



BEDFORD BYLINE

Provided by the Town of Bedford describing its services for residents. Responses to Town Manager, 10 Mudge Way, Bedford, MA 01730 are welcome. The Town's website for more information on services is www.bedfordma.gov.

November, 2011

Automated Refuse Collection Has Begun!

Submitted by Department of Public Works Business Manager April Delano

As of October 5th, the Department of Public Works has gone automated with its residential curbside refuse collection program. In preparation of the first collection, the Town of Bedford delivered a 48-gallon wheeled refuse cart to each of the Town's 4,300 residences. A sleeve of five free official overflow bags was included with each cart to ease the transition to the new system. Residents responded extremely well on the first collection day, and as each week passes, evidence demonstrates strong acceptance. Many residents have chosen to use their old refuse barrel for recycling containers by affixing a "Bottles and Cans" sticker to the front, which are available at the Department of Public Works. The Town's goal of diverting an additional 15% of the refuse tonnage to the recycling program appears to be on track.



The mechanical arm of a new automated trash truck lifts a refuse container on collection day in Bedford.

To further the success of the program, the Department of Public Works asks that you remember the following information:

- Please place your refuse container and recycling containers at the curb by 7:00 a.m. The routes of the automated refuse and recycling trucks have changed and may continue to change for the best efficiency of collection.

Continued on page 3

Increasing Recycling Efforts in Bedford

Submitted by Department of Public Works Business Manager April Delano



The Department of Public Works sponsored its first annual reuse/recycling day at its offices on The Great Road on Saturday, October 15th. With over 1,500 participants, the Town collected approximately 25 tons in total, comprised of 15,000 pounds of paper from the shredding station, 20,000 pounds of metal, 2,250 pounds of clothing, and 1,500 plastic trash barrels. The Town would like to give a special thanks to those who assisted with the success of the event, including Steven DeVellis and O.C. O'Connor of Boy Scout Troop 194, and employees Kristin Dowdy, Karen Kennedy, Dennis Freeman, Al Razzaboni, and Richard Warrington, all from the Department of Public Works. Continued on page 2

Bedford Named One of the Nation's 100 Best Communities for Young People by America's Promise Alliance and ING

Taken from Press Release, October 12, 2011

Bedford achieved national recognition as one of America's Promise Alliance's 100 Best Communities for Young People (100 Best) presented by ING, a competition that recognizes communities across the country that focus on reducing high school dropout rates and providing service and support to their youth.



Bedford, a fourth-time 100 Best Communities for Young People winner, boasts a near perfect graduation rate and offers its young people a wealth of resources to aid in their positive development, including the Youth Policy Task Force. The task force is a collaboration among Bedford's municipal officials representing the 5 promises – Board of Health (health), School Committee (education), Police (safe places), Recreation (opportunity to serve), and Youth and Family Services (caring relationships). The Youth Task Force has worked to ensure area middle school-aged youth have a safe space to gather during non-school hours. The task force received grant funding for a Fridays Free program, which paid for monthly middle school social and recreational events, such as dances and sports, and led to Selectmen support of an after-school supervised drop-in center. Another resource for middle school students in Bedford is the Bedford Youth and Family Services' Peer Mentor Program. The mentor program allows high school

students to mentor middle school students while providing guidance and also learning the value of giving back. The community also shows its young people the value of public service through volunteering at events such as the American Cancer Society's Relay for Life and Pan Mass Challenge Kids Ride.

