The Town of Sprague has been awarded a fully funded federal speed/DUI enforcement grant at no cost to the town. Random enforcement will be conducted on any given Thurs-Sat night, 1-2x a month, beginning this month through Sept. 2018. Hours are typically 5PM-1AM but subject to change. If Sprague residents have any speeding concerns encompassing these hours please call 860-822-3000 X207. TFC Brian Sumner #743. Sprague Resident Trooper. 1 Main Street. Sprague, Ct., 06330.

BREAKFAST
Versailles United Methodist Church
Across from the Occum Dam
4 Church St.
Versailles, CT 06383
Call 860-822-9439 for more information.
Saturday, December 16th from 7 am – 10 am
All You Can Eat!
Adults $8.00
Children - $3.00
Under 4 Free
Scrambled eggs, Pancakes, French Toast, Sausage, Home Fries, Juice, Coffee, and Tea.

FOOD PANTRY
A Bountiful Thank You to all who donated food.
A SPECIAL THANK YOU to the Boy Scout Troop #19 and all others who participated in collecting and sorting non-perishable food items for the Sprague Food Pantry.
A SPECIAL THANK YOU also to Paula and Richard Waterman for dating and stacking the food into the Food Pantry.
During these tough economic times, Town Residents are encouraged to use the food pantry.
For those in need of food assistance, please call 860 822-3000 ext 223 or 220.

KEEP YOUR GARDEN FROM BEING OVER RUN BY WEEDS. USE THE AVAILABLE MULCH TO LINE GARDEN ROWS. FREE MULCH AVAILABLE AT THE TRANSFER STATION. YOUR BRUSH AND SCCRAA’S TUB GRINDER WORKING TOGETHER ALLOW US TO PROVIDE THIS PRODUCT. AVAILABLE DURING REGULAR HOURS

There is a mailbox placed up at the transfer station to be used for worn and torn Flags. Please place the flags there; when the mailbox is full the American Legion Post will remove them for proper flag disposal.

Newsletter Deadline:
There will be no late submissions accepted for the Our Town. As a reminder, the Our Town deadline is the 15th of every month. The newsletter will be collated on Saturday, December 30 for the January issue, we will meet at the Town Hall at 10 am. Contact Elizabeth for details. If interested in volunteering email Elizabeth @ Spragueourtownnewsletter@gmail.com
From the Desk of the First Selectman,

Winter is creeping up on us with a chill in the air! The trees are bare, the grass has stopped growing. The sky is painted with the sight of trees piercing through it providing the most stunning of views. I am always looking for that jolly of elf, in a sleigh filled with toys drawn by reindeer to come flying by!

Thanks to Dave Gustafson and the public works we have completed a trail from Sayles school to the path around the reservoir. This will allow the school to access an area to develop an increased cross-country program.

Our daffodil planting program needs a few volunteers to continue developing that “ray of sunshine” view in the spring. In addition, we are looking for some help to put up 3 more raised beds at the community garden this will bring the number of beds to 6.

The public works crew is gearing up to cut brush throughout the Town with the roadside mower. Along that line don’t forget to bring your brush to the roadsides and let us know, we will gladly pick it up. We get to chip it up for you to use in your gardens. It is available as always at the transfer station.

The Trucks have been prepared for, oh my, winter... Don’t forget to stop and thank the Town crew for all they do.

The Town has a draft of the updated Plan of Conservation and Development. It will be posted it on the Town website this month. Please take time to review, and comment to provide input before final approval.

Also, the Town wide revaluation has reached preliminary completion. I remind you if you have questions or concerns the revaluation please contact the assessor (for the revaluation).

Please take note that an RFP for the Baltic Mill site cleanup is out. We are soliciting college engineering students to provide a conceptual idea for the Baltic Mill site. This plan will be provided to the Town for comment before putting an RFP out to developers.

