

SUMMER/FALL

2021

THE *Bee* BOXBOROUGH



BEE KIND

BEE

Boxborough



BE INFORMED • BE CONNECTED • BE BOXBOROUGH

Select Board's Corner

John Markiewicz, Chair; Les Fox, Clerk; Wes Fowlks; Jennifer Campbell; Diana Lipari

The Select Board would like to thank everyone who took time out of their busy schedule to attend Boxborough's first all-day indoor/outdoor Annual Town Meeting. Attendance at the all-day event was 224, which was above average for Annual Town Meetings.

The Select Board is pleased to welcome two new members, Jennifer Campbell and Diana Lipari.

All Select Board Meetings will be held remotely via zoom at least until the end of September. Any changes will be posted on the Town's website.

New Liaison assignments for Select Board Members and the various Town Boards and committees can be found here: <https://www.boxborough-ma.gov/DocumentCenter/View/614/Liaison-List-PDF?bidId=>

The start of FY 22 has been quite busy with the hiring and onboarding of a number of new people at Town Hall.

- **Carter Terenzini** was hired as our Interim Town Administrator. He started on July 12th and brings a wealth of experience, having served as either the Town Manager or Town Administrator in various communities over the past 30+ years. He recently served as Interim Town Administrator in Templeton MA and Grafton MA.
- **Megha Patel** is our new Town Accountant. She joined us on July 14th and she brings extensive accounting expertise with managing Accounts Payable; handling Month-end Closing, Accounts Receivable, and Cash Application; and General Ledger processing.
- **Rebecca J. Harris** is our new Interim Town Clerk. She is a Boxborough resident and has been actively involved in the community, serving on Boxborough Conservation Trust Board, Blanchard Memorial School PTF, and Boxborough Birders. She holds a PhD from Tufts and has experience as an Environmental Consultant, Adjunct Professor, and Course Director.

We have also hired three part-time Interim Building Inspectors/Building Commissioners: Frank Ramsbottom - Building Commissioner (Frank was recently hired by Stow for a permanent position); Edward M. Cataldo, Interim Inspector of Buildings/Code Administration Officer, and Daniel A. Britko, Inspector of Buildings.

About the Boxborough Bee

The Boxborough Bee is sponsored by the Well-Being Committee. If you would like to share ideas for articles, share feedback on this publication, or get involved please email the team at boxboroughbee@gmail.com.



New Faces at Town Hall

Megha Patel -- I am working as the Town Accountant and would like to expand my knowledge of accounting by learning from Boxborough's systems and procedures. I am most excited about working in a team environment and enjoy accepting and taking on new challenges. A fun fact about myself is that I like learning about different cultures.

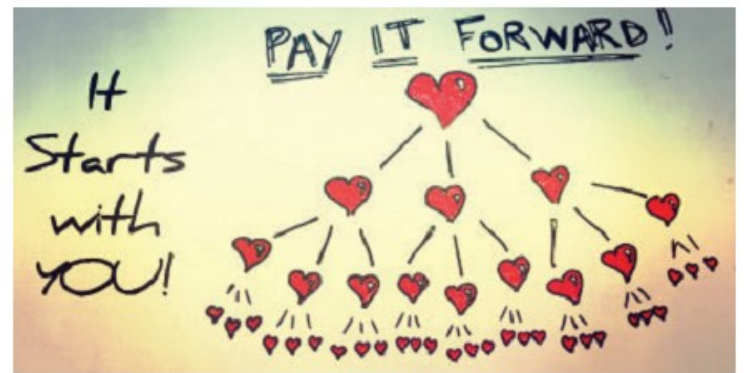


Carter Terenzini -- As the Interim Town Administrator I am the person responsible for the daily administrative oversight of the Town's various organizational units through coordination with and supervision of the numerous department heads and – in some cases – those who report directly to this Office. If one thinks of a private business you may have worked for, the equivalent title might have been Chief Operating Officer or Chief Administrative Officer. I am here for one year as the Select Board and community go through the process of recruiting a more permanent appointee. This is now my fourth such position since retiring full-time and have come to enjoy helping to keep the organization on a stable forward path while it determines what the ideal characteristics might be to offer the best "fit" with the community in its future hire. I am a bit of an anglophile and earned my MBA at the Edinburgh Business School of Herriot-Watt University in Scotland, I love to Kayak, and I cannot carry a tune or snap my fingers so please do not ask me to join you in any sing-alongs as I would be most embarrassed!

