



## From The Director

Dear Parents,

Spring signals my favorite time of year at the Co-Op. There is so much to do around here, and now, never enough time to fit everything we want to cram into the schedule. We just finished pancake breakfast and pajama days, and the children really enjoy this delicious activity. There is something so silly about going to school in your pajamas, and pancakes seem to be a favorite brunch for many children.

For those who don't know yet, we have four dozen chicken eggs incubating, mostly in the school office, but a few (18) in a "back up" incubator at my house. Many people ask questions about the chicks, so I will give you all some further information. The eggs were started on March 12, a Monday. They must be "turned" 3 to 5 times a day, and some of the teachers share the turning duties with Mrs. Dionne and me. The temperature must remain as constant as possible, and we also add some moisture to the incubator by adding cups of

### Central Co-Op's Board of Directors

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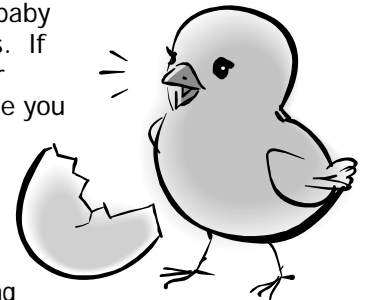
Gary Ward, 978-256-0566

**Computer:**

John Morrissey, 978-250-0794

water beside the eggs. The chicks are scheduled to hatch on April 2<sup>nd</sup>, a Monday, which is exactly three weeks after they

began. We usually purchase the fertilized, or hatching eggs from a farmer in Westford, and he normally will take back any eggs that hatch. THIS year, we also purchased half of our hatching eggs online from McMurray Hatchery in Iowa, in hopes of getting a better hatch rate. I just learned that our "farmer friend" will take (and dispose of) any baby chicks that hatch, but his newly registered poultry farm is not allowed to keep any of the Iowa baby chicks. If you or anyone you know are



looking for some cute baby chickens, please tell me ASAP. The types that could hatch are varied, and interesting. We have some top hat chickens, feathered legged chickens, big chickens, and little chickens. We have NO IDEA how many or which type will hatch. If this is something you might be interested in doing, please let us know.

Soon after the chicks hatch, many of our classes focus on hatching butterflies and moths and the entire process of caterpillar's turning into cocoons and chrysalis and the subsequent moths and butterflies. This is another fun

and scientific adventure for the children to follow.

The coming months bring a flurry of activity here at school. Please check the school calendars and watch your notices for any upcoming activities.

*Pat Finlay-Hamilton*



## The Board Briefing

First, I must apologize for an error I made in the list of businesses that donated to our Silent Auction. It was Jane McCord with *A Touch of Atlantis Spa* who donated a massage. Thank you, Jane McCord.



Second, the fundraising team wants to let you know about the next way you can have fun and help at the Co-Op. We are having a dining to donate night at Applebee's restaurant at Drum Hill. Tired of cooking? Want someone else to do the dishes? We have the answer for you. On **Wednesday April 4<sup>th</sup>**, come to Applebee's restaurant at anytime, present our special coupon and **20% of your entire order (excluding alcoholic beverages) will be donated to our school.** So plan a lunchtime get-together with your classmates, or bring the whole family to dinner, you can even use the car side service. Coupons

will be sent home the week before. You can also give coupons to family and friends who would like to support the Co-Op. Extra coupons will be available in the office. So take the night off from cooking and cleaning and help out your school. Thanks!



*Davis*

*Kim*

Please mark your calendars for our huge annual Co-Op yard sale on **Saturday, April 28<sup>th</sup>**, 8:00am to 12:00noon. This event is a Co-Op tradition and is one of our best fundraisers.

Please bring in your yard sale donations beginning Monday, April 23<sup>rd</sup> and leave items on the stage in the big hall. Clean, shiny, fresh smelling items sell the best! Kindly sort any children's clothing by size and gender, placing them in separate bags or boxes that are clearly labeled. Donations from one and all are greatly appreciated and are tax-deductible.

The yard sale is a big project and lots of helpful hands are needed prior to, during and after the sale. Below is a list of the various tasks we will need to accomplish to make this year's event a great success. The sign-up sheets are now posted on the Co-op Bulletin Board. We will have a lot of fun working together. Thanks so much for your help!



