

The Fairfax News

February 2010



A publication by the people of Fairfax



Volume 33, Issue 1

HENRY RAYMOND'S COVER PHOTO



Cheyenne Sabad and her stepdad John Foley will become familiar faces around Fairfax when Vermont Breakfast Company opens for business in the former Country Pantry. Owner Chef John Foley used to be on Burt Wolf's "What's Cooking?" television show.

PHOTO BY HENRY RAYMOND OF VTGRANDPA.COM

NEWS BRIEFS

100th Issue

One week after 9/11 2001, Lee Minor knocked on Chris Santee's door and asked him to be the editor of *The Fairfax News*.

A week after that, Chris teamed up with graphic design artist Jacinta Monniere, of Charlotte and this issue marks their 100th issue together.

Thanks to all our readers.

Town Budget

The Fairfax Selectboard has worked extremely hard in preparing our budget. Thanks to them. The proposed budget numbers are on page 4.

Town Budget

You'll find the proposed Town of Fairfax budget on page 4. The ballot will be in next month's issue, due out February 25th.

Bullets Basketball

Opponents are finding Bellows Free Academy Fairfax hoopsters very tough. Story on page 5.

Georgia Market

I'm very happy I met Ray Bouffard of Georgia Market. Have you met him yet? See why on page 3.

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

COMING NEXT MONTH

Town Meeting

School Board News

By PEG STEWART, SCHOOL BOARD CHAIRPERSON

The School Board has approved the budget for 2011 of \$11,415.55. This is an increase of .858%. The Board, administrators and Budget Manager have diligently spent many hours in preparing a responsible budget for 2011. It has not come without much discussion and reductions in certain areas. The proposed budget will be presented at the regular board meeting on February 8th in the Multipurpose Room and also at Town Meeting on February 27th.

New to BFA is Senior Camp. Mr. Michael Clark, high school principal has worked with EST and the Guidance Department to implement intervention in order to make sure struggling seniors have additional support to give them help to successfully finish semester classes. This assistance is available during Work block.

Many thanks to the Middle School Student Council for the very successful delivery of 1,777 food items donated to the Franklin-Grand Isle Food Drive known as Cram the Complex.

The snow kept coming and because it stayed for a while, many physical education classes were utilizing the cross country trail and hills. Skis, sleds, snow shoes and boards could be seen all day.

Important days to keep in mind:
February 8 — School Budget Presentation — 7:00 pm
February 27 — Town Meeting — 10:00 am
March 2 — Vote 7:00-7:00 pm

- • • • •
-
- Happy Birthday •
- Terri Santee •
- February 13th •
-
- • • • •

New Restaurant in familiar location

BY CHRIS SANTEE

"I have an incredible crew at 158 Main in Jeffersonville, that allows me to open a second restaurant in Fairfax," said John "Jack" Foley when asked how he could manage two restaurants at the same time.

John's second restaurant, Vermont Breakfast Company, will soon open their doors in the former Country Pantry on Main Street in Fairfax, which has been closed for over a month.

"The Country Pantry had one of the nicest locations in Franklin County" said Mr. Foley, as he explained how much he was looking forward to opening a first class establishment. "The Fairfax res-

taurant will differ from the Jeffersonville restaurant, but will still have some fine menu items," he added.

"We'll have breakfast items on the lunch and dinner menu, like our signature omelette, but we'll also have our special meatloaf and higher ticket items like pan seared scallops."

Along with new items on the menu, customers will see a new atmosphere inside with new floors, walls and ceilings.

The new restaurant also brings new employment to Fairfax, as Vermont Breakfast Company is seeking servers, hosts, prep cooks, bussers, food runners and dishwashers.

Pennies for Peace

The students at BFA-Fairfax have joined hands with tens of thousands of other school children around the world who share the vision and dedication to empower communities through education in remote areas of Pakistan and Afghanistan. BFA-Fairfax students are embarking on a Pennies for Peace campaign to broaden their cultural horizons and become members of a global family dedicated to peace.

How can a penny bring peace? It doesn't buy much in Fairfax. But in the villages of Pakistan and Afghanistan, it can buy a pencil, start an education, and transform a life. In a region where terrorist organizations recruit uneducated, illiterate children, that pencil can empower a child to read, write, and learn. The Pennies for Peace program goal is to encourage children, who are ultimately our future leaders, to learn the value of philanthropy by collecting pennies for global peace.

BFA-Fairfax students will have an opportunity to study the cultures of Afghanistan and Pakistan, learn to work and share together in their Peace for Peace campaign, and come to understand their own capacity as philanthropists — one penny at a time.

To celebrate I Love To Read month parents and friends will sponsor students who will earn a penny for every page they read during the month of February.

The pennies that BFA-Fairfax students collect can add up to make a real difference.

One penny= one pencil, three pennies= an eraser, 15 pennies= a notebook, \$20= one child's school supplies for one year, \$50= treadle sewing machine and supplies, \$100= maternal healthcare supplies for one year, \$300= one advanced student's annual scholarship, \$600= one teacher's annual salary,

\$5,000= support for existing school for one year, \$50,000= one school building and support for up to five years.

Children in over 400 mountain villages in remote northern Pakistan and Afghanistan are on the waiting list, hoping to learn in a new school. BFA-Fairfax students hope to help build a bridge of peace, one penny at a time, offering alternatives to the cycle of terrorism and war.