"In a nation where 7,000 students drop out of high school every day, we hope Bedford's initiatives inspire other communities across the nation to take action to solve the challenges facing their young people," said Marguerite W. Kondracke, America's Promise Alliance President and CEO. "Bedford is especially deserving of this recognition due to their efforts to ensure that their young people graduate high school and go on to lead healthy, productive lives. Bedford refuses to let the challenges they face determine the future for their young people. Instead, they are helping their youth prosper and become contributing members of society." Continued on page 3

Bedford's Veterans Day Ceremonies

Submitted by Bedford Veterans' Agent Fred Gordon

The Town of Bedford's Veterans Day Ceremonies will be held on November 11, 2011 at Veterans Memorial Park, beginning at 12:00 p.m. The Town will honor all veterans, with special recognition of Dennis O'Neill, a 1964 graduate of Bedford High School who was killed in action in Vietnam in 1966. He is the only individual listed on the Vietnam Wall with Bedford as his home of record. Family members and friends of Dennis will join the ceremonies, which will include remembrances by Stephen O'Neill on the loss of his brother, and the unveiling of the Town's memorial stone in his honor. Please join us in recognizing and honoring all veterans who gave so much in defense of the ideals and principles that have made our nation free.

**Please note that in case of inclement weather, ceremonies will be moved to the Multi-Purpose Room in Town Hall. For more information, visit www.bedfordma.gov or call the Town Manager's Office at (781) 275-1111.


Inside	
Bedford Unplugged	2
Volunteer for Local Gov.	2
Get Ready to RAD	2
Recycling (Cont'd)	2
Fuel Assistance Program	3
Automated Refuse (Cont'd)	3
100 Best (Cont'd)	3
Library Events	3
Walk/Bike to School Day	3
Adult Recreation Programs	4
COA November Events	4
Substance Abuse Awareness	4
Great American Smokeout	4

Upcoming Special Town Meeting & Town Caucus

Please note: Special Town Meeting will be held on Monday, November 7, 2011 at 7:30 p.m. in the Bedford High School Auditorium. Warrants have been mailed to all households.

The Town of Bedford's annual Citizen's Caucus will be held on Tuesday, January 10, 2012 in the Multi-Purpose Room in Town Hall.

For more information on both Town government events and to view the Warrant for Special Town Meeting, please visit www.bedfordma.gov.

Town of Bedford Massachusetts 01730	Standard Mail U. S. Postage Paid Permit No. 42
	POSTAL PATRON BEDFORD MA 01730

Bedford Families Unplugged: November 9, 2011

Submitted by Youth & Family Services Director Sue Baldauf

It is so easy to get caught up in electronics – TV, computers, Internet, Game Boy, and Nintendo are fun, entertaining, and a nice way to relax. However, it can become a problem when you find yourself spending 2, 4, 6, or even 8 hours a day plugged in, and little time is devoted to interacting with family and friends or simply engaging in quiet activities such as reading or walking.

Electronics are a wonderful part of life – we learn, communicate, and access information from electric-powered devices; we watch TV or surf the Internet as a way to relax and to relieve the stress of daily life. Unfortunately being so “plugged in” can isolate us from other people. Instead of interacting with family and friends, we all too often become passive voyeurs.



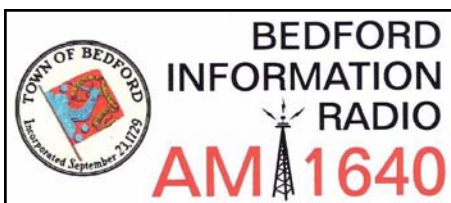
Bedford Families Unplugged is a month-long awareness campaign to remind Bedford families and residents to “unplug their electronics” and “plug into” each other. It is a reminder that there is more to life than what is on the other side of a plug. During the month of November watch for announcements about activities that do NOT require electricity and that emphasize person-to-person interaction and health.

The highlight of this year’s program will be a no-homework, no-sports, and no-activities night for Bedford Public School students on November 9, 2011. In addition, there will be no Town-related meetings and virtually no community, school, or religious meetings held on that night.

Parents can play their part on November 9th by getting home from work no later than dinnertime, canceling/rescheduling any night meetings, and thinking about making this night a special time for the entire family.

For more information about Bedford Families Unplugged, please contact Bedford Youth & Family Services at (781) 275-7727, visit their office at Town Center, or view the 2011 calendar of events on their website at <http://www.bedfordma.gov/youth>.