Pricing: Tues, 4/24 through Friday 4/27, from 9am to 12noon each day, in the big hall.

Set-up: Friday 4/27, from 6pm to 9pm (time frame may change slightly).

Yard Sale (early shift): Saturday, 4/28, from 7:30am to 10:30am.

Yard Sale (late shift & clean-up): Saturday, 4/28, from 10:30am to 2:00pm.

We are also working on some fun raffles to be held during our yard sale. We are currently speaking with local merchants about a variety of great items to be contributed. If you have any suggestions for raffle contributions, please contact Nancy Polley at [npolley@rcn.com](mailto:npolley@rcn.com) or call 978-250-0992. As always, thank you for your support and generosity.

Please tell your family, friends, and neighbors of our tremendous Spring Yard Sale. There will be many wonderful items here, all at great prices. If you would like to have a flyer to post at a workplace, church, or other location, please see Pat or email [npolley@rcn.com](mailto:npolley@rcn.com). If you would like to have an email announcement to send out please email [npolley@rcn.com](mailto:npolley@rcn.com).

Thank you for your continued support of our wonderful preschool!

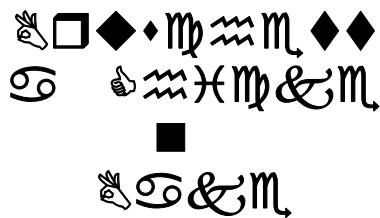
*Nancy Polley*

Have you been looking for a fun way to showcase your baking skills? Well, have we got the opportunity for you! We will be holding a scrumptious bake sale during our annual yard sale on April 28<sup>th</sup>. We are looking for freshly baked goodies to sell, such as cookies, pies, breads, cakes, etc. Please see the sign up sheet on the Co-op Bulletin Board. Contributions can be brought into school on Friday, April 27<sup>th</sup> and left on the designated table on the stage in the big hall. Thank you one and all!

## Nancy Polley



## The Monthly Dish



Prep Time: 10 min  
 Total Time: 40 min  
 Makes: 6 servings, 1 cup each

### Ingredients

1 can (14 ½ oz.) diced tomatoes, undrained

1 pkg. (6 oz.) Stove Top stuffing Mix for chicken  
 ½ cup water  
 2 cloves garlic, minced  
 1-½ lb boneless, skinless chicken breasts cut into bite-size pieces  
 1 tsp. dried basil leaves  
 1 cup shredded low-moisture part-skim mozzarella cheese

Preheat oven to 400 degrees F. Place tomatoes in medium bowl. Add stuffing mix, water and garlic; stir just until stuffing mix is moistened. Set aside.

Place chicken in 13x9 inch baking dish; sprinkle with the basil and cheese. Top with stuffing mixture.

Bake 20 min. or until chicken is cooked through.

From Kraftfoods.com



## Fit Facts



**Health & Fitness tips for the busy parent!**

### Exercise Versus Diet

In a recent study of 52 obese men with an average body mass index (BMI) of 31, Canadian researchers demonstrated the power of exercise as a weight loss tool.

One group of men dieted, consuming 700 calories per day

less than they needed to maintain their weight. Another group walked or jogged on a treadmill at 80 percent of heart rate maximum for about an hour each day, long enough to burn off 700 calories.

After three months, both dieters and exercisers lost the same amount of weight - about 16.5 lbs, or eight percent of their body weight.

Exercisers, however, lost more abdominal fat (4.2 lbs) than dieters (3.3 lbs).

Exercisers also did not lose muscle mass the way dieters did, and got the added benefit of improved cardiovascular fitness.

A third study group kept their weight stable by burning off 700 calories per day with exercise, but making up for it with an extra 700 calories of food.

Although these men did not lose weight, they did lose visceral abdominal fat, which may reduce the risk of cardiovascular disease and diabetes.

Source: Annals of Internal Medicine, July 18, 2000; 133, 2, 92-103



## Kid's Craft Corner

# Here's a fun craft to do with your child over April vacation!

This project is rated EASY to do.