About Pennies for Peace

The Pennies for Peace campaign is a program of Central Asia Institute (CAI), founded by Greg Mortenson, author of the #1 New York Times best seller, *Three Cups of Tea*. CAI is a registered 501(c)3 nonprofit organization that promotes and provides community based education and literacy programs, especially for girls, in remote mountain regions of Central Asia. Founded in 1996, CAI has built, to date, nearly 100 schools in Afghanistan and Pakistan, which serves

Pennies
Continued on page 4

White Clover Farm Opens in Fairfax

Jeff Clokey is a hard working man. Always has been. When his shoulder was injured as a contractor, he was forced to change fields. He started a landscaping business, but that wasn't what he wanted.

Now, he and his wife, Kelly Crawford and the children run White Clover Farm.

White Clover Farm
Continued on page 4

Postmaster, Please Mail To:

LETTERS TO THE EDITOR

Dear Fairfax,

I'd like to take this opportunity to thank our Boards.

The Selectboard and the School Board have spent many nights in meetings with dinner waiting at home while they have worked on our town and school budgets. They have served many hours for little, or no pay and we are very fortunate to have these two groups of five. They will continue to study the budgets before their presentations. Many of us will then let them know we have different opinions.

In the future, I hope we consider paying them for their service. How will we maintain quality people in these trying times if we do not offer a carrot?

February's a short month, stay warm.

Take care and God bless,

Chris Santee

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Town Clerk



I am Deborah Woodward your current Town Clerk and Treasurer for the Town of Fairfax running for election on the March 2, 2010 ballot. I started working as Town Clerk Assistant and Treasurer Assistant in November, 2008 and was appointed as the new Town Clerk and Treasurer in February 2009.

I have been a resident of Fairfax for 29 years. I have worked at Cobb Chevrolet, starting as Receptionist/Bookkeeper making my way up to Office Manager. I have been the Secretary/Treasurer of Franklin County Farm Bureau and managed the finances of our family farm and I was Accounts Receivable Administrator at R.L. Vallee for their 20+ Maplefield stores.

My multiple office skill experience throughout the years makes me an excellent candidate. My qualifications will make me an asset and a benefit to the Town of Fairfax. I have taken on many financial responsibilities. I am

knowledgeable, reliable, organized, dedicated and motivated. I communicate clearly, effectively, and professionally with clients in a pleasant manner. I have fulfilled the duties required of me in this past year and have gained in these necessary experiences to continue as Town Clerk and Treasurer.

I will serve the Town of Fairfax doing what is in our best interest and by doing my best in everything that I do. I look forward to continue in my current positions to serve our town.

Respectfully,

Deborah Woodward
 Fairfax Town Clerk/Treasurer

From Gary Gilbert

Vermont can retain its most talented and motivated young adults and improve the quality of its workforce by removing barriers that exist between high school and postsecondary education. The State Board of Education, our High Schools and Colleges have recognized the need to assure that student high school experiences are related to college expectations and halt the trend where "only one in five New England undergraduates succeed in earning a post secondary degree or credential." (New England Secondary School Consortium 2009)

The Education Transformation Policy Commission report (December 2009) concludes that PK-16 partner-

ships are needed to "focus on improving postsecondary aspiration, continuation, and completion rates for Vermonters..." (2009).

The Vermont State Colleges, the University of Vermont, Vermont Independent Colleges, and VSAC participated in a council comprised of pre and postsecondary educators having the goal of removing barriers between secondary schools and colleges (Act 38 2009). Their report (January 2009) recommended that "the partnership should focus on the key leak in the pipeline: high school graduation to college continuation." It recommended that every high school student take at least one college level course or other postsecondary education/training experience and that high schools shall accept those credits for high school graduation. There was no similar recommendation that colleges shall accept those same credits.

Multiple enrollment options (dual enrollment, middle college or early college programs) provide students with the rigor of a college curriculum, high school and college credits, reduce the average time-to-degree and increase the likelihood of graduation. Last year Vermont had the best Advanced Placement gains in the nation: an indication our most talented and serious students

Letters
 Continued from page 7

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Little League Registration

The Fairfax Fletcher Westford Little League will hold two registration nights, the first on Wednesday, February 17th, from 6:00 pm to 8:00 pm and the second on Thursday, February 18th, from 6:00 pm to 8:00 pm in the Lobby at Bellows Free Academy Fairfax.

Forms can be picked up in the elementary office or filled out the night of registration. You may also print one off the website www.ffwill.org.

For questions, please call Susan Roy, League President at 849-2018 or Gigi Chapman at 893-8585.

Thank You

Do you remember stopping at the Georgia Market and purchasing a raffle ticket for a Santa Stocking? Well the money raised was used to purchase food for the food shelves in Georgia and Fairfax.

Ray Bouffard supplemented your generosity, and so, thanks to all of you who purchased tickets, and to the generosity of Ray Bouffard, both food pantries have been blessed with an abundance of food. Speaking for myself, and my co-workers Dot Root and Mary Jane Machia, I wish to express my thanks for everyone's thoughtfulness and generosity.

Amid so much troubling news, the kindness of others is a bright message of hope.

Thank you, all.

