

# The Fairfax News

March 2010



A publication by the people of Fairfax



Volume 33, Issue 2

## HENRY RAYMOND'S COVER PHOTO



**Win a Week's  
Vacation Here**  
Find out how inside on page 3.

## NEWS BRIEFS

### Back to Barre

The Bellows Free Academy Fairfax boys varsity basketball team is one win away from accomplishing a year long goal of going back to Barre for the Vermont State Championship Final Four.

Only problem is, so is Thetford. Friday Night in the Chamber, it's Thetford at B.F.A. Fairfax 7:00 pm. Go Bullets!

### Bullets Future

While the varsity boys are looking to go back to Barre this year, the junior varsity team finished with 18 wins and one loss, the junior varsity 2 team finished with 13 wins and one loss and the eighth grade team has lost one game in two years.

I see a big trophy coming to Fairfax.

### Special Calendar

Steeple Market's popular "Calendar Ad" is back again this month. It's on page 5 with daily specials through March.

### Vitamin D

Fairfax Pharmacist Rick Hogle has some important information on Vitamin D and your children's health on the backpage.

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

**COMING NEXT  
MONTH**

**BASEBALL  
&  
SOFTBALL**

## 2010-2011 School Budget

BY PRINCIPAL MICHAEL CLARK

**W**e have worked hard to present a responsible budget which allows us to continue the positive momentum of school improvement. While this budget included cuts to teaching and support staff, we believe we have approached the cuts to the budget in ways that have the smallest educational impact on students. A detailed slideshow of the budget information is available online at: <http://fairfaxsbvt.pbworks.com/>

We hope to see you at the budget presentation on Saturday, February 27th at 10:00 a.m. Please vote on Tuesday, March 2nd. The polls are open from 7:00 a.m. to 7:00 p.m.

### Planning Night and Course Fair

You are invited to the BFA-Fairfax High School Planning Night and Course Fair on Thursday, March 4, 2010. Along with BFA-Fairfax representatives, Burlington Technical Center and Center for Technology, Essex will be in attendance. We invite all parents, guardians, and students to attend. Eighth Grade Planning Workshops begin at 6:00 p.m. in the Middle School Gym and Multi-Purpose Room. The Course Fair begins at 6:30 and is located in the high school gym.

### Dubie at News & Citizen

**L**t. Governor Brian Dubie is touring Lamoille County on his Jobs Tour and is expected at News & Citizen as they print *The Fairfax News* today.

We'd like to take this opportunity to thank those at News & Citizen who make *The Fairfax News* possible.

## Town Meeting 2010

Fairfax meets Saturday & Tuesday

BY CHRIS SANTEE

**O**n Saturday, February 27th at 10:00 am, Fairfax residents will file into the elementary gymnasium at Bellows Free Academy to exercise their right to speak up and to vote.

The town will go first this year, proposing a budget of \$1,955,866, which includes loan payments approved by voters last year for the road grader (\$103,930) and the new fire truck (\$63,500). When factoring in the (unplanned) payment received from the State of Vermont for retreatment and blacktopping, the budget will show an increase of 13% on an overhead slide, but residents shouldn't be alarmed as the amount to be raised by taxes only increases just over 2%.

The school will follow proposing their budget of \$11,415,155, up less than one percent.

Donuts and coffee will be available.

A couple of articles are of interest to many, including (Article 7) a pavillion with restrooms, a concession stand and storage for the Fairfax Recreation Park. The posts on Henry Raymond's web-

site (VTGrandpa.com) on this subject are diverse, but Park Director Katrina Antonovich will provide all the details in a presentation Saturday morning. There is no dollar amount warned.

Another article (Article 3) proposes raising the property tax exemption from \$10,000 to \$40,000 for Disabled American Veterans. This will be voted on Tuesday by Australian ballot.

**TOWN MEETING**  
Continued on page 4

## Legislative Breakfast

**O**n Monday, February 22nd, at 7:30 am, dozens of concerned citizens filled the Multi-Purpose Room at Bellows Free Academy Fairfax for a legislative breakfast.

Franklin County Senator Randy Brock hosted along with Franklin-1 Representatives Carolyn Branagan and Gary Gilbert, Senator Sara Kittell and other representatives from around Franklin County.

## Playoff Snowstorm

The winner of Thursday's Thetford Randolph game is scheduled to come to Fairfax on Friday at 7:00 pm for a Division III basketball playoff game, but the weather is postponing events around the state.

Watch FranklinOne.com for breaking news.

## Snow Postpones Skiing

Due to "horrific weather conditions", the Nordic Skiing State Meet for Classical Skiing to be held at Prospect Mountain on Friday has been postponed to Wednesday, March 3rd!

The skate portion of the State Meet

is still scheduled to be held at Crafts-bury on Monday.