As always thanks for your support,

Cathy
First Selectman

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Open Positions as of 12/1/2017

<table>
<thead>
<tr>
<th>Zoning Board of Appeals</th>
<th>Recreation Committee</th>
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<tbody>
<tr>
<td>Two alternate members</td>
<td>Unlimited numbers allowed</td>
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<table>
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<tr>
<th>Inland Wetlands</th>
<th>Baltic Mills Committee</th>
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<tr>
<td>One alternate member</td>
<td>Unlimited numbers allowed</td>
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<tr>
<th>Planning &amp; Zoning</th>
<th>Regional Tourism Board</th>
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<tbody>
<tr>
<td>One alternate member</td>
<td>One appointment</td>
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<thead>
<tr>
<th>Economic Development</th>
<th>Commission on Aging</th>
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<tbody>
<tr>
<td>One regular member</td>
<td>One regular member</td>
</tr>
</tbody>
</table>

Christmas Caroling
Saturday, December 16th, 2017
5:00pm
Grist Mill
Songs, Santa, Hot Chocolate and Cookies
Come join us!
Carolng will be outside so dress warmly!

---

A luminary is a small paper lantern (commonly a candle set in some sand inside a paper bag) which is of significance in the United States at Christmas time, especially on Christmas Eve. Electrically-lit luminaries are also used, consisting of a string of standard incandescent "Christmas lights" with the bulbs covered with a tan plastic sleeve, made to about the size and shape of a small paper bag.

Please take the time to line the roadsides with luminaries this season, consider the dates of December 24 and December 31.

Happy Holidays!!
Sprague Republicans,
We would like to thank everyone who exercised their right to vote in November. We were encouraged by the turnout and support of the Sprague Republican Team. The feedback from our community, the excitement for our candidates, and the interaction with our neighbors have energized us as a group. We are very proud of all of our candidates and thank them for their time and dedication to our town.
We look forward to working with the community to ensure a bright future for the Town of Sprague.
Many thanks,
Michael P. Meadows
Sprague Republican Town Committee Chairman
860-389-4020

BALTIC FIRE DEPARTMENT LADIES AUXILIARY
Our regular meeting was held on Tuesday, November 14th, at the firehouse. Plans were finalized for the Holly Jolly Bazaar which is scheduled for Saturday, November 25, 2017, from 9 a.m. to 3 p.m., at the fire house.
All of our table spaces have been rented. We have 18 vendors with a wide variety of items such as jams, jellies, Tastefully Simple products, jewelry, handmade craft items, skin care products, Christmas ornaments, and many more items.
We also have a good variety of raffle prizes donated by our members, vendors and local businesses in the area. Members will be meeting at the firehouse on Thursday, November 16th, to do the baking for our baked goods table.
We welcome two new members – Earleen Morey and Amy Lounsbury.
Our next regular meeting is scheduled for Tuesday, December 12th, at T J’s Café at 6 pm.
Please remember that anyone interested in joining the Auxiliary is welcome. We are always looking for new members and new ideas for fundraising. You need not be a Sprague resident or have a spouse or family member in the Fire Department to join the Auxiliary as a regular member. We have recently added Junior Members – young women between the ages of 16 and 18 who have a parent or guardian in the fire department or auxiliary.
Sincerely, Jeannette Deschamps
Jeannette Deschamps, Secretary
BALTIC FIRE DEPARTMENT LADIES AUXILIARY
P. O. BOX 591
BALTIC, CT 06330-0591

Sprague Democratic Town Committee December Update
The Sprague Democratic Town Committee would like to thank all the voters in Sprague who voted in the recent election on November 7th. Turnout was great at 49 percent! Because of your support, the Osten-Dembinski Democratic team can look forward to another two years of continually working to improving Sprague.
We would also like to thank all candidates who put themselves out there for us to have a choice. Thank you for caring for Sprague!
A reminder that the January caucus is the time to join the DTC. If you have an interest in becoming part of the work in Sprague, please contact us. Registered democrats interested in serving on Town boards or joining the DTC should contact DTC secretary Claire Glaude at 860-822-9111.
Claire Glaude
DTC Secretary
**Sprague Land Preserve, Open to Hunting!**

As you know, we will be again allowing permit-only hunting in the Land Preserve this year. All information can be found in the Town Clerk’s office. We remain confident that all visitors will still be able to enjoy what promises to be an exceptionally beautiful winter, not only at the Preserve but all over town. If you get a chance, please visit the Preserve. Remember to wear orange—and make your pets wear orange too; as has been said before it’s just good sense to do so in all parks this time of year.