Reverend Elizabeth

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| Snow's Clam Chowder 15 oz can | \$1.69 |
| Old Orchard 100% apple juice 64 oz | \$1.79 |
| Koolaid Jammers 10 pk juice drinks — all varieties | 2 for \$5 |
| Windex 26 oz spray bottle | \$2.99 |
| Kellogg's Product 19 — 12 oz | \$3.59 |
| Nestle's 24 pk water 1/2 liter bottles | \$3.99 |
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To the kind people and businesses of Fairfax & Westford

My family of 8 was chosen this Christmas by the Boy Scouts of Westford to be the ones to receive gifts and food donations. I want to thank Julie Halliday and Tia Gregoritsch for donating their time to get and receive items for us. They are very nice women to go out of their way for my family. I also thank Julia Kimball and Kim Horton and everyone at the Westford School for putting our name in.

I need to also thank the Alpine Shop of Burlington, Red Clover Salon of Essex, Minors Country Store of Fairfax, The Sportshoe Center of Burlington, KidsTown of Burlington, Vermont Toy and Hobby of Essex, Lennys of Williston, Apple Mountain of Burlington, Harley Davidson of Essex, Fleet Feet of Essex, Platos Closet of Williston, Martones Deli of Essex, Mimmos Pizzeria of Essex, Foothills Bakery of Fairfax, Steeple Market of Fairfax, Centerpiece Florist of Essex, Essex Outlet Cinema of Essex, The Dog and Cat of Essex, J and L Hardware of Fairfax, Pet Food Warehouse of Burlington, Rovers North of Westford, Sweet Clover Mar-

ket of Essex, the Paul and Frank and Collins Office of Law of Burlington, all the families in the pack in Westford who donated cash, Sears of Burlington, Roadside Marine of Williston and Walmart of Williston.

My children and I, and my husband had a wonderful "extra" Christmas and it wouldnt of been if it wasn't for all of u!

Again, thank you very much for your generosity.

Karen Mercier

A.W. Rich Names New Director

Jim Kennedy, of Fairfax, is a new funeral director embalmer at A.W. Rich Funeral Homes on Main Street in Fairfax. He's been in town about three and a half years and came onboard at the funeral home in November.

John D. Workman is still there and now may be able to take some time off with the second director. A.W. Rich operates funeral homes in Fairfax and Essex.

White Clover Farm Continued from page 1

White Clover Farm is a small, family owned and operated farm located in Fairfax, Vermont with beautiful Mt. Mansfield views, that raises all natural, grass-fed beef, chickens, eggs and lamb, and naturally grown hay.

As a family they love to raise animals, collect antiques (especially tractors) and enjoy their beautiful Vermont acreage. They started their farm so they know where their meat, eggs, fruit and vegetables are coming from. It's been a rewarding and enriching experience for all of them.

Now, the farm has found its niche.

"The idea of composting came to us when one of our calves passed away suddenly. We did not know what to do with the carcass. We thought about burying it, but did not want to attract scavengers who would, in turn, go after our other small animals. After speaking with several small farmers and equine facilities, we saw a need for a new alternative. Our composting business was born and has been met with positive reviews".

The loss of a pet is often a difficult time. Not knowing what to do or not having any options to respectfully put

them to rest makes it more difficult. Composting is a natural process that gives back to the earth.

Here at White Clover Farm, we are concerned about about environment. Composting is a positive alternative to burial. Burying a large animal in the ground has negative effects, including: possible contamination of ground water & release of harmful gases; the loss of valuable nutrients and the attraction of possible pests or scavengers.

Composting is a renewable resource that gives back to the earth. Done properly, composting will not contaminate ground water, is safe for air quality and eliminates the fear of scavengers. Your companion can live on restoring the natural beauty of Vermont

Your beloved pet is carefully laid to rest on a all-natural bed of sawdust bedding. They are then gently covered with an organic (not certified) compost. A simple, earthen memorial is placed in the ground next to your componions' final resting place. Your pets body stays in place until they are made into a rich, natural compost.

All of our composting is done on our farm and each animal is taken care of with personal attention. We believe that composting is a good option to consider when the time comes to make those difficult decisions.

White Clover Farm will strive to have compost available for purchase within a year.

Pennies Continued from page 1

more than 28,000 students, 14,000 of whom are girls. Greg's story and more information about CAI can be found on the web at www.ikat.org.

To find out more about BFA's Pennies for Peace campaign, please contact: Joy Mercer, Librarian or Jeanne LaClair, Title I Reading Specialist.

Town Budget

The Fairfax Selectboard had proposed a budget of \$1,955,866 for the coming year, of which \$1,547,533 is to be raised by taxes.

Article 3 seeks to bump the Disabled Veterans exemption from \$10K to \$40K and Article 7 is for the construction of a pavillion with rest rooms, concession and storage at the Fairfax Recreation Park.

The entire ballot will appear in the February 25th issue of *The Fairfax News*.



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Fairfax Success By Six Thanks the Selectboard and Community At Large

By PATRICIA HENDEE AND DANA COLLUM, BFA-PTSA's FAIRFAX SUCCESS BY SIX CO-LIAISONS

We're sure there are many members of the Fairfax community that are familiar with our Success By Six program. As for those who are not, please let this be your introduction.

Success By Six is a nonprofit organization that provides resources to families in our community with children through age six. Our primary goal is to promote and support healthy development while improving school readiness. We organize and facilitate various free parent workshops, educational opportunities, and parent/child activities including playgroups, story hours, welcome infant bags, and kindergarten transition services.

