



Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

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(978) 419-1914

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www.neighbortoneighbornewsletter.com

Celebrating 35 Years of Service!

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TOWN CLERK NEWS

Just a reminder that unless you qualify for a permanent absentee ballot, your application is only valid for all elections in one (1) calendar year. If you filed an application in 2017, it has expired. The Primary is September 4 and the State Election is November 6. It's not too early to file an absentee application. Early voting is during the business hours of the Town Clerk. More information to come on early voting.

I'm still working on the certification of Town Meeting but 281 voters checked in on May 14 and 150 voters on May 17. The voters rejected the motion to authorize the Board of Selectmen to petition the General Court for the enactment of special legislation that would allow for the issuance of not more than one alcoholic beverage license for on-premises consumption (pouring) under Massachusetts General Laws Chapter 138, Section 12. An amendment to the Zoning bylaw to adopt a new Town Center District also failed 75-53. Voters approved to accept the Nashua, Squannacook and Nissitissit Rivers Stewardship plan developed by the Nashua River Wild and Scenic River Study and also a conservation restriction on the Frye property contingent upon receiving a self-help grant. Also approved was the purchase by way of a debt exclusion for a fire truck and to purchase the Dumont property on Lowell Street, both contingent on an affirmative vote at the special election on June 26. Also approved and contingent on the ballot was adopting a new section to Regulate Recreational Marijuana Establishments.

The Annual Town Election results are now certified and online under "Election Results". Moving the election day to Tuesday did not cause any confusion! There were 576 ballots cast representing a 24% voter turnout.

Nomination papers are now available at my office for the position of Greater Lowell Regional School Committee representative. This is a result of a court ruling from a lawsuit filed against the Towns of Dunstable, Dracut and Tyngsboro by the City of Lowell, we will elect our Greater Lowell Regional School Committee members for a 4-year term on the November state election ballot. Candidates must submit nomination papers to this office for certification no later than 5:00 pm on Tuesday, July 24, 2018. You must be a registered voter.

Carol A. Skerrett, Town Clerk CMMC 978-649-4514 x222
CSkerrett@dunstable-ma.gov **HOURS:** The Clerk's Office is open Monday evening from 3:00 pm – 7:00 pm; Tuesday, Wednesday and Thursday 9:00 am – 2:00 pm. Hours may vary due to holidays, workshops and elections. There are times the office is closed during these posted hours and extended hours for voter registration and absentee voting, please feel free to call ahead. Marriage licenses are by appointment only.

IN MEMORY OF

Roland J. Gregoire

Therese B. Belanger Denommee

Richard Harding

Irma Schmitt Johnson

Mary C. Shea Murphy

Marie Adele Jeannotte Enger

Walter E. Mountain



2018 DUNSTABLE SUMMER CONCERTS

Every Wednesday night 6:30 - 8:30 p.m. on the Town Common (Rain date is Thursday) We won't need this as it will be a blue-sky summer. Right? **Food available for purchase**

- **July 11th** The Rampage Trio: *Blues Rock-Boogie*
- **July 18th** Back to Back: *Rock and Roll and Vehicle Night!*
- **July 25th** The White Street Band: *Classic Rock & Blues*
- **August 1st** 4Ever Fab *Beatles Cover Band* **Public Safety Night** with Dunstable Police and Fire Departments
- **August 8th** Never Easy: *New & Old Country music, with a "hint" of Classic Rock & Roll*

More info at www.facebook.com/dunstablesummerconcerts

VEHICLE NIGHT 2018

AT THE DUNSTABLE SUMMER CONCERTS

WHEN: *Wednesday July 18th 6:30PM* (the not to be missed concert of the summer concert series - raindate Thurs. July 19th)

WHERE: *Dunstable Town Common* - Route 113 across from the Town Hall in the center of town

WHAT: **VEHICLE NIGHT** at the Dunstable Summer Concerts.

Come to the town common to listen to the classic rock and roll tunes from one of the crowd favorites Back2BackNH and walk around and view dozens of different vehicles that will be on display. From classic antique cars to today's sport cars to farm tractors, race cars, commercial vehicles along with a few other vehicles that we haven't had on the town common in a very long time (if ever).

In addition many **silent auction baskets** have been put together to be on the auction block this night including some beautiful homemade pieces of art from some of our own Dunstable residents. Please be sure to check out the silent auction table on VEHICLE NIGHT. Remember each and every dollar raised is given back to the Dunstable Summer Concert series to help keep the concerts alive in the summer of 2019.

