

WINTER
2019

THE
BOXBOROUGH
Bee 



Photo credit: Bill Litant

BE INFORMED • BE CONNECTED • BE BOXBOROUGH

Select Board's Corner

Maria Neyland, Chair | Wes Fowlks, Clerk | Susan Bak | Les Fox | Robert Stemple

On December 10th Boxborough will be holding a Special Town Meeting at the Blanchard School. While the primary focus of this STM is the twin school building project, there are a total of 6 articles on the Warrant. And on December 17th there will be a special election held to vote to authorize the School Building project debt override.

Information on the School Building project can be found on the Town's website, which includes dates of forum that will be held in each town in November and December. Superintendent Peter Light also presented to the BSB at the October 7th meeting, that meeting can be accessed through the On Demand button on the Town's website.

Article 2 is seeking funding for Phase 2 of the UMASS Economic Development Study. Phase 1 of the project as been taking place over the over the fall, many of you have met UMASS graduate students at the transfer station or have taken the online survey. The students will be at the Merrie Christmas Fair, stop by and share your thoughts and take a look at all the work they have done so far. The Economic Development Committee will be presenting more information on Phase 2 of the study at the November 18th BSB meeting. Information on the other important articles can be found online at the Town website.

December is a busy time for people and attending Special Town Meeting can be difficult but it is important. The League of Women Voters and the Acton Boxborough Education Association is co- sponsoring babysitting in the Blanchard Library, details can be found in the Warrant. We hope you will be able to make STM because town government works better when you are involved!

JOIN US IN A PERSONAL CARE ITEM DRIVE AT SPECIAL TOWN MEETING

Low-income women and girls are missing work and school because they can't afford period supplies. Elders and their caregivers are burdened by the daily expense of incontinence underwear. Food pantries like the Acton Food Pantry occasionally receive these items, the quantities are not sufficient to meet the demand. In addition, Sargent Memorial Library is setting up a distribution spot for the public to access these items when the food pantry is closed.

Please help by bringing a donation at the Special Town Meeting.

PLEASE BRING DONATIONS OF THE FOLLOWING ITEMS

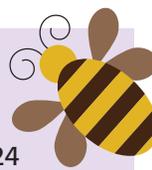
- Adult diapers and other incontinence products
- Tampons
- Pads
- Disposable wipes

*Items will be repackaged, and so open boxes/bags of diapers/tampons/pads are acceptable.

Sponsored by Boxborough Well Being Committee, Boxborough Council on Aging, Sargent Memorial Library, and the UCC Boxborough. For more information about the drive contact cindyworthingtonberry@gmail.com.

Want to BE in the BEE?

The next edition of the Boxborough Bee hits doorsteps in March. Submit your local events, announcements, committee news, and photos to BoxboroughBee@gmail.com by FEBRUARY 24



Neighbors HELPING Neighbors



BRAP Anyone? Need help with your rent?

Look into the Boxborough Rental Assistance Program (BRAP). The BRAP offers assistance of \$250 per month towards your rent.

If your income is less than 60% of the Area Median Income (\$68,000 for a family of four), you rent in Boxborough, and you are not already receiving housing assistance from a state or federal program, your household probably

qualifies for BRAP. For all the requirements and more details, see the BRAP Application and Program Guidelines, which are available on the Boxborough website (www.boxborough-ma.gov) and at Sargent Memorial Library.

BRAP is sponsored by the Boxborough Housing Board and funded by the Community Preservation Act. It assists twelve Boxborough households each year and is presently in its fourth year. **Not all the assistance slots for this year have been filled.** The assistance has allowed participating households to pay for such things as medical care, safety repairs on vehicles, and educational items for school-aged children. BRAP's primary purpose is to help households get back on their feet.

If you are interested and think you may qualify, please contact Community Services Social Work Intern Allie Shaughnessy at 978-264-1734 or community_outreach@boxborough-ma.gov.

