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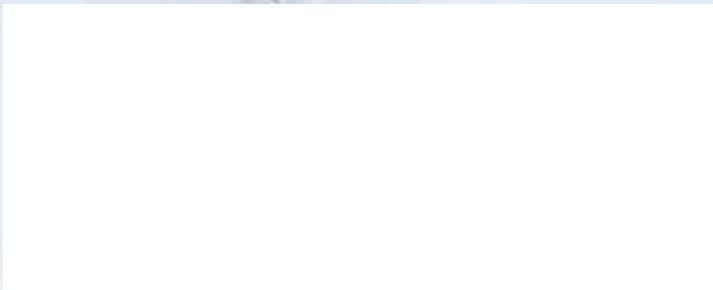


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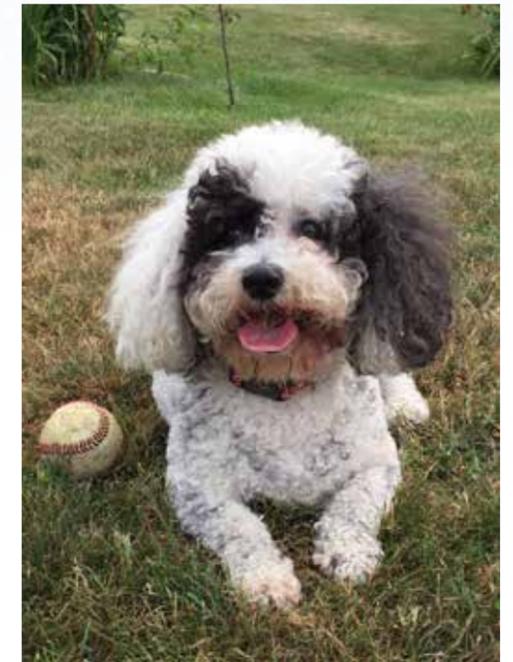
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Acton: A Prime Shopping Destination

by Marie Swenson

Acton is a wonderful suburban town known for ponds, wildlife refuges and museums. But Acton's quaint area is also a prime shopping destination. From large chain stores to small, independent stores, Acton can be the answer to all of your shopping needs.

Running errands can be accomplished easily in Acton. Recent updated plazas assist in curb appeal of larger chains when needing a common item. Where Acton really excels is their small business diversity.

Small business offerings really set different communities apart from others. Small, local businesses support community,

customer service is personalized and products are often unique. If you're looking for clothing, Gould's offers fine choices for both men and women. Seeking fashion and style for women, Wish K&D is a delightful boutique as is Jo Karen for fine lingerie.

The holidays can bring personal needs or more practical gifts. Home By Stann and Black offer house décor and wonderful array of design ideas. If it's kitchen items for winter entertaining or a gift certificate for a cooking enthusiast, Kitchen Outfitters has it all.

Unique gift hunting could be found at Handworks Gallery.

They offer a multitude of artisans and is a literal treasure trove of fine crafts by contemporary American craftspeople. Moodz Day Spa, Nuveaux Skin and Nails or Margo's Hair Design can assist in relaxation and any hair, mani-pedi needs for you or your bridal party. But if it's your pooch that needs a bit of grooming, Shaggy Dog can do the pup fluff.

During this holiday season, think about supporting your local businesses. Whether shopping for a tangible gift, gift certificate or even a shampoo for you or your dog, Acton can be the answer to your needs.

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PUMPKIN BREAD

by Ella Silvestri

Makes 3 loaves

Ingredients:

- 4 eggs. 3 1/3 c flour
- 2/3 c water. 2 tsp baking soda
- 1 cup oil. 1 1/2 tsp salt
- 2 cups pumpkin. 1 tsp cinnamon
- 3 cups sugar. 1 tsp nutmeg
- Pinch of powdered cloves

Preheat oven to 350.

Use a very large mixing bowl. Beat eggs. Add oil, water and pumpkin. Mix well. Sift together flour, sugar, soda, salt and spices. Add this to pumpkin mixture. Stir until well mixed.

Pour batter into well greased loaf tins and bake at 350° for 1 hour. Check during last 10 minutes of baking time.