## Potted Tissue Paper Flowers



### Materials Needed:

- Tissue paper
- Green Pipe Cleaner
- Plaster of Paris
- Plastic Cups or Small Flower Pots

### Instructions:

Cut three 4 - 5 inch circles out of tissue paper. Cut a green pipe cleaner in half. Roll one end of your pipe cleaner half into a small circle; poke the other end of the pipe cleaner through the center of one of the tissue paper circles. Pull the circle up to fit snugly below the circle you made in the pipe cleaner. Crumple the circle a

little bit so it looks "fluffy". Repeat with the other circles. Make 3 or 4 flowers and twist the ends together. Pour some Plaster of Paris into a 3 to 5 oz. paper or plastic cup. As it sets, stick the flower bouquet in it. When set solid, arrange the flowers to your liking. Decorate the "pot" with a ribbon or stickers if you like.



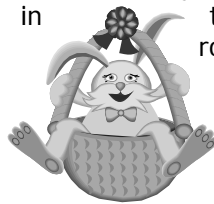
## Meet The Staff



**Marie Martin**

### Co-Op & Career History

**Meet Marie Martin.** This Billerica native teaches the Monday thru Friday split-time class, ages 2.9 - 5 years old. Marie has been a teacher at the Co-Op for 9 years. Two of her children attended the Co-Op prior to her becoming a teacher in 1997. Marie attended Middlesex Community College and started as a family daycare provider when her children were young. She worked in Carlisle for 4 years as a teacher in the toddler room.



### Family & Pets

Marie lives with her husband, Bill, and has three sons: David, 23, Justin, 21 and Eric, 18 (Justin and Eric attended the Co-Op). Marie has a rabbit named "Freckles" (white with brown "freckles").

### Personal Hobbies

While not teaching, Marie enjoys cooking and baking. Her specialty includes cookies that she enjoys making for cookie baskets. She has a small garden for flowers and one for veggies and herbs, nothing fancy ☺.



### Favorites

Marie enjoys the changes of all of the seasons, but particularly favors autumn. She enjoys the cooler, crisp air and all of the bright colors. She truly enjoys everything she teaches at school. The Gingerbread House theme has become her favorite because it has evolved into a whole year theme. The children are receiving letters from all over the country and world at this time. Their Gingerbread Man is lost! They need help finding him. The girls and boys enjoy receiving mail at school and hearing about the adventures of their Gingerbread Man. They are anxiously awaiting his return.

### Something We May Not Know...



What you may not know about Marie is that she is a loyal Red Sox fan. So "Go Sox!...and let's hope Manny doesn't spend too much time 'being Manny' this season!"

*Nice to get to know you  
better Mrs. Martin!*



Extra!  
Extra!



The Board would like to share  
some contact information of  
places you can visit over the  
spring vacation with your kids!

Museum of Science (Boston) -  
[www.mos.org](http://www.mos.org)

New England Aquarium (Boston)  
[www.neaq.org](http://www.neaq.org)

Southwick's Zoo (Mendon) -  
[www.southwickszoo.com](http://www.southwickszoo.com)

Weir Hill or Ward Reservation  
(Andover) -  
[www.thetrustess.org](http://www.thetrustess.org)

Fish Hatchery (Nashua, NH) -  
[www.fws.gov/r5heafp/nashua.htm](http://www.fws.gov/r5heafp/nashua.htm)

SEE Science Center  
(Manchester, NH) -  
[www.see-sciencecenter.org](http://www.see-sciencecenter.org)

Discovery Museum (Acton) -  
[www.discoverymuseums.org](http://www.discoverymuseums.org)

Kid's Playground (Woburn) -  
[www.kidsplayground.com](http://www.kidsplayground.com)

The Butterfly Place (Westford) -  
[www.butterflyplace-ma.com](http://www.butterflyplace-ma.com)

Great Brook Farm (Carlisle) -  
<http://www.mass.gov/dcr/parks/northeast/gbfm.htm>

Drumlin Farm (Lincoln) -  
[http://www.massaudubon.org/Nature\\_Connection/Sanctuaries/Drumlin\\_Farm/index.php](http://www.massaudubon.org/Nature_Connection/Sanctuaries/Drumlin_Farm/index.php)

Perpetual Motion (Lowell) -  
<http://www.perpetualmotioninc.com/>

Information contributed  
by Kim Davis and Susan  
Alto



Contact  
[susanalto@verizon.net](mailto:susanalto@verizon.net) for  
advertising information and  
submission.

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