Volunteers Needed at Blanchard Memorial School

Blanchard Memorial School is looking for volunteers for the classroom, field trips, school library circulation desk and/or school events, you must first fill out a CORI (Criminal Offender Request Information) Form. The forms are located at the Blanchard Office. You must present a driver's license or passport and a copy will be made to be included with the form. You must check back with us in a week or two to verify if your CORI has been approved. CORI forms are valid for up to 3 years. The CORI form is only valid for the school district you are volunteering in. For example, if you fill out a CORI form at the Town Hall to volunteer for the town's recreation dept., it is not valid for you to volunteer at the school. If you have any questions, you may contact Kathy Bower or Kristen Pawl at kbower@abschools.org or kpawl@abschools.org.

You may be eligible for Property Tax Exemptions

Town assessor, Sanders Genna, reminds us that there are property tax exemptions for elderly, military, blind, disabilities, and surviving spouses of active military who died in combat. These exemptions are income-based on a current income maximum of \$57,388. Your home is not considered in this calculation. However, anything else that can be turned into cash is considered. The exemption allowed ranges from \$487 to \$2,000. All information provided to the assessor is confidential. If you feel you are eligible for this exemption, contact the assessor's office at 978-264-1721 to apply.

Nashoba Associated Boards of Health

Did you know

BOXBOROUGH HAS A TOWN NURSE ?

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 and participate in free preventive health screenings. For more information call Nashoba Associated Boards of Health 978-772-3335 x340.

November is National Diabetes Month

What is Diabetes?

A chronic disease that affects how your body breaks down glucose (sugar) for energy from the carbohydrates that you eat.

The body either produces some Insulin (Type II Diabetes), no Insulin (Type I Diabetes) by the Pancreas, or it cannot appropriately use the insulin that it does make.

Insulin helps bring glucose back into the cells to be used for energy.

Without enough insulin, the blood sugar can build up in the blood and become too high causing symptoms of hyperglycemia (high blood sugar).

Diabetes Facts/Statistics:

- In the U.S, about 1 in 10 adults have Type II Diabetes
- Type II typically occurs over age 45 and occurs gradually over many years
- Type I Diabetes occurs suddenly over weeks or months and typically affects children, adolescents and young adults
- In the U.S, Diabetes is the 7th top cause of death
- Diabetes cases have tripled within the last 20 years in the U.S.

Symptoms of Diabetes to monitor for:

Frequent urination, Frequent thirst, Hunger, Fatigue, Dry skin, Poorly healing cuts/wounds, More frequent infections, Difficult seeing/blurred vision, Numbness or tingling sensations, Sudden weight loss (Type I Diabetes), Nausea, vomiting or stomach pains (Type I Diabetes)

Risk factors for Type II Diabetes:

Obesity, Age (Over age 45), Family history of Diabetes, Not physically active, History Gestational Diabetes, Race (African Americans, Hispanic Americans, Pacific Islanders, American Indians, Some Asian Populations).

Prevention of Diabetes:

Eat a healthy diet, Get adequate physical activity daily, Quit smoking, Maintain a healthy blood pressure and cholesterol level.

Complications of Diabetes:

Heart disease, Stroke, Kidney Disease, Neuropathy, High Blood Pressure, Eye disease, Diabetic Ketoacidosis, Dental problems, Foot problems and Gastroparesis.

Notes from THE BOARD OF HEALTH

Have you ever wondered where the water that nourishes your home or business comes from?

The Town of Boxborough has its location in the state on glaciated upland lands. These upland lands have no large ponds nor lakes, rivers or even large streams located in the town. So where do we look for water to satisfy our need for this life-giving resource?