Casey Baczewski

PHOTO BY ANTHONY BOCCIO

Postmaster, Please Mail To:

# LETTERS TO THE EDITOR

Dear Fairfax,

In like a lion, a little early, eh?  
 It's olympics time. Vermont snowboarders are bringing home hardware from Vancouver.  
 It's playoff time. Fairfax basketball players are hoping to bring home some hardware from Barre.  
 But first, they have to win a basketball game in Fairfax.  
 Don't miss this one, let's send them back to Barre, in the home, of the, Bullets.

Take care and God bless,  
*Chris Santee*

## Go Bullets

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**The Fairfax News**

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### From Gary Gilbert

The Advanced Placement program, which offers high school students college level courses in a variety of areas, released their scores for Vermont students last week. We did well. 1,945 Vermont seniors participated. Sixty-nine percent scored high enough to demonstrate college level mastery of the content (ninth highest in the nation). However, only nine percent of the students were from low-income families. Yet, fifty-six percent of them showed college level mastery.

These facts are an indication that our most talented and serious students are taking advantage of college level opportunities and that our secondary schools are offering quality programs. More low-income families are using AP classes as a way to get college credit early and inexpensively, particularly in areas of the state, like Franklin County, where transportation and distance makes it difficult to attend college classes and fulfill high school responsibilities. AP success builds student confidence as they realize they can be successful with college level courses, if they can afford the cost.

A recent college funding report recommends "...expanding opportunities for high school students to begin college while still in high school, including advanced placement, international baccalaureate, and statewide dual en-

rollment programs." This proposed solution is an indication of a great disconnect between high schools and colleges. It proposes changes by the high schools but not by our colleges and universities. Expanding opportunities for students will not work unless our colleges and university would agree to grant college credit each time a student is successful and demonstrates mastery. If higher education retains independent authority to accept or deny these credits, only higher income students will take advantage of them. Lower income families and students will not be comfortable taking this financial risk.

If our colleges and university were to give blanket acceptance of these recommended opportunities it would go a long way toward reducing debt for parents and students, reduce time to graduation, reduce dropout rates of low-income students and produce a quality workforce with increased lifetime earnings. This is an educational and an economic issue. It is time for higher education to step up to the plate.

*Representative Gary L. Gilbert*  
 Fairfax/Georgia

### Donuts

Along with home made donuts, the ladies of the United Church will be selling coffee, cookies, and sandwiches at the Town Meeting this Saturday!  
 All fresh, all home made.

### From Carolyn Branagan

I am very pleased to report that both school boards in the Franklin-1 legislative district have done an outstanding job building the school budgets for voter consideration next week at Town Meeting. The Fairfax board is presenting a budget less than 1% higher than last year with per pupil spending at \$10,655. The Georgia board is presenting a budget 1.22% lower than last year's with per pupil spending at \$11,407.

There are few jobs in local government harder these days than that of school board member. Both of these boards responded to the governor's challenge to keep school costs under control by spending hours examining costs and potential savings. There are no 'out-of-control' school budgets in Franklin-1.

*Rep. Carolyn Branagan*



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## Win a Week's Vacation

St. Luke Parish in Fairfax is holding a Raffle to Win a one week family vacation on Lake Memphremagog in Newport, Vermont from August 7th to the 14th, 2010. Tickets are \$5 per chance or 6 chances for \$25. The drawing will be held on March 21st, 2010 and you do not have to be present to win.

This two bedroom summer cottage is located right on Lake Memphremagog. It has a private sandy beach just a short walking distance from the cottage. There is a mooring for boats, and boats are also available for rent in the area so you can enjoy some sightseeing or fishing. The area is very pretty with lots of trees and an outstanding view of the lake.

Tickets are available on the entry-way tables.

Just complete the information on the ticket stub. Place the stub and money in a separate envelope and place them in the offertory basket anytime.

Also, I am sure if you contact St. Luke's Rectory, 849-6205, they can help you make arrangements to get tickets.

## Attention BFA Fairfax Sports Fans

For individual action photos of Fairfax players, check out Cold Hollow Photo at ColdHollowPhoto.com

## Read Fairfax News Daily at FranklinOne.com

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Land O' Lakes margarine 16 oz	\$1 <sup>39</sup>
Land O' Lakes 12 oz American Cheese — white or yellow slices	\$2 <sup>79</sup>
Reddi Wip topping 14 oz	\$3 <sup>99</sup>