Can't wait to see you on the common on July 18th

Jen West -West Auto Repair, Inc. & Karen Debrececi -Dunstable Library co-sponsors of VEHICLE NIGHT at the Dunstable Summer Concerts

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prayer meeting – Wed. 7pm. Home Bible study – 7pm, 1st and 3rd
Thursdays @ 163 Highland St., Hudson, NH Call Pastor Steve
Willett @ 978-957-0648 www.anchor-bible-church.org

WHY DON'T WE PLAN FOR THE FUTURE?

By Edward H. Adamsky

Many of us fail to plan for the future. Why is that? We know bad things may happen and we should plan for them, but we don't get the job done? You know that you should engage in Estate Planning, Retirement Planning and Planning for disability, but you don't. It helps to understand why, so you can overcome those obstacles.

People generally only think about things that are right in front of them and are either new or urgent in some way, or strike some emotional reaction. Thus we will fall prey to things like the smell of fried food or a sign for ice cream. They are right there in front of us, we feel hungry right now and the smells or sights hit a positive emotional button. Long term planning for retirement or death are far away and unpleasant and have negative emotional feelings. It's only natural to put off those things that are unpleasant.

Sometimes there might be an event that triggers your need or desire to plan. If you had a death in the family or someone close went to a nursing home, then you suffered that immediate issue and saw new and urgent things that you may need to deal with yourself someday. I often get new clients because the problems of a friend or family member made the need immediate and urgent for the person who came to see me.

When planning for aging or disability, the event seems remote and unlikely, so it is harder to envision. There are also negative emotional triggers when thinking about this, so it's easy to try to avoid it. But, if you want to live well into your elder years then you do need to plan. You should think about some key questions to start thinking about what you want. One might be that fried food or ice cream. Who will you be with when eating that fried food, or if you cannot go out for ice cream, who will be the one who will go get it for you? If you are home alone, will someone be coming by to help you with things like household chores? Who will that be, and if it is a professional, how will you pay them?

Thinking about these issues and others like them may make future planning more relevant and urgent. You may need to save more in order to pay for help around the house. Or, you may need to set up planning tools like Trusts and Powers of Attorney. You may need to cultivate a network of friends and professionals who will be there when you need them. This all means you need to think about how you would like your future to be, and then you need to visit your financial planner and your Elder Law Attorney to try to set up systems that will make sure your wishes do come true.

MIDDLESEX SHERIFF'S OFFICE ALERTS RESIDENTS TO RECENT INCREASE IN JURY DUTY SCAMS

MEDFORD, Mass. – The Middlesex Sheriff's Office (MSO) is warning residents today of a new round of scam calls threatening citizens with arrest for failing to appear for jury and/or grand jury service. The MSO has been made aware of dozens of scam calls made to Middlesex County residents over the past week. In one instance, a local resident lost in excess of \$1,500 believing the threats made by the scammers were real.

On these calls, scammers pose as members of the MSO or court staff. They falsely inform residents that they have missed jury duty and are subject to arrest unless they pay a fine. Frequently, the scammers will ask that residents pay this fine by purchasing a pre-paid debit or gift card and providing the scammer with the card's code. This allows them to utilize the funds on the card without a trace.

"Threatening arrest is a tactic used by these perpetrators to scare innocent residents," said Sheriff Peter J. Koutoujian. "We want everyone to be aware of these scams in order to better protect themselves. Never, under any circumstances, will law enforcement ask you to pay a fine through gift cards."

Anyone who may have received similar calls is encouraged to report them to their local police department and the MSO Digital Forensics Unit at 978-932-3292. They may also file a complaint on-line with the Federal Communications Commission using their [Consumer Complaint Center](http://ConsumerComplaintCenter.gov).

SHEPHERD OF THE VALLEY LUTHERAN CHURCH

Now holds services and other activities at the Federated Church
21 Washington St., Ayer, MA (978) 540-0768
<http://www.sov-lc.org>

Pastor Rev. Susan Gaeta Summer Worship is at 9:15

Shepherd of the Valley Lutheran will be hosting an **ALL DAY Vacation Bible School** this year with the help of the Staff of Calumet Lutheran Camp! The Camp will run from **Monday, July 16th through Friday, July 20th**. Children who are ages 6 through 14 will be eligible for the 9 to 4 PM Day Camp. Children who are 4 and 5 may attend the morning sessions from 9 to noon. There is at least one counselor for every six children. The event is **FREE**.