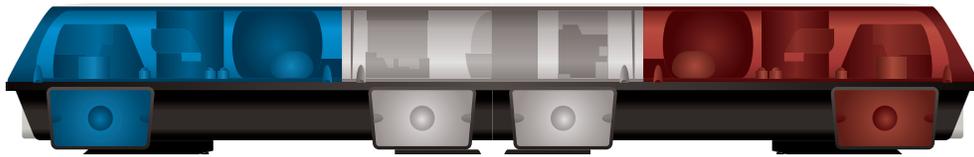
The resource we tap for water is groundwater. The ground water is located in the rock and soil that forms the land within Boxborough. All water used by Boxborough residents and employees who work in the town is extracted from wells. There are many wells in town and the vast majority are privately owned water sources. There are two types of wells, deep rock wells and gravel pack wells. The gravel pack wells are not common in Boxborough due to the makeup of the land under Boxborough. Most of the wells of a particular type, either deep rock or shallow gravel pack, supply water that is potable. There are some exceptions, such as the wells supplying public gardens (see picture).

Some well water requires treatment for iron and/or manganese that can cause staining, some for low pH (acidic) that can damage pipes and fixtures, and some for hardness that causes soap to not lather. These issues occur more often with rock wells that intercept water within cracks in the deep rock.

Groundwater for our wells is a resource we obtain from rainfall via percolation of rainfall into soils in the land. This source needs to be protected from many adverse interactions such as: wastewater disposal into the soil, use of impermeable surfaces that prevent recharge from rainfall, untreated storm water runoff, salt on roadways, pesticides, herbicides, or lawn fertilizers, to name a few. Testing of well water for basic health parameters should be done periodically by all owners. Wells that are regulated by the State Department of Environmental Protection have a required schedule for water testing, with the results provided to the state and town. Some private wells are tested occasionally by their owners, but many are not. For more information on testing your private well see the document Guide to Water Quality Testing for Private Wells, available at <http://www.boxborough-ma.gov/board-of-health>

And to learn more about this valuable resource keep watch for further articles on ground water in future editions of the Bee.





BOXBOROUGH POLICE DEPARTMENT



Your Boxborough Police Department – Here to Serve

Did you know? The vast majority of police departments in the United States are in small towns. Here in Boxborough, with 13 full-time officers, we are among them. Some people think that because a police department is small (think, Mayberry R.F.D.) it is ill-equipped to handle complex investigations. We're here to rid you of that notion.

Your Boxborough Police Department is comprised of individuals who come from a wide variety of backgrounds, with some officers having worked in larger cities, to others who have spent their entire careers here in town. This diversity provides for a professional police response, no matter the situation the officers are faced with.

Boxborough officers receive some of the highest-level training available in the law enforcement profession today. We have officers who are trained as drug recognition experts, traffic crash reconstructionists, drug investigators and sexual assault investigators, among many other specialties. All of our command staff members are graduates of the FBI/LEEDA trilogy of supervisory, command and executive leadership programs.

But, most importantly, all Boxborough officers are generalists. That means that we are ready to respond to any call for assistance and respond to a wide variety of problem-solving, administrative, public service, and law enforcement needs. ¹

In addition to your highly qualified staff, the Boxborough Police Department is fully-accredited by the Massachusetts Police Accreditation Commission. The accreditation process consisted of two major components: a body of professional standards that was necessary for us to meet, and a voluntary assessment for which we were publicly recognized for meeting those standards, which are considered best practices for the profession. The initial part of the process was a thorough examination by our department to determine that we were in compliance with commission standards. This was followed by an external peer review by commission appointed assessors.

So, while we may be small in size, your Boxborough Police Department is big on professional service to the town. By the way, none of our officers carry a single bullet in their shirt pocket.

1. Falcone, D. N.; Wells, L.; Weisheit, R. A. (2002). The small-town police department. Policing: An International Journal of Police Strategies Management, 25(2), 371. tasks.



Winter Home Heating Safety from the Boxborough Fire Department

Heating is the number two cause of fires in Massachusetts, having caused over 7,000 fires the last 5 years. Use home heating and space heaters wisely and responsibly.

Be Careful When Using Fireplaces And Solid Fuel Stoves

- Have chimneys cleaned professionally once a year
- Keep all flammables at least three feet away
- Keep ashes in a metal container with a lid and keep the container away from the house/flammables

Space Heater Safety

- Always turn off before going to bed or leaving the house
- Keep anything that can burn 3 feet away
- Portable kerosene heaters are illegal in MA for home use

Carbon Monoxide

- Make sure Carbon Monoxide (CO) detectors are installed for all heat sources other than electric
- Don't use your gas stove or oven for heat
- Keep appliance clear of all debris and piling snow

This information has been drawn from the MA Department of Fire Services and is endorsed by the Boxborough Fire Department.