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**SPRAGUE GARDEN CLUB**

Happy Holidays from the Sprague Garden Club. We have been busy with projects at our Club meetings such as painting wooden door stops. Members were present at the Three Village Fall Festival doing painted pumpkins. It turned out to be a great day once the storm clouds passed by. We welcomed a speaker from Fidelity Landscapes in Smithfield, RI who spoke about natural plantings and landscaping. In November we met to make grapevine and holiday wreaths as well as our regular meeting where we had a speaker from Denison Pequotsepos Nature Center who spoke about owls and brought a live one. We will be attending our annual Christmas luncheon and soon the barrels about town will be bursting with greens and bows for the holiday season. We wish everyone a safe and Happy New Year!

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The Town of Sprague and TJ’s Café are working in concert to provide Sprague children with Holiday gifts. There will be a box at TJ’s for collection purposes or simply drop your donations off with the Town Clerk.

Thank you in advance!

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**Meeting minutes for Tuesday, November 7, 2017 regular meeting:**

CDR called the meeting to order at 7:03 P.M., there were six officers and five regular members in attendance. Opening prayer was led by the SR vice CDR, with the Pledge of Allegiance led by the Jr. Vice CDR.

FO proceeded with the reading of the Minutes of the October 2017 meeting, which were read and accepted. Financial report: Currently there is a total of $26,960.30 in the Memorial Fund and $97.79 in the checking account. A total of $170.00 has to be deposited in the checking account which represents a $100.00 donation for the sale of a pool table and $70.00 in membership fees. Additionally there is $115.00 to be deposited in the Memorial Fund, consisting of a $100.00 donation and $15.00 for tee shirt sales. FO reported on negotiations with Brodin Studios and is awaiting a draft agreement.

ADJ reported on the current membership, Post #85 has 44 members, 38 have paid 2018 dues and there are currently 6 in arrears.

CDR reported that there will be flag change-out ceremony on 11/11/2017 at 11:00 A.M. at the Veteran’s Memorial in Baltic as well as the Town Hall, also on 11/13/2017 there will be a Veteran’s ceremony at Sayles School at 9:00 A.M., members were urged to attend. Member Tim Brodeur was promoted to CWO 1; CT Tigers are offering premier seats (2) to Veteran’s who present ID on 11/10/2017 at Dodd Stadium. Membership drive, and formation of a Women’s Auxiliary under consideration, both items to be discussed further at next meeting.

CDR closed meeting at 7:45 P.M., with a salute to the colors.

Respectfully submitted:

Andre Trudelle, Financial Officer, Post #85
Sayles School students participated in a King Arthur Flour assembly to learn how to bake bread. The bread was part of the Thanksgiving baskets provided to members of the Sprague community.

REMINDER: Sayles School will hold their annual Basket Bash on Friday, December 1st. Viewing begins at 5:30pm.

Sayles School Advisory Committee Dates:
December 11 @ 9:00am, January 10 @ 6:00pm, February 12 @ 9:00am, March 14 @ 6:00pm, April 9 @ 9:00am, & May 9 @ 6:00pm

Sayles PTO Meeting Dates:
December 12, January 9, February 13, March 13, April 10, May 8, and June 5.
Meetings start at 6:00pm.
A NOTE FROM LORRAINE ALLEN

Some of our group are hoping to start a craft circle (knitting, crocheting and cross stitch). Some yarn and needles would be available. There are also plans to restart a bingo or pokeno event. Both of these would be planned for Monday from 12:30 p.m. until 2:00 p.m. and would not start until after the New Year.