If you are interested in registering your child, please email: cdrescher2013@outlook.com. The title of the event this year is "This Changes Everything". There will be crafts and all kinds of activities for the children.

FARM TOUR SUNDAY, JULY 15TH

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Wilson Farm (Lexington)

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Coffee at Tully Farm 291 Fletcher St, beginning at 9AM,

We will leave Dunstable around 9:30 heading to Lexington.

RSVP ONLY TO: Linda Chase, leCHASE491@verizon.net or 978-649-7184 No later than July 10, 2018.



TYNGSBORO YOUTH FOOTBALL & CHEERLEADING NOW WELCOMING ALL TYNGSBORO, GROTON, AND DUNSTABLE PARTICIPANTS!

FLAG FOOTBALL (K-3) TACKLE FOOTBALL (4-7)

Tyngsboro Youth Football is proud to launch our 14th season providing local area youth with the opportunity to learn football in a safe, fun environment while promoting the values and importance of academic achievement, teamwork, and sportsmanship. We are proudly affiliated with the nationally recognized American Youth Football (AYF) program. We provide all of our football coaches with training to ensure the safest, positive, fun experience for your child.

ONLINE REGISTRATION FOR OUR 2018 FALL SEASON OPEN REGISTER TODAY BEFORE THE REGISTRATION FEES

GO UP! Registration for the fall season for tackle football will end July 15. Our flag football registration will close on August 15. Visit our website and click on the "Registration Info" tab for guidance on how to register. **GOT QUESTIONS?** Email: TyngsboroYouthFootballCheer@gmail.com, **Facebook:** Like us and/or message us at "Tyngsboro Youth Football and Cheerleading", or visit our website and click on the "About Us" tab and select "Frequently Asked Questions". **WEBSITE:** www.TyngsboroYouthFootball.com or www.TyngsboroYouthCheer.com

MERRIMACK VALLEY JEWISH STUDY HAVURAH

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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DUNSTABLE SENIORS

We are a peer group for those over 60. Seniors now meet in the community room of the library every Wednesday 10:30 - 11:30 Bone Builders, dominos 10:30 - noon, lunch at noon. First Wednesday at 12:30 **BINGO for cash. Last Wednesday of the month, **POKENO**, bring your pennies. **SCRABBLE** group every Wednesdays at 12:30.**

The Mission of the Dunstable Council on Aging is to serve as a supportive family resource as emerging needs of Dunstable residents become more complex; and to advocate for and provide, in a cost-effective manner, a safe, congenial environment where seniors may participate in social, educational, and cultural programs reflective of their needs.

Council on Aging board member opening The Dunstable Council on Aging has an opening on their board. Term is 3yrs. Meeting are held once a month. Anyone interested in this position should contact Anne Fenochetti. We would like to thank, Ruth Tully, and Nancy Nowak for the time they have given to the COA board.

July Lunches No meeting July 4th. **July 11** will be Pot Luck. Bring a small serving of an appetizer, salad, main course or dessert. Don't want to cook bring a bag of chips or cans of soda. **July 18** We will have baked chicken breast, rice pilaf, salad & dessert provided by the Traveling Chef. **July 25** will be pizza, salad and our monthly birthday celebration.

August Lunches **August 1** lunch will be provided by the library staff. **August 8** will be Oriental Chicken with orzo, salad and dessert provided by Charlotte's Cozy Kitchen. **August 15** will be a grilled panini with a choice of either chicken parmesan or Italian, salad & dessert provided by the Traveling Chef. **August 22** will be an assortment of cold salad sandwiches, potato salad & dessert provided by Dinner Made Simple. **August 29** will be pizza salad and the monthly birthday celebration. We would love to see more seniors at our lunches. Lunches are only \$3.00 per person.

Book Club The group will resume meeting September 15. Here are a few suggestions you might like to try over the summer. The Other Einstein by Marie Benedict, Radium Girls by Kate Moore, The House of Unexpected Sisters by Alexander McCall Smith, After Anna by Lisa Scottoline.

Rivercourt Residence in West Groton invites Dunstable seniors for a monthly lunch. Please join us on the third Tuesday of each month. Next lunch July 16 and August 20 at noon in their private dining room. They do this as a community outreach program, no sales involved.

Senior / Veteran Breakfast Will be held on Thursday, July 19 and August 16 at 8:30 at the Tyngsboro Senior Center, 169 Westford Rd. All welcome.