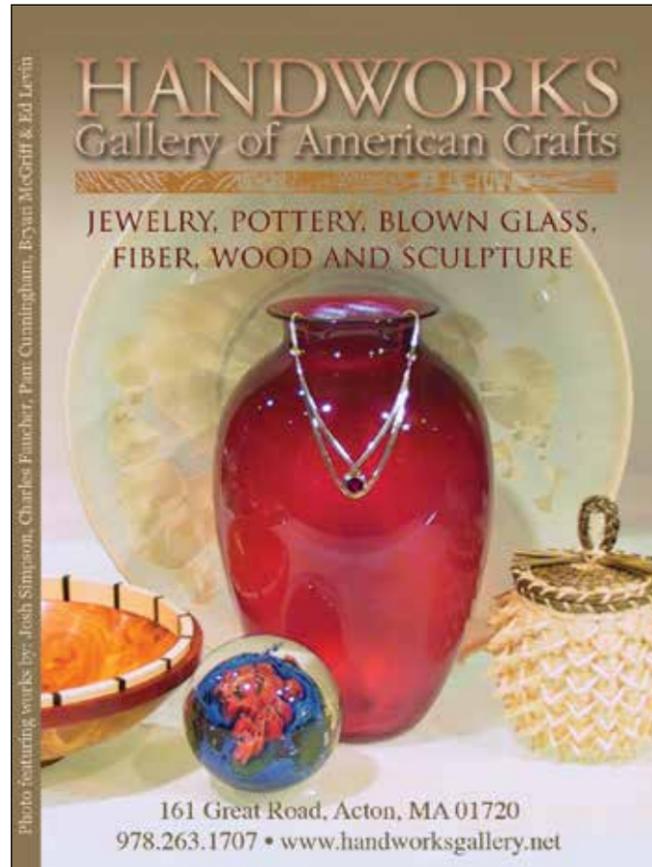
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by Jaclyn Vlahos

Matthew Weis started his business with one goal in mind; to transform your house into a home. Every house has glass integrated in it someplace, be it a shower or cabinet door, tabletop, mirror or windows. If not treated and taken care of correctly, the integrity of the glass can deteriorate over time.

As beautiful and elegant as glass fixtures can be, the dangers related to shattering glass may deter you from designing the home you envision. Tempered glass, which has been strengthened by a heat or chemical treatment, will shatter into small pieces and is an alternative that can prevent serious injury in the event of shattering. M & M offers a wide range of glass options, tempered being just one of many. By investing in quality glass, you can have that bathroom you've always dreamed of.

"...Greatness is not defined by your successes, but rather by how you handle your mistakes and correct them."

Chris Falardeau, Partner and Shower Door specialist, has over twenty years of experience designing and installing glass shower doors. "There isn't anything we haven't seen and successfully installed before." Committed to your satisfaction, M & M will work with you from start to finish. Bring them your ideas or browse their extensive catalog of completed projects providing everyday options when it comes to overall design, including hardware selections and colors.

Matt takes great pride in his company's excellent customer service. "A wise man once told me, every business claims perfection, but that's a lie. Greatness is not defined by your successes, but rather by how you handle your mistakes and correct them."

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Chocolate Chip COOKIES

by Kenneth Messinger

- | | |
|------------------|-----------------------|
| 7.5 cups Flour | 2.25 Cups Brown Sugar |
| 2.5 C sugar | 5 eggs |
| 1 tsp. Salt | 1/4 tsp. Vanilla |
| 2 TB Baking Soda | 4.5 Cups Choc. Chips |
| 1 lb. Butter | |

Measure dry ingredients into large bowl and mix well. Combine butter and brown sugar. Mix 15-20 seconds. Add eggs and vanilla. Mix well.

Add dry ingredients and blend until smooth. Add Chocolate Chips and mix until blended in. Watch for any butter pieces.



Keep Out the **COLD** This Winter!

Imagine it is cold and snowy outside. You are sipping a warm herbal tea or hot chocolate while curled up on a couch, a good book and the fireplace is roaring. You are partaking in the typical New England picturesque vision. Most people consider a well-tended fire to be one of the pleasures the cold produces. Burning safely within the confines of a fireplace or a woodstove is such a source of comfort. The warmth, the beauty of its flames, and the smell permeates our senses pleasantly. A safe, quality fireplace, installed correctly is the substance to that enjoyment.

Fireplaces are not just for pleasure. They can be a life-saving choice for heat. Whether as an additional source of heat

or the primary source a full fireplace or insert can be the answer. During the cold and wintery months, there are blizzards, nor'easters or freezing rain that threatens loss of power which prevent your boiler from doing its job. Full fireplaces and inserts have much to offer. Keeping oil bills to a minimum while offering the non-stop ability to offer heat throughout the colder months is the real value the any fireplace or stove offers.

Chelmsford Fireplace Center has been a family run business since 1978. Built on customer service, Peter Dormitzer started the high quality center. Their first and foremost

concern is customer service. Taking a look at their on-line reviews show their customer loyalty. Not only do they have a 5-star rating, but the builders as well as customers know that they are taking care of with every need. Their non-commissioned, educated sales staff can answer any question you may have. Corey, son of Peter who has worked in the family business for 25 years spoke with pride. "We are not just a sales center. We take care of our customers from beginning to after install." Our service techs are on staff and the "builders love us."

