is an avid backpacker, hiker, runner, cyclist, swimmer, and skier.

Stroller Strolling

Every Thursday from April through November at 9:30am and will meet in the Fairfax Community Park parking lot. This informal drop-in program is a way to meet other young families in town and walk on the Recreation Path together. There is no "leader" just a time to rendezvous with the "stroller crowd" in town! Offered in collaboration with the Fairfax Success by Six.

Contact the Fairfax Parks and Recreation Department with any questions. 849-2641 or fairfaxrecreation.com

Nicaraguan Dancers

A troupe of Nicaraguan teenagers from La Primavera, Managua, Nicaragua, will be performing traditional folk dances on October 19th at the BFA Elementary Gym at 7:00 pm.

This is a delightful performance; the dances are intriguing, the music beautiful, the costumes delightful. A great opportunity to experience and learn about another culture. The library is sponsoring the group, and part of the program will be an introduction to the project, Women in Action, and its work with women and children. There will be a potluck supper for the dancers at 5:00 pm on the 19th at the United Church.

You are welcome to join us.

Beyor & Roy Win Awards

Congratulations to Paige Beyor and Zac Roy, who won The American Legion Certificate for Distinguished Achievement for courage, honor, leadership, patriotism, scholarship and service which are necessary of the preservation and protection of the fundamental institutions of our government and the advancement of society.

This award is made by Green Mountain Post #1.

Chicken Pie Supper

United Church of Fairfax Chicken Pie Supper will be held on September 25th in the BFA Elementary Gym beginning at 5:00 pm. As always, we do not take reservations for this meal.



Governor James Douglas and Rep. Carolyn Branagan

‘Rep. Carolyn Branagan is a leader in our state legislature in a number of key areas, including our fight to cap property taxes, reduce health care costs and enact policies that lead to economic development and growth. Rep. Branagan is a determined advocate for legislation to protect our children and families from violent and sexual predators. I hope the people of Fairfax and Georgia will re-elect Representative Branagan so that she can continue to work on the important issues that face our state.’

Governor James Douglas

Vote November 2

Paid by the committee to Elect Carolyn Branagan, Chris Branagan treasurer,
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Private School in Fairfax

Avalon Triumvirate Academy, at 1841 Main Street, is an independent, non-profit, private school in Fairfax, Vermont serving students in grades 4 through 12 with effective class sizes, college and career counseling, individualized instruction, arts and enrichment, individualized sports and offers field trips.

The Academy offers an equestrian center with horsemanship lessons, summer camps, horse leasing, horse shows and coaching, “pony parties” with limited boarding spaces available.

The mission of Avalon is to promote within each student academic achievement, physical health, and a strong sense of self.

Their vision is to endow each student with the academic achievement, physical refinement, philosophical readiness and yes, even social graces to meet our modern world with time honored preparation.

Avalon wishes to attract students who live with honor integrity and character.

To learn more, visit AvalonTriAcademy.org, call 849-2488 or look for the link on FranklinOne.com.

Thank You

To all who voted for me in the Primary and supported me in other ways.

Chris Santee

Band Seeks Members

Looking for new members. Call 849-6760 for an upcoming Christmas concert!

Fairfax Community Band Practices Thursdays at BFA Fairfax.

They played at Community Day, Saturday June 5th.

June 27th, they were at the Pie & Ice Cream Social.

On Tuesday, July 6th, Band Concerts “On the Green” started with the Fairfax Fletcher Westford Band.

They were at Art in Bloom July 24th in Fairfax.



September is Life Insurance Awareness Month

There has never been a better time to learn more about the financial security that Life Insurance can provide for you, your family or your business. Take a little time to look at where you currently stand. The time you spend will be worth the reward. Please give me a call.

NATHAN A. MUEHL, LUTCF

Agent, New York Life Insurance Company
463 Mountain View Drive
Colchester, VT 05446
Office: 802-654-1153
Cell: 802-363-0896
namuehl@ft.newyorklife.com



Our Town of Fairfax

Contact #'s — Departments and Offices

- Town Clerk's Office 849-6111 Ext. 1, Ext. 2 Monday–Friday 9:00 am-4:00 pm (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-2:45 pm
- Selectboard Office 849-6111 Ext. 7 Monday through Thursday 9:00 am-3:00 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, Peter King, Randy L. DeVine, John Mitchell
- * Deadline for Selectboard Meeting Agenda Items Wednesday at 3:30 pm

Events

- * Household Hazardous Waste Day — September 25th
- * Dog Licenses 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 on first and third Mondays of the month at 7:00 pm

Read Fairfax News Daily at FranklinOne.com

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Wanted

Fairfax is looking for individuals to serve on the Planning Commission and on the Development Review Board.