Indian Hill Music, Bach Lunch No performances in July and August. Next show September 20

Book Delivery to shut-ins is available through the Dunstable Library. Just let Sue know if you or someone you know needs books or audio material.

Line Dancing Class ... No classes in July and August. Class will resume September 10. For more information contact Holly Pottle at 978-649-3192.

FREE Quilting Class under the direction of **Robin Murch** will be offered on the first and third Tuesday from 6:00 - 7:45 at the Dunstable Library. Just drop in and she will let you know what you will need to get started.

DUNSTABLE TOWN HALL DIRECTORY

Town Hall (978) 649-4514. The departmental extensions are as follows:

221 Accountant 222 Town Clerk 223 Council on Aging
224 Board of Selectmen, Electrical, Gas, Plumbing, & Building Inspector's Secretary. Also for Animal Control Officer. After hours call Police at 978-649-8891. If emergency call 911
225 Assistant Assessor 226 Building Inspector
227 Assessors, Highway 228 Collector/Treasurer 229 Board of Health
230 Conservation/Planning Board/Water Commission
Veteran's Officer 978-649-3919

POLICE NON-EMERGENCY 978-649-7445 POLICE & EMT 911

FIRE DEPT. TELEPHONE NUMBERS TO REPORT A FIRE CALL 911

Business Line.....978-649-6661 FAX.....978-649-6072

Alarm System* 978-448-6666*can be used to call in a fire from cell phone

DUNSTABLE VETERANS SERVICES

It only seems like yesterday when we were having the Memorial Day Parade and now we are celebrating our County's birthday. I cannot thank everyone enough who helped put the parade together and participated in this event to honor those who have served and died for the defense of our great country.

Also, we have an extra treat for anyone who would like to see the video or have a copy of the CD of the parade, please either email me or leave a message. I will get back to you.

Additionally as always, if you know of any veteran, widow or family member in need of assistance of any kind, please leave me a message at 978-649-3919 or send me an email at VSO@Dunstable-ma.gov. I am here to help you.

Joe Dean (Former USMC Sgt, Retired USAF Capt.)

Dunstable Veteran Services Officer

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"OH WELL" VS. "I MUST ACT!"

by Nathan Combs

Hezekiah and Josiah were both considered the best kings of Judah during the Divided Kingdom period of Israel's history (2 Kings 18.5, 23.25). They both were favorably compared to David, the godly founder of their dynasty. They both enacted radical reforms: restoring ancient worship practices that had long been neglected, smashing the idols and altars of false gods, and restoring and cleansing the temple complex. Despite the similarities they shared in devotion to the Lord, 2 Kings reveals drastic differences in their attitudes about the future of their country.

In 2 Kings 20, we read that Hezekiah became mortally ill and was told by the Lord to set his house in order to prepare for his impending death. After Hezekiah wept and prayed, however, the Lord granted him an extra fifteen years of life. Envoys from the nation of Babylon came to see the king with letters and a present because word of Hezekiah's sickness had spread far beyond Judah's borders. In a moment of prideful weakness, Hezekiah showed the envoys all of his wealth and treasure. When Isaiah the prophet confronted Hezekiah, he told the king that one day the Babylonians would come and empty Judah of its resources and people. We're told Hezekiah's surprising response in 2 Kings 20.19 when he said "The word of the Lord that you have spoken is good." For he thought, "Why not, if there will be peace and security in my days?" In other words, "Oh well! It's not my problem."

Contrast this to Josiah's reaction to a message of coming catastrophe. Upon hearing the words of the lost book of the law, Josiah ripped his clothing, wept, and inquired of the Lord. God told him through a prophetess that Judah's days were numbered. However, because Josiah's heart was tender, he would experience peace in his lifetime and not see the approaching disaster. Instead of resting contentedly in his guaranteed safety, Josiah threw his nation into a time of frenzied spiritual restoration. He gathered the leaders of Judah and its people, renewed a covenant with the Lord at the temple, and began to do all he could to turn the hearts of his people back to their God. Not only did he cleanse Judah of idolatry, he also went north beyond the borders of his kingdom to cleanse the cities of Samaria as well! Instead of an "Oh well" response, he reacted to the future with an attitude of "I must act!"

Which king of Judah do you most resemble in your personal life? Are you mainly concerned with immediate peace, or do you take a keen interest in what will happen in future generations after you are gone? What kinds of spiritual foundations are you laying in your family and your local church? Are you content to simply sit back in the knowledge that you are walking with the Lord, or are you proactively helping others around you remove their idols? Are you Hezekiah or Josiah?

