

AUTUMN
2019

THE BOXBOROUGH *Bee*



BE INFORMED • BE CONNECTED • BE BOXBOROUGH

Select Board's Corner

On July 29 the Boxborough Select Board (BSB) presented an informative powerpoint on the commercial real estate abatements and how the decrease in our commercial tax base will begin to affect our residential tax bills. If you were unable to come to the meeting you can watch the presentation by clicking on the BXTV link on the town website.

The Economic Development Committee (EDC) was able to engage the UMass Amherst Center for Economic Development, Department of Landscape Architecture and Regional Planning. It is the hope of the BSB, the EDC, and the Planning Board that the research done by this group will inform the decisions we, the whole community, will need to make over the next couple of years. These decisions will ultimately decide how our town moves forward with smart, balanced economic development as prescribed by the Boxborough 2030.

In other news, many of our boards are experiencing a shortage of volunteers. Have you ever thought about giving back to our community? Do you have some extra time and talent to give to a board? There are over 40 boards to join including Fincom, Design Review, and the Sustainability Committee. Our community works because people like you give of their time and talent. If you would like to know more about how you could serve the Town, go to the Town's webpage and click on the "GET INVOLVED" Announcement or contact Administrative Assistant, Cheryl Mahoney.

Bettering Boxborough Together

The Bee newsletter has had a great first year as part of the Bettering Boxborough Together grant project.

Due to all of your positive feedback we are able to continue for another year!

Thank you for voting to fund the Bee at Annual Town Meeting.

The Well Being Committee is winding down the official grant project and we've had a great year collaborating with town groups to create opportunities for Boxborough residents to explore town, make new friends, and enjoy healthy activities.

Here is a look at some of our adventures over the last year:

SEPTEMBER: The Bettering Boxborough team worked with the Harvest Fair Committee to expand the 2018 fair to include a petting zoo, activities for kids, and of course the Zucchini Car Races! Last year fair attendance tripled compared to previous years. Join us September 7 for an even bigger and better 2019 Harvest Fair.

NOVEMBER: We joined forces with the Sargent Memorial Library to host an Owl Prowl. An educator from Drumlin Farms brought three 3 lives owls to speak to a crowd of over 100. Following that volunteers from the Boxborough Land Stewards led groups on a trail walk to listen for owls in their natural habitat.

JANUARY: Who needs snow? The Recreation Commission teamed up with Bettering Boxborough to make Winterfest a family fun day no matter the weather. A sizable crowd enjoyed a guided trail walk through Steele Farm and a rowdy Human Foosball tournament. The Bettering Boxborough Together grant also funded the purchase and installation of two benches along the Steele Farm walking path and a large information kiosk.

MAY: The Bettering Boxborough team, Historical Society, Conservation Commission, and Sargent Memorial Library put on a special event for the Freedom's Way annual Hidden Treasures program. Local historical performer Richard Smith brought Henry David Thoreau to life and took the crowd on a trail walk through the 1860s. Boxborough resident and furniture maker Rich Stewart showed off his replica Thoreau desk. We also installed an informational kiosk at the start of the trail and printed beautiful new guide books with a map of every conservation trail in town.

JUNE: Bettering Boxborough once again returned to the library in June. Ivy Child International offered a free 6-week outdoor yoga program on the library lawn. More than 50 people of all ages attended. The grant also purchased new picnic tables for the library lawn and kiosks for Conservation Trails.

We can't wait to keep Bettering Boxborough Together. Join us in October for an exercise walk on the paved Cisco path, follow us on Facebook to stay up to date, and keep meeting new neighbors!

Tell us what YOUR favorite Boxborough treasure or hidden gem is. Email your stories and photos to BoxboroughBee@gmail.com

LOCAL PROFILE

The Acton Food Pantry is located in Boxborough at 235 Summer Road, Building #1

We asked Donna Bottari, one of the directors a few questions about this local organization where neighbors have been helping neighbors for over 35 years.

How was the Food Pantry started?

A small group noticed the need and started a hot meal program only, Community Supper, at the South Congregational Church in 1984. The Supper grew and moved to the Acton Congregational Church where there was more space and a larger kitchen. Soon after starting, the founding volunteers realized that Supper guests needed food beyond that one meal. In 1990, the Acton Food Pantry was started in the old fire station building on Windsor Avenue. The emphasis was still on the Supper, which served over 100 people, with lower attendance at the Pantry. Slowly the numbers changed as the Windsor location reconfigured to become more welcoming and make food distribution easier, including more fresh produce and meat. The Pantry grew so successful that it outgrew that space, and moved into St. Matthew's Church, and then onto its location in Boxborough, the perfect location for the long haul. The Pantry's success elicited a name change for the organization, Acton Community Supper and Food Pantry Inc. several years ago. Along the way the client numbers at the Supper declined and the Pantry numbers increased to the point where the board decided to discontinue offering the Supper and concentrate on the Food Pantry.