For more info, www.mass.gov/keepwarmkeepsafe

Any questions on fire safety or about our SAFE programs, please call the station at, **978-774-1770**

Have a happy, safe, and wonderful winter!

-The Boxborough Firefighters



Check Out What's New at the COA & Community Services

Free Social Work Services For All Ages

Hello Boxborough! My name is Allie Shaughnessy and I am excited to be your social work intern. I am currently attending the Master's in Social Work (MSW) program at Simmons University. I recently graduated from UMASS Amherst with my undergraduate degree in psychology. During my undergraduate career, I interned at Littleton Academy, a residential school for children with behavioral problems. This last summer, I worked for a job training program for adults with intellectual disabilities called Open Sky Community Services. I am thrilled to have a new opportunity to work with the town of Boxborough this year. Over the last two months I have been able to pop in to several town events and I have enjoyed getting to meet many Boxborough residents!

I am available on Mondays, Tuesdays, and Thursdays, from 8AM-4PM. There are various reasons why people can reach out to me including: financial assistance, fuel assistance, referrals for aging or mental health services, crisis follow up or one-on-one emotional support and more. I am available to any resident interested in exploring forms of support for themselves or their families. Reach me by email at: community_outreach@boxborough-ma.gov or by phone at: (978)-264-1734.



Don't Like Driving In Winter Weather? Let The Van Take You!

The COA van is available for local rides to medical appointments, the food pantry, errands, COA activities, and more Monday through Thursday. The van is available to all residents age 60+ and residents under 60 may ride when space is available. Rides are \$1 per one-way trip and must be booked at least 2 days in advance! Call the COA Tuesday through Friday 8am-12pm to book your ride: 978-264-1730.

New in town? The COA wants to say Hello!

Do your older family members stay with you on and off throughout the year? The COA would love to get to know our part-time neighbors! Boxborough residents age 60+ are eligible for all COA programs, including the van service, whether they reside in town all year or for just a few weeks. Call 978-264-1730 for more information.

Market Basket Mondays

The COA Van makes a group shopping trip to the Market Basket in Littleton every Monday morning. Shoppers will be picked up at their home starting at 9:30, have about an hour to shop, and then the van will take everyone home—groceries and all! The ride is \$1 each way and open to all Boxborough residents 18+, first priority is for seniors age 60+. Call 978-264-1730 by 10am each Friday to reserve your seat.

Exercise Classes

Get your heart rate up and connect with friends! The COA Exercise Program winter session begins soon. Registration is ongoing and we offer prorated fees for partial sessions. Drop-in to try a class for free or call 978-264-1730 to learn more. Open to anyone age 60+, out-of-towners welcome! All classes take place at the Community Center.

Senior Fitness with Holly: Mondays, Wednesdays, & Fridays 9AM-10AM

Fee for 12 weeks: \$48 for 1x/week, \$84 for 2x/week, or \$108 for 3x/week

Stretch & Flex with Rebecca: Tuesdays 1PM-2PM

Fee for 12 weeks: \$48

Chair Yoga with Rebecca: Tuesdays 2:15PM-3PM

Fee for 12 weeks: \$36

Line Dance with Sam: Thursdays 9AM-10AM

Fee for 12 weeks: \$48



COA Senior CharlieCard Event

Are you 65+? Do you ride the T? You're eligible for a Senior CharlieCard! With this special card you can ride the commuter rail and the T for a discounted rate. The Council on Aging is sponsoring a FREE registration event so you can get your Senior CharlieCard without traveling all the way in to Downtown Crossing.