Dawn M. Kay, CPA P.C.

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HOW TO PAY FOR THERAPY OPTIONS, PROS AND CONS

By Jan Price, LICSW & David Harrison, LICSW

The National Institute of Mental Health (NIMH), estimates that nearly 1 in 5 U.S. adults live with moderate to severe mental health issues. Though help is readily available, barriers remain to receiving good treatment. Geography, scheduling and social pressure to "tough it out" are among common stumbling blocks despite widespread agreement among researchers that Psychotherapy – "Talk Therapy" – can improve mental health outcomes. In addition, of course, are financial concerns. That is, though many clinicians don't like to talk about it, good therapy costs money.

Consumers of therapy should be aware of numerous financial and clinical considerations when faced with decisions regarding managed care, private pay, out of network, out of pocket, HMOs, PPOs, and CPTs plus diagnoses from the DSM-5 and the ICD-10... Confused yet? As with medical care, the jargon can seem overwhelming but psychotherapy often turns out to be more affordable than many people imagine. Understanding 3 basic choices will improve your chances of finding the help best suited to your individual needs: **Insurance – In Network.** As with more expensive medical services, many people seek to use insurance to cover the largest portion of psychotherapy's cost. Seeing someone "in network" means that you must see a therapist who has signed a service contract with your particular insurance company. Your cost for services, in the form of co-pays or full fee payments toward your plan's deductible is determined by your plan's "behavioral health benefits"

Insurance - Out of Network. Some insurance plans offer their subscribers Out of Network (OON) benefits for behavioral health. Often labelled "Preferred Provider Organizations" (PPO), these plans reimburse some portion of treatment cost (sometimes as much as 50%-60% – again subject to your plan's deductible) without any restrictions on who subscribers see for therapy. Your therapist does not have to be contracted with your insurance company in order for you to use your OON benefits.

Private Pay. Also known as "Out of Pocket", private pay refers to financial arrangements that don't involve insurance. Instead of a co-pay or partial reimbursement, consumers simply agree to a fee which they pay directly to their therapist at the time of service or according to an agreed upon billing schedule. It is worth noting that many therapists employ a "sliding scale" whereby they offer discounted fees to a limited number of private pay clients in need. And Psychotherapy qualifies for payment from Health Spending Accounts (HSA) and Flexible Spending Accounts (FSA) set up through employers.

So, why choose Private Pay for psychotherapy? First, because many experienced therapists will not contract with insurance companies, paying out of pocket increases your choices and your chances of finding the right therapist for you. In fact, Private Pay allows your treatment to be free of any interference from insurance companies, all of whom feel free to manage your care based on their own assessment of your individual needs. For instance, insurance companies dictate how often subscribers can be seen and reserve the right to decide for you when your therapy should end.

Insurance companies also demand that your clinician provide a mental health diagnosis for you, and your treatment plans and session notes may also be subject to insurers' review – after which all this very personal confidential information becomes a part of your permanent medical record. In this era of managed healthcare, many consumers are wary of insurers labeling any mental health need as a "pre-existing condition".

Again per NIMH, significantly less than half of those individuals with mental health conditions receive treatment during a given year despite the availability of help. But with or without using insurance of any kind, an hour of psychotherapy is surprisingly affordable. If you or a loved one is struggling with mental health please consider contacting Greenbridge Counseling and Wellness, LLC at 978-649-2055 or via our website at www.greenbridgecw.com

GRACE LUTHERAN CHURCH 130 Spit Brook Road, Nashua, NH 03062

Pastor: Mick Meyer Ministry Coordinator: Sharlene Peterson
 Youth Director: Alison Efstathiou 603-888-7579 www.glcmsnh.org

DUNSTABLE RESIDENT GRADUATES FROM THE ACADEMY

Tyngsboro, MA – On June 2, the Academy of Notre Dame held its 164th Upper School Commencement Ceremony. Among the students who received their diplomas from the private, all-girls Catholic high school in Tyngsboro, was a young woman from Dunstable. Isabella Hann participated in many activities and events at the Academy. She was active in the Mission and Ministry Core Team, Catholic Heart Work Camp, the Academy's newspaper, and the *Muse*, a student-run art magazine. Hann held a leadership role in the outreach program with St. Patrick's school her junior and senior year, as community service coordinator.