Who is behind the scenes?

The Board of Directors is composed of local community members who all have some volunteer/staff connection to the Pantry, so they understand the day/day activities and needs. The Board meets once a month and makes the major decisions. The Staff consists of three part time employees who are paid a minimum stipend each year. The Volunteers, generally over 100 people, who help by driving the truck to the Greater Boston Food Bank (GBFB), unloading, driving to local stores for pickups, helping clients during distribution, and sorting/stocking donations. Special thanks for a long-time volunteer who comes every two weeks to clean and keep the space neat for everyone!

What is involved in day to day operations?

A typical weekly cycle begins on Tuesday, with the truck traveling to the GBFB to pick up an order typically around 6000 pounds of food. The order is unloaded and stocked along with some local bread donations. Wednesday is especially busy, with more bread donations and grocery store deliveries. Fresh vegetables are stocked and displayed. Then the Pantry is open to all clients from 10am-7pm. Registration is simple, requiring a photo ID and another proof of residence (ie utility bill). During open hours community members can also drop off individual donations. On Thursday, the Pantry reopens for clients from 9:30am-11:30am. After closing, the Pantry is restocked and cleaned. On Friday, another order is placed for needed items to the GBFB. On the weekend, volunteers' sort and stock community donations from food drives and local drop boxes.

Who comes to the food pantry?

The Pantry is a well-stocked, welcoming place for any local family or person who is food insecure. The pantry staff and volunteers are here to help is anyone who is finding it hard to put food on the table. The Pantry serves an average of 200-220 families each week and has as many as 525 families registered and eligible for service. Some clients come only once or twice, some once a month, and some every week. Some clients may have recently lost their job, or are single parents finding it hard to make ends meet. Some are elderly and on a fixed income; some are chronically underemployed and/or disabled who need stretch their money to the end of the month. Some have recently had to pay large medical, housing, or car repair bills. Some are very large families living together in one house or apartment trying to feed many people on one or two incomes.

What are the present volunteer needs at the Pantry?

There is a real need for a truck driver now; someone who can drive a 16 ft box truck to GBFB once/month Monday/Tuesday. No special license is required, and only minimal heavy lifting. Other opportunities come up periodically for volunteering during open hours to help clients, by stocking, bagging and weighing groceries, and other tasks.

What are the Pantry's food drive needs? How can we help?

There is a real need for a food drives to collect items we can not get routinely from GBFB. Food banks can be done outside local grocery stores, in neighborhoods, or any group setting. All that is needed is someone in charge, a list of items to collect, a time frame for collection, and someone to drop off items or arrange for pickup. If you call the Pantry (978-635-9295), we will happily supply a list of most needed items before you start any collection!

For more information about receiving or collecting food, you can call the Pantry at 978-635-9295 or email info@actoncommunitysupper.org. You can also see their website <https://www.actonfoodpantry.org/> or find them on Facebook.

Pantry Hours: Wednesday 10 am to 7 pm; Thursday 9:30 am to 11:30 am

The Pantry is closed the week of the 4th Wednesday of the month.

Location: 235 Summer Road, Building #1, Lower Level in the Boxborough Business Park, Boxborough, MA, 01719

DO YOU NEED A RIDE TO THE FOOD PANTRY? THE COA VAN CAN HELP. The COA van will take residents to the food pantry on Wednesdays; people under age 60 welcome as space is available. Please call the COA Van line at least a day in advance to request your ride: 978-264-1730.

Notes from THE BOARD OF HEALTH

In partnership with the Boxborough Board of Health, Nurses Tamara Bedard and Susan Hoag from Nashoba Associated Boards of Health welcome you to their FREE monthly Well Adult Clinic. On the fourth Tuesday of the month from 11:30am to 12:30pm, stop in at the Community Center (30 Middle Rd, behind the UCC Boxborough church) to get your health questions answered, participate in free preventive health screenings, and enjoy a cup of coffee and conversation. No appointments necessary. For more information call Nashoba Associated Boards of Health 978-772-3335 x340.