Gas stoves, inserts and fireplaces also offer some peace of mind for being very efficient. Should the power go out, the battery backup (3 AA batteries) works for 30 days. Their gas stoves use very little gas -comparable to a gas grill.

After the Halloween storm which brought high winds and slamming rain, a lot of Nashoba and east coast area lost power. With temperatures going down to 40s at night, a reliable and quality product would have eased some of the burden of going without.

Stop in Chelmsford Fireplace Center to see their 50 burning and 40 non-burning fireplace displays. They are located at 7 Summer Street, Chelmsford MA or call 978-256-6328, or visit www.chelmsfordfireplace.com

by Ronald Lester



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Apple Pie

with Granola Topping



Serves 8

Prep Time: 30 min

Cook Time: 1 hr 15 min

Total Time: 1 hr 45 min

Preheat oven to 400°

For the filling

4-5 large or 7-8 small Granny Smith apples, peeled, cored, and sliced thinly

1/4 cup dark brown sugar

1 Tbsp cinnamon

1 tsp ground ginger

1/4 tsp nutmeg

1/8 tsp cloves

1/8 tsp allspice

1 tsp corn starch

1 tsp lemon juice

Pinch of salt

...

Combine all of the filling ingredients in a large bowl.

Stir well, but gently, to coat the apples. Set aside.

For the topping

1 cup Home Sweet Honey granola

1/2 tsp vanilla extract

1/4 cup almond butter

1 tsp cinnamon

1/8 tsp nutmeg

1 Tbsp dark brown sugar

...

Combine all topping ingredients except the brown sugar in a medium bowl.

Using a spoon (or your hands), mix well to evenly distribute the almond butter throughout the granola. Set aside.

For the crust

2 cups almond meal
(I used Bob's Red Mill)

1/4 tsp salt

2 Tbsp coconut oil

1 large egg

...

Combine all of the crust ingredients in a food processor.

Pulse repeatedly until a dough ball forms.

Remove dough ball and, using your fingers, press the dough evenly into a 9-inch pie dish.

Add the apples into the pie dish, then top with the granola mixture.

Sprinkle brown sugar over the top of the pie.

Cover with aluminum foil & bake for one hour.

Remove foil and bake for an additional 10 - 15 minutes, until the top browns.



By Elizabeth Brunetti
@thebaremidriff

Adapted from Elana's Pantry



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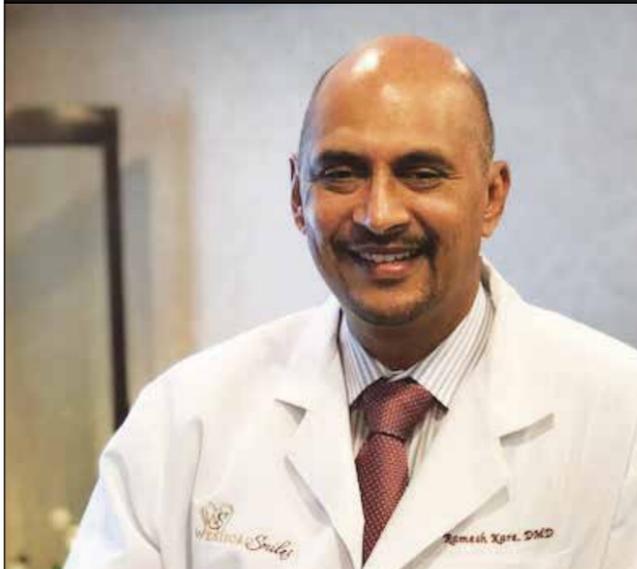
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Born and raised in the Boston area, Dr. Stephen F. Gianino graduated from the University of Pennsylvania, followed by Boston University's School of Graduate Dentistry, where he earned an advanced degree in the specialty of periodontics. He brings a unique level of experience to his practice from having treated America's Veterans at one of America's largest V.A. Hospitals. He also taught endodontics in Europe. Dr. Gianino believes in keeping up with the latest advances in dentistry, annually completing thousands of hours of continuing education. He further developed expertise in TMJ treatment from taking extensive courses at the Dawson Academy in St. Petersburg, Florida. Dr. Gianino is currently a Fellow at the Medical Metabolic Institute from the University of Southern Florida Medical School. (Formerly known as the American Academy of Anti-Aging Medicine.)

Dr. Stephen Gianino previously practiced in Boston's Back Bay at a prestigious group practice. His patients ranged from members of Boston's professional community to Boston Red Sox players.