Since grade 5, Hann has been competitive in gymnastics and competes at the highest level in her division. She was recognized as Student of the Month in January 2017 and received the Ann Boumla Memorial Scholarship in May 2017. She was also a member of National Honor Society and French National Honor Society. On May 31, at the Academy's Baccalaureate ceremony, Hann was a recipient of the President's Award for achieving a 4.0 or greater throughout her time at NDA. She also received a Friends of NDA scholarship.

In the fall, Hann will attend the University of Massachusetts, Amherst to pursue a degree in public health and health sciences. The Class of 2018, composed of 54 students, earned a cumulative of \$13 million in renewable, merit-based scholarships and was accepted to 143 colleges and universities across the U.S. and Canada. Ninety percent of the class report acceptance to her first choice or high interest school and half of them will major in STEM related fields.

The Academy of Notre Dame is a private, Catholic co-educational Pre-K through Grade 8 lower school and college-preparatory upper school for young women sponsored by the Sisters of Notre Dame de Namur. The Academy welcomes students of all faiths. With a culturally diverse population, the Academy is comprised of students from approximately forty cities and towns throughout Massachusetts and New Hampshire, as well as international students. For more info about the Academy, visit www.ndatyngsboro.org.

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DIRECTOR OF THE COUNCIL ON AGING

Anne Fenochetti Email: afenochetti@dunstable-ma.gov
Hours at Town Hall: Tuesday from 11-2 and Wednesday from 8-11. You can reach Anne at **978-649-4514 ext. 223** at the Town Hall or by appointment.

DUNSTABLE COUNCIL ON AGING Mary Moeller chairman; Brian O'Donnell, Secretary; Donald Pottle, Mary Dow.

NEEDED COUNCIL ON AGING BOARD MEMBER

The Dunstable Council on Aging has an opening on their board. Term is 3 years. Meetings are held once a month. **Anyone interested in this position, please contact Anne Fenochetti.** We would like to thank Ruth Tully, and Nancy Nowak for the time they have given to the COA Board.

Bone Builders Program is held on Wednesdays and Fridays in the community room of the library from 10:30 – 11:30a.m. Through a grant from Tufts Health and CTI senior Corp. Volunteer leaders run the program. Bone Builders is a fun low- impact strength training and balance exercise program. Each class runs for 60 min. FREE to all seniors, space is available. Talk with Marilyn Sheridan.

Well Adult Clinic Are held on the fourth Wednesday of every month in the community room of the Dunstable Library. Nurse will provide wellness check, blood pressure/pulse monitoring, blood sugar screening. The next clinics will be **July 25 and August 29** from 11:00a.m. - noon.

Van Service is available for medical appointments and grocery shopping. Cost is \$5.00 for local trips, Lowell, Chelmsford, Nashua, Tyngsboro, Westford, Ayer, Groton & Pepperell. \$10.00 for any other. Check with Anne Fenochetti as soon as you know when your appointment is to make sure a ride is available.

Living Alone Safely in Your Own Home The COA is working with the Fire Dept and the Police to keep those seniors living alone safe in their home. They can secure a lock box with a key to your door at your home so that in an emergency help would be able to get to you quickly. Chief Rich will be available to give more specific information at our meeting on July 11 at 11:30a.m.

Meals on Wheels Do you or someone you know need the services of Meals on Wheels? Receive a hot nutritious lunch delivered M-F at around 11:30 a.m. as well as monthly special meals and holiday meals. For more info check with Anne. Drivers needed.

Durable Medical Equipment Try us FREE before you buy. Check out the COA's inventory. We have a variety of good, gently used walkers, wheelchairs, canes, commodes and much more that people have generously donated. These are on loan and need to be returned when not in use. PLEASE call first before you drop off items. Accepted items should be brought to the Town Hall only.

Message from the Fire Chief Fire Chief Rich is available to check your smoke detectors you just need to set up an appointment. If you need the assistance of the fire department for a non-emergency situation and you've called the firestation and no one was there.

Please call 978-448-6666 (Fire/Police/ems Dispatch) they will notify the proper person or service to assist you. **Office # 978-649-6661**

Nashoba Nursing Service and Hospice: For information on home health, flu clinics, nursing availability, or hospice - call 1-800698-3307. Hospice is looking for volunteers to visit patients to give the caregiver a break. Call Wendy Chieffo for more info 1-800-698-3307 ext. 352 or wchieffo@nashoba.org.