Rebecca J. Harris -- I am the interim Town Clerk, filling out Liz Markiewicz's term after she retired this Spring. It is a bit of a non-traditional career path that led to this position: I'm an ornithologist/conservation biologist, having taught at Tufts University for 10 years, and was the Director of Mass Audubon's Coastal Waterbird Program before that. I wanted to go back to work full-time as my kids are older, and this position was appealing because it is at the heart of the community I love. Although I don't have town government experience, I've served on several boards in the community, and have always loved the idea of public service in some capacity. Liz (also a birder) was a chemist in her former career, and encouraged me in this strange career shift; it seems that Town Clerks often come from diverse backgrounds (and are required to be birders!). It's a huge honor to be a Town Clerk. There are only 351 of us in Massachusetts, and our responsibilities are diverse and many are critical to the functioning of the town. The best part so far is getting to know my fellow Town Hall employees and I'm enjoying delving into the many varied details of the job, from record-keeping to issuing marriage licenses. In addition to birding and hiking, my favorite things are running, downhill skiing, and painting (and doing all of the above with my two girls, ages 8 and 11!)



The Gift of Paying It Forward



From the Desk of Rose Gage, Community Services Coordinator

Gandhi once said, “The best way to find yourself is to lose yourself in the service of others.” We live busy lives and are often going in numerous directions. This can lead to stress, anxiety, depression, creating an image that we are doing well, when we’re not, and not being true to ourselves. Service allows us to give to others, connect with community, and gain new perspectives. The beauty is that you **don’t** have to have money to donate. Giving of your time, talents and compassion is just as valuable and meaningful. By helping others, we improve our mental health by making human connection, forming new relationships, raising our self-esteem, improving our self-efficacy, and releasing caregiving-related hormones (progesterone & oxytocin) that reduce stress. By contributing to the betterment of the community we live in, we feel accomplished in knowing that we are making an impact. Physically, we can also lower blood pressure, get out and move more, and improve our immune system. By building stronger networks and a greater sense of belonging, we can develop greater social trust to turn to others during our own time of need. This helps to increase our resilience in dealing with difficult situations and our ability to ask for help, which isn’t easy. I’ve always been moved by the phrase, “The opposite of addiction isn’t sobriety. It’s connection.” We need relationships; social isolation, which we’ve experienced with the pandemic, hasn’t been beneficial for the human spirit. So, here are some examples of how you can pay it forward. For more information on how you can get involved, contact Rose Gage, Community Services Coordinator, at rgage@boxborough-ma.gov or at 978-264-1719.

- *Donate gently used kids clothing, especially before school begins*
- *Donate gently used baby products to a new family*
- *Welcome a new family into the community*
- *Cook meals for individuals/families in need (i.e. Lasagna Love) <https://lasagnalove.org/volunteer/>*
- *Volunteer at one of Boxborough’s FreeBee markets (<https://sites.google.com/abuw.org/freebeemarket/faq>)*
- *If you grow fruits and vegetables, donate extra produce*
- *Knit/crochet blankets, prayer shawls, scarves, gloves, and mittens (<https://www.projectlinus.org/>)*
- *Donate food to Boxborough’s United Church of Christ’s Free Little Pantry (UCC Boxborough (boxboroughucc.org))*
- *Join one of Boxborough’s boards or committees (<https://www.boxborough-ma.gov/27/Boards-Commissions>)*
- *Become a volunteer through the Acton-Boxborough United Way (<https://www.abuw.org/get-involved/volunteer>)*

And much more...

Little Free Pantry

UCC Boxborough, 723 Massachusetts Ave., Boxborough MA

With the understanding that 1 in 12 individuals in Massachusetts are facing hunger, UCC Boxborough has added a Little Free Pantry available 24/7 to those who might benefit. The Little Free Pantry is right by the main front doors to the church, stocked and open to be accessible to anyone at any time. We give without expectations or strings attached, neighbors helping neighbors.

Want to learn more about this movement? Check out www.littlefreepantry.org. Want to learn more about this specific Little Free Pantry, or sign up to be a steward? Contact us at 978-263-7387 or boxborochurch@verizon.net.

OUR COMMUNITY “DEPENDS” ON YOU!!

There’s a growing need for adult disposable underwear (i.e. Depends, Always Discreet, etc.), which are expensive. Therefore, in collaboration with the Acton Food Pantry, we are collecting men’s & women’s incontinence briefs.

If you would like to donate, please contact Rose Gage (Community Services Coordinator) at rgage@boxborough-ma.gov or 978-264-1719.

Thank you!!



Volunteer Profile: Heather Fleming

From left to right, Heather Fleming, Karen Argento, State Senator Jamie Eldridge, and Mary Pavlik at Free Bee Market

"They don't always make the news, but they truly make the difference."

- Massachusetts Commission on the Status of Women, on "Commonwealth Heroines"

This year at Town Meeting, State Representative Danillo Sena presented Heather Fleming, Boxborough's own volunteer extraordinaire, with the 2021 Commonwealth Heroine award.

The Commonwealth Heroine initiative, run by the Massachusetts Commission on the Status of Women, recognizes women across Massachusetts for their service, leadership, and dedication to bettering their communities. Candidates are recommended to the Commission by their state legislators and honored with an award, a place in the Commonwealth Heroines Program Book, and a June celebration (this year, virtual).