We are very fortunate and grateful to have such a supporting community. Community members volunteer their time and talents to facilitate our activities and services. Our local librarians and school personnel donate their time, space, and resources. Local businesses also generously make contributions of products and services. All of this comes together to promote healthy development and school readiness for the children of Fairfax.

Now for those of you wondering what Success By Six provides, here is an overview. Our weekly activities during the school year are Community Playgroup, Language Playgroup, Stroller Strolling (offered in conjunction with the Fairfax Recreation Department) and Preschool Story Time (offered in conjunction with the Fairfax Community Library). During the winter months, we offer Open Tot Gym and Infant/Parent Playtime on Saturday mornings, providing a safe place for young children to expend some of their energy and a place for families with infants to connect and receive valuable information and support. Our monthly activity (every first Thursday) is PJ Story Time. Summer brings our very popular Kindergarten Transition Playgroup in which we introduce incoming Kindergarteners to the school, the library, the staff, the routine, and each other. We also offer a weekly Summer Playgroup that is held outdoors at the Community Playground and Summer Field Trips that take us on a variety of educational adventures together. Throughout the year, Success By Six provides outreach services and approved trainings to all licensed and registered childcare providers. In addition to all this, we pro-

vide free books to children in our community at our events, during outreach to providers, and in our mailings to families. We also sponsor parent workshops on various topics as well as special family events, such as the Annual Birthday Bash, Community Egg Hunt, Big Truck Day, and Fire and Safety Day (offered in conjunction with the Fairfax Fire and Rescue Departments). All of these programs encourage better outcomes for families and their children in Fairfax.

The benefits to our community are countless. Families with newborns are made to feel welcomed and valued by the community. Our children are able to engage in activities that foster physical, emotional, psychological, and cognitive growth. Our children gain skills, such as the ability to work through conflicts, which will aid them during their transition to Kindergarten, and develop an excitement to come to our Community Library. Meanwhile, parents are given ideas about healthy child development and become aware of community resources. Providers are connected to each other, supported, and provided free trainings that enhance their work with the children in their care. Parents gain the support and encouragement they yearn for through parent workshops and sharing stories and ideas with other parents. Ultimately, our children are healthier and more prepared for the requirements placed upon them when they begin school, and parents are more confident and informed.

Fairfax Success By Six is funded in large part by a mini-grant from Franklin County Success By Six that in turn receives its funding through the Vermont Legislature. Unfortunately, funding amounts do not cover all of the expenses of operating our local programs. During their special budget meetings, the Fairfax Selectboard included an allocation in the Social Services section of the 2010 Town Budget in the amount of \$1,500 to help offset our operating costs. We requested this allocation from the Select Board, at the request of the Fairfax taxpayers during past Town Meetings, in lieu of submitting petitions to be a warned article during the Saturday Town Meeting.

Success By Six would like to wholeheartedly thank the Selectboard and Fairfax Community at large for this support. Your support is vital to our continued success as a vibrant, wel-

coming, and inclusive organization. Thank you!

If you're interested in being added to our mailing list and/or email distribution list, please complete a Participant Information Sheet at any Success By Six activity, visit our website at ww2.bfafairfax.com/~sbys, or contact either Co-Liaison. Questions about our activities or about Success By Six in general may be directed to either of our Co-Liaisons: Dana Collum (849-2795 / fairfaxsx6@hotmail.com) or Patricia Hendee (524-6393 / vtgopher@msn.com).

JV Basketball

The BFA Fairfax junior varsity boys basketball team has been a treat to watch. Boasting a record of 14-1 (only loss to BFA St. Albans) the team is just that, a team. Players continuously rotate and put up points. Sophomores on the team include Cameron Loller, Sam Jones, Kody Ballard and Eli Phillips. Freshmen include Kris Wehner, Travis Yandow, Tim Rebeor, Jared Demar, Ben Pomichter, Aaron Barbeau, Alec Marble, Doug Legris.

Coach Seth McQuade is assisted by coach Steve Latulippe and Mark McNall.

The JV Lady Bullets feature junior Gabby Mahoney, sophomores Kaysie Unwin, Kirsten Energren, Taylor Place, Lyndsey Wells, Hannah Gerke, Jordan Rock and Shawntae Parchmont. Freshmen include Danielle Russin, Brooke Naylor and Brittany Perkins.

The JV girls are coached by Dan Banach and assisted by Meghan Bosley.

The Chamber isn't the Chamber without D.C. and the Maroon Monster. The Fairfax fan club known as D.C. has made road trips with the team including Lake Region in Orleans, Vermont and their support is very much appreciated by all teams.

Doug Racine Statement on Budget Address

In his budget address, Governor Douglas said, "When the hour is dark, the hearts of Vermonters have always burned bright," and then he went on to lay out a budget that would hit the most vulnerable Vermonters in multiple ways, and push them to the very edge of survival.

We must not accept that we have to sacrifice our neighbors to get through these tough times. It's when things get tough that we show who we really are. We all agree that more cuts must be made and that government must be more efficient and accountable. However, we must also ensure that government is responsive to the needs of the people it represents.

The folks who will be hurt the most by the Governor's budget often do not have a voice at the table when decisions are being made. We must - and I will - stand up for those Vermonters who are struggling to get by, many of whom have lost their jobs in this recession. We must take a balanced approach to the budget. Yes, we will need to make cuts, and we should consider using some of the Rainy Day funds, which are there for just this reason. And, just as last year both the Governor and the legislature supported tax increases, we may have to consider raising revenue fairly and temporarily again this year.