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Prince spaghetti, linguine, shells or rigati pasta's	2 for \$2
Hurst green split peas 16 oz	\$1 <sup>29</sup>
Gatorade 32 oz (all varieties) every day priced	2 for \$3
Bumble Bee Solid White Tuna in oil or water 5 oz	2 for \$3
Snow's Clam Chowder 15 oz can	\$1 <sup>69</sup>
Old Orchard 100% apple juice 64 oz	\$1 <sup>79</sup>
Koolaid Jammers 10 pk juice drinks — all varieties	2 for \$5
Windex 26 oz spray bottle	\$2 <sup>99</sup>
Kellogg's Product 19 — 12 oz	\$3 <sup>59</sup>
Nestle's 24 pk water 1/2 liter bottles	\$3 <sup>99</sup>
Green Mountain Coffee 12 oz ground or whole bean	
all varieties — everyday priced	\$6 <sup>99</sup>
Green Mountain 24 ct K cups — largest selection in the area	
everyday priced	2 boxes for \$24 <sup>99</sup>

### Home Town Freezer

Shur Fine Self-Rising Pizza's 27 oz to 33 oz	everyday priced	2 for \$9 <sup>99</sup>
Shur Fine 56 oz Ice Cream — all varieties	everyday priced	\$2 <sup>99</sup>

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**Town Meeting**

*Continued from page 1*

At the Saturday meeting, February 27th at 10:00 am, voters will speak up and decide:

Article 4: To act on the reports of the several town officers.

Article 5: To see if the voters of the Town of Fairfax will authorize the sum of \$3,000 for the sidewalk improvement fund which will accumulate to a substantial amount for a sidewalk project approved by the Selectboard.

Article 6: To see if the Town of Fairfax will approve the sum of \$23,118 in support of the Fairfax Rescue toward their operating expenses.

Article 7: To see if the voters of the Town of Fairfax will authorize the building of a pavillion with concession area and a restroom facility with storage in the Community Recreation Park.

Article 8: To see if the Town will authorize the Selectboard to place the tax bills in the hands of the treasurer as here to fore.

Article 9: To see if the Town will authorize the Treasurer to collect the taxes on real estate that are due to the

Town of Fairfax, with a due date of November 15th, 2010.

Article 10: To see if the Town will authorize the Selectboard to borrow money in anticipation of property taxes for the current year expenses.

Article 11: To act on any other business.

Article 12: To adopt the Town Report.

Article 13: To recess Town meeting until March 2, 2010 at 7:00 am.

At the polls on Tuesday, March 2nd, in the old gymnasium at Bel-lows Free Academy from 7:00 am to 7:00pm, voting will take place for the Town (\$1.9M) and School (\$11.4M) budgets and Article 3 (D.A.V. exemption) along with office positions.

There are no contested races this year and several races (Lister #2, Grand Juror and Town Agent) has no candidate. A write-in candidate would need 40 votes to be elected.

The candidates are Deborah Woodward, Town Clerk; Deborah Woodward, Treasurer; John A. Schraven, Town Moderator; Peter King, Selectperson; Randy L. DeVine, Selectperson; Patricia McNall, Lister; Patricia

McNall, Library Trustee; Alfred V. Daniels, Cemetery Commissioner; John A. Schraven, School District Moderator; Robin Freeman, School Director; Lea Wimette, School Director; and John I. Mitchell, B.F.A. Trustee.

**From Gary Gilbert**

Our school boards should be commended for the wonderful job they have already done to control costs. Last year school spending rose 2% statewide, while the general fund rose 3.4%. This year Fairfax and Georgia have come in with responsible budgets of \$1,516 and \$1,364 BELOW the anticipated state average per student. Our boards know the needs of their communities and their students better than any one else. And only local boards have the credibility to bridge the gap between statewide discontent over the cost of education and local willingness to fund the high costs of quality learning experiences for students. They have done a great job this year of balancing the needs of the student and the taxpayer and will be asked to do even more next year.

But we must make sure that all are treated equally. School districts like Fairfax and Georgia, have met the challenge with a good faith effort to control costs. The Challenge for Change Bill, which required a reduction in Education spending of nearly \$20.3 million this year does not distinguish among low cost/high cost districts or those who have made reductions and those that have not. The implementation of future cost savings targeted to be an additional \$40 million in fy12, will need to take this into consideration so that responsible boards will not be punished for their good work.

*Representative Gary Gilbert*  
Fairfax/Georgia

**Pancake Supper**

The Not Your Usual Youth Group that meets at the United Church is planning a trip to Overlook Farm, a Heifer International study and experiential learning ranch in Rutland Mass.

To help fund the trip they are holding a pancake supper at the United Church on March 12th from 5:00-7:00 pm. Homemade pancakes, sausage, maple syrup, coffee, juice, all for just \$7.00. Tickets will be on sale at town meeting on Saturday for \$5.00.

For further information; Rev. Elizabeth pastorliz@earthlink.net. For information about Heifer International: www.heifer.org.