But it doesn't take an award to know that Heather is a fixture in Boxborough. Since she moved to town with her husband and young baby in 2010, she has worked hard to build community. Heather says that team-building and connecting people to each other and to resources is a passion. This led her to start the Neighbors of Boxborough social media page to promote engagement in town issues and share information about local initiatives, businesses, organizations, and opportunities.

Last year, when the COVID-19 pandemic put unprecedented strain on our community and community service efforts, Heather rose to the challenge. She repurposed tools that she had created for the staff at her Cambridge lab (her day job) into tools for a volunteer network, helping to connect volunteers to those in need in our community. Among other efforts, she helped to brighten up the holidays for local kids and their families by organizing and delivering 40 Easter Eggs kits from donated eggs and materials, organizing families to provide 6 families with a complete turkey dinner for Thanksgiving, and organizing volunteers to provide Christmas presents for 22 children.

Earlier this year, when the Swanson Road fire forced families from their homes, Heather immediately sprang into action, bringing food and other supplies to the Boxborough Regency where the families were being temporarily housed. Heather worked closely with Rev. Cindy Worthington-Berry to organize and train a group of volunteer advocates to support the displaced residents, connect them to appropriate resources, and help them transition to new housing.

Heather's latest project, the Free Bee Market, evolved from the volunteer network she helped to build after the Swanson Road fire. In the course helping the displaced families, Heather met the Harvard Glean Team, a group that goes to local supermarkets to collect or glean produce and prepared foods that are at the edge of their shelf lives. She learned that because a food pantry had shut down during COVID, food from a local Roche Brothers store was going to waste. So Heather set to work on her idea to organize a community market with the food gleaned from Roche Brothers. Heather's idea has grown fast. In just a few months, the FreeBee Market has become a twice-monthly market with gleaned produce and prepared food from Roche Brothers, supplemented with seasonal produce from local gardens, baked goods, books, and seedlings. The FreeBee Market is also becoming a community hub – a place where local organizations share information and neighbors gather to exchange goods. Heather's vision is that the FreeBee Market will become a community-building event that (1) reduces food and other waste, (2) supports local groups and businesses, (3) helps combat food insecurity, (4) promotes local gardening/growing, and (5) normalizes the sharing and accepting of help.

Heather is a true leader and mobilizer – someone who has a wealth of ideas, the social media savvy to communicate them effectively, and the ability to make those ideas into reality. Congratulations, Heather, on your 2021 Commonwealth Heroine award! We can't wait to see what's next.

FREE BEE MARKET: *Boxborough Community Summer Sharing Sensation!*



COME JOIN LAUREN'S MISSION TO HELP THOSE WITH CANCER!

Be The Match at Free Bee Market

Are you in good general health? Are you between the ages of 18-44?
Are you willing to help any patient in need?
Come join us on October 2nd and sign up for Be The Match!

Lauren Grady has spent her life taking care of others, and in that spirit we join her in promoting and joining this bone marrow registry. Lauren has been working with children and families for decades, including her own as a mother of 3 and grandmother of 6. She recently retired as a beloved and admired teacher at her hometown Blanchard Memorial School after a 25 years plus career. She not only worked tirelessly for her students and their families, but she has mentored many staff members (even as she battled cancer twice while teaching). Lauren is the first person beside you in a crisis, ready to listen, lend support, or advocate fiercely if necessary. Lauren's strength, humor and courage have been an inspiration to all of those who know and love her directly, and to the wider community as well. It is with that determination and optimism that we join her in support of this registry to make it possible for more patients like her to have access to bone marrow transplants.



Free Bee Market

30 Middle Rd, Boxborough, MA across from Town Hall
Saturday, October 2nd, 2021

CANT MAKE IT?
TEXT 'BEETHECURE'
TO 61474
TO HAVE A KIT MAILED!

For patients fighting blood cancers, like Lauren, a marrow or stem-cell transplant may be their only cure. 70% of patients don't have a fully matched donor in their family - and that's when they turn to Be The Match to find their genetically matched twin.

Questions - contact Jess Pacheco at jessicapacheco@ribc.org

Free Bee Market started when volunteers working with the Swanson Road fire relief effort organized a free "thrift shop" for residents, full of donated items from the local community. As a supplement, some "free food" was gleaned from Roche brothers supermarket, thanks to the expert knowledge of volunteers Lee Slade and Lisa Oldham, long time "free food gatherers". Supermarkets, and other food venues, are very connected with food pantries but usually not on Saturdays, a day food pantries are typically closed. So an idea was born, let's find a way to keep food out of the waste stream, share it with neighbors, and create a festive community event!

The market has grown from there, with goals of sharing, sustainability and community. Located at the UCC church on the corner of 111 and Middle Road, Free Bee Market has popped up every other Saturday through August 21 from 10:30-noon. It will continue Sept 18 and Oct 8, and possibly beyond that, details coming.