50 degrees at 50MPH

The snowiest January on record saw one of the fastest January thaws in history when rains and winds combined to melt the snow and swell the river.

The Fairfax Road Crew was busy with branches down and culverts flooded, but they got the job done.

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Our Changing Schools

BY PRINCIPAL MICHAEL CLARK

Recently the Vermont Department of Education, with the help of an advisory panel representing K-12 schools and higher education studied what it takes for schools and students to succeed. Through a survey of more than 2000 teachers in 87 schools across the state, as well as intensive site visits to three schools that are “beating the odds” (schools whose Reading and Mathematics scores on state assessments defy expectations and exceed those of other schools with similar demographics) this study revealed eight characteristics of effective schools. The results are published in a report titled *Roots of Success; Effective practices in Vermont Schools*. The full report is available by visiting www.rootsofsuccess.wordpress.com.

There is nothing that is earth shattering or surprising about the eight characteristics. What is interesting is how many examples of how BFA is doing these things there are. I think it is important to remember and celebrate what we do well even as we work to improve the educational experiences for all of our students. I encourage you to think about your own experiences about how BFA encompasses these eight characteristics. I invite you to share ways that you think we could

do it better by calling me at 849-6711 or e-mailing me at mclark@bfafairfax.com.

1. The belief that all students can succeed.
2. The belief that school staff are ultimately responsible for students' success and must therefore continually improve their practice.
3. Effective school leadership that helps translates these beliefs into practice.
4. Ongoing use of data to provide feedback to staff as well as monitor and support students.
5. A professional teaching culture that supports high quality instruction and is characterized by staff collaboration, trust among staff members, strong staff commitment and dedication, and effective paraprofessionals.
6. A comprehensive and highly functioning support system for students who struggle academically, emotionally, behaviorally, or socially, including early intervention programs.
7. A supportive school climate that makes all students as well as adults, feel valued and safe.
8. A commitment to building constructive relationships with families and involving them in their child's learning.

Mock Trial

Students at BFA Fairfax are holding a mock trial this week as part of the A.P. Literature unit on the novel “Native Son” by Richard Wright. The Mock Trial: The defendant in the case is Bigger Thomas, a 20-year old black male accused of murdering a young white woman, Mary Dalton. Students assume roles as witnesses or as members of the Prosecution and Defense teams. The trial schedule is as follows:

Day One (8:45-9:35): Jury selection and Rule of Law

Day Two (8:30 a.m.-9:45): Case for the Prosecution

Day Three (8:30 a.m.-9:45): Case for the Defense

Day Four (8:30-9:45 a.m.): Closing statements; jury deliberation; verdict.

This can be a powerful experience in which students become passionately engaged with the text, exploring it carefully for nuance and meaning that will support their case for or against the defendant.

Empty Bowl Project

Empty Bowl Project was a big success at B.F.A.-Fairfax. The week before holiday vacation, Mrs. O'Brien's International Foods class and Mrs. Garland's Ceramic class sold ceramic bowls accompanied with soup and bread. The International Foods class made a delicious vegan minted noodle soup, vegetable bean and noodle soup and served it with apple bread and bread sticks.

Three hundred and three dollars was raised with 100% of the money going to the Fairfax Food Shelf.

With the holidays being a time to share with our neighbors, the B.F.A.-Fairfax School community is doing their part to make their community a great place to live and learn.

School Board Candidate

Lea Wimet, a new resident to the Fairfax community, is running for the School Board seat being vacated by Barbara Murphy. Lea, her husband, Jeffrey, and their 3 children relocated from Bristol, Vermont, in August 2009. She has chosen to run for the School Board in order to have an active and important role in the community and specifically in an area of great importance to her, and most community members.

Lea's educational background includes a B.S. in Athletic Training from Guilford College and an M.S. in Exercise Science from Eastern Illinois University. Both her passion and her profession are in the field of Health Promotion, Preventive Medicine and Cardiac Rehabilitation and Wellness. Prior to re-locating, Lea was employed by Porter Medical Center in Middlebury where she worked in Cardiac Stress Testing, and was one of the co-founders of their Cardiac Wellness Program. She is currently a part-time student and a full time stay at home mother of her toddler and two kindergartners.

Bullets Basketball

The high school gymnasium at BFA Fairfax, lovingly known as “the Chamber,” has been the place to be for evening entertainment in Fairfax. Young athletes competing in good sportsmanship on the hardwood. Concessions are from Project Graduation along with a 50-50 Raffle.

The Lady Bullets are back! Senior Captains Casey Baczewski and Olivia Root lead the way, but freshmen Meghan Bochanski and Kayla Baczewski are playing well at varsity level. Junior Maureen McGuinness is also a starter. Other players include seniors Paige gardell and Allyson Airoidi, junior Whitney Maxham, sophomores Ruby Bushey, Danielle Sweet, Elizabeth Stratton, Ashley Benard and Eryn Banach.

The Lady Bullets have beaten a DI team twice and pass the ball very well. They are ranked seventh in Vermont (as we go to press) and are looking for a home playoff game. The Lady B's host Enosburgh January 28th and Danville on the 30th. Watch Franklin One.com for more.