**United Church News**

The Lenten season is upon us. This is a good time to get re-connected with church if you haven't already. Our fellowship has both a Sunday school and nursery care. Worship is at 10:45 am.

Easter is on April 4th this year, and so the events surround Easter are similarly early.

March 28th is Palm/Passion Sunday when we have a service of Scripture and Song honoring the events of the day.

Good Friday, April 2nd is honored with an evening service at 7:00 pm.

Sunrise Service is at 6:00 am on April 4th, Easter Sunday, at the Bel-lows Farm, and our traditional Special Easter Worship is at 10:45 am.

And, as always MOPS (Mothers of Pre-Schoolers) meets the first and third Tuesdays of the month, and new moms are always welcome. Meetings begin at 6:30 pm.

The Youth Group is having a Pancake Supper on March 12th at 5:00 pm. The LUC is holding a Book and Bake Sale on March 20th.

For further information about our fellowship feel free to contact Reverend Elizabeth @ pastorliz@earthlink.net or 849 6588.



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**MARCH HAPPENINGS @ STEEPLE MARKET**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 	1 Senior Citizen Discount Day – 10% off all grocery, deli & meat  ALL DAY - Burger w/FF or Fish & Chips Meal \$5.99 Buy 1, get 2 <sup>nd</sup> ½ off	2 <b>TOWN MEETING DAY</b> FREE Coffee all day! Soup ½ off!  ALL DAY - Hot Turkey Dinner \$6.99  GAS SALE! 5 cents off per gallon	3 Pasta Night - \$6.99  ON SALE ALL MONTH WHILE SUPPLIES LAST Oven Roasted Turkey \$3.49 lb McKenzie Roast Beef \$4.99 lb	4 Prime Rib Dinner Always a favorite!  PLACE EASTER ORDERS NOW! Hams, Stuffed Leg of Lamb, rolls, pies, case deals on wine	5 <b>WINE SALE</b> 5% off on 2 bottles or 10% off on 3 or more  Ask about wine pairings for our prepared meals	6 <b>STEEPLE MARKET GIFT CARD SPECIAL ALL MONTH!</b> Buy \$50, receive 5% off Excellent way for parents to give kids spending money! Can also be used for gas!
7 ALL FRESH & READY TO GO! Steak Chili Chicken Cacciatore Beef Stew Chicken Pot Pie Lasagna and more! Check the case daily!	8 Senior Citizen Discount Day – 10% off all grocery, deli & meat  ALL DAY - Burger w/FF or Fish & Chips Meal \$5.99 Buy 1, get 2 <sup>nd</sup> ½ off	9 Hot Turkey Dinner \$6.99  GAS SALE! 5 cents off per gallon  ASK ABOUT MEAT FREEZER PACKAGES	10 Pasta Night - \$6.99  ON SALE ALL MONTH WHILE SUPPLIES LAST Oven Roasted Turkey \$3.49 lb McKenzie Roast Beef \$4.99 lb	11 Prime Rib Dinner Call in your order early!  PLACE EASTER ORDERS NOW! Hams, Stuffed Leg of Lamb, rolls, pies, case deals on wine	12 <b>WINE &amp; CHEESE TASTING</b> 3pm – 9pm  5% off on 2 bottles or 10% off on 3 or more Case deals available!	13 Claire's Country Garden products! Stop in for sampling! 12pm – 3pm  KABOB season? Sure, why not!
14 QUICK SIDES FRESH & READY TO GO! Rice Pilaf Jasmine Rice Balsamic Roasted Veg Mashed Potatoes Homemade Gravy  Daylight Savings!	15 Senior Citizen Discount Day – 10% off all grocery, deli & meat  ALL DAY - Burger w/FF or Fish & Chips Meal - \$5.99 Buy 1, get 2 <sup>nd</sup> ½ off	16 Hot Turkey Dinner \$6.99  GAS SALE! 5 cents off per gallon  ASK ABOUT MEAT FREEZER PACKAGES	17 St. Patrick's Day ALL DAY SPECIAL Traditional corned beef, cabbage, potatoes, carrots \$6.99  Pasta Night - \$6.99	18 Prime Rib Dinner The best!  PLACE EASTER ORDERS NOW! Hams, Stuffed Leg of Lamb, rolls, pies, case deals on wine	19 <b>WINE SALE</b> 5% off on 2 bottles or 10% off on 3 or more  Have you tried our Rotisserie BBQ Ribs & Chicken?	20 First day of Spring!  CLIP & SAVE ON PROPANE - \$2.00 off 20 or 30 lb tanks - CLIP & present to cashier! Valid for 3/20/10 only
21 MORE FROM OUR KITCHEN! Spicy Korean Kimchee Spicy Sesame Noodles Rotisserie Chick Salad Seafood Salad Coleslaw  Place your Easter orders now!	22 Senior Citizen Discount Day – 10% off all grocery, deli & meat  ALL DAY - Burger w/FF or Fish & Chips Meal - \$5.99 Buy 1, get 2 <sup>nd</sup> ½ off	23 Hot Turkey Dinner \$6.99  GAS SALE! 5 cents off per gallon  ASK ABOUT MEAT FREEZER PACKAGES	24 Pasta Night - \$6.99  ON SALE ALL MONTH WHILE SUPPLIES LAST Oven Roasted Turkey \$3.49 lb	25 Prime Rib Dinner – Enough Said!!  PLACE EASTER ORDERS NOW! Hams, Stuffed Leg of Lamb, rolls, pies	26 <b>WINE SALE</b> 5% off on 2 bottles or 10% off on 3 or more  Have you tried our... NACHOS MOZZARELLA STICKS JALAPENO POPPERS QUESADILLAS	27 <b>WINE TASTING</b> 4pm – 6pm  Featuring imported olives & olive oils sampling with artisan breads  Case deals available!
28  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	22 Senior Citizen Discount Day – 10% off all grocery, deli & meat  ALL DAY - Burger w/FF or Fish & Chips Meal - \$5.99 Buy 1, get 2 <sup>nd</sup> ½ off	30 Hot Turkey Dinner \$6.99  GAS SALE! 5 cents off per gallon  ASK ABOUT MEAT FREEZER PACKAGES	31 Pasta Night - \$6.99  ON SALE ALL MONTH WHILE SUPPLIES LAST Oven Roasted Turkey \$3.49 lb	EVERY MONDAY – T-Bones - \$4.99 lb while they last! We have a large variety of NATURAL & ORGANIC foods and wine. Stay tuned for VIP Card details! Check in daily for other dinner specials! Planning an event? We cater! Ask for our catering packet. Pick up order forms for meat freezer packages! Look for the 5 for \$20 specials! Authorized EBT grocer. Watch the A-Frame for meat specials!		