After thirteen years in Boston, Dr. Gianino's desire to practice comprehensive dentistry led him to Littleton, MA, where he fell in love with the beauty of the area and friendliness of the community. He has served Littleton, Groton, Westford, Harvard, Ayer, Concord, and the surrounding communities since 1997, operating a personalized practice for people who appreciate a higher level of excellence in dental and patient care.

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Dr. Savage graduated from Boston University School of Medicine in 1992. Following internship at Framingham Union Hospital, she completed one year of Physical Medicine and Rehabilitation training at BUSM. After training, she attended University of Massachusetts Family Practice Residency Program in Fitchburg. In 1997, Dr. Savage opened her independent Family Practice in Harvard, Massachusetts. She is currently affiliated with Nashoba Valley Medical Center, a Steward Network Hospital.

Dr. Savage's practice has become focused around treatment for LYME DISEASE and the many co-infections associated with persistent Lyme infection. Dr. Savage takes care of many people from far off towns who come to her specifically for issues associated with chronic inflammation due either to tick borne illness and or in some cases mold toxins. Dr. Savage is a member of the International Lyme and Associated Diseases Society [ILADS]. ILADS is a non-profit advocacy group which advocates for greater acceptance of the controversial and unrecognized diagnosis of 'Chronic Lyme Disease'. Dr. Savage also refers her patients to the "Dean Center for Tick Borne Illness which is located at the Spaulding Rehabilitation Hospital" in Charlestown, MA.

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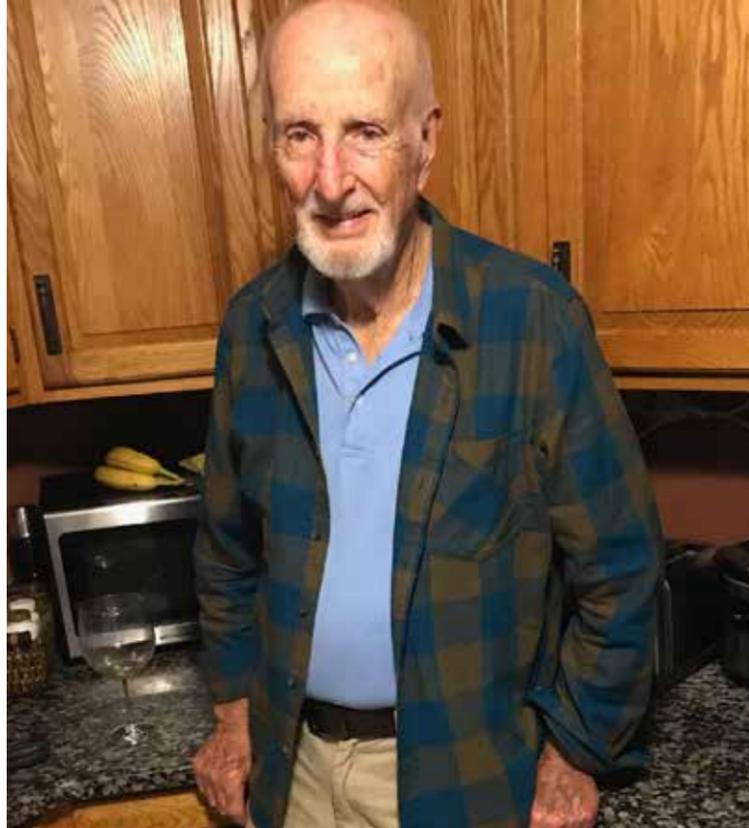
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CONFESSIONS OF A RETIRED BEGINNER COOK

by Bill Clark

I'm not going to say how old I am, but I'm OLD. I'm trying to learn how to cook.

Before my wife died, she did all the cooking. And I mean ALL. Oh once in a while I cooked, with her hollering instructions from the living room. "Do this", "do that", "how much sugar?" "Half a cup" plus oven temperature and cooking time. I never had to cook by myself, ever. So now I had to learn, from absolute scratch.

I dove right in. Bought a steak, sirloin. At \$10 a pound it was so good that nothing could go wrong, right? Wrong. I cooked it in a fry pan, but it wouldn't seem to get cooked. I turned it over and over, and it came out so tough it would make shoe leather look tender. I threw it out.

So I tried making molasses cookies, my favorite kind. I mixed the batter and scooped it into a pan to the oven. They looked pretty good coming out, "golden brown" as they say. But as they cooled, the centers caved in, the golden brown got pale, and the edges got all crusty. Plus they tasted terrible. I threw them out.

I wanted to cook something sure-fire. What easier than chicken breast? I had some in the freezer, so I put them in the refrigerator to thaw the night before. When I went to cook them on the barbecue grill, I noticed they weren't completely

thawed. But hey, I figured once I put them over heat, they would easily thaw in the process of cooking. But they wouldn't seem to cook. Even with turning them over and over. So they seemed to get cooked, if a trifle pinkish in the center. I tried to eat a little around the edges, the only part tender enough to eat. That night I was sick to my stomach. I threw them out.