Coach Jim Driscoll is assisted by Ashley Sullivan, Alex Laush and Brandon Robinson.

Senior Captains Josh Woodward and Jeremy Lawrence are now joined by junior Alex DeRaps to lead the way. Other seniors include Craig LaPine and Keith Rabideau, juniors include Brett Hakey, Andrew Barden, Zack Machia, Kyle Fielden, Cameron Weber and Brandon Bates. Jackson Keogh and Tyler Meunier are sophomores.

The Bullets can play with any DIII team in the state and are looking at two home playoff games before a return trip to Barre.

Coach Glen Button is assisted by coaches Brad Gillilan and Alan Maynard and statistician Nick Nadeau.

The Bullets are ranked fourth (as we go to press). Watch FranklinOne.com for more.

Poetry Outloud

BFA Fairfax held the classroom contests for 2010 Poetry Outloud on Thursday January 7th. Poetry Outloud is a nationwide poetry recitation contest in which over 400,000 students compete in all fifty states. To participate students memorize two poems and then present them to an audience and judges. Students who qualify with their first recitation then proceed to present the second poem. Presentations are judged by a variety of criteria including difficulty of poem, number of errors, dramatization, clarity of speech.

Fairfax held its school competition on January 27th. The winner of the school contest competes in the state championship in Montpelier in early March for the chance to go to Washington, D.C. for the national championship in April.

Classroom winners in Fairfax were: sophomores Kirsten Engren, Eryn Banach, Meghan Bosley, Eli Philips, and Lyndsey Wells, juniors Cameron Weber and Helene Drelon, seniors Clara Bourdeau, Malrissa Perkins, Heather Peatman, Casey Baczewski, Brett Gennero, Jordan King and Deanne Rocheleau.

These students entered the school finals on January 17th. Anyone seeking more information about Poetry Outloud should contact Fred Griffin at BFA Fairfax.

Winning Bullets

The Bellows Free Academy Fairfax varsity basketball teams boast a combined record of 17-9.

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Letters

Continued from page 2

are participating in accelerated learning opportunities and that our secondary schools are offering quality opportunities for these students.

We can support these highly motivated students only if high schools, colleges and universities jointly grant academic credit to Vermont high school students who have successfully completed Dual Enrollment Courses, Advance Placement Courses, and On-line College Courses from accredited colleges and universities. College acceptance of these credits is the first step in addressing costs as barriers for middle and low-income families. Use of these credits would permit Vermonters to take additional courses in their major areas of study, become better skilled and diversified than other graduates, and keep our most talented and motivated young adults in our Colleges and University. It would serve as a substantial investment in workforce development without any additional cost to the taxpayer.

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TwoKidsToys.com

From Carolyn Branagan

Here is the list of Franklin County Legislative Delegation Breakfasts. These breakfasts are almost always always attended by the entire legislative delegation from Franklin County: senators and state representatives. Gary Gilbert and I are almost always there. It's a great time to share concerns you have and give feedback to us on issues coming up in Montpelier. The meetings start at 8am. Please note that it is not really 'breakfast'. There is often coffee and light food, but if you need to get a good breakfast, eat before hand.

January 25 – Swanton Municipal Complex; February 22 – BFA Fairfax; March 15 – St. Albans TBA; April 17 – Richford TBA; May 10 – Optional if legislature is still in session.

County legislators also meet at the statehouse monthly at lunchtime. During these meetings we get specific information from invited speakers, but the public is warmly invited. These are scheduled from Noon to 1:00pm in Room 41 at the State House.

Thursday, January 21; Wednesday, February 17; Thursday, March 11; Thursday, April 15; Thursday, May 6

