



# Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

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[www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com)

Celebrating 34 Years of Service

Issue # 350 • July/August 2017

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## TYNGSBOROUGH TOWN CLERK

**2017 DOG LICENSES** are available at the Town Clerk's office or by mail. Male/female licenses are \$11.00 and spayed/neutered licenses are \$7.00. Current rabies vaccination is required. If renewing by mail, please enclose a stamped envelope for the license. **Remember that there is a \$25.00 late fee for any registration after March 1!** **2017 CENSUS** forms were mailed. Please check the information on the form for accuracy, make necessary corrections, and return promptly to the Town Clerk's office. If you do not receive a census form, please call the office and we will mail a form. Please note that the census does not register you to vote. You can register by going to [mass.gov](http://mass.gov) and completing an online voter registration form. Completing and returning the census keeps your voter status current and there will be no need to fill out a proof of residency form at the polls.

## TYNGSBOROUGH BOARD OF HEALTH

The Health and Safety Fair will be held on Saturday, September 30<sup>th</sup> at the Tyngsborough Elementary School on Westford Rd., in both the gym and the cafe. Hours will be 9:00AM-2:00PM. New this year, the Red Cross will be hosting a Blood Drive. Tyngsborough Fire and Police Departments will be at the fair with demonstrations and safety info. Lowell General Hospital, American Cancer Society and other local health vendors will be on hand for health screenings.

## TYNGSBORO FARMERS MARKET

**5<sup>th</sup> Season!**

**We will be open from 9am to 1pm every Saturday through October 14<sup>th</sup>.**

The Farmers Market is located on Middlesex Road, Tyngsboro, MA. (near the Tyngsboro Bridge) New vendors and old favorites! Fresh vegetables, fruits, honey, meats, crafts and so much more!  
Stop by and GET FRESH!

Find us on facebook at

[www.facebook.com/TyngsboroFarmersMarket](http://www.facebook.com/TyngsboroFarmersMarket)

## TYNGSBOROUGH PUBLIC SCHOOLS

You can find Tyngsborough Public school news at  
[www.tyngsboroughps.org](http://www.tyngsboroughps.org)

District Offices, 50 Norris Road, (978) 649-7488  
Middle School, 50 Norris Rd. (978) 649-3115  
High School, 36 Norris Rd. (978) 649-7571  
Elementary School, 205 Westford Rd. (978) 649-1990

**HOPE YOU  
HAVE A  
WONDERFUL SUMMER!**



## IN MEMORY OF

Thomas F. McCoy	Francine D. Hamm Leighton
Caren S. Sponholtz	Marilyn I. Chadbourne Buck
Lisa Ann Comtois Parece	Marguerite John Daniell
Theodore R. Thing	Dennis M. Costa
Michael K. Clark	William O. O'Boyle
Robert F. Garipey Sr.	Thomas M. Connor
Helen M. Landry Gray Halleran	Rita M. Callahan Doherty
Lillian M. Perry Lemire	Arlene L. Mace Flanders
Clement Grover Hightower	Gail Ann Garmon
Patricia A. Surprenant Chandonnet	

## NOTICE TO TYNGSBOROUGH WATER DISTRICT USERS

The Tyngsborough Water District will be flushing water mains **beginning June 8, 2017. The flushing program will be in effect for approximately 6 weeks.** Flushing will be conducted between the hours of **8am and 3pm, Monday through Friday.** During these times, water pressure may be low and the water discolored. Let the water run awhile and it should clear up quickly.

We regret any inconvenience this may cause you.  
Thank you for your assistance!

*Tyngsborough Water District*

## VOLUNTEERS NEEDED

**July 15<sup>th</sup> and 16<sup>th</sup> from 9-1, Flint Pond, Tyngsboro**

This is to pull water chestnuts and help with clean-up of floating seasonal debris. Having your own kayak, canoe, or row boat is helpful, please contact me in advance if you will need a boat as there are a few extras available. If you prefer to stay on dry land, we need help unloading the boats. The chestnuts have a very shallow root system, as long as you are comfortable in a kayak et al, you will not find the work hard.

We will provide all supplies for the harvest, but if you have a shrub rake and/or metal garden claw it will be an extra help for the clean-up. Wear old clothes, and footwear you don't mind getting muddy-flip flops are not a good choice as there are a lot of sharp old chestnut pods washed up along the shore that can penetrate a thin sole. Beverages and light lunch will be provided.

Please contact Maura Amrich at [genam1620@verizon.net](mailto:genam1620@verizon.net) or 1-978-649-4785 for more info. It is helpful if you call to register in advance for either day so we can be sure to have enough supplies (but if you can make it last minute we won't turn you away). The 16th may be just a pond clean-up if we get all the chestnuts on the 15th-it is harder and messier work than harvesting. This is a great way to earn NHS points and help in the continued recovery of Flint Pond, once one of the best bass fishing ponds in the state.

Please meet at the boat launch off Kendall Rd (the road next to the fire station) at 9 a.m. on 7/15 and 7/16. Thank you.



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## DIY ESTATE PLANNING MISTAKES

*By Edward Adamsky*

There are some projects, like planting some flowers, that you can do on your own, with little risk, but Estate Planning and Elder Law are not in that category. Many families take actions that seem to make sense to them and that appear reasonable from a family point of view. But, those actions can smack into the laws of Probate or the rules of Medicaid many years later. You should seek the assistance of an Elder Law Attorney whenever you are doing anything with your long-term planning, assets, real estate, or legal documentation.

Many people don't understand how important the Power of Attorney is. The spouse of a person in a nursing home without a Power of Attorney will need to go to Probate Court and seek conservatorship. He will have to ask the Court for permission to handle the assets of his spouse, then he will have to ask permission to do some ordinarily simple things like using some of those assets for household bills that are not directly those of the nursing home spouse. Basic planning we do for Medicaid requires Court approval and might be denied if not completed properly.

Another vital tool is the Will. It is essential that it have the right language to meet the laws and to make things inexpensive for the family. Leaving out a fairly standard "power to sell real estate" requires an additional, costly and time-consuming Probate Court hearing that will delay the sale of real estate and reduce the amount the heirs will inherit. Not having a Will at all is another big mistake. You need to have a Will in place.

Planning for heirs with disabilities is imperative. If assets are left outright to a person who is receiving a means-tested benefit (like MassHealth/Medicaid) that person would lose those benefits and those assets will be quickly lost to the costs of care. You must consult with an Elder and Disability Law Attorney to ensure that a proper trust or other legal tool is created to protect the assets and the ongoing needs of the beneficiary.

If you are doing anything with real estate, you should consult an attorney and discuss the whole situation and all of your options. Some people may get an attorney to write a deed to transfer ownership to children, without a thorough discussion. There are consequences to transfers of real estate to both the giver and the recipient. The entire transaction needs to be considered carefully and the right steps taken.

Doing your own plumbing, electric work, or dentistry would be foolish (unless you're a professional, and even then the dentistry thing wouldn't work). The risk is too high to justify any short-term cost savings. The same is true with Estate Planning and other legal matters. Consult with your local Elder Law Attorney.

## TYNGSBOROUGH SCHOLARSHIP TRUST

P.O. Box 547, Tyngsborough, MA 01879

[www.TyngsboroughScholarshipTrust.org](http://www.TyngsboroughScholarshipTrust.org)

1963 \* Celebrating 54 Years \* 2017

The Tyngsborough Scholarship Trust has been awarding scholarships for 54 years! This June we proudly awarded over \$45,000 in scholarships to high school seniors who live in Tyngsborough and have chosen to continue their education.

The work is rewarding and our fundraising events are just as fun to work on as they are to attend. We have begun to plan our fall fundraisers, including the **TST Calendar**, which will be on sale in September at each school's open house, the **Taste of Tyngsborough** which we co-sponsor with the Tyngsborough-Dunstable Rotary, and the **Holiday Market Place**, which is held in conjunction with EFT's Tyngsborough Trot 5K Walk/Run for Education on Sunday November 5<sup>th</sup>.

If you interested in learning more about what we do, consider attending one of our meetings. We welcome all new members! **We meet the 2<sup>nd</sup> Wednesday of each month, from September through June**, at the Tyngsborough Town Hall. For more information check out our website [www.tyngsboroughscholarshiptrust.org](http://www.tyngsboroughscholarshiptrust.org) or contact us at [info@tyngsboroughscholarshiptrust.org](mailto:info@tyngsboroughscholarshiptrust.org). *Have a safe and enjoyable summer!*



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**169 Westford Rd., Tyngsborough, MA 01879**

**Mailing Address: 25 Bryants Lane, Tyngsborough, MA 01879**

Email: Broche@tyngsboroughma.gov  
councilonaging@tyngsboroughma.gov

**PLEASE SIGN IN WHEN YOU COME TO THE CENTER!!**  
Hours of Operation are Monday thru Friday 8-4. Bus 8:15-3.

**Lunch is served promptly @ 11:30** everyday must make reservations 2 days in advance BEFORE NOON Call 978-649-9211 \$2.00 for seniors & \$4.50 for non-seniors

•**WELLNESS CLINIC COA, 169 Westford Rd 978-649-9211** Nancy Harding, RN, from the **Circle Home, Inc.** 1<sup>st</sup> Tues each month.

•**WELLNESS CLINIC at ELDERLY HOUSING** Nancy Harding, RN, from the **Circle Home, Inc.** Red Pines Elderly Housing, the third Tuesday of each month from **8:30 - 9:30.** Brinley Terrace Elderly Housing, the fourth Tuesday of each month **8:30-10:00.**

• **STITCHERS LEARN HOW TO STITCH FOR A CAUSE** There will be no stitching class from June 19th until September 11th. Our project this season is creating knitwear for the fall fair. Joanne Jean will be at the Center on Mondays 12:30 to 1:00 if you need to pick up any yarn or needles.