The registration event will be held at the Community Center on Monday December 2 from 10:30am to 12:30pm. You will need to provide a license or other valid photo ID to confirm your birthdate. At the event you will complete a registration form, a COA volunteer will take your official CharlieCard photo, and that's it! Your Senior CharlieCard will be mailed directly to your home in 4-6 weeks and you can load it with money for fares like a regular CharlieCard. Senior CharlieCards are valid for 8 years.

We need at least 15 people to sign up in order to hold the event, so please call 978-264-1730 to let us know you're coming!



What's Happening

Twin School Proposal Info Session

Monday, November 18 • 10:30AM

Please join ABRSD Superintendent Peter Light and Building Committee Chair Mary Brolin for coffee, treats and information about the twin elementary school proposal that will be voted on during the December Special Town Meeting. The Council on Aging welcomes all to this event held at the Community Center, 30 Middle Rd. Use the UCC Boxborough parking lot and drive around to the back.

Boxborough's Museum Winter Hours

December 7, January 12 & February 9

The Boxborough Museum at 575 Middle Road will be open from 2:00 pm to 4:00 pm on SATURDAY December 7, Sunday January 12, and Sunday February 9. 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.

Steele Farm Christmas Tree Sale

Saturday December 7th • 9AM to 11AM

Sponsored by the Steele Farm Advisory Committee

First Come: First Served

(\$30/tree regardless of height)

We have about 30 trees to choose from and that will be it for the next few years!

Boxborough's Annual Tree Lighting

Saturday, December 7th • 4:30PM

The Town of Boxborough invites everyone to its Annual Tree Lighting Celebration on the Town Common (corner of Middle and Hill Roads). The Blanchard Elementary Brass Ensemble & Chorus will lead friends and neighbors in singing seasonal favorites. The celebration also includes hot cider + cocoa and a visitor from the North Pole! People are welcome to bake cookies to share. Please bag cookies in individual portions (2-3 each). Nut free and gluten free cookies will be provided and labeled. In the spirit of the season, we ask that everyone bring food donations for the local food pantry.

The event is free and open to the public.

For more information please contact Marissa Picca at: pcccom@boxborough-ma.gov

Sponsored by Boxborough's Public Ceremonies and Celebrations Committee

The Boxborough Recreation

Winter Sports Program

January 11 - March 21

The Boxborough Recreation Winter Sports Program will be taking place Saturday, January 11th-Saturday, March 21st from 9 a.m.-12 p.m. for children from K-6 in the Blanchard Memorial School gymnasium. Each Saturday morning, sports director, Brian Picca and a few counselors, will lead various winter sports activities for children. They will have opportunities to learn various sports such as indoor soccer, floor hockey, basketball, parachute activities, gymnastics, rock climbing and several obstacle course and team games. It is a great way to burn off some Saturday morning energy, while having fun with friends and staying in shape over the cold, winter months. Registrations will be available online soon on the town website. The fee for the 10 week is only \$50 per child. Scholarships are available upon request.

Around Town



Boxborough Minuteman Meetings **January 19 & February 23**

The Boxborough Company of Minutemen will meet on Sunday January 19 and Sunday February 23 at 8 pm in the training room on the second floor of the Boxborough Fire Station. 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 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.