Rep. Carolyn Branagan
Franklin-1, Fairfax/Georgia



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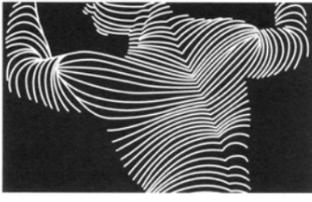
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| 31  7 Homemade Quiche – call to reserve Super Bowl Sunday!! Order your party platters! | 1 Senior Citizen Discount Day – 10% off all grocery, deli & meat <u>ALL DAY - Burger w/FF or Fish & Chips Meal - \$5.99</u> Buy 1, get 2 nd ½ off | 2 <u>Hot Turkey Dinner \$6.99</u> open faced, w/mashed, veggie (cranberry sauce upon request) GAS SALE! 5 cents off per gallon | 3 <u>Pasta Night - \$6.99</u> Fresh & made to order – your choice of pasta primavera w/marinara, chicken alfredo, white clam sauce, pasta. Served w/garlic bread | 4 Prime Rib Dinner – Enough Said!! | 5 10% off wine Check out our cheese selection! Don't forget the crackers! | 6 Check out the super meat special of the weekend! |
| 14 Valentines Day NASCAR season begins! Wings! Ribs! | 15 Senior Citizen Discount Day – 10% off all grocery, deli & meat <u>ALL DAY - Burger w/FF or Fish & Chips Meal - \$5.99</u> Buy 1, get 2 nd ½ off | 16 <u>Hot Turkey Dinner \$6.99</u> open faced, w/mashed, veggie (cranberry sauce upon request) GAS SALE! 5 cents off per gallon | 17 <u>Pasta Night - \$6.99</u> Fresh & made to order – your choice of pasta primavera w/marinara, chicken alfredo, white clam sauce, pasta. Served w/garlic bread | 18 Prime Rib Dinner – Enough Said!! | 19 10% off wine Look for our homemade salads! | 20 Did you know? We have meat freezer packages for every budget! |
| 21 Watch for upcoming wine & cheese tastings | 22 Senior Citizen Discount Day – 10% off all grocery, deli & meat <u>ALL DAY - Burger w/FF or Fish & Chips Meal - \$5.99</u> Buy 1, get 2 nd ½ off | 23 <u>Hot Turkey Dinner \$6.99</u> open faced, w/mashed, veggie (cranberry sauce upon request) GAS SALE! 5 cents off per gallon | 24 <u>Pasta Night - \$6.99</u> Fresh & made to order – your choice of pasta primavera w/marinara, chicken alfredo, white clam sauce, pasta. Served w/garlic bread | 25 Prime Rib Dinner – Enough Said!! | 26 10% off wine Visit our beer cave! Large selection of micro brews & chilled wines. | 27 Now is the time to be thinking of your Easter dinner needs! |
| 28 Is it Spring YET? Hours: M-F 5:30 a.m. – 9:00 p.m. Sat 6:30 a.m. – 9:00 p.m. Sun 7:00 a.m. – 8:00 p.m. Phone: 802-849-6872 | <p align="center"> Have you tried our awesome HOMEMADE Grab & Go meals? Something new & different everyday by our in-house Chefs! Coming soon! VIP Card – earn points toward grocery savings! Compare our grocery, deli & meat prices to the major supermarkets! Pick up order forms for meat freezer packages! Options for every budget! Planning an event? We cater! Ask for our catering packet. Authorized EBT grocer. All dinner specials start at 4PM until we run out! Don't forget to call ahead! </p> | | | | | |




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Meet Judith McLaughlin

Judith is a 51 year old resident of Franklin. She's a Native Vermonter, born and raised in Burlington, and has living in Franklin County for 10 years. She is a retired Army Lieutenant Colonel, currently working on two biographical books, and restoring the historical Hammond Homestead (Stone House) in Franklin. She's also running for Vermont Senate this fall. We caught up with her.

"I thank *The Fairfax News* for giving me the opportunity to introduce myself, as well as allowing readers a chance to understand my platform for my Vermont Senate campaign.

For 31 years I've worked on federal budgets, education and training for our youth, emergency management, small business development, economic and defense reform. I've worked with the Department of Defense, the Department of State and foreign ministries. Never once in those 31 years did I balk at tackling what needed to be discussed or addressed, no matter how hard I thought it would be, or how unpopular I could become.

Franklin County and Alburg need a strong leader in the Senate. One who will ask the hard questions, and be willing to make the difficult decisions. My platform is simple, with focused issues. First, we need fiscal responsibility

in Montpelier. We practice it in our homes; we must insist it be practiced in Montpelier. I intend to fight and make our budgets more transparent. Vermonters want a better understanding of where our money is going. We cannot continue to balance our budget with stimulus funds. I am also willing to address the very emotional issues and hard choices necessary to keep our budgets under control. Vermonters want a hand up-not a hand out."

Currently, Franklin County is served by Randy Brock and Sara Kittell in Montpelier. You'll hear from all of them this year.

Afterschool Professionals

Diane Russin, of Countryside Childrens' Center in Fairfax, has recently been awarded a Vermont Afterschool Professional Credential making her the second person in Vermont to receive such a creditation.

The first was Kelly Crawford, also of Fairfax.

Vermont Northern Lights Career Development Center thanked Diane for her dedication to the field of afterschool care and her willingness to participate in this new professional credential process.

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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-2:00 pm
- Selectboard Office 849-6111 Ext. 7 Monday & Wednesdays 8:00 am-3:30 pm
- Water/Sewer Facility 849-6033 Monday–Friday 7:00 am-4:00 pm (24/7 Emergency Call 849-6304)

For Your Information

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

Selectboard Members

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

Events

- * Dog Licenses 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.
- * Hazardous Waste Day — Spring 2010
- * Selectboard Meetings on first and third Mondays of the month at 7:00 pm

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Thank You

The children at Countryside Children's Center would like to say thank you to Louise Bouthillette, of Main Street in Fairfax, for her kind and generous donation of books (that the children are enjoying very much).

Welch on Obama

Rep. Peter Welch issued the following statement following President Obama's State of the Union address:

"President Obama made clear tonight that he gets it. He demonstrated a deep understanding of the plight of middle class families all across America – families who are struggling to find good jobs and pay their bills.

"The President echoed what I hear regularly from Vermonters: In order to revitalize our economy and create jobs, we must invest in energy efficiency and renewable energy. We must recommit to the fight for quality, affordable health care for all Americans. We must get our fiscal house in order. And we must put the middle class ahead of Wall Street, by investing in small businesses, not million dollar bonuses.

"The challenges ahead of us are great. But as President Obama said tonight, we must come together to answer history's call."

Hazardous Waste Days

Saturday, April 24, and Saturday, September 11, from 8 a.m.-noon.

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Fairfax Firefighter Awards

The Fairfax Fire Department held their annual Awards Banquet on Tuesday, January 26th.



Paul Langelier has been named Fairfax Firefighter of the Year.