**BFA Skiers Fare Well**

Fred Griffin, Nordic ski coach at B.F.A. Fairfax, in speaking of the team stated: "I could not be more proud of the way our team skied on Friday from our middle schoolers and jayvees, right up through varsity. I've been telling the kids since the first few days on snow that we are a team of excellent classic skiers and this is exactly what we showed at Stowe."

Conditions were perfect and the varsity course was a great combination of long striding sections and swift downhills. We don't have a way to set tracks in Fairfax, so all our classic skiing is done on VAST-groomed sur-

faces. Our kids have had to learn to find kick on flat surfaces. When they get to groomed trails with firm tracks they feel like they've died and gone to heaven.

On the girls' side we had two more strong performances of the sort we've come to expect over the last four years from Megan and Shannon Kane. Heather Holloway overcame some issues with her skis to take third. Our big surprises came from our fourth and fifth place skiers, Michelle Ambrisco and Julia Snyder. Michelle is returning to aerobic sports after sitting out the entire running season with a stress fracture in her leg and Julia Snyder is a freshman skier who completed her first

**BFA Skiers**  
Continued on page 7



Jeremy Lawrence

PHOTO BY ANTHONY BOCCIO

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# Our Changing Schools

BY PRINCIPAL MICHAEL CLARK

## NECAP Results

Our 2009 NECAP (New England Common Assessment Program) results are in and overall they are good. The NECAP assesses students in reading, writing, and mathematics in the fall of each school year. The charts used in this presentation are available on the Vermont Department of Education website.

## Grades 3-8 NECAP Scores

Our reading scores were lower this year as compared to last year; however when viewed over five years the trend line shows progress over time. Our student scores are two percentage points behind the state average of students proficient and above in reading.

We maintained previous year's gains in mathematics. When viewed over five years the trend line shows steady progress over time. Our student scores are two percentage points above the state average of students proficient and above in mathematics.

## High School NECAP Scores

Our reading results are very good. We continued the upward trend by improving the number of students who were proficient with distinction by 5 percentage points. In reading we exceeded the state average for students who were proficient and above by 11 percentage points.

Our writing results also continued an upward trend. Fifty three percent of our students were proficient and above on the writing portion of the NECAP test, which is two percent better than the state average. Another impressive part of the data in writing is only three percent of our students were identified as substantially below proficient.

Our math results were lower this year as compared to last year; however when viewed over three years, the trend line is still increasing slightly. The teachers in the Math Department and I met to begin to look at the data associated with mathematics and to make a plan to look deeply to see if can uncover a pattern that is leading to success for some students. We were four percentage points behind the state average of students proficient and above in mathematics.