Massachusetts Department of Public Health nurse intern Lyndsey Kildruff, BSN RN, has some fall health tips for you:

Preventing Environmental Allergy Symptoms

As the summer winds down and the Indian summer continues, allergy season persists for many individuals. If you or your family members suffer from environmental allergies, here are some helpful tips to help decrease allergy symptoms:

- Keep windows closed inside your home and car
- Keep pets out of the bedroom
- Shower and wash your hair before going to bed
- Change your clothes soon after coming inside
- Wash bedding in hot water
- Use dust mite covers on all bedding
- Wash hands frequently with soap and water
- Avoid touching your eyes
- Monitor daily pollen counts and avoid going outdoors during high pollen times
- If you take over the counter (OTC) allergy medication such as Claritin or Zyrtec, take medication daily to be effective against allergies
- Wear an N-95 filter mask when doing outdoor work such as raking leaves and mowing the lawn
- Speak with your health care provider if symptoms persist

Sources:

acaai.org/allergies/seasonal-allergies
www.aafa.org/rhinitis-nasal-allergy-hayfever/





October is National Breast Cancer Awareness Month

FACTS ABOUT BREAST CANCER

- 1 in 8 women will be diagnosed in their lifetime in the U.S
- Is the second highest cause of cancer related deaths in women
- Most commonly diagnosed cancer among women
- Can occur in men with approximately 2,200 men whom are diagnosed annually
- Is the most common cancer worldwide among women
- Often times, there are no symptoms
- If found early and treated, high chance of survival

SCREENING FOR BREAST CANCER

- Women should routinely perform monthly breast self-exams. Contact your primary care provider if you notice any changes in your breast self-exam.
- Mammograms: Done routinely for women over age 40 every 1-2 years or for women under age 40 with risk factors

Sources:

www.cdc.gov/cancer/breast/basic_info/index.htm
www.nationalbreastcancer.org/about-breast-cancer
healthfinder.gov/NHO/OctoberToolkit.aspx

SIGNS & SYMPTOMS OF BREAST CANCER

- Tenderness in or around the nipple, breast or underarm
- A lump or a thickened area in or around the breast
- A change in skin texture or growth in pores around the breast
- A change in the size of the breast (enlargement or decrease)
- New breast asymmetry
- Redness, swelling, scaliness, ridges or pitting of the breast, areola or nipple
- Discharge from the nipple: bloody, clear or milky consistency
- Risk factors for breast cancer:
- Age, genetics, family history of breast cancer, genetics, alcohol intake, obesity, sedentary lifestyle, taking hormone replacement supplements during menopause, reproductive history.



BLANCHARD MEMORIAL SCHOOL

Welcomes Students For The New Academic Year

Dear Boxborough Families,

Greetings! We hope this letter finds you enjoying some playtime, downtime, and family time. Blanchard is looking as lovely as ever with a lot of new updates to welcome back families!

Our community is strong and beautiful because of the individuals that comprise it, with our diverse perspectives, backgrounds, and experiences. These reflections have led us to our theme for the year...#CommUNITY. Please feel free to use this hashtag on social media throughout the 2019-2020 school year to share celebrations, friendships, traditions, and new experiences.

We are very excited to see students and families for our first day of school on Wednesday, August 28th! Below, we have included some key information as a preview to the year. More information can be found on the district website and the Blanchard website.

First Day!

The first week of school begins on Wednesday, August 28th. All students in grades 1-6 and Kindergarten students with last names beginning with A-K should attend. Kindergarten students with last names beginning with L-Z will begin school on Thursday, August 29th (last names A-K will stay at home). There is no school on Friday, August 30 and Monday, September 2. School reopens on Tuesday, September 3 for all students.



New Staff and Roles

The following is a list of the staff members to date who are new to Blanchard and/or in new roles. Please join us in welcoming...

NEW HIRES!

Scott Macomber, Gr. 6 ELA Teacher

Elizabeth Pietras, Math Assistant

Brenda Simpson, Gr. 3 Long-Term Substitute

NEW ROLES!

Regina Fitek, Gr. 1 Teacher

Jamie Rickenbach, Gr. 2 Teacher

Gretta Venuti, Full-Time EL Teacher

Sincerely Yours,

Dana F. Labb, Principal

Leigh A. Whiting-Jones, Assistant Principal

Dates to Note

August

- 1 Kindergarten Play Date, Flerra Field, 10-11AM
- 21 New Student Orientation, Grades 1-6, 10-11AM
- 26 Kindergarten Meet & Greet 2-3PM
- 28 First Day of School for Grades 1-6 and Kindergarten last names A-K
- 29 First Day of School for Kindergarten last names L-Z

September

- 2 No School, Labor Day
- 3 First Day of School for Early Childhood Program
- 24 Open House, All Grades, 6-8PM
- 27 Community Coffee, Blanchard Cafe, 9:30-10:30AM





BOXBOROUGH HARVEST FAIR

The Fair is a Boxborough tradition since 1874, originally operated as the Boxborough Grange Agricultural Fair, offering an opportunity to highlight agricultural produce and projects, as well as to gather and celebrate the harvest season.