These activities would take place once a month. If you have an interest in displaying your creative talents or in testing your luck, please let Buddy Meadows know at 860-822-3000, ext. 203

Let's revitalize the Sprague S.M.I.L.E.R.S.

For those who find rejoicing hard work.

A SERVICE OF REMBRANCE

For some, Christmas is not the “most wonderful time of the year.” If you are struggling with the loss of a loved one, loss of a pet, the long-awaited return of a son or daughter, depression, the trauma of job loss, divorce, illness, homelessness, financial burdens, uninspired or just blue or any number of significant transitions in life, sometimes the Christmas season may serve only to intensify your pain and deepen your sadness. Perhaps you just need a time of peace with all the demands of this chaotic time of shopping and decorating.

What do you do when there are lights and carols all around you, but you simply have no emotional strength to deck your own halls with boughs of holly?

Do this. Come join us for Our Blue Christmas Service of Comfort and Hope

A Service of Comfort and Hope ………..A Service of Solace………

Join us for music, prayer, reflection, scripture, candle lighting and words of hope. There is space to rest and find solace this night.

Versailles United Methodist Church
4 Church Street, Versailles, CT (across from Occum Dam)

We will host a Service of Solace on Wednesday, December 20th @ 7:00 p.m.

This special worship service of encouragement and hope is for anyone who is struggling this season for any reason. We hope you will join us. You are not alone.

We are handicapped accessible and have an elevator
# The Polar Express Experience

**Departure:** Friday, December 15th — Sayles Elementary School — Six O’Clock

<table>
<thead>
<tr>
<th>Advance Tickets Only $5 per person (Ages 3 and UP)</th>
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<tbody>
<tr>
<td>Tickets Purchased at the Door are $7 per person</td>
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SAYLES SCHOOL PTO IS EXCITED TO PRESENT THIS NEW HOLIDAY THEMED EVENT! **JOIN US IN YOUR PJS** FOR A DRAMATIC READ ALoud OF THE CHERISHED HOLIDAY CLASSIC, **THE POLAR EXPRESS** BY CHRIS VAN ALLSBURG. FOLLOWING THE STORY, OUR “TRAINS” WILL DEPART FOR THREE DIFFERENT DESTINATIONS! THE GOLDEN TICKETS INCLUDE A PROFESSIONAL PHOTO WITH SANTA, A SPECIAL GIFT, MAKE AND TAKE CRAFTS, AND REFRESHMENTS. LET YOUR CHILD EXPERIENCE THE JOY OF GIVING BY PROVIDING THEM WITH AN ALLOWANCE FOR THE POLAR EXPRESS HOLIDAY SHOPPE WHERE ALL ITEMS ARE $3 AND UNDER!

Tickets will be sent home with your child in a sealed envelope addressed to you.

- **PARENT NAME** ____________________________
- **STUDENT NAME** ____________________________ **GRADE ___ ** **TEACHER** ____________________________

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<tr>
<th>QUANTITY</th>
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<tr>
<td>ADULT</td>
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<tr>
<td>CHILD (AGES 3–14)</td>
</tr>
<tr>
<td>CHILD (AGE 2 AND UNDER)</td>
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</tbody>
</table>

**Please make checks payable to Sayles School PTO**

**TOTAL AMT ENCLOSED** ____________

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## ADDITIONAL INFORMATION

**Polar Express Experience- Train Destinations**

Immediately following the story, our “trains” will depart for three different destinations. Each train will have a personal guide that will lead the passengers throughout their journey. We hope that this method of travel will help to minimize waiting and lines. Each destination will have plenty of activities to keep you entertained.

Present your golden ticket at each destination for a special hole punch!

1) **Santa’s Sleigh**- A visit with Santa where each child will receive a special gift and a complimentary professional photo. While waiting to see Santa, decorate a gift bag!