• **CHRISTMAS IN JULY Friday July, 14th, 11:00** What better way to cool off this summer than at our center air condition for Christmas in July! If you like, you can bring a small gift to swap at our re-gift exchange. There'll be great food as well as Christmas songs to sing along with Gayle Craig. **Tickets: \$5.00 You must have signed up by July 7<sup>th</sup>** This will be a good time to re-wrap those un-wanted gifts. What you don't like might be some else's treasure. This should be a fun time for everyone.

• **SHINE Serving Health Insurance Needs of Everyone. Wednesday July 19th, 8:30-12:30** Counselor, Lillian Colby, every 3<sup>rd</sup> Wednesday of the month. Call 978-649-9211 for appointment. **Bring insurance cards & list of prescriptions you take.**

• **LUNCH BUNCH - T-Bones Wednesday, July, 19th, 11:30-1:30** Need transportation for this trip? We will be happy to pick you up using the Tyngsborough Bus. Call 2 days in advance for the bus. 978-649-9211. **Last Day to Sign up July 17<sup>th</sup>.** Bring a friend along and enjoy the day.

• **SENIOR BREAKFAST Thursday, July 20th, 8:30-9:00 FREE** healthy breakfast at the Center. Food sponsored by Senior Whole Health. Last sign up day July 17<sup>th</sup>.

• **CHAIR MASSAGE THERAPIST Wednesday, July 12<sup>th</sup>, 11:00** Tanya Moran. Fee \$15.00 for 15 minutes.

• **FOOTCARE FOCUS** Professional Nursing Footcare Clinics and Home Visit by Appointments Assessment/ Nail Clipping & Filing, Callus Reduction /Gentle massage Tuesday Aug 15<sup>th</sup>, 10:00-12:00, (New Price) \$35

• **COUNTRY WESTERN DAY Wednesday, August 9th 11:00** It's time for a Western Round Up! We'll have country music and more!

• **CASINO DAY Wednesday, August 16th at 12:00** This will be our fourth annual casino day. **Last sign up date August 9th**

• **LUNCH BUNCH... Princeton Station "Have Lunch With a Friend" Wednesday, August 16th 11:30-1:00** If you need transportation for this trip we will be happy to pick you up using the Tyngsborough Bus. Call 3 days in advance at 978-649-9211. **Head count goes in Aug 14th**

• **VETERAN/SENIOR BREAKFAST Thursday, Aug 17<sup>th</sup> at 8:30** Start your day with a **FREE** healthy breakfast and a smile. Food sponsor- The Arbors. Our speaker, Jonathan Athanas will be giving a talk on Falls Prevention.

• **HAMPTON BEACH Wednesday, August 23rd, Pick up starts 9:30 and Bus will leave the beach at 1:00. \$10.00** A day of fun. Pull out your bathing suit, sun hat and sunblock. Bring your lounge chair and soak up the sun. Have lunch on the boardwalk.

**POLICE UNION END of SUMMER BBQ Wednesday, August 30th, 11:30-1:00** This will be the 7<sup>th</sup> annual cookout. Come support our Police Officers for the good work they do for our town. Don't forget to thank them for a wonderful cookout. **Last day to sign up August 23.**

**PIANO LESSONS**

*Given by Catherine O'Malley*

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### Our "WHY"

We believe in spreading love by sustaining a culture that creates and instills the love of life, a love for others and the love of learning. We believe in the importance of teamwork to nurture our little angels, while cultivating confidence in themselves and in their individuality. We believe in developing our angels to be prepared for their individual paths.

Is your child ready? Our Kindergarten and Pre-K programs are where little feet take BIG Steps toward their future. We encourage you to visit us online for an introduction to our programs and call to join us today for a tour as for FALL 2017 space is limited!

-Douglas & Jennifer Dolan

## BUDGET BUDDIES

**Budget Buddies helps low-income women become more economically self-sufficient** and transform their lives by teaching them core money-management skills and pairing them with personal financial coaches. We partner with local social service agencies and community volunteers to provide individualized training in basic money management. **Please come along to a no obligation Volunteer Information Night in Chelmsford MA. Please call (978)-703-0820 for details – our website is [www.budgetbuddies.org](http://www.budgetbuddies.org)**

### The deadline is August 10<sup>th</sup> for the September issue.

Have events coming up in? Send an email to me [anne@NeighborToNeighborNewsletter.com](mailto:anne@NeighborToNeighborNewsletter.com) or by mail to Neighbor to Neighbor, 64 Hardy St., Dunstable, MA 01827.

News is placed on a first come, first served basis.

Need details about advertising your business?

You may reach me at **978-419-1914** or send me an email.

*Tyngsborough printed issues circulation is 5011 and*

*Dunstable printed issues circulation is 1299.*

Issues available at [www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com)

## TYNGSBOROUGH HIGH SCHOOL

is proud to announce Emilie Brush, Taylor Anderson, Kathleen Buckley, and Nicole Pierce as the June Students of the Month.

**Emilie, daughter of Rick and Mary Brush**, is a member of both the National Honor Society and the Spanish National Honor Society. She is a recipient of the Principal's Award and is a member of the PALS program. Emilie is a decorated athlete, earning multiple all-star awards in soccer including the Central Mass All-Star Award, the Wachusett C League All-Star Award, a Lowell Sun All-Star Award, and the Central Mass D3 All-Star Award. She has been a captain of the team since her junior year and was named a league MVP. Emilie is also a highly accomplished skier, earning MVP honors as a member and captain of the Groton-Dunstable varsity ski team. She is a two-time Mass Bay West Alpha League Champion, a two-time Worcester Telegram & Gazette Hometeam All-Star, a two-time Lowell Sun Skier of the Year, and a two-time Boston Globe Skier of the Year, and a State Champion. Emilie has volunteered her time at the New England Student Leadership Conference, with alter serving at St. John the Evangelist Parish, at the Catholic Heart Work Camp, and at the Corunum Soup Kitchen. She enjoys doing outdoor activities, completing puzzles, coloring, hanging out with friends, and playing with her dogs. Her favorite subject is science, and she looks forward to becoming a wildlife biologist or an environmental scientist. "I have gained friendships and fond memories on the soccer field and ski hill. I will always appreciate the support I received from my teachers all my four years of high school."

**Taylor, daughter of Jody and Darren Anderson**, is a member of the Spanish National Honor Society and a recipient of the Principal's Award. She is a three-sport athlete, participating in field hockey, lacrosse, and track. Taylor is a field hockey captain and was named a Mid-Wach All-Star in both her junior and senior years, and she was named team MVP this year. She has volunteered her time to fund a Thanksgiving meal for local veterans, and she has also volunteered with the Give Kids the World program. Taylor enjoys playing field hockey, babysitting, and playing with her dog. Her favorite subject is math, and she looks forward to attending college, earning a master's degree, and getting a job helping people in need. "I have gained long-lasting friendships and THS has given me lots of opportunities. My favorite moments are traveling to Give Kids the World, building a doghouse for Comprehensive Project, and all of my field hockey games."

**Kathleen, daughter of Mark and Janice Buckley**, is a member of both the National Honor Society and the Spanish National Honor Society. She is a recipient of the Principal's Award and the Principal's Scholarship. Katie has played both soccer and tennis for THS, and she volunteers her time with the Wish Project, with the MSPCA, with the Grace Chapel Wilmington House of Hope, and at the Nashua Soup Kitchen. Her favorite subject is Anatomy & Physiology, and she looks forward to attending Quinnipiac University with the goal of becoming a pediatric nurse. "THS gave me a lot of travel opportunities in which I got to go to Spain and Belize and experience different customs. I've made life-long friends in my years here."

**Nicole, daughter of Kathy and Jack Pierce**, is a member of the National Honor Society and the Spanish National Honor Society. She is a recipient of the Principal's Award and is a member of the Outdoor Club. Nicole is a three-sport athlete, participating in field hockey, swim, and track & field since her freshman year. She has volunteered her time with the Girl Scouts and with Give Kids The World. Nicole enjoys dancing (she has been doing it for 16 years) and hiking in the White Mountains (she has hiked all of the 48 4,000 foot or higher mountains in NH). Her favorite subjects are Anatomy, English, and Sociology, and she looks forward to going to medical school, becoming a pediatric oncologist, living around Boston, and starting a family. "I will always remember talking to the English teachers, Ms. Valacer, Mrs. Teal, and Mrs. Boughan. I am so grateful for all of the connections I have with the teachers here. I will never forget game-day for field hockey and all of the nicknames that Julia gave everyone. I am grateful for all of the lessons I have learned here and am ready to apply them at UMass Amherst."

**TYNGSBORO YOUTH  
LACROSSE ASSOCIATION  
ANNOUNCES 2017  
SCHOLARSHIP RECIPIENTS**



The Tyngsboro Youth Lacrosse Association is once again, proud to announce the winners of their annual scholarship awards. We are honored to announce the following 2017 scholarship recipients: Mackenzie Dillon, Kyle Laforge, Ryan Richardson, Kevin Butler and Trevor Neal

As an organization, we have many great kids participating in our program who go on to become admirable students, athletes and young adults at Tyngsboro High School. This scholarship is our way of giving back and recognizing those deserving seniors who demonstrate the values of our organization.

To be an eligible candidate, applicants must be a graduating senior who is pursuing higher education, must have played lacrosse for Tyngsboro High School and must have participated as a youth player for the Tyngsboro Youth Lacrosse Association program.

Each year, the scholarship award winners are selected based on a handful of factors, including academic performance, good sportsmanship, participation in extracurricular activities, and community involvement.

Under those guidelines, a select number of graduating senior lacrosse players are annually awarded a scholarship in an amount determined by the Board of Directors and each recipient is presented with a check during their senior night.

Congratulations to the 2017 winners,  
*Tyngsboro Youth Lacrosse Association*

**IN TYNGSBOROUGH  
EMERGENCY # FROM CELL PHONE IS 978-649-7111  
(NOT 9-1-1)**

**FRIENDS OF THE TYNGSBORO  
COUNCIL ON AGING**

**Friends Spring Flea Market** The Friends of the Council on Aging, a non-profit organization, had their first annual flea market on June 3rd. We thank the vendors from the bottom of our heart who contributed to buying a space and making it such a successful fundraiser.