Winterfest **January 25**

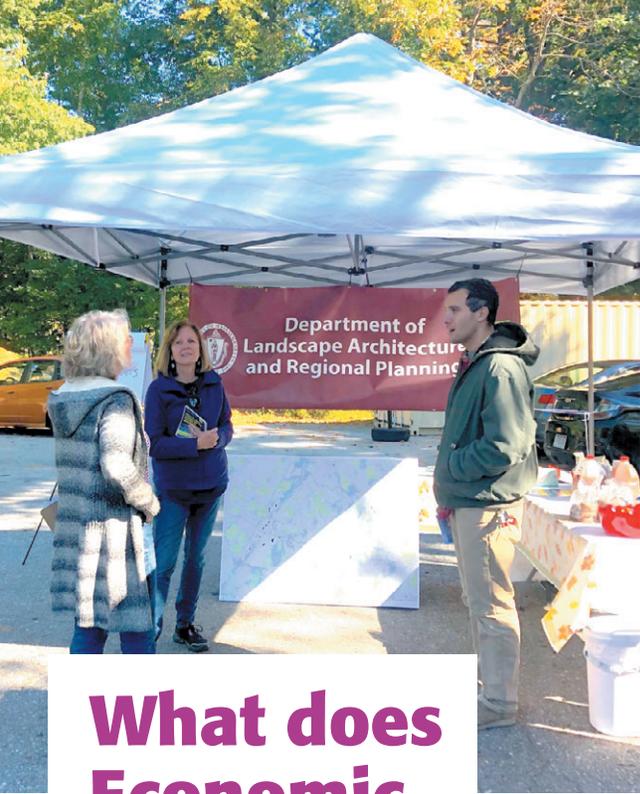
Save the date for the Town of Boxborough Recreation Commission's Annual Winterfest! This year it will be held on Saturday, January 25th from 1-4 p.m. at Steele Farm on Middle Road in Boxborough. Plans are being made for a bonfire, hot cocoa, children and adult activities, music, local vendors and a food truck from Slater's in Bolton, featuring homemade wood-fired pizza, mac and cheese and pulled pork sandwiches.

Ice Harvesting in New England: **Dennis Piccard** **February 23**

On Sunday February 23, the Boxborough Historical Society will present Dennis Piccard speaking on "Ice Harvesting in New England" in the Grange Room of the Boxborough Town Hall (29 Middle Road) starting at 2:00 PM. Admission is free and all are invited to attend.

In these days of refrigeration most people do not know that New England was the center of ice harvesting in the 1800's sending ice by sailing ship as far away as India. Dennis Piccard is an expert on historic trades and crafts, a historical re-enactor and a former museum curator. He will talk about the ice harvesting business, his personal experience in harvesting ice, and demonstrate the tools of the trade. Come and be informed about one of New England's earliest "technological revolutions".





What does Economic Development Look Like **IN BOXBOROUGH?**

That is what the Economic Development Committee (EDC), with support from the Planning Board, Boxborough Select Board and Finance Committee, has asked UMASS Amherst - Center for Economic Development, School of Landscape Architecture and Regional Planning (LARP). Performance of an Economic Development Study by UMASS will provide the town with an independent assessment of its current economic environment and viable recommendations for the future that are in alignment with the Boxborough2030 Master Plan and the current needs and desires of the townspeople.

The work being carried out now is part of an initial phase to be completed this fall by the second-year graduate students with faculty guidance. This first phase focuses on data collection, analysis and potential scenario identification, with the delivery of an Existing Conditions Report in December. The second phase will be performed in the Spring of '20, subject to approval at our Special Town Meeting (STM) on December 10, 2019. Phase II will build on the Existing Conditions Report with an in-depth market feasibility and long-term trends study relative to the economic potential for Boxborough. This will include a detailed analysis of potential development scenarios, our current zoning and building regulations, the identification and evaluation of physical conditions at potential development locations and ultimately an action plan for the Town to consider.

The graduate students presented their mid-term review to the town on Thursday, October 24th, and will be in town to solicit input from the town at other occasions, including the Merrie Christmas Fair in the Grange Meeting Room on November 23rd from 9AM - 2PM.

To learn more about the work UMASS is performing for the town and view the mid-term presentation, please visit the EDC website at <http://www.boxborough-ma.gov/economic-development-committee>. And please attend STM to hear about and weigh in on this and other important issues.

Adventures at the Library

What is happening at the Sargent Memorial Library? Crafty workshops and lots of music (and guaranteed parking spaces for Library patrons)!

GLOUCESTER HORNPIPE AND CLOG SOCIETY PERFORMS COLONIAL ERA MUSIC Thursday, November 21st • 7PM

Gloucester Hornpipe and Clog Society has delighted audiences since 1971. The six-person band layers vibrant vocals and hearty harmonies with a wide range of instruments. This time, they are back in Boxborough for a lively performance of American Colonial-era tunes! This event is made possible by the Whitcomb House Fund.