Call 849-6111.

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Look for more Georgia Market coupons in the Buyer's Digest every week!

Success by Six Weekly Activities

Preschool Story Time: On Tuesday, September 21, we begin another fun-filled year of Preschool Story Time and welcome our new Librarian, Debbie Landauer!! Join us every Tuesday (following the school year) from 9:30-10:30 in the Fairfax Community Library where children will hear stories, sing songs, create a craft or do some experiments. The theme this year is "Who Knows?—Exploring Science and Numbers." Offered in collaboration of BFA-PTSA's Fairfax Success by Six and the Fairfax Community Library. Questions, call Erica at 527-1941.

Language Playgroup: Join us every Wednesday (following the school year) from 10:00-11:00 am in the BFA Fairfax Elementary Health Room as we explore different languages and cultures. Children will listen to stories and music, sing songs, enjoy free-play, play games, engage in conversation and create a craft. Each language/culture will be explored in four-week sessions, beginning with Japanese. Other languages studies include Spanish, French and Ukranian. Offered by BFA-PTSA's Fairfax Success by Six program. Questions, call Alana at 242-9000.

Stroller Strolling: Join us every Thursday at 9:30 am as we causally meet in the Fairfax Community Parking Lot for Stroller Strolling. Come, enjoy this beautiful nature walk and

crisp fall air while meeting other families! Offered in collaboration of BFA-PTSA's Fairfax Success by Six and the Fairfax Recreation Department. Questions, call Erica at 527-1941.

Community Playgroup: Join us every Friday (following the school year) from 9:00-10:30 am in the Fair-

fax Elementary School Health Room for Community Playgroup. Children will enjoy free play, engage in circle time, hear stories, sing songs, create a craft and have a snack. This year's theme is Shapes and Numbers. Offered by BFA-PTSA's Fairfax Success by Six. Questions, call Jen at 849-9323.

HEAR THE CANDIDATES

VERMONT PRESS ASSOCIATION PRESENTS:
DEBATE SUNDAY

Sunday, Oct. 3, 2010
McCarthy Arts Center, St. Michael's College, Colchester

Learn the views of the candidates for three major statewide offices:
1 p.m. Lt. Governor
3 p.m. Governor
5 p.m. Secretary of State

The 90-minute sessions are **free** and open to the public.
 The event is held in conjunction with the **St. Michael's College** Journalism and Mass Communication Department.

Harvest Pumpkin Soup

This comfort food is a great way to hail in the fall season and use that fresh pumpkin from the garden.



- 8 cups chopped fresh pumpkin
- 4 cups chicken broth
- 3 small, tart apples, peeled and chopped
- 1 medium onion, chopped
- 2 Tbsp. lemon juice
- 1/2 tsp. ground ginger
- 2 garlic cloves, minced
- 1/2 tsp. salt

In a slow cooker, combine all the ingredients; mix well.

Cover and cook on low for 8-10 hours or until pumpkin and apples are tender.

Cool pumpkin mixture slightly; process in batches in a blender or food processor.

Transfer to a large saucepan; heat through.

Makes 9 servings

Jacque Schwartz
Inn at Buck Hollow Farm
 2150 Buck Hollow Road
 Fairfax, VT 05454
 Tel: 802-849-2400
 jackie@buckhollow.com
 www.buckhollow.com



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. Each

month Jacque will offer one of her popular breakfast recipes. Visit at www.buckhollow.com for more recipes, to read their dog Gizmo's gossip column or subscribe to their monthly newsletter by clicking on the newsletter link.

Visit at www.buckhollow.com

CFC Meeting

Our Next Citizens for Fairfax Community meeting will be held this coming Tuesday, the 28th, 6:30-8:30 pm at the United Church of Fairfax, downstairs (Fletcher Rd, at intersection of River Rd.) Hope to see you there!

School Board Meeting

There will be a B.F.A. Fairfax School Board Meeting on October 11th, in the Multi-Purpose Room to take input on the upcoming school budget.

The normal meeting will follow.

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Contact me with your concerns.