Some years ago, the Grange members could not continue the Agricultural Fair, and a cadre of volunteers from the community stepped up to organize and run the Boxborough Harvest Fair. The focus of the fair has broadened to include vendors with booths offering many different products to fair goers, and also community group informational booths, several musical groups, a zucchini 'derby' race for the kids, multiple food vendors as well as adult beverages. The exhibit hall featuring entries from local gardeners and orchardists, bee keepers, bakers, canners, crafters, photographers and artists of all ages has not changed over the years. Needlework, hobbies, and eggs are also exhibit options, and categories specific for various youth age groups are always included. A popular recent event is the community photo category, inviting exhibitors to enter any black and white or color photograph taken in Acton or Boxborough within the past 12 months. Kid's games, face painting, and old-fashioned toys are added events. Another new addition that was popular last year will be back in 2019; a petting zoo offers visitors an opportunity to meet and pet a range of animals including sheep, ducks, goats, chickens, and a miniature pony.

The 2019 Harvest Fair committee is chaired by Liz Markiewicz, who leads a large team of community volunteers. The committee includes teams that manage the website, sponsorships, event and program planning, food, beverage, and booth vendors, Fair program booklet, publicity, exhibits and judging, site planning, and opening ceremonies. It takes many volunteers to make the Harvest Fair happen, and more volunteers are needed and always welcomed.

The 2019 Harvest Fair is Saturday, September 7th from 10:45 am to 4:00 pm at Town Hall and across the road in front of the Boxborough UCC Church's Community Building – which will host an ice cream social during the Fair.

Due to the ongoing renovations at the UCC, the exhibit hall will be returned to the newly-restored Grange Room at Town Hall, where entries will be displayed and judged. As usual, ribbons will be awarded in many competition categories. Middle Road will be closed to improve visitor safety and accessibility to all of the Fair's activities. There is limited parking near the Fair, and off-site parking is planned. Watch for future news items about the Fair and the parking locations.



Adventures at the Library

There is not a dull week here at the Sargent Memorial Library in Boxborough. We have a full slate of special programs lined up for the Fall:

CHINESE MID-AUTUMN FESTIVAL CELEBRATION

Saturday, September 14th • 1:30PM

Learn about the Mid-Autumn Festival, a Chinese festival that celebrates the full moon, through story and crafts, Chinese moon cakes.

SUBLIME ODISSI

Thursday, September 19th • 7PM

A confluence of poetry, painting, music, and mime. Explore the connection of Indian Classical dances through paintings, sculptures, music, literature and theater with acclaimed Odissi dancer Mouli Pal and the visual artist Sunanda Sahay. The artists will engage in collaborative storytelling through their respective art forms of dance and paint.



SCOTTISH MUSIC BY NORTH SEA GAS

Tuesday, September 24th • 7PM

North Sea Gas, the award winning Scottish band, will be coming back to Boxborough with Celtic music and witty stories.

WE THE PEOPLE

Tuesday, October 8th • 7PM

Journalist and English professor Benjamin Raillton's new book, *We the People*, was praised as an "accessible introduction... [that] explores the dichotomy of inclusivity and exclusivity that has defined the American ethos since the country's inception." (Publisher's Weekly) Dr. Railton will be giving a talk inspired by the book to share stories and histories about our country and its people.

UKELELE WITH JULIE

Thursday, October 24th • 5PM

Musician Julie Stepanek will be giving a quick intro to ukulele playing at the library. Don't own a ukulele? No problem. Julie will have some on hand to lend.

FUROSHIKI WORKSHOP

Saturday, November 9th • 10:30AM

Artist Nefertiti Freytes will show you how to use cloth as gift wrap in the traditional Japanese way. Bring a scarf, kitchen towel, or any cloth material you might like to use, and Nefertiti will show you how to turn it into something special.



YEARNING AND ADORATION IN TAGORE'S

COMPOSITION

Thursday, November 14th • 7PM

Rabindranath Tagore, winner of the Nobel Prize for Literature in 1913, was a prolific poet, writer, composer, artist and lecturer. Chakraborty, a recording artist and vocal teacher, will be performing Tagore's poems set to music with a live band, and projecting the lyrics' English translations on screen while she sings.

The programs are open to all.

Registration might be required for some.

Thank you to the Whitcomb House Trust Fund, the Acton-Boxborough Cultural Council, and the Acton-Boxborough Chinese Family Network.

These programs will not be possible without their generous support.