ABRHS MADRIGAL SINGERS Thursday, December 19th • 8PM

Get into full holiday spirit with the Madrigal Singers. They will be caroling in full costume at the library. Meet up with friends, enjoy the music, and have some light refreshments after.

Additionally, the Library is in the planning phase to bring a First Amendment panel discussion to the town. The details are forthcoming. Please keep an eye out for it.

Don't forget, we also have our regular weekly events for seniors, including Monday Movies and Wednesday Crafting. If you have any suggestions or activities you would like the Library to host, please don't hesitate to let us know.

Don't forget our weekly events for seniors!

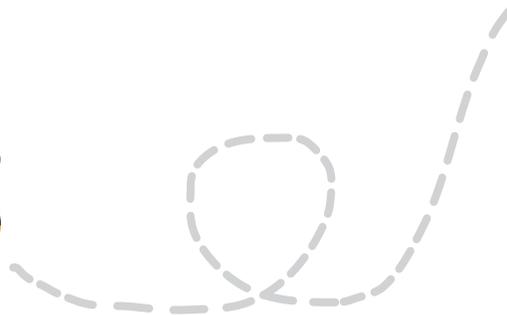
MOVIE MONDAYS 1 PM

Join your neighbors for a free screening of a recently released movie. Check the library website each week to find out which movie is playing.



CRAFT GROUP Wednesdays • 2PM

Bring your yarn, hooks, and needles. Join fellow fiber artists for some knitting, crocheting, and friendly chatter. Got questions on a pattern or technique? The Boxborough crafters can help!



Tae Kwon Do

BOXBOROUGH

Boxborough Tae Kwon Do continues to thrive within the community. As the program grows, new opportunities arise for participants of all ages through mentoring, leading small groups and assisting in instruction. Because of our students' tremendous efforts, we are proud to announce that 6 of our students are candidates for their 1st Degree Black Belts for which their formal applications have been sent to Soule, Korea for review. This is an exciting time for our students and our program.

As we continue to grow as a community program, we would like to offer instruction through the end of December for new students in exchange for a donated bag of groceries. Our team will bring the donations to the Boxborough Food Pantry during the second week of December. This is our second year participating in a food drive and we hope to continue this tradition for many years to come.

Check us out on the Boxborough Recreation Commission page on the town website.



Student Alexis Haff is presented with the rank of High Blue Belt, 3rd Gup, by Master Barrett during her advancement ceremony in September while instructor, Melody Banks, looks on.



Slow Tech Week Is Coming To Boxborough

During the week of February 10th, the Blanchard Community will be participating in Slow Tech Week. Slow Tech Week is about mindful use of technology; enjoying technology without allowing it to take over. Slow Tech Week at Blanchard will be led by Connie Long, Blanchard's Library Media Specialist, and a group of Blanchard parents who are partnering with community organizations to offer a week of opportunities for your own Slow Tech focus. Activities will be offered by The Sargent Memorial Library, Silver Unicorn Bookstore, Danny's Place, Blanchard Bulldogs Running Club, Periwinkle Glass, Boxborough Gymnastics, and more.

Slow Tech Week is an opportunity for families to connect in person, engage in screenless activities, and develop new slow tech habits. To help us prepare for Slow Tech Week, Janell Burley Hoffman will be speaking to the AB Community in January. Her ideas have already inspired many in the community to change the way they interact with technology, setting limits while also enjoying technology. Limits on tech intrusion provide more mental space for connecting, thinking, observing, and playing. As Janell Burley Hoffman says, "When we're constantly plugged in, without awareness or boundaries, as a parent or child, we miss the moment or human connection. I believe there is a value to engaging and embracing technology with purpose while maintaining a balance."

PUTTING ENERGY INTO SUSTAINABILITY



Twelve years ago, a group of Boxborough friends met to discuss how climate change affects our environment. Using the booklet "Low-Carbon Diet," we introduced Boxborough families to ways of minimizing fossil fuel use in order to save money and reduce carbon emissions.