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PILL BOARD

BRAND NAME NITROSTAT WILL SOON BECOME the only sublingual nitroglycerin available. The FDA has pulled the approvals on the generic versions until they go back through the approval process. This is not a recall and generic versions are still ok to use and pharmacies are allowed to dispense existing inventory. Patients using sublingual nitroglycerin should call 911 if they don't get relief within 5 minutes after ONE tablet. They can repeat the dose every 5 minutes up to a total of 3 doses or as directed by a physician. If emergency medical services are delayed, they may be instructed to take more doses while waiting. The current products on the market, including the generics, are manufactured to remain usable until the expiration date so long as they are kept in their original glass container, stored at room temperature and tightly capped.

PATIENTS WITH MEDICARE PART D COVERAGE that fall in the donut hole this year have or should soon receive a \$250 rebate under the health care reform passed this year. The donut hole is a period of coverage during which the patient is responsible for the total cost of medication as well as part D premiums. It presents a hardship to many seniors and will be phased out by 2020.

THERE IS A DIFFERENCE BETWEEN AN ALLERGIC REACTION TO A DRUG and its side effects. A true allergy is generally characterized by swelling in the face and tongue, breathing difficulty, severe skin reactions, etc. Nausea, diarrhea, headache, etc are side effects. How long ago the reaction happened can also be pertinent since approximately 70% of people lose their allergy to penicillin after 10 years. The longer ago it happened the less likely it will happen again. Pseudo allergies often occur with opioid pain meds. They often lead to hives and itching. Usually a lower dose or a different opioid will help. People allergic to sulfas can take sulfur, sulfites and sulfates since sulfas represent a specific chemical structure not the element sulfur. Penicillin allergic patients have a 1 in 100 chance of also being allergic to cephalosporins. When the drug is absolutely necessary and the allergic is in

question then drug allergy testing may be required.

PATIENTS NEEDING TO CARRY EPIPEN (INJECTABLE EPI-NEPHRINE) for severe allergic reactions should probably carry two doses. Many people get a prescription for two pens to keep in different locations however up to 20% of patients need a second dose to treat the reaction. Most experts agree that patients should carry two doses at a time. Patients that had a previous severe reaction and those over age 10 are very likely to need the second dose. This is especially important if they are traveling in a remote area. The second dose should be taken if breathing difficulty still exists 5 to 10 minutes after the first dose.

The Curious Savage

The Fairfax Community Theatre Co. is proud to announce its fall production of "The Curious Savage" by John Patrick. Production dates are Wednesday, September 29th thru Saturday, October 2nd, at 7:30 pm, at the Westford Brick Meeting House, Route 128, Westford, Vermont. Ticket prices are \$10 adults and \$8 senior citizens and children under 12. Special group rates are available. For tickets and more information please call 802-876-7524 or email tickets@fctvt.org.

FranklinOne.com

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

In July the local website passed 350,000 hits and includes weather alerts, breaking news, community events, sports and school news from BFA and beyond, sheriff's news, rescue and fire news and of course political news. It will include all your Town Meeting news.

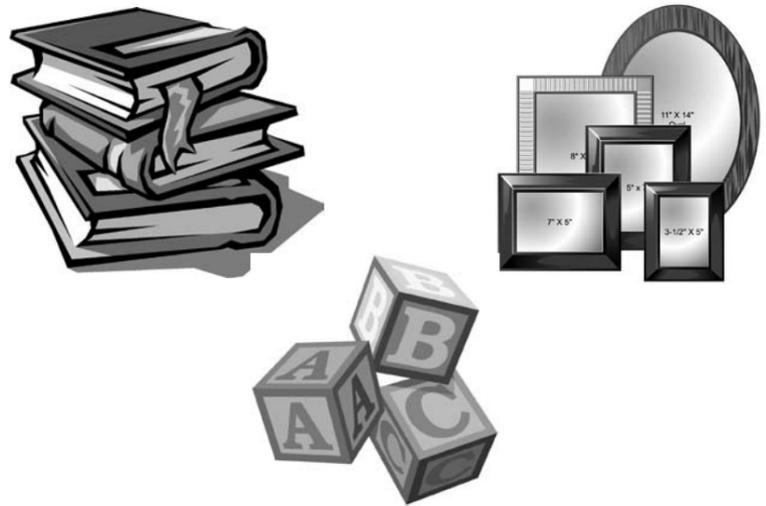
You can subscribe to *The Fairfax News* and receive 12 issues in your mailbox, one each month, for only \$20 per year.

Please submit stories, comments and your community events to csantee@verizon.net.

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