Sponsored by the:
Bedford Selectmen
Bedford Public Schools
Bedford Community Partnership



Town of Bedford
Bedford Byline

Selectmen
Walter J. St. Onge III, Chair
Catherine Cordes
William Moonan
Michael Rosenberg
Mark Siegenthaler

Richard T. Reed,
Town Manager

Jessica Porter, Editor

Chrissie Webb, Graphics

The *Bedford Byline*, an official publication of the Town of Bedford, Town Hall, 10 Mudge Way, Bedford, MA 01730, is delivered to all residents of Bedford. For information about or response to the *Byline*, please write, or call the Town Manager’s Office at (781) 275-1111.

Articles without a byline have been written by staff of the Town Manager.

Volunteer for Local Government

Several local government committees and boards are looking for new members to fill vacancies.

Committees and boards with expected vacancies are:

- Arbor Resource Committee
- Community Preservation Comm.
- Depot Park Advisory Committee
- Energy Task Force
- Fair Housing Committee
- Finance Committee
- Historic Preservation Commission
- Housing Partnership
- Land Acquisition Committee
- Sign Bylaw Review Committee
- Transportation Advisory Comm.
- Volunteer Coordinating Comm.
- Wilson Mill Park Planning
- Zoning Board of Appeals

To fill out a Questionnaire for Volunteers form, visit our website at www.bedfordma.gov and click on Committees. Questionnaires should be printed, completed, and mailed to the Town Manager’s Office, Town Hall at 10 Mudge Way, Bedford, MA 01730.

For further questions or information, please call the Town Manager’s Office at (781) 275-1111.

Town Rental Space

Are you planning...

- A wedding reception, birthday or anniversary party, etc.? Then you may be interested in renting the Great Room at Old Town Hall, located at 16 South Road;
- A child’s birthday party? Then Rail Diesel Car #6211, at Bedford Depot Park, may be the ticket for your child and guests;
- A family get-together, a dance or exercise class, meetings, etc.? Then Town Center at 12 Mudge Way may offer just what is needed for your event.



For rental information and arrangements to view the various spaces prior to booking, please contact Fay Russo at (781) 275-4880 or by email, frusso@bedfordma.gov. For additional information, please visit the Town of Bedford’s website at www.bedfordma.gov.

Get Ready to RAD

Submitted by Police Chief Robert Bongiorno

The Bedford Police Department is offering Bedford women the opportunity to empower themselves. The “Rape Aggression Defense” system, known as RAD, develops and enhances the options of self-defense through lecture, discussion, and hands-on self-defense techniques. Having trained more than 300,000 women since 1989 and as the largest network of its kind, the program is being offered by Bedford Police as a service to women to provide them with the skills to keep themselves safe. The classes will be taught by Bedford Police Officers who are nationally certified RAD instructors. Instruction will include: self-awareness, prevention, risk-reduction, and risk avoidance.

The Bedford Police Department is currently accepting names of interested residents and will run a four-day course later this fall in a location to be determined. There is no cost for this program. Space is limited to 15 women, and pre-registration is required. The program has a free lifetime return and practice policy. Participants must complete all four classes.

For more information and to register, please call Bedford Police Officer Kristen Dineen at (781) 275-1212 or e-mail kdineen@police.bedfordma.gov. You can also visit www.rad-systems.com for more information.

Recycling

(Continued from page 1)

Fall curbside leaf collection will take place in November. Please place leaves in kraft paper bags at your curbside by each Monday during the following weeks: Nov. 7–11, Nov. 14–18, and Nov. 28–Dec. 2. **Please note: there will be no collection the week of Nov. 21–24.**

The Town Landfill at 108 Carlisle Road will be open for disposal of leaves, brush under 1” in diameter, and grass clippings on Saturday, November 12th and Saturday, December 3rd from 9:00 a.m. to 12:00 p.m.

“Bottles and Cans” red stickers are still available, free of charge, at the DPW to allow residents to reuse old refuse containers for recycling. Recycling bins are still available for \$7 each as well.