2) **The Polar Express Holiday Shoppe**- A guided shopping experience where shoppers age 14 and under can buy Christmas gifts for their loved ones (including the furry ones). All items in the shop will be priced $3 and under and include complimentary gift wrapping. Parents will be kept busy just outside the shop while children find the perfect gifts for family and friends as listed on their Gift List Envelope. We will provide a Gift List Envelope to help organize your child’s visit to the Polar Express Holiday Shoppe. Please complete the front portion of the envelope and be sure to detail the amount enclosed. The information provided will help our elves assist the children with their shopping and gift wrapping.

Use this stop to write letters to Santa and deposit them in our magic mailbox. Coloring activities will also be available at this destination for all passengers not shopping.

3) **The Workshop**- This is where our little passengers will get to show their creative side as they make frames for their new photos, reindeer food for the big night, and a special keepsake ornament. These make and take activities are all included in your ticket purchase! Complimentary refreshments will be served at this destination.

**Purchase your tickets early! We have a limited number of “First Class” seats available. If we sell out of “First Class” seating, you will receive “Coach” seating in the bleachers. All tiny passengers age 2 and younger ride at no charge, but are required to ride in “lap seats”. Please return the bottom portion of this flyer along with payment to school. Special golden tickets will be sent home with your child and will be needed for entry to the event.**

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Ads must be pre-purchased at rates of: Business Card $21; Double Business Card $40; Half Page $70; Full Page $100. Purchase 11 months and receive the 12th month free. All payments for ads are made in the Town Clerk's Office at Town Hall. All payments must be made prior to the submission deadline. All ads must be emailed to the editor by the 15th of the month @ Spragueourtownnewsletter@gmail.com

**Our Town Business Page:**
- Personal and Commercial Vehicles
- All Makes and Models
- Foreign and Domestic
- Certified CT Emissions Repair Technician

**Bozrah Auto Repair Center**
4 Rachel Drive, Bozrah
M-F 8am-5pm
860-213-5914

David Wigfield, Jr
Owner/Operator ASE Certified with over 20 years experience

---

**We Have Gift Certificates Available!**

$500 OFF ANY DELIVERY
w/ coupon. No minimum. Cannot be combined. Offer exp. 12/31/17

860-889-BUZZ (2899) • 860-376-BEES (2337)
www.QueenBeesOil.com
25, 50, 75, 100 Gallons Available • Kero at Low Prices

Energy Services: TVCCA, ACCESS, Catholic Charities, Operation Warm-Up, United Way, Soldiers, Sailors and Marines, Church & Senior Discounts

"Where Our Buzz Won’t Sting Your Wallet"
24 HR Emergency Delivery Available
HASTEDT BROS. LLC
ASPHALT PAVING
860.848.0545
Baltic CT

ANDY’S CELL: 860.234.3541
JOE’S CELL: 860.234.3543
Email: estimates@hastedtbros.com
Web: www.hastedtbros.com

DRIVEWAYS * PARKING LOTS * GRADING * CRUSHED STONE * OIL AND STONE
DRIVEWAYS * ALL TYPES OF DRAINAGE WORK * APRONS * CURBING *
LINE STRIPING * SEAL COATING * CRACK FILLING
Congratulations!  
Three Rivers Healthcare  
Just completed their annual  
DPH survey with only one mi- 
nor deficiency.  
Thank you to the staff for the  
excellent care you provide to  
the residents.  
Three Rivers Healthcare  
60 Crouch Avenue  
Norwich  
860-889-2631

Basket Bashes will be held in Sprague!  
Sayles School will be on December 1st  
St. Joes will be on December 2nd  
Stop by and support local craftsmen and women!

The Town of Sprague provides  
Turkey Dinners at Holiday time  
both Thanksgiving and Christmas.  
If you can help, we will be ac- 
cepting donations of turkeys and  
the fixings.  
They can be dropped off at the Town Clerk’s office.  
Thank you and Happy Thanksgiving!