Acton-Boxborough Cultural Council

Acton-Boxborough Cultural Council will accept grant proposals from September 1 through October 15.

The Acton-Boxborough Cultural Council (ABCC) will start accepting grant applications for projects taking place in the fall of 2019 or throughout 2020 on September 1. The council will accept applications until October 15. The grant will support programs in art, culture and humanities by organizations, schools, and individuals.

According to Council spokesperson Sharon Garde, these grants will support activities in Acton and Boxborough that will enhance our cultural environment. These activities can include, but are not limited to exhibits, festivals, field trips, short-term artist residencies, performances in schools, workshops, and lectures.

The ABCC is part of a network of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grassroots cultural funding network in the nation, supporting thousands

AMERICAN COLONIAL MUSIC PERFORMANCE

Thursday, November 21st • 7PM

Gloucester Hornpipe and Clog Society will be back with a lively performance of American Colonial-era tunes. The six-person band layers vibrant vocals and hearty harmonies with a wide range of instruments. Let their music bring you back in history.



of community-based projects in the arts, sciences and humanities every year. The state legislature provides an annual appropriation to the Mass Cultural Council, a state agency, which then allocates funds to each community.

In 2019, the ABCC granted over \$13,097 to 43 projects. Previously funded projects include: Essence of India, Steele Farm Photography Contest, Robert Creeley Award Activities, Acton Community Chorus, and the Window Seat Art and Literary Magazine.

For local guidelines and complete information on the Acton-Boxborough Cultural Council, contact the council at abccinformation@gmail.com. Application forms and more information about the Local Cultural Council Program are available online at www.mass-culture.org and www.actonboxboroughculturalcouncil.org.

The ABCC is also looking for volunteers from Acton or Boxborough who would be interested in serving as council members. If you would like to be a part of the Acton-Boxborough Cultural Council, please write to abccinformation@gmail.com.

What's Happening

Harvest Fair

Saturday September 7

Join us at Town Hall and the UCC Boxborough for our 81st annual celebration of Boxborough's rich agricultural history. Vendors, exhibits, activities for kids and more from 10:45am to 4pm.

Boxborough's Museum Open Hours

**Sundays September 8, October 13
& November 10**

The Boxborough Museum at 575 Middle Road will be open from 2:00 pm to 4:00 pm on Sunday September 8, October 13, and November 10. 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). Admission is free and all are welcome. 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 Minuteman Meetings

**Sundays September 15, October 20
& November 17**

The Boxborough Company of Minutemen will meet on Sunday September 15, October 20, and November 17 at 8 pm in the training room on the second floor of the Boxborough Fire Station. For information please contact Captain Eric Michnovez at captain@boxboroughminutemen.org, or 617-671-5259.

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 service organizations and sponsors a number of annual scholarships to Boxborough students who are continuing their education after high school. For more information visit www.boxboroughminutemen.org.

Brains & Balance Class at Community Center

Tuesdays September 24 - November 12

The Brains & Balance exercise program can help prevent falls and related injuries. Discover how much fun balance training can be while you exercise your brain with specially designed "Train the Brain" drills. Class will run Tuesdays 10:30-11:30am and be taught by popular fitness instructor Holly Kuovo. Brains & Balance is open to Boxborough residents age 60+, other students may join if space is available. Cost is \$40 and class size is limited; call the COA by September 17th to reserve your spot: 978-264-1730.

Community Walk at Cisco Campus

Saturday October 12

Join Bettering Boxborough for a community exercise walk at the Cisco campus. Meet at 10am in the Cisco parking lot and then we will walk together along the 1 mile paved nature path. Water will be available and fun shall be had! All mobility levels and ages welcome.

Boxborough FCOA Lunch

Wednesday September 11

The Boxborough Friends of the Council on Aging will host its Fall luncheon on Wednesday, September 11, 2019 at 12:00 noon in the Boxborough Community Center, 30 Middle Road. Come and meet old friends and enjoy the fun. All Boxborough seniors are welcome and admission is free. Please call the Boxborough Council on Aging Office at 978-264-1730 by September 6th to make a reservation.

Ted Reinstein and New England's General Stores

Sunday October 20

On Sunday October 20, the Boxborough Historical Society will present Ted Reinstein of the Channel 5 Chronicle team speaking on he and his wife's book "New England's General Stores: Exploring an American Classic". The presentation will be in the Grange Room of the Boxborough Town Hall (29 Middle Road) starting at 2:00 PM. Admission is free and all are welcome.