New items that are acceptable to recycle include rigid plastics (small plastic toys, laundry baskets), spiral cans (potato stick cans, chip cans), and paper drink containers (orange juice, milk). Please remember to

flatten cardboard boxes, spiral cans, and juice boxes, as well as make sure cardboard pieces are no larger than 30” x 30”.

Have questions or concerns regarding the new refuse and recycling program? A staff member from the DPW can come to your residence and offer you assistance with how to increase your recycling efforts. Please call (781) 275-7605 for an appointment.

Many residents are finding that although they recycled prior to the implementation of the new program, they are now generating more recyclable material than refuse. Thanks to the Bedford community for your cooperation with these new programs, and be sure to look for future announcements regarding the tonnage results of both refuse and recycling of our new programs due out in mid-November.

For more information or to view the Bedford Refuse and Recycling Directory, visit the DPW’s website at www.bedfordma.gov/public-works.

Could You Use Some Help With Home Heating Bills?

Submitted by Council on Aging Acting Director Lori Wittner

If you could use some help paying your home heating bills, the Commonwealth's Fuel Assistance Program may be for you! Bedford residents of all ages are invited to apply for the program, which provides a benefit to those who meet income guidelines to help pay fuel bills. To be eligible, you must be a Bedford resident and have an income ranging from \$31,218 for a one-person household to \$79,246 for a six-person household. The income limit is higher for families with more than six members. The amount of money the program provides depends on the number of household members and the household income.



Those who enroll in the Fuel Assistance Program may also be automatically eligible for a free home weatherization program, free heating system repair or replacement, free energy-saving devices, and discounts for many utilities.

To apply, Bedford residents under age 60 should call Bedford Youth and Family Services (YFS) at (781) 275-7727, and those 60 or over should call the Bedford Council on Aging (COA) at (781) 275-6825. The YFS or COA will set up a time to assist you with the application in their offices, at your home, or at another convenient site. The agencies will hold appointments beginning November 1. Please be assured that all information given to the friendly agency staff who help you will be held in the strictest confidence.

Remember, your taxes paid for this program, so if you think you qualify, apply for the benefits you deserve!

Automated Refuse Collection (Continued from page 1)

Although previously you may have had your collection first thing in the morning, it may now be done in the afternoon. Over the next month, you should see your collection occurring on a more regular schedule.



Residents are encouraged to leave space between refuse and recycling containers.

- For ease of collection, proper placement of the 48-gallon refuse cart and your recycling bins is essential. Allied Waste Services, the Town's contracted hauler, recommends that you place the refuse container at one side of your driveway and recycling bins on the opposite side if at all possible. The mechanical lift arm of the truck must have enough room to pick up your refuse container. Also, it is important to have the front of the refuse cart (side with serial number) facing the street.
- Bulky items require a telephone call be made to (800) 442-9006 by 5:00 p.m. on Tuesday to be included in the Wednesday collection. Bulky collection is performed by a rear-loading refuse truck separate from the automated

refuse collection program.

- Construction/demolition debris is no longer acceptable as a bulky or refuse item. The Commonwealth of Massachusetts has banned construction debris from incinerators. Residents are directed to the brochure previously mailed for information on disposing of demolition and other materials.

For more in-depth information regarding the Town's new refuse and recycling program, please visit www.bedfordma.gov or call (781) 275-7605. Town staff is also available to offer individual assistance to those who wish to learn how to increase recycling. Residents of Bedford are congratulated on their great cooperation in this new program!

100 Best Communities (Continued from page 1)

Bedford will receive a \$2,500 grant, signage identifying the community as one of the nation's *100 Best*, and access to America's Promise Alliance's community development resources. The award will be formally presented to the community at the beginning of Special Town Meeting on Monday, November 7, 2011.

Being a *100 Best* community not only demonstrates commitment to local young people; the award fosters local pride, bolsters economic

development, and shines the spotlight on the people and programs that are building better communities. The competition also facilitates the sharing of best practices among communities nationwide regarding education, reading score improvement, youth service, and pre-school enrollment, among many other areas.