FRIENDS of the TCOA contribute to fun filled and successful activities at the senior center. All our activities and fundraisers take time and talent. Consider donating some of your time to make the TCOA the best it can be.

Our Board of Directors include: President: Joe Jacoppi, Treasurer: Joanne Jean, Clerk: Frank McCarthy, and Jean Kareores, Elaine Rivard, Leon Poirier, Elaine Franks, and Trudi Woods.

The Friends is a 501(c)3 non profit charity and all donations are fully Tax Deductible. ALL GIFTS AND DONATIONS CAN BE SENT TO: The Friends of the Tyngsborough Council on Aging, PO Box 415 Tyngsborough, MA 01879. **Visit our web site:**  
<http://www.friendsofthetyngsborocouncilonaging.com>.

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We are an egalitarian community of learners doing Torah Lishma, "study for it's own sake." We study the Hebrew Bible and the classic texts of rabbinic Judaism. We are open to classical modes of study, drawing from the millennia of wisdom of classical rabbinic commentators, as well as modern modes of learning from non-Orthodox scholars. This is a family-friendly, safe-space to study Jewish texts. Always looking for new, friendly faces to learn & have coffee with us. We meet at Temple Beth Abraham in Nashua, on most Tues & Thurs, 5:15-6:15pm. (see FB page for specific dates. Email for details.) <https://www.facebook.com/groups/1618060978426822/>

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## ST. LOUIS SCHOOL

St. Louis School 77 Boisvert St. Lowell is accepting registrations for the 2017-2018 school year for Pre K 3-8.

Pre K 3 part time options are offered. Shadow days and tours are available daily. Great incentives are now available for new students in K-8. **Please contact the school office 978 458 7594.**

### PRAYER TO SAINT JUDE

I receive the gifts of God with a grateful spirit. St. Jude, help me to see the blessings that surround me and give me life. I offer you my prayer of thanksgiving. Give me the grace to be forever thankful for God's love and mercy, and the gift of life each day. May this gratitude inspire me to give generously of myself to others—in my actions, in my prayers, and in my fortune however small that may be.

Be with me now, St. Jude. Linger with me in gratitude, and let thanks fill my heart, washing away my pains and troubles. May I desire nothing except to be in God's presence, and to learn from you to be an example of hope, love, and thanksgiving to everyone I meet. Amen. CM

## MERRIMACK VALLEY HOUSING PARTNERSHIP

Project Genesis Home Buyer Training classes - Topics include an overview of the home buying process, the mortgage application process, legal aspects, home inspections, household budgeting and down payment assistance programs. The fee is \$100.00 includes all materials and 4 sessions. Learn about the home buying process. **A series (4 classes) July 10, 11, 12, 13 (four consecutive nights) from 6:30 p.m. to 9:00 p.m. The next session will be held on August 29, 30 and September 5, 6.** Classes are held at Middlesex Community College, 67 Middle St., Classroom 405, Downtown Lowell. **Register online at [www.mvhp.org](http://www.mvhp.org) or call 978-459-8490.**

**Landlord Training Classes** are held from 5pm to 8:45pm on the following dates, July 19, August 23, and September 25 as well as other future dates. Please check online for other available classes.

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- July 12 *Back -2- Back* Classic Rock  
**Annual Vehicle Night Co-Sponsored by Dunstable Public Library and West Auto**
- July 19 *The Transistors* Sounds of the 60's  
**Goss Farm Cow Train**
- July 26 *Never Easy Band* New & Old Country/Classic Rock & Roll  
**Pre-Concert Dance Show by Dance Expressions**  
**Post-Concert Skywatch, New Hampshire Astronomical Society**
- August 2 *Crossroads* Classic & Modern Rock, Country & Pop  
**Public Safety Night with Dunstable Fire & Police**
- August 9 *The Rampage Trio* Blues, Rock & Boogie  
**Community Information Night**  
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## JOIN TYNGSBOROUGH CITIZENS

If you are new to Tyngsborough, welcome! If you are not new but want to know more or want to know how you can get involved, you are invited to join over 450 fellow residents in our on-line community forum. Tyngsborough Citizens is a Yahoo Group and membership in our group is open to all residents of Tyngsborough. We share information about town and school happenings and ideas for how to make our town even better. We are not an anonymous group; residents share their name and address when posting. We strive to keep the conversations civil and constructive.

Please visit [tyngsboroughcitizens-subscribe@yahoogroups.com](mailto:tyngsboroughcitizens-subscribe@yahoogroups.com) to join.

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**Town Hall Directory Main Number 978-649-2300**

Town Accountant	Ext. 124	Media Dept.	Ext. 140
Assessor's Office	Ext. 121	Planning Board	Ext. 115
Board of Appeals	Ext. 112	Town Treasurer	Ext. 126
Board of Health	Ext. 118	Veteran's Agent	Ext. 131
Building Office	Ext. 112	Sewer Dept.	Ext. 134
Town Clerk	Ext. 129	Board of Selectmen	Ext. 100
Town Collector	Ext. 128	Town Administrator	Ext. 100
Conservation Office	Ext. 116	Recreation & Parks	Ext. 150
Capital Asset Mgmt Com	Ext. 124		

## ATHLETIC SPORTS AWARD NIGHT

Congratulations to all the spring athletes who attended the Athletic Sports Award night on June 13th. It was a great success and we are proud to announce the following **SENIOR AWARDS**: **Irmin L. Pierce-Outstanding Athlete**: Female: Jaylan Fraser-Mines; Male: Kyle Laforge. **Lawrence R. Kelleher - Outstanding Seasonal Performance**: Female: Emilie Brush; Male: Matthew Butler. **John Perreault - Scholar Athlete**: Female: Catherine Riley; Male: Nicholas Yang. **Gregory S. Kasabian - Inspiration and Courage**: Female: Skyler Hickey; Male: Jared Wolf.

**Kevin Lyons Memorial Award - Outstanding Cross Country and Track Athlete**: Female: Kyle Fraser-Mines; Male: Jared Wolf. **12 Season Athletes**: Skyler Hickey, Nicole Pierce, Deanna Kay, Ari- anne Poulin, Kyle Laforge, Matt Butler, Kyle Fraser-Mines (**15 Seasons**) Jaylan Fraser-Mines (**16 Seasons**) Catie Riley (**16 Seasons**)

## FALL 2017 TYNGSBORO HIGH SCHOOL AND MIDDLE SCHOOL SPORTS

**PARENT INFORMATION NIGHT** Meeting will take place in the High School Gymnasium on **Wednesday, August 16th** at 7:00pm in the High School Gymnasium

### FIRST DAY OF PRACTICE FOR ALL HS & MS ATHLETES

Football & Cheerleading: **Friday - August 18th**

All other High School Sport: **Thursday - August 24<sup>th</sup>**. Middle School Field Hockey & X-Country: **Tuesday - September 5th**

**REQUIREMENTS 1.** No student/athlete is eligible to participate unless they have an updated physical. MIAA rules state you must have a current physical (dated within 13 months) on file at the school in order to participate in interscholastic sports. Students are not allowed to try-out, practice, or play a sport without an updated physical on file.

**2.** No student/athlete is eligible to participate unless they have an online registration form completed through the Parent Portal. **Step 1:** Log into the Parent Portal <https://powerschool.tyngsboroughps.org/guardian/home.html>

**Step 2:** Enter your login password. If you need any assistance you can call the Athletic Office at 978-649-4210 and speak with Sherry Corcoran or email **Step 3:** Scroll down and click on Athletic Registration form Icon. \*Option to pay user-fee on line is also available \*Due the first week of practice at the end of try-outs.

**PLEASE FAX ALL PHYSICALS: High School Nurse:** Debbie Donohoe Fax: 978-649-1877 email: [Debbie.Donohoe@tyngsboroughps.org](mailto:Debbie.Donohoe@tyngsboroughps.org)

**Middle School Nurses:** Michelle Riley and Karen Morrill Fax: 978-649-8673 [Michelle.riley@tyngsboroughps.org](mailto:Michelle.riley@tyngsboroughps.org) or [Karen.morrill@tyngsboroughps.org](mailto:Karen.morrill@tyngsboroughps.org)

**FALL SPORTS SCHEDULES** Fall sports schedules will be available at the end of June, please go to [www.mwllma.org](http://www.mwllma.org). Learn how to sign-up for text alerts. Find information on our web page <http://www.tyngsboroughps.org/pages/Tyngsborough/Departments/Athletics>

**Sports Offered for Middle & High School** Incoming 9, 10, 11 & 12 Graders

\*Football, Cheerleading, Golf, Girls Soccer, Boys Soccer, Field Hockey, Boys & Girls Cross Country

**Incoming 8th Graders JV Level** \*Football, Girls Soccer, Boys Soccer, Field Hockey, Boys & Girls Cross Country

**Middle School Incoming 5th & 6th Graders:** Cross Country, Field Hockey

**High School User-fees** \$300.00 1st Sport, \$200.00 2nd Sport, \$100.00 3rd Sport.

**Middle School User-fees:** \$200.00 1st Sport, \$175.00 2nd Sport, \$150.00 3<sup>rd</sup>. Sport *Middle School rates apply to athletes playing at the high school level.*

\*Inclusion Meeting for 8th and 9th grade football players took place on May 30th from 6-7:00pm in the HS Cafeteria. Head Coach: Jim Tansey - [James.Tansey@tyngsboroughps.org](mailto:James.Tansey@tyngsboroughps.org) Asst. Coach: Rob Beaudette - [Robert.beaudette@tyngsboroughps.org](mailto:Robert.beaudette@tyngsboroughps.org)

**HOMECOMING** will take place on **Saturday, October 21st for all teams.**

Fall 2017 Sports Award Night for all athletes who play a High School sport only will take place on: Tuesday, December 5th at 7:00pm in the Ciampa Performing Arts Center-HS Auditorium

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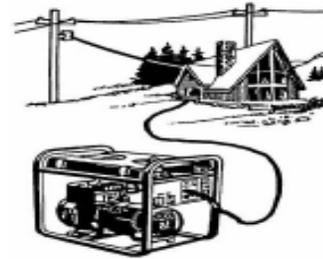
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## FRIENDS OF THE TYNGSBOROUGH PUBLIC LIBRARY



Our Used Book Sale in May was very successful raised approximately \$3500 for the Friends who will use the funds to support the Library's programs. Programs include Library passes for reduced entrance prices to museums and activities, the scholarship/award for a deserving high school senior, books for the children's room, as well as other activities at the Library. If you are interested in more information about the Friends, please visit our Facebook page at <https://www.facebook.com/FOTPL> or the Library website at <http://www.tynplib.org/index.php/friends-of-library>.