Santa Run  
We have word in Town that Santa  
will be coming through December  
10th with a bad weather date of De- 
cember 17th!  
Mark your calendars!
Hello Sprague! Our latest edition of Goin’ Postal will help everyone get ready for Holiday Mailing: The holiday season is the most wonderful time of the year, but many people miss loved ones who are stationed overseas as military or diplomatic members. While the holidays are a hard time to be away from home, the U.S. Postal Service makes it a priority that those serving their country will receive their presents, care packages and cards in time for the holidays — no matter where they may be.

To send packages to loved ones serving in the military and diplomatic posts abroad, the Postal Service offers a discounted price of $17.35 on its largest Priority Mail Flat Rate Box. The price includes a $1.50 per box discount for mail sent to APO/FPO/DPO (Air/Army Post Office/Fleet Post Office/Diplomatic Post Office) destinations worldwide. Priority Mail Flat Rate Boxes are available at no cost at local Post Offices and online at shop.usps.com. Postage, labels and customs forms can be printed online anytime using Click-N-Ship at usps.com/ship.

1. PMEMS is available to selected military/diplomatic Post Offices. Check with your local Post Office to determine if this service is available to an APO/FPO/DPO address.
2. PAL is a service that provides air transportation for parcels on a space-available basis. PAL is available for Standard Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface price for each addressed piece sent by PAL service.
3. SAM parcels are paid at Standard Post prices with maximum weight and size limits of 15 pounds and 60 inches in length and girth combined. SAM parcels are first transported domestically by surface and then to overseas destinations by air on a space-available basis.

Use the Military Care Kit to Send Presents and Care Packages
The Postal Service has created a free “Military Care Kit” based on the items most frequently requested by military families. The kit contains:
- Two Priority Mail APO/FPO/DPO Flat Rate Boxes
- Two Priority Mail Medium Flat Rate Boxes
- Priority Mail tape
- Priority Mail address labels
- Appropriate customs forms
To order the kit, call 800-610-8734. Guidelines for packing, addressing and shipping items to U.S. troops can be found at usps.com/ship/apo-fpo-dpo.htm. To order Flat-Rate Boxes featuring the “America Supports You” logo, go to usps.com/freeboxes.

Addressing the Package
Write the service member’s full name including the unit and APO/FPO/DPO address with the 9-digit ZIP Code (if one is assigned). For example:

- **Army/Air Post Office (APO)**
  - PFC JANE DOE
  - PSC 3 BOX 4120
  - APO AE 014%21

- **Fleet Post Office (FPO)**
  - SEAMAN JOSEPH SMITH
  - UNIT 100100 BOX 4120
  - FPO AP 99%91

- **Diplomatic Post Office (DPO)**
  - MELANIE ADAMS
  - UNIT 8400 BOX 0000
  - DPO AE 09498-0048

1. Do not write the country name where the service member is stationed in the address
2. Include a return address
3. Inside the box, include the service member’s name and address as well as the sender’s name and address on an index card in case the shipping label gets damaged in transit

Domestic mailing deadlines are as follows:

<table>
<thead>
<tr>
<th>Standard Post</th>
<th>First-Class Mail</th>
<th>Priority Mail</th>
<th>Priority Mail Express</th>
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</table>

The Postal Service receives no tax dollars for operating expenses and relies on the sale of postage, products and services to fund its operations.

So, armed with this information, may your holiday mailing prove to be a pleasant, preparable, and stressless endeavor! Remember: We delivery quality, convenience and service for you! Tracy A. Medling, Postmaster
### Sprague Historical Society 2018 Birthday and Anniversary Calendar.

If you have not submitted your order yet, please do so immediately.

Fill out the form below with the names and dates of people you’d like to see in the calendar. Birthdays and anniversaries - $1.00 each; Calendar - $5.00 each. Send this form and your donation to: “Sprague Historical Society” P.O. Box 162- Baltic, CT 06330. Calendars will be available for pick up at Town hall in December. You’ll be notified when they’re ready.