CELEBRATING HARVEST AT THE FREE BEE MARKET

Plans for the Harvest Fair, usually held the second Saturday in September, have bounced here and there this spring and summer. Then we realized that the Free Bee Market actually showcases Boxborough's agricultural roots each market day. Look for those features, and other aspects of the Fair at the upcoming markets including:

August 21: Sharing baskets for newcomers, demonstration of line dancing

September 7: Nashoba Band, cider making with Than

October 3: Petting zoo

Already in the market in the spirit of Harvest Fair each week:

- Sharing plants and produce grown locally
- Baked goods are made by community members and given away for free
- Community groups are invited weekly to share info and usually a fun something extra for families and folks to do. Groups that have come so far include the Land Stewards, Conservation Trust, Historical Society, Minutemen, A-B Family Network, Emergency Preparedness Team and more! If you are part of a group that would like to come, just let the team know.
- Fun for families has included a small bouncy house, library book sharing overseen by local teens and kids, mural drawing, chalk on sidewalks, hula hoops and more.

Do you have any elements of the Fair you'd like to see added to the market? We are thinking of showcasing arts/crafts in September. Should we have contests with ribbons for largest pumpkins or tallest sunflowers? Send us your ideas or join in as a volunteer yourself! See the info box for how to join us and upcoming dates.



FreeBee Market

Saturdays @10:30 - noon*
(*or when we run out!)

30 Middle Road, Boxborough

UPCOMING MARKET DATES:
August 21 – New Neighbors theme
Sept 18 & Oct 2 – Harvest Fair!

Drop by and take home:

- fruit & veggies
- baked goods
- plants & cut flowers
- books & craft supplies
- local information

~ ALL WELCOME ~

#BeeConnected



Questions? Want to volunteer?
Veggies or baked goods or plants to share?
email: freebeecommunity@gmail.com
  **@freebeecommunity**



Looking Forward: Back to School

Mary Pavlik Gets Advice from Flerra

In this issue of the Bee, we are focusing on how our community can help each other, and ourselves, by paying it forward or sharing what we have and what we know. For back-to-school advice, I went to a prime source: ingoing kindergarteners and first graders at Flerra Summer Playground and a teacher or two who helps lead the program.

The field was full of jumping, dancing exuberance and energy! All those smiles and giggles reminded me of what I'd missed so much, gaggles of kids just having a rip-roaring great time together.

Flerra director Brian Picca, a model of upbeat energy and optimism if there ever was one, rounded up a crew of K-1 experts with lots of say. My question to them: ***What can we say to a new kindergartener to make them feel less nervous about coming to school for the first time?*** The suggestions came fast and furiously!

-FRIENDS! was the immediate response from several excited voices. "I met my best new friend and more and more friends in school. I even made a new friend on the BUS!"

"I went into my class and saw CLAIRE, my old friend and there she was!! An old friend right in school" one added with surprise still in his voice.

-FUN! There is so much to do. "The playground is so big and there will be more friends to play with!" shouted someone. Another voice chimed in, "In gym you play so many sports, like basketball, soccer, mini bowling, any sport you want!" "You celebrate birthdays and might sometimes have popsicles too!" added a third.



-MAKING STUFF! There are lots of toys you already know and new things too. "You get to use Legos and blocks and make mini buildings, with friends." Another added, "I like art. You learn about collages and you paint, and make bright colors."

-SOME OF YOUR OWN STUFF! Another face wanted to reassure, "I had my own seat. You get to bring your own snack and lunch if you want to." A quiet voice added, "You still have vacations and days off to be home, so don't worry about that."

-TEACHERS! And of course, their teachers. "My teacher was so fun, and mine was so nice." "My teacher was funny and kind." And I added that I even knew a teacher who danced on the tables on the last day of school every year!

Speaking of a funny, kind teacher, Ms. Courtney Stevens was on hand, organizing crafts, and had so much to say that she could fill a book! Her number one most important message for students, and their parents, is this, "Your teachers love you. Everyone is working hard to keep you safe, and you will be more than ok!"

For parents especially, she wants to reassure that COVID has reinforced the very truest understanding of how learning works best; when children feel safe, when love and trust is established, then true learning begins. "COVID made it apparent what absolutely matters. We have learned so much this past year about what is important in education, keeping social/emotional health front and center and that is the message from the district as well. We've also gained some new skills as teachers, which I am excited to implement in full force! Now more than ever, we are all in this together."

Thank you to the wise children and the staff at Flerra for sharing with enthusiasm and insight.



