

Townsend prepares for recycle and hazardous waste clean up

The North Central Regional Solid Waste Cooperative (NCRSWC) will conduct a special regional "Household Hazardous and Bulky Waste Collection Day" on Saturday Sept. 30, 9 a.m. to 1 p.m. at Lunenburg's DPW.

Townsend residents, please come to dispose of household hazardous waste properly and recycle items that can be reused. Pre-registration is required by going to www.NorthCentralMassRecycles.com or call (978) 448-8936. Fees will be charged based on what is brought.

For hazardous wastes we're encouraging people to try and combine their items and trips so that they have a full load which is 25 gallons or 25 pounds and Half a load is up to 10 gallons or 10 pounds. Car pooling is a good idea!

Lunenburg's DPW is located on Route 13, just 4.3 miles south of Townsend Center.

Accepted items, no charge:

Books and good magazines; Cell phones- good condition; Eyeglasses; Good toys; Clean clothes & shoes; Clean rags, blankets and towels and dog crates; Printer cartridges; Batteries: rechargeable, Ni-Cds, Lithium (ones in phones, cameras, power tools, and watches)

Additional accepted items, fee charged:

From the Workbench: Paint Strippers/Thinners; Solvent Adhesives; Lighter Fluid; Oil Based paint; Rechargeable Batteries; Used oil

From the Yard: Poisons, Insecticides, Fungicides; Chemical Fertilizers; Weed Killers; Moth Balls; Flea Control Products

From the Garage: Fuels/Gasoline/Kerosene; Engine Degreaser; Brake Fluid/Carburetor Cleaner; Transmission Fluid; Car Wax, Polishes; Driveway Sealer; Roofing Tar; Swimming Pool Chemicals; Propane Cylinders/Pressurized Cylinders; Car Batteries; Tires

From the House: Rubber Cement & Airplane Glue Fiberglass Resins; Photo Chemicals; Chemistry Sets; Furniture Polish; Floor & Metal Polish; Oven Cleaner; Drain & Toilet Cleaner; Spot Remover; Rug & Upholstery Cleaner; Hobby Supplies, Artist Supplies; Mercury Thermometers & Thermostats; Electronics, TV's, computers, microwaves, stereos, and sewing machines; Fluorescent lamps; Big plastics, broken toys, pools, pipes, Styrofoam and peanuts; Mattresses; Appliances with Freon, refrigerators, dehumidifiers, and air conditioners

Swap stuff for free

The Townsend Recycling Committee is sponsoring three days of free swap shop to recognize America Recycles Day.

The free swap shop will be held at the Townsend Recycling Center, 33 Greenville Road, in West Townsend on Saturdays, Oct. 14 and 28 and Nov. 11, with "take it or leave it" from 8:30 a.m. - 4 p.m.

Everyone is invited to bring items that are clean, working, reusable, and with no missing parts. Fees are charged for electronics, large appliances, furniture, exercise equipment, but there will be a bulletin board where such items can be posted.

Mercury thermometer can be swapped for free for a new non-mercury one.

Volunteers will screen items being dropped off.

America Recycles Day (ARD) is a national all-volunteer, non-profit organization. The goal of ARD is to have towns in every state hold an annual national awareness event to promote the social, environmental, and economic benefits of recycling and buying recycled products. Almost everything can be recycled except the planet! To learn more about ARD: www.americarecyclesday.org

The free swap shop is open to everyone, it's not limited to Townsend residents! Anyone wishing to volunteer can call the Board of Health office at (978) 597-1713.

— Submitted to The Journal

Road race

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year," said Debra Reeves.

Although heavy rain did not let up once the whole day last year, the race still had 459 participants. People did not let the rain stop them from coming out and having a good time, she said.

Proceeds from the race go towards scholarships for students at North Middlesex Regional High School. In the past two years, three scholarships have been awarded in Greg Reeves' name.

In 2005, one \$3,000 scholarship was awarded to a student planning to attend WPI. This scholarship was awarded before the race was established from donations made to the Greg E. Reeves Scholarship Fund.

Because of the success of the 2006 road race, two scholarships were awarded. One was for \$5,000 to a student who would be attending WPI; one for \$1,000 went to a student attending the school of his or her choice.