Please help the Sprague Historical Society. Place your calendar order today.

<table>
<thead>
<tr>
<th>Person ordering:</th>
<th>B OR A</th>
<th>Date</th>
<th>Name(s)</th>
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<td>(A)Anniversaries</td>
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<td>Calendars</td>
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<td>Monday</td>
<td>Fresh Fruit&lt;br&gt;Vegetables&lt;br&gt;Meat &amp; Bread&lt;br&gt;Milk and Bread&lt;br&gt;Green Beans&lt;br&gt;Salad</td>
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<td>Tuesday</td>
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<td>Wednesday</td>
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<td>Thursday</td>
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<td>Friday</td>
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TVCCA's Senior Nutrition Program is supported by Senior Resources Area Agency on Aging with Title III funds made available under the Older Americans Act. TVCCA's Senior Café is closed on Christmas Day.
## BUS SCHEDULE FROM SPRAGUE TO OCCUM

<table>
<thead>
<tr>
<th>Points of Departure to Occum</th>
<th>Time</th>
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<tbody>
<tr>
<td>Shetucket Village</td>
<td>7:45am</td>
<td>9:45am</td>
<td>11:45am</td>
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<tr>
<td>Playground</td>
<td>7:48am</td>
<td>9:48am</td>
<td>11:48am</td>
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<tr>
<td>Brookside &amp; High Street</td>
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<tr>
<td>TJ’s Parking Lot</td>
<td>7:50am</td>
<td>9:50am</td>
<td>11:50am</td>
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<tr>
<td>Arrive Occum- SEAT Connection Site</td>
<td>8:10am</td>
<td>10:10am</td>
<td>12:10am</td>
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<td>Red McKeon Park, Hooper St. &amp; Rte. 97</td>
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<tr>
<th>Points of Departure to Sprague</th>
<th>Time</th>
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<tr>
<td>Red McKeon Park, Hooper St. &amp; Rte. 97 (stop as needed for return trip)</td>
<td>8:15am</td>
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Express Return to Senior Center 2:15pm

Times are approximate and may vary several minutes earlier or later. Service runs Monday through Thursday except for holidays. For more information call Buddy Meadows, Sprague Senior Center Coordinator at 860-822-3000 ext. 203. *The Sprague to Occum Bus is a courtesy of the Town of Sprague and the Sprague Senior Center.* For seat schedule visit [www.seatbus.com](http://www.seatbus.com). **Winter Weather Schedule:** The bus will follow the school closure schedule during the winter. Watch early morning television on Channel 3, 8 or 30 for closures.

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The Holiday Season and Your Dog  
By Denise Dembinski  
During the holiday season your dog is likely to beg tidbits from you and your guests. Although turkey, potatoes, and green beans are fine in small quantities, there are many foods which are not. The ingestion of the following food items can result in pancreatitis and gastrointestinal upset. These are painful conditions that can result in the death of a dog depending on its size.

### Chocolate
- Sweet chocolate may only result in a stomach ache; however, unsweetened baker’s chocolate or dark chocolate can result in severe blood sugar problems, seizures, weakness, and depression.

### Alcoholic Beverages
- Poisoning in dogs occurs when a dog drinks between 5 and 8 ml of alcohol per kilo of bodyweight. To clarify this means that an ml of alcohol can result in poisoning; not necessarily an ml of whiskey or wine. Your company may set a glass on the floor next to the couch which may prove too tempting for Fido to resist.

### Macadamia Nuts
- Although the actual toxic ingredient is unknown, these nuts affect the skeletal muscles of a dog. Tremors, weakness, and/or paralysis of the hindquarters can result. Limbs can swell.

### Raisins and Grapes
- In small dogs especially, raisins and grapes can result in acute renal failure. Symptoms include vomiting, diarrhea, and shaking.