We are fortunate to have such generous book donations from our town residents prior to each sale.

Did you ever wonder what happens to the books remaining after the sale? They are picked up by a company which again donates to libraries, schools and community based organizations or otherwise sells or recycles them. Many good quality children's books go to wonderful organizations. Since we do not have the resources to store or ship these books, it is good to know that they will be used again rather than be discarded into a landfill.

**The next meeting of the Friends will be Monday, August 28, at 7 p.m. in the Library.** If you are currently an active member, please join us. We also welcome new members anytime. Mark your calendar for future meetings, normally held on the first Monday of the month at 7 p.m. in the Library at 25 Bryant Lane. Check our Facebook page for any updates. Don't forget to provide us with your current email address if you have not heard from us lately. Send your email address with your name to [tynplibfriends@gmail.com](mailto:tynplibfriends@gmail.com). Thanks!!

## THIS GRAD NIGHT

Planning begins for the next Grad Night! We can't wait to celebrate the Senior Class of 2018! There is always room for new board members on our committee so please consider checking us out as we need new members like YOU to keep the tradition of "Grad Night" alive for years to come! Come check out our meetings and get involved to keep this great "free" program going for our future graduates. Our Class of 2017 Grad Night was a **huge success** and **thank you for all of your support! We couldn't have done it without you!** **Congratulations to the Class of 2017!**

**We will reconvene in September.** For additional information, please contact Tara Gabriel at 978-397-6495 or Caren Bovil at 978-852-3964. You may also visit our website [www.thisgradnight.org](http://www.thisgradnight.org) for more details about our organization. **Meetings are held the first Monday of the month at 7pm** in the teachers' lounge across from the cafeteria of Tyngsboro High School. We appreciate and value your support of our Tyngsboro students!

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We hope to welcome you soon! We are on 242 Main Street in North Chelmsford, right on the Westford/Chelmsford line. From Route 3, take the Route 40 exit to Chelmsford, take a sharp right onto Main Street Chelmsford right after the variety store and follow Main Street until you see the church on the left.

**Starting on September 10th – we will no longer have an 11:00am service.** We will only have the 9:30am service as well as our Sunday School at 9:30am.

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## TYNGSBOROUGH RECREATION

Call 978-649-2300 Ext. 150

The Recreation Committee meets at the Recreation Center 120 Westford Road the first Monday of the month at 7pm. Additional information may be found on our website at TyngsboroughRec.com Friend us on Facebook. Seeking new members. Currently **three** open seats. Join us!

**NEW Music Fun Day Camp** -Ages 3-8 Children will enjoy different music activities each day 10-11AM and have fun exploring their creativity through singing, playing simple instruments and movement. Music play helps children develop language and social-emotional skills, math and literacy, physical coordination, and more. But most of all it's a lot of fun for children and their parents! Runs for one week only July 17-21 (parents must stay, this is not a drop off program). Register on-line at TyngsboroughRec.com

**TOWN BEACH - OPEN FOR SWIMMING**- through Labor Day Weekend. FREE Resident passes are needed and available at the Town Hall. Volunteers welcome to assist in maintaining the beach. The swim area needs raking. Please message your interest on FB or email TyngsboroughRec.com.

**TENNIS CLINIC** Held at Bicentennial Courts next to the Elementary School \*Boys/girls ages 7-18 \*Beginners through advanced \*Tennis made easy and fun! 3 weeks of fun Class size limited so sign up now! August 7-10 Mon thru Thurs 9-12 pm \$199 (\$50/day) August 14-17 Mon thru Thurs 1-4 pm \$199 (\$50/day) New: Sibling discounts are no longer available , 20% off total tuition each additional week (discounts offered by phone only) Daily rate is \$50! Register now for any class by either sending an email that includes your Personal Information (phone number, address, etc) , Child's Information, (age and level) and Times to: Greg Reardon, U.S.P.T.R. or fill out the on-line form . You can also call: 727-542-9636

**NEW FIDDLE/VIOLIN GROUP PLAY IN!** - Calling all beginner/intermediate violinists/fiddlers! Join the fun at a group play in, play and meet with other fiddlers/violinists, or just listen and enjoy the company. The fourth Tuesday of each month at the Recreation Building starting Tuesday August 22nd 7pm-8:30pm RSVP to Darlene at 978-394-8451 or Theresa at 978-828-6589 Bring music to share.

**Learn to Skate** Nashoba Youth Hockey is offering FREE Learn to skate and learn to play hockey sessions this summer sponsored by a generous grant from the KDK foundation. **Five Sundays at 3:30 pm from July 9th through August 5th at Skate 3 in Tyngsborough.** All are welcome, please register at Nashobahockey.org. NOTE: -participants must obtain a USA Hockey Registration Number for insurance purposes. (USAHockey.com). -Learn to play hockey requires full equipment, we may have equipment to loan, just ask. -All skaters need a hockey (NOT Bike) helmet. -Want to help? Let me know. Questions? Email me: mbonenfant@nashobahockey.com Thank you to the KDK foundation. http://kdkfoundation.org/ Nashoba Youth Hockey is a non-profit town recreational hockey program serving the towns of Tyngsborough, Westford and Littleton.

**Fall T-Ball** Starts **Saturday September 9th** 1pm for 8 weeks at Community Field. Ages 4,5,6. \$25 or free if you played in the spring. See our website to register.

**Join the Festival of Trees Committee** We are looking for new members to join our sub-committee to plan the Festival of Trees Event. You do not need to be on the Recreation Committee. **Meeting July 18<sup>th</sup>, 7pm at the Recreation Building 120 Westford Road.** Contact the Rec. Office, send a message on FB or call Theresa 978-828-6589 if you have questions.

**Fall 2017 ADULT TENNIS LEAGUE** **The Adult Tennis league will begin it's seventh Spring season the weekend of September 9th** The league runs for (at least) 10 weeks and all matches are played at the TES / Bicentennial courts on the weekends, weather permitting. You can join anytime during the season too! We have Men's and Women's singles and a Mixed Doubles Division. There is every level of play, from beginner to advanced and all matches will be coordinated by experience in order to facilitate enjoyable, competitive play. The league is open to anyone over the age of 18 and you do not need to be a resident of Tyngsboro to join. We've had over 80- players in past seasons!! Registration fee is \$20.00 per player. The Adult Tennis program offers participants league play

and presents a great opportunity to socialize and compete on the courts on a regular basis. We play on the weekends at 9:30am, 11:00, 12:30pm or 2:00 depending on your personal conflicts (if any) -- matches last 1 1/2 hours. A new schedule is made each week matching different players with similar ability and taking into consideration any weekend conflicts you may have. All players must register and league fees are due at the time of registration. Players may register individually or with a partner for the mixed doubles league (\$40 total) Registration must be submitted by September 5th, in order to be included in the first week. The openings are filled on a first come first serve basis. Register at tyngsboroughrec.homestead.com/Tennis.html or contact Scott at [sellis7511@comcast.net](mailto:sellis7511@comcast.net).

**Basketball Registration** for the 2017-2018 Basketball season is still open. Visit <http://tyngsboroughrec.homestead.com/Basketball.html> for program descriptions and link to register for the programs.

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## EDUCATION FOUNDATION TYNGSBOROUGH [WWW.EFTyng.org](http://WWW.EFTyng.org)



Congratulations to the teachers and administrators awarded this year's EFT grants! This year, the Education Foundation for Tyngsborough awarded almost \$34,000 in grants, bringing our nine-year total to over \$185,000. Outgoing president Karen Jackson awarded grants to THS and TMS winners at The Celebration of Excellence on June 7th and incoming President Theresa Manning handed out TES grants at The Celebration of Learning on June 15th.

### Listed by Name of Grant Project, Teachers/Administrators and Amount Awarded

5TH Grade ELA Chromebook Cart, Margaret Richard, Bridget Rocheleau, Jason Lewis, \$5,500. Flexible Seating in the Classroom, Nicole Nicosia \$1,130. TES Makerspace (STEM) Kristin Muraca \$1,500. 3D Doodle Pens (Art), Danielle Slattery \$1,300. Social Studies Chromebook Cart, Deborah Teal, \$6,625. Ceramics Kiln, Kate Capistran \$2,710. Theatre Design Lighting Board, Sarah Martin \$2,200. TMS Makerspace, Dr. Michael Flanagan, Supt. and Christopher Pollet, Principal \$7,500. 7th Grade Literacy Chromebook Cart, Laura Leahy, Ciaran Pendergast, \$5,500. **TOTAL \$33,965**

EFT would like to recognize our corporate sponsors who generously support our mission to enhance public education in Tyngsborough. This year, our platinum sponsor was Orange Theory Fitness of Nashua, our Gold Sponsor was Dana Wallboard, and our Silver Sponsors were DCU, Tyngsboro Sports Center, Enterprise Bank, and Pfizer. Bronze Sponsors included Comets Diner, Dawn Kay CPA, Mechanics Direct of Lowell, Progress Fitness Center, Remax, Republic Services, and Southern NH Health in Nashua. Thank you for your commitment to the children of Tyngsborough!

EFT is a fun group of parents who care about public education across our Tyngsborough Public Schools. We meet monthly. You can join our Board or help out at one of our fundraising events (Football Drop in October, 5K Tyngsborough Trot in November, Dinner Theater in January). If you'd like to explore this idea please contact our new President, Theresa Manning, at [contact@eftyng.org](mailto:contact@eftyng.org).