Debra Reeves hopes to offer a comparable amount this year.

"That's what it is all about, the scholarships," she said. "Education and helping others was of the utmost importance to Greg."

According to Debra Reeves, the recipients of the scholarships are chosen based on academics as well as their character. The scholarship committee chooses through a blind process, meaning names are not included on the applications.

As for the race, Debra Reeves said it is a great way to honor her son.

The race will take place on Saturday, Oct. 7, at 10:30 a.m. The course, which is 4.6 miles long, starts near the Townsend Common, on Brookline Street, goes up Highland Street, comes down Meadow Road and ends back at the starting point.

This is an improvised version of a running course that Greg enjoyed and often ran, she said.

"He really loved Townsend, he loved to run, and he loved the route [of the race]," said Reeves.

After the race, lunch will be provided in the Fellowship Hall at the Townsend Congregational Church. A band will play on the Townsend Common. There will be an award ceremony, in which the top male and female runner will receive a \$200 prize. Medals will be given to top finishers in each age category.

The organizers have received a lot of support from businesses and residents in town, as well as the public safety departments.

"We couldn't do the race without the support of the community," she said.

WPI has also been very helpful, besides promoting the race, they provide transportation by bus for those students wishing to partake in the race. Because Greg was a member of the Army Reserve Officer Training Corps, the local division has also been promoting the race.

So far, 150 people have signed up for the race. Reeves anticipates many will register the morning of the race, as was the case last year.

She encourages everyone to come and participate by either volunteering or entering the race, which is walk or a run. She said last year, people from all walks of life were there, some who didn't even know Greg, but who shared his love for running.

Reeves stressed that it will be a fun day, and the race and the scholarships funded by it are a good thing.

The first 300 registrants will receive a free t-shirt. For more information, contact Debra Reeves at (978)-597-5859.

Heywood
Community
Health
Series



Women's Health Fair

For women from
childbearing age
to menopause
& beyond

12-5PM
Dining Room A&B

- Women's Health Network
- Nutrition & Cardiac Health
- Natural Family Planning
- Mammography & Breast Cancer Awareness
- Bone Density Testing
- Sun Screen Analysis
- Mount Wachusett Fitness & Wellness Center
- Battered Women's Resources
- Women, Infants & Children Services (WIC)
- Menopause
- Overactive bladder
- Obstetrical services & tours of Heywood's OB Unit
- Perinatal Loss
- Depression/Post Partum Depression
- Breastfeeding & formula feeding
- Reproductive Sciences
- NaPro Technology
- 10 Minute Massage Sessions
- Free Chinese Auction

• Refreshments & many other vendor tables, discounts & free offers

Free of charge
Sunday, October 1, 2006

Heywood Hospital
242 Green Street, Gardner, MA
12-5PM

Keynote Speakers (separate lecture rooms)
From 1:00-2PM • Repeated 3:00-4PM

Meredith Boudrieau, MD, Doula Coordinator
David Flemming, MD, Anesthesiologist
MaryEllen Alty, RN, Certified Lamaze Instructor

"Labor Pain Management"

Find out about new options for managing the discomfort of labor.

This will be held in the OBS Conference room. Seating is limited.

Andrea Damour, MD, Obstetrician

"Human Papillomavirus & Vaccination"

A new Human Papillomavirus (or HPV) vaccine is effective against 4 types of HPV which together cause 70% of cervical cancer in women.

This topic of discussion will be held in the Volney Conference room. Seating is limited.

From 2:00-3PM • Repeated 4:00-5PM

Kathryn Go, PhD of Reproductive Science Center
and Paul Carpentier, MD, of NaPro Technology

"Infertility"

This topic of discussion will be held in the OBS Conference room. Seating is limited.

Jeffrey Blake, MD, Obstetrician

"Life with Menopause"

This topic of discussion will be held in the Volney Conference room. Seating is limited.

This program is free of charge, sponsored by The Heywood Community Health Series. Refreshments will be provided. Seating is limited. Reservations required by Sept 29, 2006. Please RSVP by calling 978/630-6248. An interpreter for the hearing impaired can be provided. Should you require an interpreter, please specify when making your registration.