For more information about America's Promise Alliance or to view the list of all 2011 winners, visit www.americaspromise.org. For more information about ING, visit www.ing.com/us.

Library Events & Happenings

Submitted by Bedford Library Assistant Director Vanessa Abraham

Download Library eBooks to Your eReaders

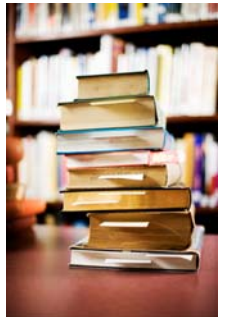
Not quite sure how to download a library ebook onto your Kindle, Nook, or iPad? Bring your ereader in on Tuesday, November 15 at 7:00 p.m. at the Bedford Library for a step-by-step lesson in how to access free library ebooks. Please note that Nook users need to be connected to a computer in order to download. The library can provide a laptop, but you will need to bring your USB cord. *For more information, please contact Theresa at (781) 275-9440.*

New Scanner Available

The Bedford Library is pleased to announce that it now has a free public scanner available for use. The easy-to-use, self-service scanner can be used with documents up to 11" x 17"; scans in black & white, grayscale, or color; and allows files to be saved in multiple formats. The finished scan can be saved to a USB drive or emailed to any email address. *Thanks to the Friends of the Bedford Free Public Library, who helped make this purchase possible.*

Cookbook Book Club

The Bedford Library has started a "Cookbook Book Club" that meets at 7:00 p.m. on the first Tuesday of the month to discuss the recipes and writing style of the featured cookbook (and sample a culinary dish or two). Occasionally, we will have special guests who will demonstrate a cooking technique and share their expertise. All are welcome - no registration is required. For more information, contact Theresa at (781) 275-9440. *This program is funded by the Friends of the Bedford Free Public Library.*



Majoring in Autism: Beyond Autism 101

What do you do after your child has received a diagnosis of autism? Join our roundtable of parents, experts, and advocates to learn about what's next and the educational, medical, and legal resources available for school-aged children with autism on Tuesday, November 29 at 7:00 p.m. in the Meeting Room of the Bedford Free Public Library.

New Fine Schedule

The Trustees of the Bedford Free Public Library have approved a new overdue fine schedule, as follows:

- 10 cents a day overdue for all PRINT materials
- 25 cents a day overdue for all NON-PRINT materials
- \$4.00 maximum fine for any library item
- Overdue fines not to exceed \$20 for all overdue Bedford materials at the time of return

The two biggest changes are the increase in children's book fines from 5 cents a day overdue to 10 cents a day overdue, and the decrease in video fines from \$1.00 a day overdue to 25 cents a day overdue. The fines for all audiobooks and music CDs will now be 25 cents a day overdue. These changes have the effect of both simplifying our fine structure as well as equalizing fines across different types of materials.

International Walk and Bike to School Day a Success!

Submitted by Safe Routes to School Coordinator Carla Baer

On Wednesday, October 5, 2011, over 95 Bedford elementary and middle school students rode their bicycles to school, and over 150 students walked. It was a glorious fall day and many parents, residents, and Town officials were there to share the enthusiasm!



Bedford has been participating in the Safe Routes to School (SRTS) program for four years. Over that time we have seen more and more students and families walk and bike independently. This is exactly the momentum SRTS has hoped to create. In concert with the Department of Health and the Department of Youth and Family Services, we have created a webpage titled "Bedford in Motion" on the Town website under the Community tab. There you will find information, resources, and ideas on how to maintain a healthy lifestyle. This project is funded through the Northwest Suburban Health Alliance/CHNA 15 DoN funds from Lahey Clinic. For questions, or if you would like further information about the SRTS program or Walk and Bike to School Day, please contact Carla Baer at saferroutes@bedfordma.gov.