## NEWS FROM DUNSTABLE GRANGE #31 SAVE THE DATE

**Dunstable Grange Fair, Saturday, August 19th.** Town Common Dunstable Center. **Events at the Grange Fair:** 3 pm Face painting, sales tables, home baked goodies, soda/popcorn/ice cream gifts sales table  
3-7:30 pm Hamburger, hotdogs, sausage by Goss Farm  
3:30-4:15 pm Curious Creatures  
4:30-5:30 pm Police Dog  
6:00-8:00 pm Band Concert by Dave Sammarco Band  
7:00 pm Community Citizen Award  
8:00 pm Auction of Donated Exhibits  
9:00 pm Drawing of Raffle Baskets Hope to see you there!

All residents of Massachusetts are entitled to enter. Enter your crafts/photos/food/vegetables and kids are encouraged to enter their projects made during the school year. **Print out the Premium List for the Grange Fair to get details about entering by visiting [www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com) to**

**If you would like to reserve a table to sell your crafts that day, please contact Linda 978-649-7184. \$10. per table.** Remember the proceeds of this event go to the Dunstable Grange Scholarship given out at graduation.



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## TYNGSBORO GARDEN CLUB



The Garden Club ended the year with a delicious potluck at a member's house. Thank you Denise for hosting! We will be planning a few field trips this summer and then **will resume our regular schedule on Tuesday, September 5<sup>th</sup> at 6:45 pm to 9:00 pm. We meet at the Evangelical Congregational Church in the town center the first Tuesday of the month September – November and February – April.**

In December and June we meet at a member's house for a potluck. In May, we usually hold our meeting at a local garden center. During the summer months, our members will be tending the following gardens in town: the Senior Center, Brinley Terrace, the Sherburne House, the Sherburne Triangle, and the Police Station. Be sure and notice the beautiful flowers as you are traveling around town!

If you love gardening, want to learn about gardening or just want to join a great group of people, new members are always welcome! **For more information visit our website at: [tyngsborogarden-club.tripod.com](http://tyngsborogarden-club.tripod.com) or find us on Facebook at Tyngsborough Garden Club.**

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### ST MARY MAGDALEN PARISH

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**Weekend Mass Schedule:** Saturday 4PM. Sunday 7:30AM, 10AM

Greetings from our Pastor, Fr. Richard Clancy

**COME JOIN US, ALL ARE WELCOME!**

Weekday Mass: Monday, Thursday & Friday at 9AM. **No Mass** on Tuesday and Wednesday

- **Reconciliation** every Saturday from 3 to 3:40PM or by appointment.
- **View our bulletin** on line at [www.stmarymagdalenparish.com](http://www.stmarymagdalenparish.com).

Join us on **Facebook!** Search "Saint Mary Magdalen Parish Tyngsboro" and like our page to see daily meditations and events.

- **FIRST FRIDAY ADORATIONS** are held on the first Fridays of the month at the Church and will consist of Holy Hour with closing Benediction from **9:30AM – 12pm.**

- **The St. Vincent De Paul Society** operates a monthly food pantry out of the rectory in addition to providing holiday meals to those in need. We can be reached at 978-844-2365.

- **Prayer Line** – Do you know of someone needing prayers? Call Helen (978) 649-7927 or Carol (978) 649-6717. (Submit only first name of one to be prayed for)

- **MEN OF ST. JOSEPH** - The Men of St. Joseph in the Greater Lowell area meet on the Second Saturday of every month. Each monthly meeting includes prayer, food, and faith-building fellowship.

**All meetings will begin at 7:00am and end no later than 9:00am.** Newcomers, father/son (Confirmation age) teams, and friends from other parishes are always welcome! To find out more, please come and check us out! Held at St. Rita's Church, Mammoth Rd, Lowell

- **CRAFT & CRIBBAGE NIGHT** Every 2nd & 4th Tuesday of the month from **6–8:00pm** at the Parish Center

### TYNGSBORO YOUTH FOOTBALL AND CHEERLEADING

REGISTRATION OPEN FOR FALL 2017 PROGRAMS

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Don't let the opportunity of joining one of Tyngsboro's most respected youth sports organizations pass you by! We offer all co-ed programs including **flag football, tackle football, and cheerleading.** Our goal is to support the growth and development of each child by promoting the values of academic excellence, teamwork, and sportsmanship. We work diligently to ensure a safe, fun experience for all.

Simply go to our website at [www.TyngsboroYouthFootball.com](http://www.TyngsboroYouthFootball.com) and click on the "**How to Register**" menu item. We accept Visa and MasterCard via our online registration system for your convenience. **Avoid late fees and get your registration completed TODAY -- late fees are applied starting on August 1<sup>st</sup>.**

If you have any questions about our programs, you can reach us via email during the summer at any time: [TyngsboroYouthFootballCheer@gmail.com](mailto:TyngsboroYouthFootballCheer@gmail.com).



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## THE TYNGSBOROUGH PUBLIC LIBRARY

25 Bryant Lane, Tyngsborough 978-649-7361 [www.tynglib.org](http://www.tynglib.org)

Library Hours: Monday & Wednesday, 10:30 a.m. – 8 p.m.  
Tuesday & Thursday, 9 a.m. – 5 p.m.

**CLOSED on Saturdays through September 2.**

*It will be open on Saturdays beginning September 9.*

**The Library will be CLOSED**

**Monday, September 4, in observance of Labor Day.**

**SUMMER READING PROGRAM: July 3- August 16** Readers of all ages may enter drawings for prizes.

Readers of **all ages** are invited to celebrate summer reading at our annual **Ice Cream Party on Wednesday, August 16, 1-2 p.m.** Includes face painting and delicious ice cream from Sullivan's Farm.

**ADULTS: Healthy Smoothies! Demonstration and Tasting.**

**Wednesday, July 12, 6:45-8 p.m.** Learn to create delicious, healthy smoothies and understand their health benefits. Sample multiple recipes and go home with a smoothie starter kit. For adults and teens. Registration required. Funded by the Friends of the Library.

**Tiny Houses: A Very Different Approach to Home Ownership, Wednesday, July 26, 6:30-8 p.m.** Curious about tiny house living?

The presentation focuses on the basics of planning for and owning a tiny house on wheels; both its challenges and advantages, offering insights unique from the currently popular tiny house themed TV shows. Presented by Isa Bauer from Tiny House Northeast.

**TEENS: Build A Better World!** for teens ages 13+! Enter to win an Amazon gift card each time you check out a book. Join us for **Henna Alchemy on Wednesday, July 19, 3-5:00 p.m.**; **Make Your Own Video Game, Tuesday, July 25, 1:30-3:00 p.m.** Both require registration. Also a FREE college workshop for teens & parents: **Ready, Set, Start Your Common App, Wednesday, August 9, 6:30-8 p.m.**

**CHILDREN: Build A Better World!** for kids! Registration runs from **June 12 – July 27.** Pick up a reading log, bookmark, summer activity calendar & bookbag with sign-up. Names will be picked weekly

for fun prizes starting the week of July 3! Set your own goals to read a set amount of time or a number of books - make it your personal best! Summer Fun for kids at the Library begins the Week of July 10.

**Drop in** programs will include **Bedtime Stories** with community readers on **Mondays at 6:30 p.m.** & **Summer Stories** on **Tuesdays at 11:30 am**, ages 3-8; **Lego Club** on **Tuesdays, July 11 & August 8, 10:00 am-12:00 p.m.**, Grades K-6.

**Other programs require registration** and include **KinderMusik** Playdates on **Thursdays, July 13 & August 10, 10-11:00 a.m.**, toddlers- age 4; **Pokemon Club** on **Thursday, July 27, 10:30-11:30 a.m.** & **Monday, August 7, 11 a.m.-12:00 p.m.** ages 8-13; **Gwedolyn The Graceful Pig** on **Wednesday, July 12, 11a.m.-12 p.m.**, ages 3-12; **Raspberry Pi Robots, Tuesday, July 18, 10 a.m. – 12 p.m.**, Ages 9-14;

**Adult Coloring Club, 1st Wednesday each month, 6:30-8 p.m.** Coloring sheets & pencils are provided.

**Tech/Library Catalog Advice by Appointment** Individual lessons on the new Symphony catalog, PCs, android tablets & phones, Excel, MS Word, downloadable ebooks & audiobooks and more.

**Tuesdays, 11:30-1:30, Wednesdays, 7-8 p.m.** Registration required.

**Diversity, an International Poster Exhibit** from the collection of Stephen Lewis, **June 2-July 15.**

**Writer's Group** **Mondays at 6:30 p.m.** Feedback and publishing tips; all genres. Contact Karen Johnson at 978-649-7132 or [kjohnson39@comcast.net](mailto:kjohnson39@comcast.net).

The **Board of Library Trustees** meets on the **3<sup>rd</sup> Thursday of each month at 6:45** in the Library.

Check the Library's website for schedule changes. *No Meeting in August.*

*Artists & collectors, contact the Library to discuss scheduling an exhibit in the gallery or display case.*

Register for TPL programs by calling the Library or using the contact form on the website.

LOWELL GENERAL HOSPITAL

# Community Health and Wellness Programs

July/August 2017



## World Breastfeeding Week Celebration Tuesday August 1, 4:30-6:30pm, FREE

Expectant and new mothers are invited to enjoy a celebration of breastfeeding at this open house style event. Participants will learn about the many benefits of breastfeeding as well as receive education and breastfeeding giveaways from local community organizations. Light refreshments served.

### Big Brother & Sister Sibling Class

**Thursday, August 17, 11:00am-12:00pm, \$15 per family**

Children ages 3-6 will explore their feelings concerning the arrival of a new baby. They will read a story, do an art project and tour the Birthplace.

### Birthplace Tours

**Monthly tours, Times vary, FREE**

Your guide will answer questions as you visit The Birthplace at Lowell General Hospital, including our labor and delivery area, mother and infant area, nursery and special care nursery.