Boxborough Conservation Trust 4th Grade Art Contest



This year's Boxborough Conservation Trust 4th Grade Art Contest Theme was "Protect Pollinators!" Award-winning artists from the Blanchard Memorial School, Hanna Bialowolska, Kiley Lyons (L to R, top row), and Cate Warrington and Isla Weir (L to R, bottom row) created beautiful drawings exemplifying all of the important pollinators that live in our neighborhood! With people spending more time out in nature and in their own backyards in the past year, the importance of native pollinators is becoming more and more clear. Limiting pesticide use, planting native plants, and limiting the monoculture of heavily fertilized lawns are important steps we can take to protect the plant-pollinator ecosystems all around us. BCTrust thanks all of the 4th graders who participated in this contest, and their teacher Brittany Martinez.

PROTECT POLLINATORS!



I Hiked Boxborough's "30"!



Over the past year and a half we have been more grateful than ever for the abundance of trails in town. Although many of us don't need an excuse to get out on the trails, sometimes it's fun to give yourself an extra challenge. The Boxborough Conservation Trust (BCTrust), in collaboration with the Sargent Memorial Library and the Conservation Commission, is launching "I Hiked Boxborough's 30!" If you walk every mile of trail in Boxborough, including all Town land and BCTrust trails, it's almost 30 miles of trails!

For more info on the details of this challenge and to earn a patch or button and bragging rights, see BCTrust's website: <https://bctrust.org/2021/08/06/i-hiked-boxboroughs-30/> Contact Geoff Osmun at gosmun@bctrust.org with questions and for an accessible version of this challenge.

Let's Talk Mental Health!

With Cindy Worthington-Berry (Pastor of UCC Boxborough) & Rose Gage (Community Services Coordinator)

Mental Health Focus: Steps to Ease COVID Stress and Anxiety

by Tamara Bedard, RN; Community Health Manager/
Local Public Health Nurse

- Nurture open, honest communication to keep the conversation going; but keep things in perspective
- Set healthy boundaries and limit 'information overload'; give yourself permission to take a break from all things COVID
- Review reputable websites (like the CDC and MA Department of Public Health) for accurate, up-to date information and dispel rumor and fears
- When talking with kids, let them lead the conversation; find out what they know and what they are truly asking so you can address their specific concerns
- Allow time to talk about fears and feelings and validate concerns, but remember all of the things that we CAN control
- Knowing what to do to prevent infection and lower risk of illness is empowering!

Here are some simple strategies to stay healthy:

- stay home and away from others when sick
- wash hands thoroughly and frequently
- wear masks
- distancing helps!
 - maintain a small social circle and keep gatherings small
 - Opt for outdoor activities, not only for the ventilation and fresh air benefits, but from the soothing effect and perspective that being in nature can offer.
- get vaccinated! (For anyone age 12 years and up.) This will help decrease the amount of virus circulating in the community and protect not only the person vaccinated, but their household members, friends and loved ones.
- Remember the progress we've all made together! Redirect and focus thoughts on all the positive things like: there are less COVID cases/illness, places and activities are opening up, and we are seeing friends and loved ones again.
- Reminisce about some of the 'silver linings' (more family time, learning new tech skills, curbside pick-up, home deliveries) that happened during quarantine
- Support one another! Know when to reach out for help - talk to friends, family and consult primary care providers

I have been fortunate to have had many great conversations with Cindy since I started working in Boxborough. We've laughed, gotten fired up, brainstormed ideas, and gotten to know each other better over the past five months. One area that we're both passionate about is mental health, which remains a taboo subject in our society and MUST be discussed more openly. So, we hope you enjoy this conversation and are optimistic that it sparks more honest dialogue and continues to raise awareness.

Q: How do we foster an environment where "it's okay to not be okay"?

Cindy: It's important to name and recognize that all of us will experience bad things throughout the course of our lives and we cannot control when difficult things will happen. However, we can control who we reach out to for help, how we react to situations, and how we find resources to help us. We must also recognize that we are not defined by what happens to us and we all have value as human beings.

Rose: Since we all have value, we must not pass judgment as none of us know when we will be in a situation where we need help, compassion, patience, and support. More kindness is needed in our world where people are suffering, oftentimes alone. It's also important to remind ourselves that "this isn't forever." With support and assistance, situations can improve!!

Q: Why do we hide behind a wall that everything is fine, when it's not? How do we work to tear down this wall?

Rose: Many people have difficulty asking for help and want to be seen as put together and capable. Many also have trouble trusting others after painful experiences. If we want others to come to us for help, it's important to allow others to help us as well. We must ask ourselves, why don't I think I'm deserving of help? There's also danger in isolating ourselves, which COVID magnified. Though it's common to turn inward during difficult times, it only increases anxiety and depression.

Cindy: We don't want to show our wounded places, but need to talk with each other rather than isolate ourselves. Just like we aren't defined by our challenges, we aren't defined by what we've achieved. Oftentimes, people work to maintain this façade of success and don't want to show insecurities, fears, and difficult experiences. Rather than always looking shiny to the world, we must create spaces for people to be vulnerable and real.

Q: Why is self-care important?