Caregiver's Support Group sponsored by Rivercourt Residence For families and caretakers of loved ones with Alzheimer's or other forms of Dementia. If you are feeling sad, guilty, lonely or helpless. You are not alone! Come join us to talk about these feelings and connect with others whose experiences are similar to yours. We meet the first Wednesday of every month. **Time:** 10:30 am – 12noon or 6:00pm – 7:30pm **Location:** Conference room at 8 West Main Street, Groton MA 01450 **For information call:** Laurie Morency at 978-448-4122 ext. 250 or Nancy D'Agostino at 978-448-1400 ext. 231

Groton Memory Cafe Every 4th Thursday from 10:00 - noon at the Groton COA 163 W Main St, West Groton, Ma. Join us for coffee and conversation for individuals and families living with memory changes. FREE, call 781-863-1166 ext. 104 for more info.

**MORE NEWS FROM THE
DIRECTOR OF THE COUNCIL ON AGING**
Care guides available for families of people with Alzheimer's Disease. Available to download at no cost. The Alzheimer's Disease Assoc. Ma/NH Chapter has an array of resources for families and individuals at each stage of Alzheimer's Disease. These comprehensive guides allow families to address specific issues they are currently experiencing. If you are not sure what guide is best for you call 800-272-3900. To download guide, go to: www.alzmass.org/care-guides.html. The Alzheimer's Assn. home page is located at www.alz.org/manh
Prescription Advantage Now has a continuous open enrollment. Applications available.

Medicare Questions Call Elder Services at 1-800-892-0890
Meals on Wheels Do you or someone you know need the services of Meals on Wheels? Receive a hot nutritious lunch delivered M-F at around 11:30 a.m. as well as monthly special meals and holiday meals. For more info check with Anne. Drivers needed.

We now have the application for RMV Handicap placards
Charity Navigator There aren't many days go by that we are not contacted to make a donation to different organizations. Want to make sure they are legitimate and the money you donate is well used. You can now look up these charities at www.charitynavigator.org
Brown Bag Program Elder Services of the Merrimack Valley, Inc. and the Greater Boston Food Bank have joined forces to offer an Elder Brown Bag Program for income eligible residents 60 years and older in the Merrimack Valley. Eligible elders will receive a free bag of groceries on the fourth Tuesday of the month. Pick up at the Tyngsboro Senior Center. Applications are now being accepted and are available through Anne at the Dunstable COA office.

Files of Life pouches are available to all seniors. These pouches will contain pertinent information about you that can be left in a visible location, home/car to be used in cases of emergency. You can contact Fire Chief Rich for more information.

Elder Hotline Provides seniors and their families with information related to elder issues. Call 1-888-243-5337 Mon- Frid 10:00-4:00.

DUNSTABLE BOARD OF HEALTH

Now that the warm weather is here and it's time to enjoy the great outdoors, remember it's also mosquito and tick season. Take a few simple steps to protect yourself and your family from the illnesses that mosquitoes and ticks can cause.

Use the right bug spray. Wear the right clothing. And check for ticks on yourself and your pets after you've been outdoors.

Learn more at mass.gov/mosquitoesandticks or contact The Board of Health at 978-649-4514 ext 229 or email jferrari@dunstable-ma.gov

If you have questions about the Transfer Station please contact Joan Ferrari at the above mentioned phone number and email.

YANKEE DOODLE DOLLERS DOLL CLUB

We are a group of adult doll collectors. **Meetings are the second Tuesday of each month, from 6:30 to 9:30 in Acton, MA.** Want more information? Call Rosemary 978-534-0365 (leave a message) Or call Diane 978-448-2893

We are a member of the United Federation of Doll Clubs



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Wow how fast that 2017-2018 school year went by. We want to take this opportunity to thank all of our Box Top for Education collectors for your efforts of clipping those small pink box tops over this past school year. We ended the year collecting 35,660 box tops which means Swallow Union Elementary School will receive a check for \$3,566 from the Box Tops for Education program for our collection efforts. ***At the time of the writing of this article our school sits in the 10th position as one of the top ten box top collecting schools in the state of Massachusetts out of 1,998 schools in the state that participate in the program.*** Again this is such a terrific accomplishment for our small town and school in Dunstable! You might ask what happens with the funds earned through the Box Top for Education program. Over the course of this past year the box top "money" was used to help fund some of enrichment programs that the students participated in such as Museum of Science visits, field trips to the apple orchard and pumpkin farm. The staff at the school also had some technology requests so we were able to help to purchase new Chrome books, Ipads and a technology cart with funds raised from the Box Tops for Education program which helped to make this request a reality.