Bedford Recreation Department: Upcoming Programs for Adults

Submitted by Recreation Department Adult Program Coordinator Raeann Gembis

A variety of adult classes are starting up in the next few weeks. Please read below for descriptions on some of the classes available. For more information, check out the Recreation Department's fall 2011 brochure, available online at www.bedfordrecreation.org. Registration is available online, in person, or by mail or fax. You can contact the Recreation Department at (781) 275-1392, or visit their offices at 12 Mudge Way.

INTRODUCTION TO CREATIVE WRITING // Instructor Mindy Pollack-Fusi (Co-sponsored by Bedford Center for the Arts)

Are you harboring a story about your life that you wish you could place on paper for others to read? Have you been wanting to try your hand at fiction but always put it off? Local writer Mindy will guide you through a simple process of taking your thoughts out of your mind and bringing them alive on paper. You will learn techniques such as showing versus telling, use of the five senses, and adding tension to your writing. Share your work with the class, or not – your choice. This course is geared toward the beginner writer who wants to get started in a comfortable, safe environment. Mindy is owner of *The Place for Words & Workshops* and is also a freelance writer who publishes in *The Boston Globe* and *The Boston Globe Magazine*. She has been published in *Chicken Soup for the Soul* books and has completed a memoir and a novel. See some of her work at www.theplaceforwords.com. Mon. 7:00-9:00 p.m., 11/7-12/12; Fee: \$115



TEACH WHAT YOU LOVE: A Workshop on How to Teach // Instructor Pata Suyemoto

This is a three-session workshop about teaching and pedagogy for anyone who wants to teach something to another person or group. It is great for parents, homeschoolers, or community education teachers who may not have a formal teaching background. The workshop will cover choosing and organizing material, creating a syllabus or course of study, structuring lessons, creating assignments, and assessing learners. This is a hands-on workshop, so bring your ideas for topics. Mon. 6:00-9:00 p.m., 11/7-11/21; Fee: \$75

GETTING PAID TO TALK: Making Money with Your Voice // Taught by the Voice Coaches of Creative Voice Development Group

Have you ever been told that you have a great voice? This class will explore numerous aspects of voice-over work for television, film, radio, audio books,

documentaries, and the internet in your area. Class will cover how to prepare the all-important demo and how to be successful and earn income in this exciting field. Class participants will have an opportunity to record a commercial script under the direction of a Voice Coaches producer. A great first step for anyone interested in voice acting professionally. Mon. 6:30-9:00 p.m., 12/5; Fee: \$35

MAKE SOMETHING SPECIAL // Instructor Melissa Skorupka

Whether you make something for yourself or need gifts for many people this holiday season, the bulk of your list can be covered with any of these special workshops designed to teach you a new skill. All of the materials you need are provided and it's a fun evening out for you and some friends, new or old.

Luxury Moisturizers: In this workshop you will see how simple, easy, and cost-effective it is to create your own superior rich products. You will learn how to make lotions, creams, lip balms, and cuticle balms. Material price, payable at class: \$2.25 per 8 oz. container. Age 16+. Thurs. 6:30-9:30 p.m., 11/3; Fee: \$30

Just Necklaces (or Bracelets): Learn how to assemble a beaded necklace (or bracelet) using fine steel cable and crimp beads. You will leave with at least 2 bracelets or 1 necklace made from glass beads or cultured freshwater pearls. Additional materials may be purchased from the instructor to make at home (\$6 for glass beads, \$20 for freshwater pearls). Age 16+ / Ages 13-15 with an adult. Mon. 7:00-9:00 p.m., 11/7; Fee: \$40



Just Earrings: You will learn techniques to make drop, dangle, and chandelier earrings using glass beads, Swarovski crystals, and cultured freshwater pearls. You will also learn how to make beaded hoops and cable hoops, and will leave class with at least 5 pairs of earrings. Additional materials may be purchased from the instructor to make kits at home. Age 16+ / Ages 13-15 with an adult. Thurs. 6:30-9:30 p.m., 12/1; Fee: \$60