Cindy: We must fill our tank whenever we can. When individuals come to me for support and pastoral counseling, I ask them the following questions: Are you exercising? Are you reading and listening to books, music, and podcasts that uplift you? Are you eating and caring for your basic needs? Are you helping others? It's amazing how uplifting it can be to do something small for someone else. What can you do today to increase support systems in your life?

Rose: We cannot help others if we aren't caring for ourselves. It is NOT selfish to care for all aspects of our well-being. Our mental health is just as important as our physical and emotional health.

Q: What keeps each of us balanced?

Rose: I love walking and get lost in HGTV, Netflix shows, and the ID network. I need to escape, each night, and clear my mind. Crafting is also very therapeutic for me. I also remind myself that each day is a fresh start!!

Cindy: I reward myself with trashy fiction (murder and mystery, in particular). I also need to walk to stop my brain from thinking about what I've been doing all day!!

Veterans' Services in Boxborough

For any Veterans and surviving spouses who may be curious about what State and Federal benefits they may be eligible for, please contact Acton-Boxborough Veterans' Service Officer, James MacRae, at 978-929-6614 or vso@actonma.gov. There are no costs associated with my service and confidentiality is completely respected.

Apply TODAY to Boxborough's Rental Assistance Program!!



Need assistance with your monthly rent?



Want to put extra money towards other bills?



Dealing with financial issues related to COVID?

Then the Boxborough Rental Assistance Program may be for you!!

Eligible households (in Boxborough) will have \$250 sent directly to their landlord and can re-apply up to three years!!

For an application, go to www.boxborough-ma.gov (Go to Departments > Community & Social Services > Rental Assistance Program)

Library News

The library is fully open! Come in to avoid the heat or to wait out the rain! A lot has been happening at the library, and there are more events to come! Please follow us on Social Media (@boxlib), sign up for our newsletter (<http://wowbrary.org/signup.aspx>), or check our website for the latest announcements and updates!

***New* Green Living Action Club.**

Time and date TBD.

Join a new book club that acts! This new book club will watch the movie *2040*, read the book *2040: A Handbook* (provided by the library), and gather to exchange ideas on how to reduce their personal carbon footprint through small changes in their daily lives. The club meets once a week at the library for five weeks. Starting date TBD. If you would like to participate, please email Marjorie Kamp (marjoriek@comcast.net) with "2040" in your subject line.

Much Ado About Nothing Workshop.

Saturday, August 28th at 1:30pm

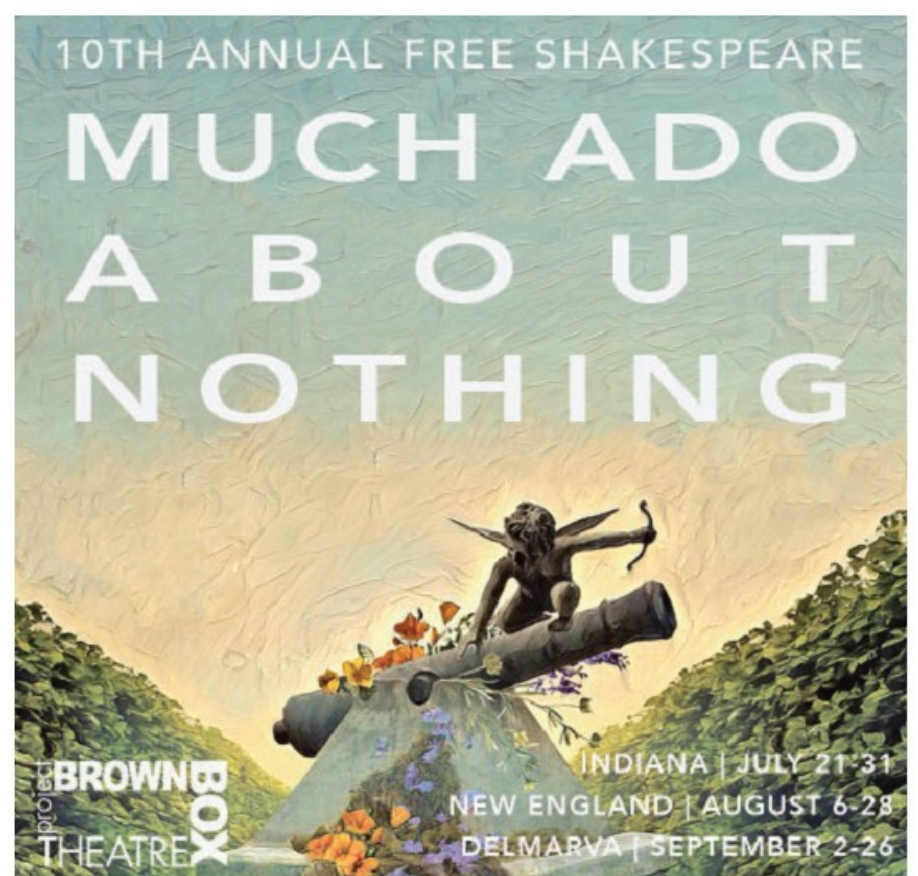
Are you intimidated by Shakespeare's plays? Join Brown Box Theatre Project in an engaging, exciting exploration of Shakespeare's words and worlds by examining the play *Much Ado About Nothing*. This event is free and open to the public. Pre-registration is encouraged (<https://boxlib.org>).