Years of Service Pin Awards went to Duane Leach for 30 years, DJ Leach 30 years, Dean Potter 15 years, Ryan Zeno 5 years, and Marc Bessette 5 years.

Henry Raymond won the Chief's Award, Jordan Hayes won the Community Service Award and Carl Lashomb earned the Safety Award.



Group photo of members present Tuesday night.

Standing (L-R): Dean Potter, Steve Bessette, Lucien Hayes, Jesse Fleming, Jordan Hayes, Tim Bessette, Ryan Zeno, Justin Hayes, Carl Lashomb, Kyle Magnuson, Dan Vanslette, Duane Leach, Jim Field, Mike Cain

Kneeling (L-R): Tom Snyder, Matt Kozlowski, Jamie Wooster, Kyle Williams, Dave Bartley

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- 3 cups oatmeal
- 3/4 cups brown sugar
- 1/2 cup margarine
- 2 eggs
- 2 cups milk
- 2 teaspoon baking powder
- 1 teaspoon salt

1. Mix all ingredients together and pour into 13x9 inch buttered pan.
2. Bake at 375 degrees for 25 minutes.

I like to also add dried fruits and nuts and pour into small ramekins for baking and serving individually.

Try adding 1/2 a cup of peanut butter or chocolate chips.

If you like it a little crunchy on top cook for a few minutes longer.

Serve with warm milk poured over top. Enjoy

Guests say it's "like a large baked oatmeal cookie with breakfast."

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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. 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.

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Dubie on Vermont Yankee

In response to Gov. James Douglas' call for a moratorium and change in management at Vermont Yankee, Lt. Governor Brian Dubie released the following statement: "Our first concern today about Vermont Yankee should be for safety – the safety of Vermont Yankee's employees and area residents.

I am deeply concerned about the 650 people who work for Vermont Yankee; I am concerned about their jobs and their families; I am concerned about all the small businesses in the area that depend on VY and its employees. My cousin is an IBEW member who works at VY. I am concerned about his uncertain future.

And I am extremely disappointed that VY management has compromised those jobs through repeated breaches of faith with the State of Vermont and its people.

We need a time out before we address any questions about how and if to move forward with Vermont Yankee."

Candidates Wanted

Vermont Senate Candidates wanted to run on November 2, 2010. Must be independent, green, anti-nuke, anti-war. Pay is \$604 per week or \$10,271 for 17-week session, plus \$101/overnight, \$61/day meals and 50 cents/mile to Montpelier and home. Phone/fax 802-849-2108 or e-mail peter-28moss@gmail.com.

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MANY WOMEN WOULD LIKE TO GET THE BENEFIT OF ESTROGEN without the risks and side effects. Topical estrogen is available in several dosage forms including gels, patches and sprays, and may be an acceptable alternative. Topical estrogens will reduce the incidence of hot flashes. They are less likely to cause nausea and produce more even blood levels. Because topical meds do not pass through the liver first, they don't increase triglycerides and are less likely to cause blood clots.

COLD AND FLU SEASON MEANS MANY PEOPLE ARE LOOKING FOR SYMPTOM RELIEF FROM SUPPLEMENTS. Saline irrigation with a neti pot or saline nasal spray may reduce sore throat, congestion and cough. Zinc lozenges, if used at onset of symptoms, and Echinacea can modestly help decrease the duration and severity of colds. Zinc can cause a metallic taste and Echinacea should not be taken by people allergic to ragweed. Vitamin C is often taken in high doses during colds. It has a questionable benefit and high doses may cause diarrhea. Vitamin D, American ginseng, and lactobacillus probiotics appear to reduce the incidence and severity of upper respiratory infections. Individuals on blood thinners should use caution with ginseng as it may affect INRs. Elderberry might shorten flu symptoms by a few days.

SOME PATIENTS TRYING TO STOP THEIR PROTON PUMP INHIBITOR (PPI) may find that symptoms come raging back. Products like Prilosec, Nexium and Prevacid, even when taken for a couple of months, then stopped abruptly, may lead to heartburn and dyspepsia. This may even happen when the symptoms weren't there to begin with. Tapering the PPI over a 4 to 6 week period and using an H2 Blocker like Pepcid or Tagamet and liquid antacids on the off days may help relieve rebound symptoms and allow stopping of the PPI.

THERE ARE QUESTIONS ARISING ABOUT HOW LONG WOMEN SHOULD TAKE MEDS FOR OSTEOPOROSIS. Drugs like Actonel and Fosamax can stay in the bones for years and effects can

last when the therapy stops. Studies show that taking Fosamax longer than 5 years and Actonel longer than 3 years is not associated with preventing many more fractures. Long term use might increase the risk of femur fractures that are not associated with trauma and might also reduce bone turnover, delaying healing of micro-cracks that sometimes occur with normal activity. Patients at high risk due to very low bone density, corticosteroids or previous fractures should have long term therapy. For patients stopping these drugs, bone density should be checked every 2 years and therapy restarted if it falls by 4% to 5%.

Citizens for Fairfax Community

We now have most of the information we need regarding the costs of upgrading the Baptist Center for a community center. The rest should arrive soon; and then we will move into conversations with all the parties about the purchase and other specifics needed to make the idea work.

Next Meeting February 23rd at the Hunzikers home on at the bend of River Road in Fairfax.

FranklinOne.com

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

In November, the local website passed 260,000 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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