Now I'm trying a new strategy. I have a woman come in once a week to be my personal trainer. She's a no-nonsense, no-no-let-me-show-you type of person, very experienced and patient with me. We've tried all sorts of things.

So here's my first semester report card: Peanut butter cookies A. Noodle soup B-. Caesar salad C+. Meatloaf D+. Chicken breast F. Needs improvement.

- Here's some important things I've learned:
- Forget about cooking steak. You'll never get it right.
- You can't beat eggs without making a mess.
- When you mix batter, put the bowl in the sink because of batter splatter.
- If you bake a potato for a meal, put in the oven WAY before you make the rest of the meal.
- In case of emergency, keep a Swanson chicken pot pie in the freezer.

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HOLIDAYS ARE STRESSFUL FOR YOUR PET, TOO!

by Coryn Vickrey, DVM

We all get wrapped up in the excitement of the season, and while it's no news that the holidays are stressful for people, what about the dog? When our daily routines are disrupted for the holiday hubbub, many dogs find this stressful. The house full of cousins and their kids may be joyful for you, but terrifying for the pets. Dogs love their routines and anything that disrupts that can cause anxiety. Some pets may be obviously upset: it's hard to miss the sofa pillow in its disemboweled glory, entrails strewn throughout the house, or the pile of urine soaked laundry. But other signs may not be as easy to notice, such as compulsive licking, panting or yawning.

Luckily, there are many different options for addressing the stress your pet may be experiencing during the busy season. First, try to keep to your routines as much as possible. When you can't, calming treats such as Composure or Solloquin and pheromones like the DAP or Feliway sprays and diffusers can take the edge off a worrisome dog or cat. Consider hiring a dog walker or enrolling your dog in a couple days of doggy daycare to make sure your canine pal gets the exercise and mental stimulation he needs when you get busy with errands or travel. Reserve a quiet, guest



free area of the house where your pet can retreat during a party, and fill it with her favorite things or hide treats throughout the space to keep her occupied.

dogs can benefit from antianxiety drugs like Xanax or Sileo. Still other pets may have a true anxiety disorder and benefit from long term drugs like Prozac. These drugs are not for every dog or cat and must be prescribed by your veterinarian.

Some illnesses can be triggered by stress. Diarrhea, poor appetite, upper respiratory infections, bladder pain and even vomiting have been linked to stress in dogs or cats. Sometimes once these problems develop, relieving the stress alone is not enough for pets to feel better. In addition, these symptoms can be a sign of more serious disease. If your pet is experiencing any new problems, it is important to talk to your family veterinarian.



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Nashoba REAL ESTATE

by Marie Swenson

Nashoba Valley Real Estate is booming. The much sought after area has so much to offer its residents and visitors. Farms, ski areas, trails, conservations areas, wineries and just minutes from Boston create a winning equation for residential choice. Buying and selling a home is a life changing experience. Honest, experienced real estate agents can create a positive experience from beginning to end.

Tom Warner of Keller Williams Realty has an impeccable mission statement. "Clients come first." Tom is a full service real estate agent. Not only being knowledgeable and professional, but he has state of the art systems in place for a continual, informed awareness of area homes. The expertise of years in local market and trends sets him apart. The pride in customer commitment was glowing, "My clients work with me (and not a team) from beginning to end to either find a dream home or sell their house. I provide personalized, one-on-one service. Over the many years of being a real estate agent, I have developed attention and personal service to my clients often 7 days a week."

The Massachusetts Association of Realtors® (MAR) reported in October that "closed sales for single-family homes dropped almost six percent this September over last year, while prices rose eight percent. Inventory reached a record low for the month of September." Tom Warner further adds, "We really need to see more property listings come onto the market, which remains firmly in the seller's favor. And the fall/winter

period is a great time to list as competition among sellers is lower and buyers remain in large numbers."

Nashoba Valley has had a thriving real estate market for quite some time. The hot market offers some of the country's best school systems, physically some of the most beautiful towns with rolling hills, conservation land, vineyards and apple orchards. Communities in and around Nashoba Valley have been settled since as early as 1600's. Rich with community ties, families find a sense of belonging and a perfect place to call home.

There is no indication of the real estate market slowing in the 16 community area. If you are buying or selling a home, here are a few tips to help you get started.



BUYING

There are several factors the prospective buyer should consider prior to purchasing in a community. Most of these factors are personal preferences, but if you know what to consider, then you can compare accordingly.