The general store is literally as old as America itself. It was real-life Norman Rockwell—deeply woven into America's cultural identity, an integral part of the nation's self-portrait from its earliest days. But over the last 50 years, many of New England's general stores

Around Town



have disappeared. Ted Reinstein has been a reporter for the WCVB TV (Channel 5) Chronicle team for almost 25 years during which he has garnered many national awards including an Emmy in 2018. On October 20 he will share the rich and colorful history of the general store, how they figured in the rise of early American commerce, why they began to fade, and why they have begun to come back and even be re-invented and re-imagined for a new era. The presentation will be followed by Q&A and book purchase/signing.

Recycle Your Reusables Saturday, October 26

Mark your calendar for the 11th annual Recycle Your Reusables, the area's biggest recycling and reuse collection day, at Bernis Associates in Shirley from 9am-2pm. RYR is open to all with a donation of non-perishable foods, cash or checks for Loaves and Fishes. Organizations and individuals are sought to volunteer. For more information or to volunteer, contact Laurie Sabol at ayerrecycles@gmail.com or 978 496 5839.

Boxborough Library Used Book Sale Friday November 1, Saturday 2, & Sunday 3

Due to popular demand, the Friends of the Boxborough Library has expanded its fall used book sale to a three day event. The weekend will start with a Preview Sale for members on Friday, November 1 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 2 from 9:00 a.m. to 2:00 p.m. The Everything Must Go sale will be held on Sunday November 3 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 October 28 through October 31 at the library during regular library hours. Please no VCR tapes or magazines or any material in really poor condition

"SMART" RECYCLING

Lots of confusion about what to put in the recycling bin these days. Let's unravel some of the issues.

Single Stream – Too Easy??

America's answer to ever increasing waste generation rates (pounds per person per day) has been single stream recycling (everything in one bin). In theory, this is more convenient and yields higher participation rates. On the down side, an "anything goes" mindset has crept in resulting in a ton of contamination that the recycling plants are not designed to sort out (nor are the recycling markets willing to take).

So, it is time to get Smart.

What to "put in the bin" - Recycle Smart!

Waste Management of America's Recycling facility in Billerica, MA receives, processes and markets the single stream recyclables from Boxborough's Transfer Station. In concert with MADEP's Recycle Smart program they accept the following groups of materials:

• Metal Food and Beverage Cans	empty and rinsed
• Plastic Bottles, Jars, Jugs & Tubs	empty and replaced cap
• Glass Bottles & Jars	empty and rinsed
• Paper and Cardboard	empty and flattened

MADEP's *Smart Recycling Guide* <https://recyclesmartma.org/smart-recycling-guide/> provides graphic illustrations and a Recyclopedia search tool to look up items that you may be unsure about whether to put in the bin.

What NOT to put in the bin

The guide provides good information about what to keep out of the single stream bin, why and where else to recycle things.

• Do Not Bag Recyclables	No garbage
• No Plastic Bags or Plastic Wrap	Return to retail store collection bins
• No Food or Liquid	Empty all containers
• No Clothing or Linens	Use donation programs
• No Tanglers	No hoses, wires, chains or electronics

BLANCHARD BULLDOGS RUNNING CLUB

Come have FUN, get FIT and earn some FEET!

Who: Any students from Blanchard Memorial and their parents if they want to join in.

When: Friday Mornings, 8:00 – 8:35 a.m. starting September 13 th through November 15 th (10 weeks).

Where: Blanchard Memorial School field.

What: We will be exercising and tracking our mileage on a 0.2 mile measured course around the field. Students may run, walk, jog, skip, dance or shuffle around the course. Mileage will be tracked and students will be rewarded with cool FOOT TOKENs at certain accumulated distances. This is not a competitive event, it is a fun event to get students warmed up and ready to go, physically and mentally before school. The benefits of exercise are too numerous to mention here; come and find out first hand!

Who will be running the Blanchard Bulldogs Running Club:

Jennifer Walsh, mom to Michela (3 rd grade), Anna (1 st grade) and Stephen (scheduled to enter Blanchard in '20) discovered the love and benefits of running as an adult, having run too many races to count, including The Boston Marathon. A Modern Barre instructor, fitness is a central part of Jen's life; she's excited to share her time, enthusiasm and energy with the students.

Lizzy Mucci, mom to William (3 rd grade), Annika (1 st grade) and Scarlett (K) enjoys hiking and the outdoors, appreciating the benefits of movement and its connection to a sound mind. She's eager to introduce Blanchard students to these benefits.

Rachel Long, mom to Annabelle (2 nd grade), Macy (1 st grade) and Joey (pre-K) is a ballerina turned avid runner who runs the 8 Tuff Miles in St. John, going on her 10 th year! She enjoys running for its own sake and wants to show Blanchard how great running can be.