### Boot Camp for New Dads®

**Saturday, August 26, 9:00am-12:00pm, \$25**

This nationally-recognized workshop is taught by fathers and is for men only. Rookie dads (men expecting their first baby) are oriented to the joys and challenges of fatherhood with the help of a coach and veteran dads with their newborns.

### Breastfeeding Class

**Monthly classes, Times vary, FREE**

Learn the art of breastfeeding. Discover the benefits for mom and baby, valuable tips and more.

### Childbirth Education Classes

**Times and fees vary**

We offer a variety of classes to help you prepare for the birth of your child. Insurance reimbursement and financial assistance may be available. Space is limited and registration is required.

*Birthplace tours included.*

### The Happiest Baby on the Block®

**Monday, July 24, 6:00-7:30pm, \$15 per family**

Learn an extraordinary approach to calming your baby, tips on how to help babies sleep longer and ways to soothe even the fussiest infant in minutes.

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## Registration required!

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## ROBERT D. PELLETIER AMERICAN LEGION POST #247, INC.

**90 Pawtucket Blvd. Tyngsborough, MA 01879**

Active duty military and veterans always welcome to join. For further information call **978-649-7540**. Remember to attend the committee meetings on the first Thursday with your input and ideas.

**The public is invited to get involved in all events of the post. The veterans monthly dinners will continue on the first Wednesday of the month.** We are always looking for help to serve the veterans. **Keno and Scratch Tickets are available at the Post.** There is an ATM in the Post for your convenience.

**OFFICERS:** Commander: Fred Carroll; 1<sup>st</sup> Vice: Joseph Agrusso; 2<sup>nd</sup> Vice: Donald Pierce; Adjutant: Charles Curran; Jude Advocate: Roland Millard; Chaplain: *vacant*; Finance: Mark Taylor. E-Board: Marty Bloomgren and David Coles.

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**Visit our website, [www.tyngsboroughlegion247.org](http://www.tyngsboroughlegion247.org)** This website contains a wealth of information about the Post.

**Please remember to be safe & keep our troops in your prayers.**



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## DUNSTABLE ANIMAL CLINIC



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## PET HEALTH DUNSTABLE ANIMAL CLINIC

### LIPOMAS IN DOGS

**by Tara M. Sacramone, DVM**



Lipomas are benign tumors made up of fat cells. They are extremely common in dogs, especially older female dogs, but are very rare in cats. They start off as small masses under the skin and grow slowly over time. They are soft, often oval-shaped and usually freely moveable. They can occur anywhere on the body, and most likely if your dog gets one, s/he will get others.

Lipomas are a benign form of cancer, meaning they do not spread to lymph nodes, lung or liver and tend to grow slowly over time. They can, however, bother your dog, either because of location, or because they grow too large. There are two other tumors that arise from fat; infiltrative lipoma, and liposarcoma. These are much less common, but are more aggressive cancers. They tend to be more firm, grow more quickly, and are not freely moveable.

Lipomas are diagnosed based on appearance, palpation, and sometimes fine needle aspirate (FNA). FNA involves inserting a needle into the mass and aspirating out some of the cells, which are then spread on a microscope slide. The material aspirated from a lipoma looks like clear droplets that do not dry. All lipomas float in water when removed from the body, so it is not usually necessary to submit them for histopathology. Submission to a lab is, however, the only way to definitively determine the nature of the tumor.

If your dog has one or more lipomas, you have two options. You can leave it on the dog and monitor for changes, or remove it surgically, which involves general anesthesia. Sometimes the best choice is to leave them alone, as some of you with very lumpy, bumpy dogs can understand. I generally advise leaving them alone, unless one of the following applies: 1. The lump grows quickly (e.g. doubles in size in a month or two). 2. The mass is bothering the dog, either because it is in an annoying location, such as on the leg, or in the armpit area or it is affecting how something else functions, such as a mass near the anal area, or ear. 3. The mass changes from being moveable to being attached to underlying tissues.

If you suspect your dog has one or more lipomas go to your veterinarian and you can both decide which course of action is appropriate for your dog.

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### "BUT EVEN NOW THERE IS HOPE"

By Nathan Combs

Discovering the depth of one's own sinfulness is inevitably a devastating experience that has driven some to despair and even suicide (Judas - Matthew 27.5). It has led others, however, to weep and return to God as humbled servants (like Peter: Luke 22.32, 1 Peter 1.13). One such example is found in Ezra 10. Ezra the priest had led a group of Jewish exiles out of Persia and back to their homeland in about 458 B.C. Upon arriving in Judah, Ezra soon discovered that some of the exiles who emigrated before him had made a dreadful mistake. They had married foreign women, transgressing a strict command of the law (Deuteronomy 7.3)! As Ezra tried to absorb this appalling news, he was encouraged to help the people, for "even now there is hope for Israel in spite of this" (Ezra 10.2). Let's notice how the people reunited with God.

**1) The exiles were profoundly sorrowful.** While Ezra was praying and weeping, a "very great assembly" gathered, "wept bitterly" because of their sin (Ezra 10.1), and trembled in the heavy rain (Ezra 10.9). Because their hearts were tender, they were receptive to Ezra's radical command to separate from their foreign wives and children. Only the deepest sorrow over sin could compel them to take such drastic measures. When you and I discover sins that we are (in a sense) married to, we'll require much godly sorrow (2 Corinthians 7.10) before we're willing to take extreme steps. Do you have the kind of profound remorse for your sins that these Jews did?

**2) The exiles made vows to change.** It's one thing to vaguely desire a change in lifestyle. It is something else to make vows before witnesses and actually *commit* to taking specific, drastic measures to effect change. Ezra compelled the Jews around him to make a covenant with God to put away their families. What is your plan for fighting your sins? Have you considered confessing and making promises in the presence of other Christians close to you, so that your progress can be held accountable? In 1 Timothy 6.12, Paul encouraged reminded Timothy that he made a "good confession *in the presence of many witnesses.*"

**3) The changes were diligently enacted.** When sin in your life is uncovered, how quickly do you act to address it? Ezra quickly sent out a proclamation to the people, ordering them to come to Jerusalem within three days. Ezra was then told by the gathered assembly that correcting the situation could not happen overnight (Ezra 10.13). It would eventually take about three months for the elders and judges to sort through the people and help them separate from their families. Perhaps you know there are changes that need to make in your lifestyle and attitude, yet you know, like those Jews did, that it won't be the work of one or two days. Don't despair! Follow their example of diligence and push forward, motivated by your hope in God's ability to change you.

## AMVETS POST #247 ROBERT D. PELLETIER

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We hold our meetings on the **1<sup>st</sup> Tuesday** of the month at **7 p.m.** all veterans are welcome with 180 days or more of active duty. Come down and join us for a meeting.

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## CAT FOOD DONATIONS NEEDED

to feed a colony of feral and homeless kitties. Please call me at **978-799-9715** for the drop-off location on the Dunstable/Tyngsboro line. Don Gaudette. **Volunteers to help with the feeding are also needed.** Associated with Kitty Angels [www.kittyangels.org](http://www.kittyangels.org) Kitty Angels is an All-Volunteer, Non-Profit Shelter for Needy Cats

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## SONS OF THE AMERICAN LEGION

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• **SAL Detachment 247 now meets on the first Wednesday of each month at 7 p.m. at Post 247.**

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We are always welcoming new members. Drop in or call 978-649-7540. **Anyone interested** in becoming a member of the Sons of the American Legion is welcome to attend our monthly meeting. **Applications are available at the Post at any time.**

## DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

518 Main St, Dunstable, MA 01827

Dunstablechurch.org 978-649-6251

Pastor Bobby Ross pastorbobby@dunstablechurch.org

**DECC is a welcoming church at the heart of the Dunstable community. "We gather to glorify God, to grow in Christ and to live the gospel in the world."**

**SUNDAY WORSHIP:** Worship Service is held at 10:00 am each Sunday. Child care is available during the service for infants through kindergarten age. Our worship services feature a wide variety of music, scripture readings, corporate prayer and spoken messages and with Communion (the Lord's Supper) served on the first Sunday of every month. An informal time of fellowship with coffee, tea and refreshments takes place after worship to which all are welcome.

**PASTOR BOBBY ROSS** has established office hours if you would like to make an appointment to visit with him. Call the office at 978-649-6251 or email administrator@dunstablechurch.org, or pastorbobby@dunstablechurch.org to schedule a time that is convenient for you.

**NEW MEMBERSHIP AND CONFIRMATION CLASSES** are forming. Contact Pastorbobby@dunstablechurch.org.

**DECC YOUTH GROUP** After a great year, our meetings are on hiatus now until the fall. Some members plan to attend summer camp at Monadnock Aug 6-12. Regular meetings will resume in September. Anyone in grades 6-12 is welcome. Watch the church website ([www.dunstablechurch.org](http://www.dunstablechurch.org)) and the sign boards in front of the church in case a special event comes up. Questions? Call Jon Hughes (978-649-8554).

**CHOIR REHEARSALS** Special music, including Women's and Men's ensembles, solos, duets and instrumentals will continue through the summer. Perhaps you cannot commit to weekly rehearsals but would like to part of the music ministry; this is your opportunity to participate. The men will rehearse on 7/23 and 7/30, and sing on Aug 6<sup>th</sup>. See Henry or Carol Norris with any questions.

**EAGLE SCOUT PROJECT** work directed by Jacob Hughes will progress during the summer. Donations and volunteers welcome. The end result will help to make the center of our town a beautiful place.

**SUMMER DANCE CAMP** at the Dunstable Evangelical Congregational Church. **Free classes for ages 3-8. Saturdays 7/1, 7/8, 7/15, 7/29, 8/5 and 8/12 10:00-11:00 am.** We strive to build positive relationships with simple, fun choreography. Ballet, lyrical/jazz and street dance. A registration form, emergency contact info and allergy/restriction notice is required before classes start. Those can be filled out on the first day of class or a flyer can be mailed to you. Instructors Christine and Julia will be teaching the classes. Each is ICori, CPR and First Aid certified. Contact Christine Oberhelman with questions at [csmileymcpherson@yahoo.com](mailto:csmileymcpherson@yahoo.com) or 603-402-0054; or Julia Overhiser at 978-319-2769 or [julia\\_overhiser@yahoo.com](mailto:julia_overhiser@yahoo.com). For more information about any of these events, contact the church office 978-649-6251 or email [info@dunstablechurch.org](mailto:info@dunstablechurch.org).