One more interesting piece of data from this year is on February 3rd, the

Burlington Free Press ran an article that highlighted "Vermont's Top Performers;" BFA Fairfax missed that list by a mere eight points. The faculty and staff at BFA are committed to improving curriculum, instruction and assessment in an effort to ensure that all students become proficient with the Vermont Standards and Grade Level Expectations.

The *Fairfax News* would like to apologize for not having the printing capabilities to show the multi-colored charts that Principal Clark provided. They just won't work in black and white, but they will be available at Town Meeting, Saturday, February 27th at 10:00 am.

## BFA Fairfax Developmental Screening

Who? All children ages 3 to 5 years old living in Fairfax are welcome.

What? Play Based Developmental Screenings.

When? Friday, April 2nd, from 9:00 to 11:00 am.

Friday, April 9th from 9:00 am to 2:00 pm.

Friday, April 16th from 9:00 to 11:00 am.

Where? B.F.A. Fairfax in the Early Education Room 101.

Cost? Free.

Why? Developmental screening simply means that people trained to work with young children informally observe children at play and discuss their observations with parents. It gives our staff members their first introduction to next year's classes and gives parents the chance to meet staff, other parents and their children's potential classmates.

Occasionally, screenings alert us about the need to take a closer look at a child who may benefit from additional services from the school. We believe that the early discovery of learning problems increases our effectiveness in helping us design programs to help each child.

If you would like to see how a trained professional views your child, developmentally, then please register.

If you want your child to be considered for the 2010-2011 school year, call to schedule a screening.

How? Call the Early Education Team at 849-2222.



Josh Woodward

PHOTO BY ANTHONY BOCCIO



Olivia Root

PHOTO BY ANTHONY



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**BFA Skiers**

*Continued from page 5*

varsity classical race. Michelle anchored our scoring but Julia was right behind her giving us valuable insurance.

Our senior boys continued to stake out territory in D-2 as a force to be reckoned with. Kyle Bochanski had an off-day but still pulled his third straight top ten. He was followed by Anders Newbury who skied his first classical race and despite a great deal of pre-race bias for skating, grudgingly declared it "fun." Zach Bochanski came from pretty far off the pace to take our third spot and Simon Mann-Gow had his best effort of the young season by far to capture our last scoring position, despite two time-costly falls.

If both teams can translate the sort of effort they made on Friday into the rest of the season, we will contend at States in late February.

Tom Pfeiffer and Cheri Audet are also coaches of this Nordic ski team.

The BFA Fairfax Nordic Ski Teams held their fifth annual Nordic Skiathon on Sunday, January 31st as guests of the Craftsbury Outdoor Center in Craftsbury, Vermont. Student athletes skied a staggering combined 1944 kilometers or 1215.5 miles.

Funds will be applied to waxing

supplies and the eventual purchase of grooming equipment. Anyone interested in contributing to this cause should contact Fred Griffin at 849-6588 or fred@nensa.net

Anders Newbury 68, Kyle Bochanski 60, Megan Kane 60, Zach Bochanski 52, Fred Griffin 50, Cheri Audet 50, Michelle Ambrisco 50, Heather Holloway 50, Eric Newbury 50, Tom Pfeiffer 48, Brooke Benoit 46, Bradford Stanley 46, Julia Snyder 42.5, Oakley Crouse 42, Ethan Farmer 42, Heather Peatman 42, Dan Lawrence 42, Morgan Wynes 41.5, Olivia Snyder 41, Shannon Kane 41, Mattie Hayes 41, Liz Adams 41, Allie Minor 41, Dan Ross 39, Larisa Marco 39, Simon Mann-Gow 39, Grayson Crouse 38, Hilary Desnoyers 38, Adele Rebeor 36.3, Ellen Fitzgerald 36.3, Hannah Filiberti 35, Emily Filiberti 35, Helen Drelan 35, Dustin Hayes 35, Mollie Hogan 35, Leah Stanley 35, Kari Brown 35, Anissa Hartman 35, Margaret Fitzgerald 35, Austen Carpenter 35, Mellie Holzscheiter 34.5, Jordan Hoffman 34.3, Jake Thibault 34, Lizzy Marco 31, Austin Glover 31, Lyla O'Brien 31, Samantha Schraven 27, Grace Eastman 20.

Total: 1944.80 kilometers, 1215.5 miles.



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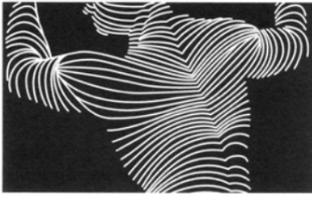
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Callie Froebel, Chrissy LeClair and Anna Hartmann of Helping Hands. Helping Hands is a student run volunteer group at B.F.A.-Fairfax with the mission to perform community service in the Fairfax area. The holidays are a stressful time for many families; the Helping Hands group decided to do something about it. Chrissy LeClair, president and Callie Froebel, vice president contacted the Lund Family Center to adopt two families. The families' provided wish list with a variety of item, ranging from toiletries to gifts for the children. The group members signed up to purchase an item/s to make the families' holidays brighter. Twelve Helping Hands members purchased and donated over \$230.00 worth of supplies and gifts for the families. We want to thank Mr. LeClair for delivering the many packages to the Lund Family Center before the holidays to insure that our adopted family would have a nice holiday.