- **Type of neighborhood.** Knowing what your needs are and will be should be considered. Do you want a family community, an over-50 setting or prefer a more single, active night life area?
- **Once you decide** on a community, visit it day and night. Look around. Is it active, if you are looking for activity? Is it quiet, if solitude is what your needs are?
- **Visit a local coffee shop.** Talk to people in the area.
- **Decide** how much, if any, fixing you will consider. Determine from the start how much of a fixer upper you would be willing to accommodate. Taking on more than you can handle could result in your ending up with regrets. Communicating honestly with your real estate agent will allow him/her to show you properties that correctly match your needs and goals.
- **Curb appeal** is important, but look beyond it. If sellers haven't done their primping, look beyond the paint colors or other cosmetic issues that don't appeal to you. Colors and carpet replacement are easy fixes. You may want to bring a friend who has a keen eye for design or a carpenter for their professional opinions.
- **How long** are you planning on being in the home? Will the house fill your needs 5, 10 years from now?
- **Work with your agent** when considering prices, locations, needs. Choosing a professional real estate agent who has skills working with the community and clients will allow your home buying experience to be a smooth and enjoyable transition.

SELLING

When preparing your home to be sold for the highest price there are a number of items to consider.

- **Pricing home correctly to start.** Tom Warner will assist you with correct pricing from the start.
- **First impressions matter.** Cutting grass, trimming bushes, and making even small fixes, like replacing a mailbox will assist in the all-important curb appeal.
- **Update.** A fresh coat of paint with the newest colors, some new fixtures and some attractive plantings in the front yard are easy and affordable ways to update your home's look.
- **Declutter.** Removing clutter and personal items gives your home a neutral, open feeling. Removing religious items, family photos and trinkets allows for potential buyers to visualize themselves living in the home.
- **Consider staging.** If your furniture is in dire need of replacing or you've already moved out, consider staging. The potential buyer will feel warmth of a furnished home versus a cold, empty room.
- **Work with your agent** and keep lines of communication open. When working with your real estate agent, choose one that is easy to communicate with and professional. You'll be working very closely with this person, and trust is an important factor of home buying and selling.



TOM WARNER

of Keller Williams is ready to answer your questions and assist you with all of your real estate needs. He can be contacted at:

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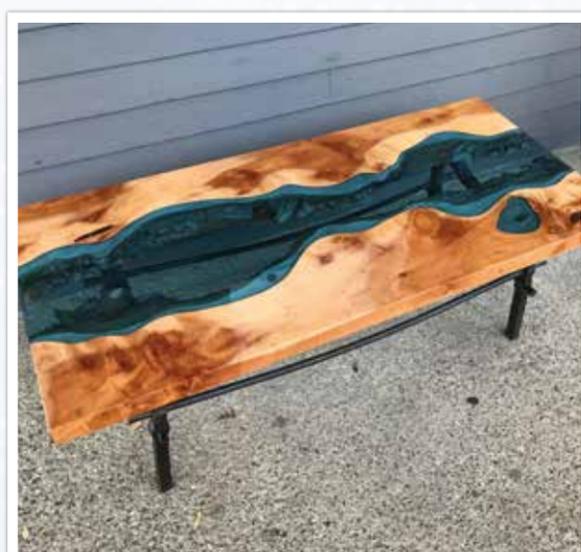
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chili

by Sandy Bemis

- 1 1/2 lb. sirloin steak, boneless
- 1 lb. pork sirloin, boneless
- 1 lb. boneless chicken
- 3 onions sliced
- 3 green peppers sliced
- 2 Tbs. oregano
- 3 large cloves garlic, crushed
- 3 Tbs. chili powder
- 1 Tbs. paprika
- 1 Tbs. cumin (I now use 3 TBS)
- 1 tsp. unsweetened cocoa powder (I now use 2T)
- salt and pepper to taste
- 2 lg. cans diced tomatoes (or equivalent fresh, chopped)
- 1 can beer
- 1 small can tomato paste (if tomatoes produce too much liquid)
- 3 Tbs. brown sugar
- 1 can red kidney beans (optional)

In a food processor, grind beef, chicken and pork until finely chopped. Saute onions and peppers until translucent and set aside. In a large pot, brown meats. Add peppers, onions, spices, tomatoes and beer. Simmer on medium heat for 45 minutes. Add tomato paste, brown sugar and red kidney beans if beans are desired. Simmer on low for 45 minutes.

Note: Use only high quality, trimmed meats so that content of ground meat is the highest quality and taste.



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ACTON FIRE DEPT *by Don Stradley*

Though Acton fire chief Robert Hart briefly ran his own carpentry business, the fire department of his hometown beckoned. These days he oversees a group of 44, 41 of whom are unionized firefighters. The department has faced some troubles in recent years, like a truck shortage in 2016 that

"The people who work here are fabulous,"

forced the borrowing of a loaner truck from Concord, but Chief Hart has nothing but superlatives for the people around him.