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## THE WISH PROJECT

Drop off donations: Tue/Wed/Fri and Sat 9am-2pm

1A Foundry St., Lowell, MA 01852

Off of Plain Street in Lowell.

No appointment needed, but call first if there is a snow storm.

The Wish Warehouse will be closed through July 11<sup>th</sup>.

### WISH LIST

- Kitchen Tables • Dressers, Lamps, • Fans
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- Infant Car Seats, Baby Monitors, Diapers, Enfamil & Similac Infant Formula, infant Swings, Infant Changing Table, Diaper Genies, Toddler car seats (less than 5 years old)
- Cookie Sheets, Baking Pans, Sauce Pots, Coffee Makers, Steak Knives, Sauce Pots, Mixing Bowls
- Dish Towels, Dish Cloths, Hand Towels, Dish Sets
- New Shower Curtain Liners • Shorts all sizes
- **SUMMER CAMP BAGS** are going out to our lucky clients who have received scholarships for their children to go to Summer Camp. We are still collecting items. These go out to children that receive scholarships to summer camp but do not have the resources to buy the items they are required to bring. **We are currently in need of duffel bags, beach towels, sunscreen, bug spray, and flip flops. We are critically short on bug spray.** We welcome any help you can give us to assist our clients in having a safe and healthy summer. If shopping isn't convenient you can click on the link Donate Now at our website to donate online and we will purchase the supplies for you. If you prefer to do your shopping online you could order direct from our Amazon Summer Camp Wish List and have the item shipped directly to us at the warehouse. Thank you for helping us make this summer better for needy children and their families. If you would like to participate in this project email Jill at [Jill@thewishproject.org](mailto:Jill@thewishproject.org) and tell her how you can help.

**We've had questions about volunteering. One option** is to volunteer at the warehouse as a family. Volunteers under 15 need to be accompanied by an adult. *Our Saturday volunteer hours are 9-11am and weekday hours are 9:30-12pm Tuesday, Wednesday and Friday.* We schedule all volunteers to make sure we have enough space. The warehouse is not air conditioned so if you are looking for a more comfortable volunteer experience there are other ways to encourage giving back to the community as a family. **Children and families can hold lemonade stands** with the proceeds to benefit The Wish Project and our clients. Last summer several children held Lemonade stands and were able to experience first hand the pride in helping others. **Another option** could be to have a **yard sale or car wash** and donate all or a portion of the proceeds to Wish. It's never too early to teach children to see past their neighborhood and learn about the needs of others less fortunate. No donation is too small to help others and impact our community. If you are interested in scheduling a volunteer date or getting more details, email [patty@thewishproject.org](mailto:patty@thewishproject.org) and she would be happy to give you more information. Thank you for helping us serve our needy families.

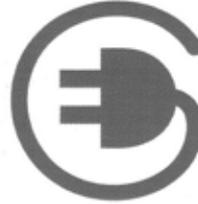
**Devastating Fires Continue** so many people are looking to us to help them with immediate necessities of **food boxes, toiletries, deodorant, body lotion, shampoo, toothpaste, body wash, new socks, underwear, flip flops and clothing.** Once they have found replacement housing we will be needing dressers, kitchen tables and fans to help them refurbish their apartments. We may not be able to prevent their crisis but we can try and help them afterward in any way we can. Thank you for helping us support the community.

**Hours to drop off donations:** Tue/Wed/Fri and Sat 9am-2pm No appointment needed but call first if it is snowing or near a holiday.

Foundry Industrial Park Lowell, MA 01852 Off of Plain Street in Lowell. The Wish Project, 1 A Foundry Street, Lowell, MA 01852

• **About Us** The Mission of The Wish Project is to help families in need in Merrimack Valley. Find out more on our website [www.thewishproject.org](http://www.thewishproject.org) or call us at 978-441-9474.

All clients are referred through social service agencies, and are financially qualified. A 501C3 tax deductible charity For more information visit <http://www.irs.gov> 1 A Foundry St. 495 to Lowell Connector to Exit 4 Plain St., Lowell, MA 01852 Turn Right on Plain St., go 0.3 miles, Turn Right on Foundry. **978-441-9474** Website [www.TheWishProject.org](http://www.TheWishProject.org)



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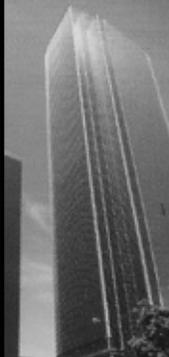
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### AT THE ALZHEIMER'S WALK

- Alzheimer's is the 6th leading cause of death in the United States and the only cause of death that cannot be prevented, cured, or even slowed significantly.

- 1 in 3 seniors in the US dies with Alzheimer's or another type of memory impairment.

- Alzheimer's and other types of dementia kill more people than breast and prostate cancer combined.

Scary statistics! If Alzheimer's hasn't yet affected your family or your friends it will very soon. The 2017 Northeastern MA/NH Walk to End Alzheimer's will be held in Andover, MA on Sunday, September 17th at 200 Brickstone Square. It only takes a few hours in the morning and the Walk is either 1 or 3 miles. Please join me in the fight to find a cure by doing one of the following: 1) Make a donation on my Alzheimer's Walk website or, 2) join my Alzheimer's Walk team and help to get more donations toward a cure.

Go to <http://act.alz.org/goto/HeidiW>. Questions to 978-846-2254. Thank you for joining the fight to end Alzheimer's and other types of memory impairment!



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### SUNDAY MORNING SCHEDULE

Worship Service at 10:00am • A nursery is provided.

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• Children attend the Worship Service with parents

• **THE 150th Anniversary Committee** of the church is meeting regularly now to plan events for the historic celebration in 2018. If anyone has photos or information of the church through the years please notify Joy at 978-649-6142 or Jill at 978-649-3301.

• **CRAFT FAIR NEWS** We are looking for a few more craft people to join us this year for our Annual Fair, which will be held on Dec. 2nd this year from 9-3.

Our theme is focused on our 150th Anniversary and our own members and friends will be making crafts and gift items to celebrate such. Interested crafters can contact Jim @ 203-535-5982 for details and reservations.

• **THE THRIFT SHOP** Located next to the Church, it is open to the public on **Thursdays and Saturdays from 10:00 a.m.- 3:00 p.m.** We offer an assortment of clothing and shoes, handbags, baby items, books, small appliances, dishes, glassware, decorative items, and craft items, ETC. We welcome your patronage and donations. **Please do not drop off large furniture, TV's, Computers or Bikes.** Thanks so much for understanding, we haven't means by which to dispose of them without incurring costs.

## STE JEANNE D'ARC SCHOOL

... in Lowell is accepting applications for the 2017-2018 school year. Inquire or apply online at [www.sjdarc.org](http://www.sjdarc.org). You may also contact our Admissions Office at 978.453.4114 to request an admissions package or schedule a tour. Ste Jeanne d'Arc School is a Pre K (K1) – 8 Catholic, independent school offering classes in Religion, Math, Language Arts, Science, Social Studies, K1-8 French, Art, Music, Computers, Physical Education as well as accelerated classes. The school and classrooms are outfitted with state of the art technology, iPads are provided to students in grades 4-8, 20+ athletic programs, extra-curricular activities including LEGO Robotics Club and Destination Imagination. Extended Day Care Program is available.

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We welcome the opportunity to share the many advantages of a Ste Jeanne d'Arc School education. Come visit and let us show you all we have to offer.

*"We ignite a passion for learning and compassionate living"*

## MIDDLESEX SHERIFF'S OFFICE GRADUATES 18 FROM SPECIAL CITIZENS ACADEMY

CHELMSFORD, Mass. – The Middlesex Sheriff's Office recently concluded its inaugural Special Citizens Academy with a graduation ceremony and lunch for the 18 participants who completed the four-week program.

Designed for adults with developmental disabilities who have an interest in public safety, the Special Citizens Academy provided participants with the opportunity to learn more about the Middlesex Sheriff's Office (MSO) and its functions. Graduates of the Academy included both independent participants and groups from local agencies such as the Valley Collaborative, Northeast ARC, Eastern Middlesex ARC, and Triangle, Inc.

"I want to thank all our participants – as well as their families and caretakers – who made our first Academy program such a memorable success," said Sheriff Peter J. Koutoujian. "This program is an extension of efforts to connect with all residents of Middlesex County, and we look forward to hosting future sessions."

Participants attended classes on issues such as Internet Safety and Awareness; Fire Safety and First Aid; and Scam Prevention. They also received demonstrations from the MSO's K-9 Unit, SWAT Team, and Mobile Operations Unit.

The Middlesex Sheriff's Office has already received interest from individuals to attend the next Special Citizen's Academy. If you or someone you know would like to participate, please contact the Office of Community Affairs at 978-495-7410.

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**ST. MARY CHURCH:** 25 North Road, Chelmsford Daily Mass

Schedule: Monday – Friday 7:00 AM; Saturday 9:00 AM

Weekend Mass Schedule: Saturday 4:00PM; Sunday 7:00AM,

9:00AM, 11:00AM and 6:00PM Reconciliation: Saturdays 11:00 –

12:00 NOON, or by appointment

**ST. JOHN THE EVANGELIST CHURCH:** 115 Middlesex Street,

North Chelmsford Daily Mass Schedule: Monday –Saturday... 9:00

AM Weekend Mass Schedule: Saturday... 4:00 PM; Sunday...