### \$3,000 FFCR Calcutta

On Saturday, March 20th at the Elks Club in St. Albans, the Friends of Franklin County Republicans will host their annual Calcutta Night!

Tickets are \$125 for one ball and two buffet style dinners.

Ninety-nine tickets will be sold and the 100th ball will be raffled off at the event. The 100th ball will be inserted into the game when there are 9 balls remaining and will give the recipient a 1 in 10 chance of winning the Grand Prize. Many other prizes will be awarded through out the night.

Doors open at 6:00 pm for a social hour. Dinner and the main event begin at 7:00 pm.

All proceeds will benefit the Friends of Franklin County Republicans.

If you have questions or would like to buy a ticket please contact me (Todd Baumeister) at 802-242-0022.

### Youtube & Feerick Fence

Back in November, you may remember a story about a stolen bus from Morrisville, a cowboy going on a joy ride and the entire escapade was posted on youtube.

Lamoille Valley Transportation called Feerick Fence of Fairfax and no more buses have been stolen.

You too can protect your property with a fence from Feerick Fence of Fairfax.

### Fairfax Community Theater Company Announces Auditions

What: Radio Theater Dramatization of "The Maltese Falcon," directed by Peter Harrington

When: March 10, 11 & 12 from 7-9:00 pm

Where: March 10 will be held at Lake Champlain Access Television Studios on Prim Road in Colchester; March 11&12 will be held at BFA-Fairfax High School.

Who: Parts are 6 men, 3 women, 2 gender indifferent. Details: <http://fctcv.org/MF-Audition-Details.htm>.

(Since this is a radio drama, emphasis will be placed on vocal flexibility and fundamental reading skills as opposed to physical characteristics. This means age and appearance are very much secondary. The director wants sonorous tones and seamless delivery.)

Other: Cold reading. No age or physical limitations. Rehearsals to start in late March or early April. Performance dates are April 29-May 1.

For more info: [info@fctcv.org](mailto:info@fctcv.org), or call 425-6331, or visit us on the web at [www.fctcv.org](http://www.fctcv.org). (Find us on Facebook, too!)

### Thanks Georgia Lions

The Georgia Lions Club conducted a food drive February 13th at Steeple Market and the Georgia Market.

The food will be given to the local food banks (Georgia & Fairfax).

### Vermont Yankee

On Wednesday, February 24th, the Vermont Senate voted not to extend the license of Vermont Yankee nuclear power plant.

**HAPPY BIRTHDAY:**  
**COLIN SANTEE**  
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### Governor's Appointee

Roy Hill, of Fairfax, has been appointed to the Governor's Workforce Equity & Diversity Council.




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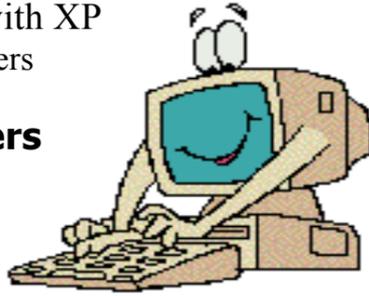
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**Little League Assessments**

March 13th in the BFA Fairfax high school gym.  
Watch FranklinOne.com for more.

**Art in Bloom**

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Stacy Wells and her mother were just finishing up lunch. They said it was great!

PHOTOS BY HENRY RAYMOND

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## Contact #'s — Departments and Offices

- Town Clerk's Office 849-6111 Ext. 1, Ext. 2 ..... Monday–Friday 9:00 am-4:00 pm (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

## 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.

### Fairfax Officers

Fairfax Town Officers appointed annually include Assistant Fire Warden Paul Langelier, Deputy Fire Chief Justin Hayes, Emergency Coordinator Steve Bessette, Fence Viewer Jean Guy Rainville, Fence Viewer Arthur Webb, Fence Viewer Claude Rainville, Fire Chief Dean Potter, Fire Warden Duane Leach, Health Officer Peter King, Library Trustee SB Rep John Mitchell, Real Estate Agent William Ormerod, Recreation Department Katrina Antonovich, Road Foreman Don Pigeon, Town Service Officer Charlie Swanson, Tree Warden Samuel Hudson, Volunteer Coordinator Colleen Steen, Vermont State Police Com. Adv. William Ormerod and Zoning Administrator Charles "Skip" Taylor.