Much Ado About Nothing Performance.

Saturday August 28th at 7:30pm-9pm on the Sargent Memorial Library Side Lawn

Brown Box Theatre is putting on the romantic comedy by Shakespeare, *Much Ado About Nothing*, on the Library lawn! The event is open to all! Because it is an outdoor event, the performance is weather dependent. Please check the Library's website and social media channels for event status.

The performance is made possible by the generosity of Whitcomb House Trust, the Friends of the Library, and the Sargent Memorial Library Foundation.



Sustainability Committee News



COMPOST ALMOST EVERYTHING! The Transfer Station now accepts meat, seafood, fruit pits, bones, corncobs, dairy, cooking grease and vegetable scraps in new green bins. Black Earth Compost Company asks us to wrap items in paper bags, newspaper, or certified compostable bags. For information, visit boxborough.gov/266/transfer-station or the Sustainability (BSC) website at www.boxborough-ma.gov.

EV CHARGING: Charge your electric vehicle at Sargent Library by registering for “Free Public Charging” at lelwd.com. While you enjoy an hour in the Library, the two-car Level 2 charger can give you up to 50 miles of electric driving.

REDUCE CARBON: Find information on the BSC website for

- Boxborough Climate Survey Results
- “Zero Carbon Home” webinar
- Municipal Vulnerability Protection Report

SUSTAINABLE GUIDELINES: The BSC website shows you

- The Select Board’s Sustainability Declaration
- Boxborough’s Sustainability Policy
- The Town Meeting position voted June 11, 2021

THANKS! After 11 years on the BSC, Larry Grossman will continue promoting sustainability as a member of the Building Committee. We miss his collegiality, hard work, and contributions.

GREEN LEGISLATION: Sen. Jamie Eldridge and Rep. Dan Sena wrote legislation, now under committee review, to help Boxborough and similar towns move towards becoming Green Communities, a stepping-stone to sustainability grants.

2040 BOOK CLUB: Sargent Library is hosting a “Green Living Action Club” where members exchange ideas about reducing their carbon footprint. For information go to boxlib.org.

Message from the Fire Department

The Boxborough Fire Department wants to remind residents of the importance of house numbering and access to property. House numbers should be clearly visible from the street. Use your mailbox or other landmarks at the end of your driveway to help us find you. We also continue to install lockboxes free of charge as part of our Senior SAFE program to allow for ease access to your house. To set up a lock box installation, contact Captain Malinowski at jmalinowski@boxborough-ma.gov or FF Panaro at cpanaro@boxborough-ma.gov. Every second counts in an emergency!



Mark Your

Council on Aging Lunches Begin Sept. 8th: The Boxborough Council on Aging is happy to announce that our monthly lunches at the Community Center are back! These events are for Boxborough residents age 60 and above. We are having our first "in person" lunch in 18 months. The Friends of the Council on Aging are sponsoring a ham dinner complete with dessert at 12 noon on September 8, 2021 at the Boxborough Community Center. Space is limited. Please RSVP to the COA by calling 978-264-1730. The next few lunches are scheduled for the second Wednesdays of the month...October 13th sponsored by the Boxborough Police Department, November 10th sponsored by the Boxborough Fire Department and December 8th sponsored by the Friends of the Council on Aging. We are now accepting reservations for the September lunch only.

Live Music at the Community Center on Sept. 14th: Join the COA for a free musical performance at the Boxborough Community Center on Tuesday, September 14, at 1 PM. Steve Hurl and his Jumpin' Juba band will play Blues and Roots-Rock tunes. Light refreshments will be served. RSVP by calling 978-264-1730. This performance is supported in part by a grant from the Acton-Boxborough Cultural Council, a local agency supported by the Massachusetts Cultural Council.

Come see the Treasures at the Boxborough Museum: The Boxborough Museum at 575 Middle Road will be open from 2:00 pm to 4:00 pm on **Sunday September 12, Sunday October 24 and Sunday November 14**. Come see Boxborough's historic treasures including the 1850's scale which is sensitive enough to weigh a penny and strong enough to calibrate a 50 pound weight, the "new" hearse built in 1881, and the "old" hearse (come and see how old is old). The Historical Society will be celebrating the "15+1" Anniversary of the Museum on Sunday October 24 with refreshments and special events. Admission is free and all are welcome. In accordance with CDC guidelines, those who are not fully vaccinated should wear masks. For more information or if anyone wishes to arrange a private tour for a small group at a different time please call John Fallon at 978-264-0069.