8:30 AM, 10:30 AM and 5:00 PM Reconciliation: Saturdays... 3:00

– 3:45 PM, or by appointment Lenten Season Offerings March 1 –

April 12

**DAILY MASS SCHEDULE:** In addition to regular Mass schedule (listed above)... St. Mary will be offering Wednesday evening Mass at 6:00 PM



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## AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

*Meetings are held the first Thursday of each month at 7pm.*

### Auxiliary Unit Officers for 2016-2017

President: Diane Dileo; Sr. Vice: Kathleen Oljey; Jr. Vice: Annette Coles; Treasurer: Frances Radgowski; Secretary: Josephine Beaugard; and SGT-At-Arms: Mary Dupras. Executive Committee: Mary Hanley and Maureen Harris

*We have no meeting in June.* The first meeting for the New Auxiliary Year will be **Thursday September 7th, 2017, 7:pm** in the Post Function Room. **Wishing all Unit Members a great summer see you in September.**

**For information on the Auxiliary Unit meetings,** or functions contact Unit President Diane Dileo at 978-204-9329 or Unit Secretary Josephine Beaugard 978-459-7015.

*Yours In Auxiliary, Unit Secretary, Josephine Beaugard*

**THE UNIT IS STILL COLLECTING** can pull tabs drop off at Post and earmark for Auxiliary. **We also would Welcome New Auxiliary Members** 18 and older. Contact Unit President or Treasurer.

••• **The Unit Jr. Auxiliary is accepting new Jr. members.**  
Contact 978-649-7540 if interested in joining.

### LOADING DOCK GALLERY

122 Western Avenue, Lowell, MA 01851

**Show: The Cultural ARTbeat**

**Show Dates: Through– July 30, 2017**

Each summer the city of Lowell comes alive with music. Thanks to the Lowell Summer Music Series, the city's nightlife, and of course the annual Lowell Folk Festival, music takes center stage in this historic mill city. This July the Loading Dock Gallery takes up the harmony with a music-themed exhibit that shows work of emerging and established artists from in and around the city.

Painting, fiber arts, photography, sculpture, and all that jazz will highlight how the visual and musical arts play off of each other. Music lovers and fine art fans will find a variety of work that strikes a cord. Featuring the works of dozens of diverse artists, **The Cultural ARTbeat** is a not to be missed event that will be enjoyed by both Lowell regulars and visitors who come to enjoy the musical offerings this summer.

The Loading Dock Gallery, a part of Loading Dock Arts, Inc., a 501c3, is open Wednesday - Saturday from Noon to 5:30 PM, and Sunday from Noon to 4 PM. It is located at the entrance of Western Avenue Studios, 122 Western Avenue, in Lowell, MA. For more information, call 978-656-1687 or visit [www.theloadingdockgallery.com](http://www.theloadingdockgallery.com).

### NOW FORMING "NEW HORIZONS" DRACUT COMMUNITY BAND

We are recruiting members to play in a Dracut Community Band. It is open to all musicians 18 years or older who are residents of Dracut and from surrounding communities. No audition is required but Band members should have some playing and music reading experience. It will be lots of fun! **We will be rehearsing on Thursday nights at Christ Church United in Dracut Center from 6PM-8PM**

Please call Maureen Johnson 978-454-0055 for more information or if you'd like to join. We will be having an organizational meeting soon--We will notify players of date and time for meeting and start of rehearsal. Any donations of used instruments would be greatly appreciated especially a concert bass drum and stand.

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### CLUB OF TYNGSBORO/DUNSTABLE

Rotary Motto: Service Above Self Theme: Be A Gift to the World

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Rotary International is a global network of community volunteers with a passion to help others. Rotary club members are business, professional, and community volunteers in your locality who meet regularly to plan and implement community service activities and network with other professionals. For those interested, members can also choose to become involved in international humanitarian service efforts. More than 1.2 million men and women in over 200 countries and geographical areas belong to over 33,000 Rotary clubs. Rotary builds international understanding through scholarships, exchange programs, and humanitarian grants. Throughout the world, Rotary clubs participate in a broad range of educational, intercultural, and humanitarian activities designed to improve the lives of others. For further information please email us at [tdrotary@verizon.net](mailto:tdrotary@verizon.net) or visit our website at: [www.tdrotrary.org](http://www.tdrotrary.org).

Thank you for your continued support.



### ALTRUSA CLUB OF MERRIMACK VALLEY

Altrusa is a non-profit, worldwide association, which encourages volunteerism to make a difference in our communities. Altrusa celebrated its 100<sup>th</sup> birthday on April 11, 2017. In celebration of this milestone event, the Altrusa Club of Merrimack Valley donated more than 800 books to agencies that service children in need.

As part of this project, the **Altrusa Club** donated (182) children's books to Girls, Inc. in Lowell; Girls, Inc. in Nashua and the Nashua YMCA Pre-school and After School Programs. Each agency received (62) books of various titles designated for the libraries and (40) packages of three books were designated for the children to take home for personal use. Other donations were made to the Nashua Soup Kitchen.

The Club rounded out the year with several small service projects. Altrusa was pleased to be able to provide dental hygiene kits for the pre-school children serviced by Nashua YMCA. Each bag contained a child's toothbrush, toothpaste and dental floss as well as a picture brochure on how to brush your teeth.

In addition, Altrusa members packaged cosmetic gift bags for the women who require emergency shelter at Bridges in Nashua, a domestic violence shelter. Each bag contained such items as face-cloth, soap, shampoo, conditioner, mouse, body lotion, hair brush, toothpaste, toothbrush and dental floss.

For more information about Altrusa and its service in the community, please email [altrusamv@gmail.com](mailto:altrusamv@gmail.com)

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## 100 DEADLIEST DAYS HERE FOR TEEN DRIVERS

*Teens most at risk for fatal crashes during summer*

With high schools closed and summer vacations getting underway, the bright sunny days of summer can be a dark time for teen drivers. Memorial Day to Labor Day marks the "100 Deadliest Days for Teen Drivers." More teens are killed on the roads during this time of year than any other.

Automobile crashes are the No. 1 killer of teenagers in the U.S. with nearly 5,000 teens killed every year and more than 300,000 injured. This tragedy is compounded by the fact that many crashes are preventable. Driver error, speeding and distractions are the main causes of teen crashes, and seemingly simple activities such as switching radio stations or interacting with friends can significantly impair a teen's ability to react quickly to changing traffic conditions.

A majority of teens admit to risky driving behaviors. Fifty-six percent make and answer phone calls while driving. Fifty-five percent exceed the speed limit by more than 10 mph. The area of the human brain that controls multitasking, impulse control and the ability to envision consequences - areas crucial for driving - is still developing well into an individual's 20s. Talking on a cell phone increases the likelihood of an accident by four times and slows the average person's reaction time to that of a 70-year-old.

Parents need to play a large role in developing their teen's safe driving behaviors. Parents usually acknowledge that they must play a significant role in preparing their teens to drive, but many delay safe-driving conversations with their teens until shortly before licensure. Parents also understand they are role models on the road, yet their driving behaviors send the wrong message. For example, 71 percent admit to talking on a cell phone while driving with their teens, and 26 percent say they have broken the law with their teens in the car.

### Here are some tips for parents to start a conversation with teens about smart driving:

Make your talks a dialog about driving. Remember, teens are excited about driving itself; it's a fun topic for them. So don't turn your talks into lectures; instead, make them open dialogs that show you understand the positive side of getting behind the wheel, and let your teens share their views and experiences at the same time. Speak to their desire to be smart. Being a "safe driver" is not something teens aspire to become. Smart driving, on the other hand, combines skill and safety, and is something that teens can attain. Empower your teen. Being a passenger in another teen's car can put your teen at risk. Peer pressure among teens can be both positive and negative. Make sure your teen knows it's okay to say something if they are uncomfortable while riding with a friend. Be Parental. Express Your Authority. Your teens want to know your values and expect you to provide structure for them. They need you to be a parent, not another friend. Consider using a Parent Teen Driving Contract to explain driving rules of your home. And, consistently enforce those rules. If your teen violates those rules, deliver on the consequences! Though taking away the driving privilege for a period of time might not be convenient for you, it might end up saving your teen's life.

For info about Stop-N-Go Driving Academy and our driver education programs and services call our office at 978-649-4966 or visit our website at [www.sngda.com](http://www.sngda.com).

## 2017 FOUNDATION FIGHTING BLINDNESS- BOSTON VISION WALK

The Boston Traveler's team is raising money and awareness for the Boston Vision Walk. The Boston Vision walk is happening on **Saturday, October 28, 2017**. The walk details as follows:

**Time:** Registration at 9:00 AM, Stage Presentation at 10:00 AM, and Walk Starts at 10:20 AM

**Location:** Artesani Park, 1255 Soldiers Field Road, Brighton, MA 01235

**Team Page:** [http://www.fightblindness.org/site/TR/VISIONWALK/VisionWalktr?team\\_id=84987&pg=team&fr\\_id=5895](http://www.fightblindness.org/site/TR/VISIONWALK/VisionWalktr?team_id=84987&pg=team&fr_id=5895)

The mission of the Foundation Fighting Blindness is to drive research that will provide preventions, treatments, and cures for people with retinal conditions.

Our team goal for the 2017 Boston Vision Walk includes the following;

- . Community Involvement/Spread the Word about the Vision Walk.
- . Finding Community leaders and Professionals to sponsor the walk.
- . Physical Walkers/Looking for people to join me the day of the walk.

Our team appreciate any and all support towards this worthwhile event. You can join me in the walk or make a donation by going to my team web page. You can also make a donation by check made payable to Foundation Fighting Blindness. **Together we can do it! Together we can SEE the world!**

## NEW ENGLAND VOICES IN HARMONY

The Nashua based women's a cappella chorus, New England Voices in Harmony, invites ambitious female singers to attend *rehearsals every Tuesday evening beginning at 6:30 pm* at our rehearsal space: the Nashua Senior Center, second floor, 70 Temple St., Nashua. New England Voices in Harmony is a chapter of Harmony, Inc. an international non-profit, educational group which promotes singing in the barbershop style. Rita Ralston at [rralston10@aol.com](mailto:rralston10@aol.com) for more information. [www.newenglandvoicesinharmony.org](http://www.newenglandvoicesinharmony.org)