Check if we can contact you about volunteering!

COST: \$10 (Please pay by check only, payable to Boxborough Recreation)

If we need to cancel due to weather, we will send an email to participants by 7:30 a.m.

BLANCHARD BIRDING CLUB

Dr. Becky Harris, a professor at Tufts University and professional ornithologist, will run a birding club Wednesday mornings before school start. Both activities are open to all students and adults throughout the community! Also, stay tuned for details on the recreation commission's winter sports program for children ages K-6 beginning Saturday mornings on January 11th-March 21st in the Blanchard school gym.



BLANCHARD BULLDOGS RUNNING CLUB

REGISTRATION FORM

Please fill out the following registration form and return to the Blanchard School Office.

Student 1) Name: _____ D.O.B. ____ / ____ / ____ Grade: ____ Teacher: _____

Student 2) Name: _____ D.O.B. ____ / ____ / ____ Grade: ____ Teacher: _____

Student 3) Name: _____ D.O.B. ____ / ____ / ____ Grade: ____ Teacher: _____

Student 4) Name: _____ D.O.B. ____ / ____ / ____ Grade: ____ Teacher: _____

Address: _____

Phone 1: _____ Phone 2: _____

Email Address: _____ (will be used only for running club communication)

Medical Condition/Notes: _____

Parent/Guardian Name: _____

Please be aware that the Blanchard Bulldogs Running Club does not have a school nurse on duty. It is important that you communicate medical needs to our staff. I give permission for my child/children named above to participate in the Blanchard Bulldogs Running Club program. I will not hold Blanchard Memorial School liable for any injury or mishap sustained by my child during this program.

Signature: _____

COUNCIL ON AGING & COMMUNITY SERVICES

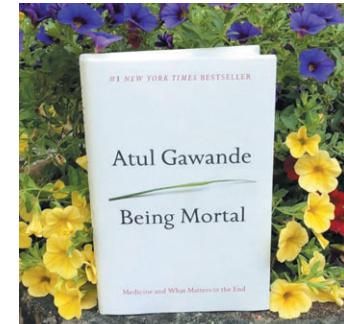
The Council on Aging & Community Services has a great line up for programs for all ages this fall. We hope you'll join us. Call 978-264-1717 for more information.

"BEING MORTAL" BOOK DISCUSSION

Wednesday, September 11 • 11AM to 12:30PM at Sargent Memorial Library

In partnership with Nashoba Associated Boards of Health and the Sargent Memorial Library, the COA is pleased to host a public discussion on the highly respected book "Being Mortal" by local physician Dr. Atul Gawande.

Nashoba social worker Kathy Benson, LICSW and nurse Joanne McCole, RN, BSN will lead this discussion on "Being Mortal", which is a sensitive, intelligent and heartfelt examination of the processes of aging and dying. The program highlights portions of the PBS Frontline program to introduce the book, so that attending the program is not dependent on attendees reading or completing the book. **THIS EVENT IS FREE AND OPEN TO THE PUBLIC!** See the Facebook event for more information: <https://tinyurl.com/BoxBeingMortal>



DEMENTIA 101 PRESENTATION

Thursday, October 10 • 11AM at the Community Center, (30 Middle Rd)

Join the COA and Nashoba Associated Boards of Health & Nursing Service for the FREE, ALL AGES presentation on the early warning signs of dementia. Learn how to care for your loved one as their needs change and how to build your own support network to maintain your energy as a caregiver. Whitney Roher, OT, will lead this presentation and share resources. More information and a chance to RSVP is on the Facebook event page: <https://tinyurl.com/Dementia101>

DIABETES AWARENESS PRESENTATION

Thursday, November 14 • 11AM at the Community Center (30 Middle Rd)

November is Diabetes Awareness Month. The COA is pleased to collaborate with Nashoba Nursing Service & Hospice to bring this FREE, ALL AGES program to the public. Joanne McCole, RN, BSN from Nashoba Nursing Service & Hospice presents information about Prediabetes, Diabetes Type 1 and Diabetes Type 2 at the Boxborough Council on Aging.

The goal of this program is education and understanding of the diabetes disease process, the impact on other body systems, management of the disease through healthier food and lifestyle changes and a review of common medications used to treat the disease. Handouts and healthy snacks provided. Please RSVP via the Facebook event page: <https://tinyurl.com/BoxDiabetes>

LET THE COUNCIL ON AGING HELP YOU GET AROUND TOWN!