### Onions and Garlic
- These dangerous food ingredients contain thiosulphate which result in hemolytic anemia which means the dog’s red blood cells are affected causing them to burst while they circulate throughout the body. Cats and livestock can also be affected.

### Candy, Sugarless Products (including gum)
- Xylitol is a sugar-free ingredient frequently found in chewing gum, candy, and baking supplies.

### Poultry Bones
- Chicken and turkey bones splinter resulting in sharp, long, pieces which can cut, scratch, and become stuck in the dog’s throat, stomach, or intestines.

*“Regular” food isn’t the only problem dog owners need to be aware of as the non-food holiday items such as tinsel, garland, ornaments, and drinking tree water in the living room can seriously irritate a dog’s stomach. Angel hair, although soft and harmless looking, is really spun glass. Poinsettia plants are poisonous. Rock salt and other de-icers will result in vomiting and diarrhea when ingested. It will also burn your dog’s paws.*

We’ve all been told that, “An ounce of prevention is worth a pound of cure.” This is especially true when it comes to dogs and the holiday season. Maintain your dog’s regular feeding schedule, exercise them regularly, and keep high-risk items out of reach. When you’re busy is most likely when your pooch will get into trouble. Keep an eye open for symptoms of tremors, seizures, vomiting, diarrhea, and restlessness. Seek immediate veterinary treatment if necessary and have a happy, and safe, holiday season.
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<th>Sun</th>
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<td>Inland Wetlands: 7 pm, Town Hall</td>
<td>Conservation Comm. Mtg., 7 pm, Town Hall</td>
<td>American Legion 7 pm, Sprague Rod &amp; Gun Club</td>
<td>Knights of Columbus 7 pm, Fire House</td>
<td>P&amp;Z Comm. 7 pm, Town Hall</td>
<td>Troop 19 Annual Auction Evening Baltic Fire Department</td>
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<td>Zoning Board of Appeals, 7 pm Town Hall</td>
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<tr>
<td>Santa Run Rain Date 12/17</td>
<td>Conservation Comm. Mtg., 7 pm, Town Hall</td>
<td>Econ. Develop. Comm. 7 pm, Town Hall</td>
<td>Board of Selectmen 5:00 pm, Town Hall</td>
<td>Board of Finance 7 pm, Town Hall</td>
<td>Our Town Submissions Deadline</td>
<td>Breakfast Versailles Methodist Church 7 am – 10 am Christmas Caroling 5 pm Grist Mill</td>
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<td>Housing Authority 7 pm, Sr. Center</td>
<td>Water &amp; Sewer Auth., 4 pm, Town Hall</td>
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<td>Our Town Collating, 10am, Town Hall</td>
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<td></td>
<td>Christmas Eve Christmas Day</td>
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<td>Regional Animal Control Mtg. 10:30 am, Lebanon Town Hall Recreation Comm. 8 pm, Town Hall</td>
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<td>New Year’s Eve</td>
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*Winter Begins*
Note from the Editor: Elizabeth Calderon

The deadline for Our Town submissions (and corresponding payments for ads) is the 15th of each month. Submissions will be no more than 200 words and must be e-mailed to spragueourtownnewsletter@gmail.com. No series will be accepted. Longer articles may be submitted and used based on room at the Editor’s discretion. The focus of Our Town is community events, articles, commission notes and other items of town-wide interest. Annual budget considerations may affect page appropriations. Ads have no restriction on word limit and must be pre-purchased at rates of: Business Card $21; Double Business Card $40; Half Page $70; Full Page $100. Purchase 11 months and receive the 12th month free. All payments for ads are made in the Town Clerk’s Office at Town Hall. Sprague™ Our Town is a free monthly publication of the Town of Sprague, serving the communities of Baltic, Hanover & Versailles. Primarily funded by the Town, support is also provided by paid advertisements. Opinions expressed in Sprague™ Our Town are not necessarily those of town officials or the community at large, but solely reflect those of the writer. Submissions may be edited for clarity and formatted as necessary. Libelous or obscene materials are not permitted.