"The people who work here are fabulous," said Chief Hart, a full-time firefighter since 1988. "Each and every one of them. We've had our share of big fires over the years, but none of them really stand out because it's always a team effort that takes care of the problem."

With the winter season upon us, Chief Hart maintains that fires are hazardous no matter what time of year, though the cold months bring their own set of difficulties.

"Winter is problematic. Cold weather brings icy conditions; the snow and ice make things heavier, and when our ladders are covered in snow we can run into problems. But the heat of the summer can be a problem, too. Both seasons are unique. Summer can bring brush fires, but the winter can bring electrical fires. The problems are always changing, you see, from season to season, from one year to the next." Or, as Chief Hart tells it, from one decade to the next. "For instance, in the 1970s we were often dealing with chimney fires. That's much less of a problem now."

The Acton Fire Department has recently partnered with the Acton Council on Aging to install free battery operated smoke alarms to eligible seniors to keep their homes safe from

fires. The department will provide and install the alarms upon request, as well as provide informative pamphlets.

"People always need to be reminded of the basics," said Chief Hart. "Whether we're encouraging people to install proper smoke detectors, or telling them to keep a generator a

Fire safety is not just Chief Hart's passion, but it's also a family tradition.

good distance from the house and not run it indoors, it's important to keep reminding folks of the basic safety issues."

Fire safety is not just Chief Hart's passion, but it's also a family tradition.

"My father was a firefighter," Chief Hart said. "He was my hero, so I followed in his footsteps."

CARLISLE POLICE DEPT *by Michael Brothers*



Carlisle is a beautiful community just northwest of Boston filled with farms, forests and a wonderfully involved population. Leading Carlisle's public safety is Police Chief John Fisher, a 29 year veteran of law enforcement. Chief Fisher has been the Chief of Police in Carlisle for the past 6 years where his commitment to the town and his officers is evident through his actions. Carlisle Police is actively updating both their communications infrastructure and Police Headquarters giving them a state of the art facility to better serve the town.

Although Carlisle is a quiet New England community, it is not to say they are without crime. They have the same crimes as other communities, just with less frequency. Chief Fisher believes that's a testament to the men and women who serve on the Carlisle Police Department and their training. "We have a top-notch group of officers who deal with every

situation with the utmost professionalism." Chief Fisher also applauds the townspeople for their communication and involvement with the Police. Such a close relationship

"We have a top-notch group of officers who deal with every situation with the utmost professionalism."

with the community allows the Carlisle police to not only understand the needs of their citizens, but to meet and hopefully exceed them as well.

Carlisle's wooded landscape adds a unique set of challenges for Police and civilians alike. With heavily forested properties throughout the town and winter right around the corner, Chief Fisher would like to stress the importance of being prepared for the worst. He urges the townspeople of Carlisle to make sure they have an emergency supply of food, to have their cell phones charged, and to have alternate source of power.





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Above, Milltown Plumbing works with homeowner, Sylvia on her new home in Westford, MA

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by Jaclyn Vlahos



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INTRIGUING INDIVIDUALS

By Marie Swensen

When three siblings join forces, bring a multitude of family, friends and quality food, the result is a warm environment providing great food, remarkable atmosphere and a place where everyone is welcome. Cue in Cheers theme song!

The Establishment is an American fare restaurant situated on the banks of the Stoney Brook. The building is often referred to as “The Mill Complex” located at 75 Princeton Street, Chelmsford. The building originated in the late 1600s as a grist mill. The property has gone through many incarnations and even housed a wool scouring business until it was sold in 1985.

When asking co-owner, Matt Greer, what brought him and his

two sisters together to open a restaurant, he replied, “We were all at a point in our lives which allowed us to come together and it happened.” Matt Greer, Dawn Zanazzo and Laura Cowan each bring a special touch and expertise to the business which

“The cozy atmosphere full of community warmth and fun has brought uncompromised quality to what has been made here...”

this writer feels is their recipe for success. “The cozy atmosphere full of community warmth and fun has brought uncompromised quality to what has been made here,” said Ron Zanazzo, Dawn’s husband and owner. Ron, who brings his operations management knowledge was gleaming with pride having his wife, children

and grandchildren all sharing the experience of opening day. He stated that the area is such a wonderful, close community and was one of the prime reasons they chose the Princeton Street, Chelmsford location.

The siblings bring their

own prior career strengths for business along with their strong family commitments. Matt, a former restaurateur, and DJ entertainment business owner brings many years of experience to the group. Dawn a former entrepreneur herself, brings much warmth and knowledge of business management. Laura, a

former high-tech executive, brings many years of corporate knowledge coupled with a health and wellness background. Sprinkle in a daughter with management expertise and many other family members and friends who chip in doing anything that is needed. Interior designers, carpenters, and servers to name a few of the hands-on, everyone is family environment.