Boxborough Minutemen Meetings: The Boxborough Company of Minutemen will meet on **Sunday September 19, Sunday October 17, and Sunday November 21** at 8 PM. For information please contact Captain Kevin Sheehan at captain@boxboroughminutemen.org, or 617-678-9945. The Boxborough Minutemen Company is open to anyone of least 18 years of age who is interested in service to the Town and/or perpetuating the memory of the Minutemen of 1775. Our members may participate in any number of the Company's activities including marching in parades, organizing the annual Fifer's Day town festival, performing seasonal clean-ups on Route 111, sponsoring the Boy and Cub Scouts, providing volunteers to the Blanchard School and other service organizations, and participating in our various social functions. The Company also provides financial support to a variety of local service organizations and sponsors a number of annual scholarships to Boxborough students who are continuing their education after high school.

Calendars!

Boxborough Archeology Through Photography (September): The Boxborough Historical Society is proud to present "Boxborough Archeology Through Photography" on display in the meeting room at the Sargent Memorial Library, 427 Massachusetts Avenue, during the month of September featuring photographs by Arden Veley of the Society. The archeological remains in Boxborough, spanning over 250 years, are many and varied: colonial cellar holes, stone bridges, foundations of old barns and ice houses, rusting farm machinery, early cars decomposing in the woods, farmers' trash heaps, old mill sites, museum artifacts, colonial cemeteries, hand dug stone lined wells, quarries, railroad underpasses as well as barns and houses from the late sixteen hundreds to the mid eighteen hundreds. This photographic exhibit will bring back to life what time has hidden. Come see the early roots of Boxborough. Many thanks to the Library for providing exhibit space. This exhibit is supported in part by a grant from the Acton Boxborough Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

Boxborough Library Used Book Sale on November 5, 6, and 7: Due to popular demand, the Friends of the Boxborough Library Fall used book sale will continue as a three day event. The weekend will start with a Preview Sale for members on Friday, November 5 from 5:00 p.m. to 7:00 pm. (Memberships will be available at the door). The usual main sale will take place on Saturday, November 6 from 9:00 a.m. to 2:00 p.m. The Everything Must Go sale will be held on Sunday November 7 from 2:00 to 4:00 pm. Bring a bag (or bags) to the book sale on Sunday during this time and pay \$2 to fill each bag however you like. The sale will take place in the meeting room of the Sargent Memorial Library, 427 Massachusetts Avenue. Proceeds from the sale of books will go toward additional library programs and museum passes. Please support this sale by donating your gently used hard covers, paperbacks, and audiovisual items and attending this sale. Books will be accepted from Monday November 1 through Thursday November 4 at the library during regular library hours. Please no VCR tapes or magazines or any material in really poor condition. For more information visit www.boxboroughminutemen.org.

Fifer's Day Has Been Cancelled for 2021

Due to the recent rise in the number of new Covid-19 cases, positive test cases, and hospitalization rates in Massachusetts, and the uncertainty this presents in the weeks to come, the Boxborough Minuteman have decided out of an abundance of caution for public health and safety to cancel Fifer's Day which was planned for September 11th. We very much look forward to seeing you next year as we plan for Fifer's Day to return to its traditional summer schedule in June 2022!



MENTAL HEALTH RESOURCES

If you need support, below is a list of valuable contacts. For more resources, please go to <https://www.boxborough-ma.gov/165/Community-Social-Services>. Questions? Contact Rose Gage, Community Services Coordinator at rgage@boxborough-ma.gov or at 978-264-1719.

Advocates Psychiatric Emergency Services: **800-640-5432** (24/7 number); www.advocates.org/services/mental-health-services (**Accepts MassHealth & Medicare**)

Boston Area Rape Crisis Center: **800-841-8371** (24/7 helpline); <https://barcc.org>

Department of Mental Health: www.mass.gov/DMH

Eliot Counseling & Psychiatry Services: www.eliotchs.org/counseling-and-psychiatry-services (Accepts MassHealth & Medicare)

MA Substance Abuse Helpline: **800-327-5050** (24/7 helpline); <https://helpline-online.com>

Mass Support (A Service of Riverside Trauma Center): www.masssupport.org; 888-215-4920; for 24/7 support, call the Disaster Distress Helpline at 800-985-5990

National Alliance of Mental Illness (NAMI): <https://namicentramiddlesex.org>

NAMI MA Compass Helpline: www.namimass.org/nami-mass-compass-helpline; 800-370-9085

NAMI Connection Support Groups: www.namimass.org/nami-connection-recovery-support-groups

National Suicide Prevention Hotline: **800-273-TALK (8255)**

Psychology Today: www.psychologytoday.com/us

The Trevor Project (saving young LGBTQ lives): **866-488-7386** (24/7 helpline)

Therapy Matcher: www.naswma.org/page/therapymatcher

William James College Interface: <https://interface.williamjames.edu>; **888-244-6843**