Calling our group "EcoPath," we developed a website about environmental issues and created a brochure explaining the harm we cause when we idle our cars and trucks.

After working on our own, the Select Board asked us to become an ad hoc Energy Committee. We began by helping eliminate Police Station air leaks, initiating an energy audit for our six municipal buildings, and starting an ongoing database for Town buildings energy and vehicle fuel consumption. In 2009, we permanently became the Boxborough Energy Committee.

Efficient Town Buildings

We were involved in three more energy audits, hoping to make Town buildings more energy efficient. LED lighting was a consistent recommendation, but we learned that payback takes too long to justify major energy-saving renovations. Therefore, we will recommend net-zero energy construction for future Boxborough municipal buildings.

Recycling

To improve the Town's recycling efforts, we helped redesign the Transfer Station by adding two recycling compactors, thereby increasing recycling, reducing solid waste, and saving the Town about \$20,000 annually. The Select Board also asked the Energy Committee to educate citizens about how to recycle more efficiently.

The Committee is now working with DPW Director Ed Kukkula to enter a Massachusetts Department of Environmental Protection initiative to implement a reuse, recycling, and waste reduction program to qualify for payments under the Recycling Dividends Program (RDP).

Solar Initiative

In 2014-5, the Committee launched and staffed "LittleBoxSolar," a program that helped 25 families in both Boxborough and Littleton install solar arrays at the lowest construction cost.

Last year, the Committee endorsed Green Street Solar to build a four-megawatt solar farm off Massachusetts Avenue. Littleton Electric Light Department (LELD) is purchasing 100% of the local, renewable energy generated by the farm. To date, 3,060 LELD Boxborough and Littleton customers have signed up for savings generated by the project.

"Energy" Turns to "Sustainability"

When the Select Board recently approved our new name, "Sustainability Committee," our expanded Vision became: To promote a culture of sustainability that will be fully integrated into our Boxborough community for the benefit of present and future generations.

And our Mission was refined: To develop a culture of sustainability in our community through a partnership with residents, Town government, and businesses using innovation, education, communications, and comprehensive and strategic planning.

Why Focus on Sustainability?

Sustainability calls on our generation to manage resources in order to sustain a quality of life the next generation can share. To do so, we must preserve natural resources and protect the environment to create long-term ecological balance.

Net-Zero Energy Construction

Recently, the Committee recognized the careful work of architects and consultants, guided by Acton-Boxborough committees, to replace the Douglas and Gates schools with a highly efficient, net-zero energy building that uses advanced heating and cooling, lighting, insulation, and other features that offset energy use with on-site renewable energy. Therefore, energy consumption becomes "net zero." Up-front costs associated with a net-zero energy building are offset by savings over time, with long-term costs significantly less than costs in standard building design.

Looking Ahead

As part of the Committee's contribution to Boxborough's 2030 Master Plan, we continue to work on ways to reduce waste, conserve energy, preserve our community's precious resources, and put Boxborough on a "sustainable" path for a better tomorrow.

The Committee is always looking for ideas, volunteers, and expertise. Meetings are open to visitors, and everyone is encouraged to learn more by joining the conversation, either in person or online at our Facebook page or the Town website.

Boxborough Sustainability Committee

Francie Nolde, Chair
Palmer Moore, Clerk
Molly Biron
Richard Garrison
Larry Grossman
Barbara Salzman

Bettering Boxborough... and Ourselves!

A small but lively crew enjoyed a community walk through the paved Cisco Campus trail at Fifer's Field recently. Lovely views, good company, and a chance to get that heart rate going. This walking route welcomes strollers and walkers, has options to extend the loop, and plenty of parking! Follow Beaver Brook Road to the end and the parking lot will be on your left, just before gate at the end of the road.

In partnership with the Well Being Committee and Boxborough Land Stewards, we'll be reaching our steps together at least quarterly on this path. Follow us on Facebook to make sure you hear about the next date! www.facebook.com/betteringboxboroughtogether.



The children at Boxboro Children Center are always up for diving into new experiences.