Speaking to Savannah, who just started as a server, I had wondered what her thoughts were working at a family owned restaurant. Her eyes lit up as she exclaimed, “Everyone is so nice. They have made me feel so welcomed. They just want families to enjoy the food and have a good time.” Mike Quattrocchi, manager said, “We’ve built a great experience for our guests and truly want them to enjoy their time at The Establishment.”

Entering the rustic old mill building which was built around 1695 the natural light plays off the

rustic beams. The floor to ceiling windows allow the customer to witness the water flowing down Stoney Brook. As I sat at the table which allowed me to gaze into the babbling brook just outside

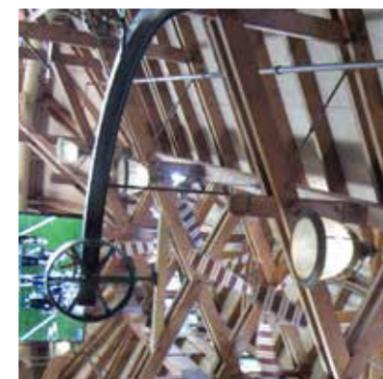
There is something on the menu for everyone, including vegan, vegetarian and gluten free options.

the window, it was quite relaxing. You may also watch a sports event as there are large-screen TVs scattered throughout. The bar offers a multitude of cold drafts tap as well.

During my visit, I got to speak to each of the siblings, along with their spouses, friends and family that were present for their opening day. The reoccurring theme was

the goal to create a warm, family friendly environment for food and fun. The food was great, the Patriots won and there was much laughter in the air. I think the siblings are successful in creating their goal.

The drone of massive machinery and pounding of giant presses has now been replaced by The Establishment playing host to cheerful laughter, clink of glasses and the inviting sizzle of quality food. Paying timeless tribute to enjoying the moment and memories of the past, locals can now relax and revel in the sights and sounds. There is something on the menu for everyone, including vegan, vegetarian and gluten free options. I suggest their steak tips which was created from a recipe in 80s; classic European dishes that originated in early 1900s or their classic pizza which according to Matt is “Out of the North End, old school pizza.”



You can visit The Establishment 7 days a week or visit www.EatEstablishment.com | 978-455-3111

Nana's French Soup

by Karen LaRoche



- 2 Lamb Shanks
- 1 Medium Onion (coarsely chopped)
- 3 Stalks Celery (and celery leaves) (chopped)
- 3 Carrots (chopped)
- 2 Tbsp. Olive Oil
- 1 Tsp. Kosher Salt
- 1 Tsp. Celery Salt
- 2 Cloves Garlic (coarsely chopped)
- 2 Bay Leaves
- 1 Tsp. Thyme
- 1 Tsp. Oregano
- 1 ½ Tsp. Fresh Ground Pepper
- 2 Large Cans Crushed Tomatoes
- 2 Cups Beef Broth (chicken broth is ok too)
- ½ Cup Nice Red Wine (Cabernet works well)
- 1/3 Cup Jasmine Rice
- Small Handful of Spaghetti (broken in half)

Using a dutch oven, Heat 2 TB of olive oil over medium high heat. Add onions, celery (not the leaves) and carrots. Sauté for 5 minutes. Remove from pot and set aside in a bowl. Add the garlic into the hot pot and saute for 1 minute, put the garlic with the other veggies and set aside. Salt and pepper the shanks and sear the meat on all sides in the same hot pot (add more oil if pan is dry). Remove to a plate once you have obtained a nice sear on the meat.

Deglaze the pan with the red wine, scraping all the yummy bits from the pan for about a minute or two. Add the broth and the tomatoes to the pan as well as the meat

and veggies. Bring to a soft boil then lower to simmer. Add all the spices and celery leaves to the pot and stir.

Let simmer on the stove for about 3-4 hours. Once the lamb is falling off the bone, remove the shanks to a plate and de-bone the meat putting it back into the pot. Add the rice and spaghetti and let simmer for another ½ hour or so. Serve with some nice crusty French bread and the rest of the Cabernet!

Bon Apétit!

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Milltown Plumbing is a family owned and operated business established in 1979. Ever since the company was founded, we've stayed true to our commitment to the people of Northern Massachusetts: our licensed and bonded plumbers offer honest answers to all of your plumbing questions, and we provide cost-effective, permanent solutions to keep your home healthy and safe. That commitment to your satisfaction has guided us for over 35 years of commercial and residential plumbing service, and the result is that homeowners in Northern Massachusetts trust us more than anyone else for quality plumbing repairs and emergency service.

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