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### BFA School Trustees

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Where: Town Garage, Fletcher Rd.  
When: Wednesday, March 31.  
Time: 4:30-5:30 pm.  
Fee: Cats and Dogs — \$15.00.  
Cash or check only, no credit cards accepted. Other vaccinations will be available as well (distemper, etc.).  
A town rep will be available for licensing of dogs.

### Remember to Vote

Town Meeting Saturday 10:00 am  
Polls Open Tuesday  
7:00 am to 7:00 pm

### Go Bullets Back to Barre

### Reminder

Dog licenses are due prior to April 1st. Fees are \$10.00 for spayed or neutered and \$12.00 for non.  
Household Hazardous Waste Days are on Saturday from 8 a.m.–noon, April 24th and September 11th.

### Town Meeting

Saturday  
February 27th  
10:00 am in the BFA  
Fairfax Elementary Gym

## Big Soft Ginger Cookies

Researchers from the University of Michigan Comprehensive Cancer Center have found that ginger not only kills cancer cells, it also prevents them from building up resistance to cancer treatment. Ginger is already used as an effective remedy for nausea and inflammation. These nicely spiced soft cookies are perfect for folks who like the flavor of ginger but don't care for crunchy gingersnaps.



3/4 cup butter (no substitutes), softened  
 1 cup sugar  
 1 egg  
 1/4 cup molasses  
 2 1/4 cups all-purpose flour  
 2 tsp ground ginger  
 1 tsp baking soda  
 3/4 tsp cinnamon  
 1/2 tsp ground cloves  
 1/4 tsp salt  
 Additional sugar

1. In a mixing bowl, cream butter and sugar.
2. Beat in egg and molasses.
3. Combine the flour, ginger, baking soda, cinnamon, cloves and salt; gradually add to the creamed mixture.
4. Roll into 1-1/2-in. balls, and then roll in sugar.
5. Place 2 in. apart on ungreased baking sheets.
6. Bake at 350 degrees F for 10-20 minutes until lightly browned.
7. Remove to wire racks to cool.

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month Jacque will offer one of her popular breakfast recipes. Visit at [www.buckhollow.com](http://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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**MIGRAINE SUFFERERS USING SUMATRIPTAN (IMITREX) INJECTIONS** now have another option that avoids the needle. Sumavel DosePro uses a burst of high pressure nitrogen gas to push the drug into the body. It works as quickly and as well as the needle but it is not pain-free. The DosePro causes more redness, swelling, bleeding and bruising than the needle. It is more expensive than the injection and patients wanting a fast action may want to try the needle injection or nasal spray first.

**NETI POTS AND SALINE NASAL IRRIGATION ARE POPULAR METHODS FOR RELIEVING CONGESTION** caused by allergies, colds and sinusitis. Recently it has been suggested that regular use may lead to an increase risk of sinus infection. There is no evidence that this is true, however some common sense practices are recommended. Rinsing should be limited to no more than once or twice daily. Clean the neti pot after each use and DO NOT share it with friends. Overuse can lead to irritation and drying out of the sinuses. Users that experience frequent sinus infections probably should discontinue use for a short period.

**THERE APPEARS TO BE A SLIGHT REDUCTION IN BREAST CANCERS OCCURRING IN WOMEN ON BONE STRENGTHENERS** such as Fosamax, Boniva and Actonel. The studies do not prove that taking these drugs reduces risk. Women with low bone density probably have lower estrogen levels which results in lower breast cancer risks. The reduction in incidence might be a side benefit due to a possible toxic effect on cancer cells caused by the drug.

**THERE IS INCREASING EVIDENCE THAT HIGH DOSE FOLIC ACID MAY INCREASE CANCER RISK.** A few years back high dose B vitamins and folic acid were given to heart patients to reduce homocysteine levels. High levels are commonly associated with heart disease. The supplements reduced the homocysteine levels but did not improve outcomes and those patients have about a 3 in 1000 increase risk of prostate cancer

and multiple colon polyps. For most people 400 mcg/day of folic acid is enough. Pregnant women and women of childbearing age should get up to 800mcg/day.

**MOST KIDS PROBABLY DO NOT GET ENOUGH VITAMIN D.** It is estimated that two out of three kids have below optimal levels of vitamin D. A cup of fortified milk contains only 100 IU of DÖa kid would have to drink a quart of milk a day to get 400 IU. This is the recommended intake for children from birth through adolescence. Breast milk usually does not contain enough vitamin D. Supplements are a good idea in any age group. Actually up to 1000 IU per day for kids and 2000 IU for adults. Previous recommended doses were to prevent rickets but we now know that vitamin D has other benefits including improving immunity and cardiovascular health.

*Rick Hogle*

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