The COA welcomes new van scheduler Cindy Regan to the transportation team. Cindy is available Tuesday through Friday, 8am to 12pm, to schedule your COA van rides. The COA van travels to locations in Boxborough and surrounding towns. Residents age 60+ or 18-59 with a disability are eligible to book van rides for just \$1 each way. Adult residents under age 60 may use the van when space is available. Van driver Dolan Geneau looks forward to taking you to your medical appointments, food shopping trips and other errands, to social engagements, adult day health programs, and COA programs. Rides are available Mondays 12pm-5pm, Tuesdays 9am to 4pm, and Wednesdays 9am to 4pm. Call 978-264-1730 AT LEAST ONE DAY IN ADVANCE to book your ride.

Do you like driving? Would you like to help local seniors? Fill out an application to join our driving team. We are seeking candidates to fill part-time and per diem van driver positions. Call 978-264-1717 for more information.

BOXBOROUGH Tae Kwon Do

The Boxborough Recreation Commission continues to sponsor the Boxborough Tae Kwon Do program to be conducted by Master Rick Barrett, a 5th Degree Black Belt. The program is open to everyone ages 7 and up. Come with your child, send your child, come with a friend or come alone! All students can attend as many classes during the week as they wish!

Back to school Special: All new students train for free for the remainder of August through the month of September. (This also goes for those of us who are no longer in school.)

All classes will be held at the Blanchard Memorial School Gymnasium, 493 Mass. Ave.

CLASS SCHEDULE

Monday: 4:30-5:30 All-Student Class

Tue & Thu: 4:30-5:30 All-Student Class
5:45-6:45 All-Student Class

Wednesday: 4:15-5:00 Open gym for all Tae Kwon Do students
Special foundation class for beginners
5:00-6:00 All-Student Class

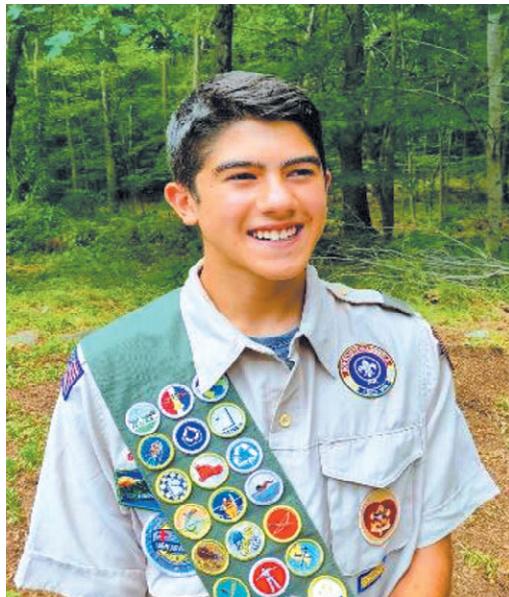
Registration materials can be picked up during class or on the Town of Boxborough Website.



THE
BOXBOROUGH
Bee

Submit your events,
announcements,
and stories to
Boxboroughbee@gmail.com

Neighbors HELPING Neighbors



FLERRA GAGA BALL PIT FUNDRAISER

My name is Rafael Chavez. I am a Boxborough Troop 1 Boy Scout who is working towards my Eagle Scout Rank. MY GOAL is to raise \$1,000 to purchase materials for my Eagle Project – a Gaga Ball Pit at Flerra Meadows. Please contact 617-892-3212, or rmchavez2023@gmail.com with any questions. ** ALL DONATIONS ACCEPTED **

Donations can be brought or sent to 194 Tokatawan Spring Lane, Boxborough MA 01719. Deadline: Thursday, August 1st, 2019. (Silver duct-taped box with Gaga Ball Pit flier). Suggested Donation: \$10. Checks should be made to: Boxborough Recreation Commission, Memo: Gaga Ball Pit.

Opening Day will be announced by the Boxborough Recreation Commission. Thank you for your generosity !!!



Announcing Boxborough New Veterans Agent

July brought the good news to Boxborough Veterans and their families with the creation of the new Acton-Boxborough Veterans' Services District. This District will be overseen by Director James MacRae. As District Director, MacRae will be supporting the veterans in both Boxborough and Acton. James has been serving as Acton's Veteran's Agent since November of 2011. James will be available to provide assistance in connecting Veterans to services that the state and federal government provide. James is excited about the expanded district and looking forward to getting to know the Veterans of Boxborough. A mailing will go out in the fall inviting Veterans to meet James at a coffee hour gathering (date to be decided). In the meantime, veterans and surviving spouses are encouraged to contact him with any questions about benefits or how to navigate the system and what might be available to them.

James MacRae | 978-929-6614 | vso@acton-ma.gov
Office Hours: Monday-Friday 8AM-4PM | 30 Sudbury Road, Rear
Available for home visits upon request.