Pedicure Kits: Who doesn't love a little pampering? In this workshop you will learn how to make a scented sea salt soak and extra rich foot cream. Pumice stones, containers, bags, and materials will be available to make as many kits as you need. Material price, payable at class: \$3.50/kit. Age 16+. Mon. 7:00-9:30 p.m., 12/12; Fee: \$25

Council on Aging November Events

Submitted by Council on Aging Acting Director Lori Wittner

Memory Preservation Nutrition® Program

In recognition of Alzheimer's Awareness Month, please join us on Tuesday, November 15 at 12:30 p.m. for a special program sponsored by Nancy Crowley, Executive Director at Concord Park. You will be treated to a light, brain-healthy lunch while you learn about this unique, scientifically supported diet developed by Dr. Nancy Emerson Lombardo, PhD, professor of Neurology at Boston University School of Medicine. Dr. Emerson Lombardo co-founded the National Alzheimer's Association and has spent much of her career researching the effects of nutrition on the onset and progression of Alzheimer's disease. She is recognized internationally as an expert on this topic and we are excited that she will be joining us! Please reserve your spot in advance by calling the COA at (781) 275-6825. We encourage family members and members of the community to take advantage of this valuable opportunity!



The Journey: Through the eyes of those we love with Alzheimer's

In honor of Alzheimer's Awareness Month, Sunrise Senior Living of Burlington is pleased to present a special Lunch & Learn on Thursday, November 10 at 11:30 a.m. You will embark on a "Journey of Discovery" that will help you better understand those who are living with memory loss. Lunch will be provided during the talk. Please sign up ahead of time by calling (781) 275-6825.

Annual Thanksgiving Dinner for Seniors at the American Legion

The American Legion is holding a Thanksgiving Dinner for Bedford Seniors on Sunday, November 20 at the Legion Hall located on Great Road. The doors will open at 3:00 p.m. with dinner being served at 4:00 p.m. If you are planning to attend, please sign up at the COA or by calling (781) 275-6825 by Wednesday, November 9. This dinner is catered and they will need an accurate count. Space is limited, so reserve your seats now!



For a detailed calendar of events or more information about the Bedford Council on Aging, please call (781) 275-6825, or visit their website at www.bedfordma.gov/index.php/departments/council-on-aging.

Substance Abuse Awareness Month

Submitted by YFS Prevention Services Coordinator Jessica Santos

Since 1998, November has been recognized as Substance Abuse Awareness Month in Bedford. During the next month, look for a variety of opportunities to familiarize yourself with the current issues related to substance abuse in the community. One place to look is the Bedford Youth and Family Services website, found at www.bedfordma.gov/youth; go to the Prevention Services tab and click on the link titled Prevention Related Issues. Articles will appear that will provide information about the latest trends, how to help keep your kids healthy, and substance use and abuse prevention.

Bedford Youth and Family Services' bulletin boards at both the middle and high school will have displays

on smoking to coincide with the Great American Smokeout campaign held nationwide on November 17th, encouraging smokers to stop smoking for one day. Students will be offered information about the dangers of smoking as well as ways to support smokers in their efforts to quit or cut down.

Pamphlets on a wide range of topics are always available at Bedford Youth and Family Services, located at Town Center Building, 12 Mudge Way, second floor.

For questions or more information contact Jessica Santos, Prevention Services Coordinator for Bedford YFS, at (781) 275-7727 or email jessicas@bedfordma.gov.

The Great American Smokeout

Submitted by YFS Prevention Services Coordinator Jessica Santos

Every November for the past 36 years, the Great American Smokeout, sponsored by the American Cancer Society, encourages smokers to quit for at least one day in the hope that this might challenge them to stop permanently.

The American Cancer Society encourages tobacco users to set the

Great American Smokeout – November 17 – as the day they make a plan to quit. When you're ready to quit, there are many tools to help. Contact the American Cancer Society (1-800-ACS-2345) for 24/7 support, or check out www.smokefree.gov.