As the Box Top for Education co-coordinators at Swallow Union Elementary School, THANK YOU, THANK YOU, THANK YOU for your clipping efforts over this past school year. Please remember to keep on clipping during the summer and drop off your box tops in any of the yellow Box Tops for Education bins scattered around the town (Dunstable Library, Dunstable Post office, inside the 1st front door at Swallow Union Elementary school and a collection bin is at West Auto Repair in Dunstable). Also please download the Box Tops for Education app. on your smartphone. It's so easy to use and the ability to earn extra box tops adds up quick when you use the app. Enjoy your summer and remember to ***KEEP ON CLIPPING***

Jen West and Cristina Agraz

Box Top for Education co-coordinators
Swallow Union Elementary School

DUNSTABLE GRANGE #31

CELEBRATING 150 YEARS

Meetings are held each month at Dunstable Town Hall at 8 p.m. unless otherwise noted.

Call for more information 978-649-3934.

Come join Grange!

All are welcome!!! Refreshments will be served.

July 13th - Cookout at the Tully's at 7PM. Short business meeting and Pot-Luck dinner

August 10th - Ice Cream Social

August 18th - 92nd Annual Grange Fair and Community Citizen Award



CONTRATULATIONS TO THE MORGAN BABCOCK SCHOLARSHIP WINNERS

Madison Tammaro was awarded the \$16,000.00 Scholarship. The Five recipients of the \$2,000.00 Scholarships are: Jacqueline K. Richardson, Zara Rose Durst, Kristen M. Tully, Brooke Towle and Samantha Freiter

The Helene Morgan Babcock and Alfred Babcock Memorial Scholarship Trust, has been awarding scholarships to graduating seniors who reside in Dunstable since 2005.

As a community we are very blessed to have this trust! The young men and women listed above have all shown many qualities that exemplify the spirit in which this trust was established. We wish you all the best. Remember, "never forget the kindness of the people of Dunstable."

You may contact the Trust at Babcockscholarshipfund@gmail.com.



92nd GRANGE FAIR DUNSTABLE GRANGE #31



Massachusetts Department of Food and Agriculture Cooperating Fair has been funded in part by the
Massachusetts Cultural
Council and the Massachusetts State Grange

**SATURDAY, AUGUST 18th, 2018
TOWN COMMON, DUNSTABLE, MA**

-No Dogs allowed on premises-

Premium List

READ ALL REQUIREMENTS AS GIVEN ON THE PREMIUM LIST

SCORE CARD FOR COLLECTIONS OF FRUIT AND VEGETABLES

**QUALITY.....50% ARRANGEMENT.....30%
UTILITY VALUE.....10% NUMBER OF KINDS.....10%**

All exhibits are to be brought to the town common and entered on Saturday, August 18, 2018.

Registration will OPEN at 9:00 a.m. and CLOSE at 11:00 a.m. Late entries may be refused. Articles previously exhibited in this fair are not eligible for prizes.

All Exhibitors must be MASSACHUSETTS RESIDENTS Exhibits MUST REMAIN ON DISPLAY for the general public 2:30 p.m. to 7:30 p.m. The Grange will gratefully accept any donations made toward the auction.

Any Exhibitor may make only one (1) entry in a given category.

A first prize will not be awarded unless quality warrants.

Days Events

3:00 p.m.	Sales Tables, Home Baked Goodies Soda/ Popcorn/ Ice cream (from Goss Farm) Gifts Sales Table—Ruth Tully
3:00 p.m. - 7:30 p.m.	Hamburger, hotdogs, sausage -Prescott Grange
3:30 p.m. - 4:15 p.m.	Curious Creatures
4:30 p.m. - 5:30 p.m.	Police Dog
6:00 p.m. - 8:00 p.m.	Band Concert by Dave Sammarco Band
7:00 p.m.	Community Citizen Award
8:00 p.m.	Auction of Donated Exhibits
9:00 p.m.	Drawing of raffle baskets

ROSETTE RULES

1. No Rosette shall be awarded to any member of the Fair Committee or any exhibit department chairperson.
2. A Green Rosette will be awarded for the most Blue Ribbons awarded overall.
3. Two (2) Green Rosettes will be awarded in the Youth Department. (6-13) age group and (14-20) unmarried) age group.
4. One Green Rosette will be awarded for an outstanding exhibit.

Recommendations of the Judges will be considered.

ALL DECISIONS ARE FINAL.

Class I—Fruits

All fruits must be grown, selected and arranged by exhibitor.

Calvin Chase, Chairperson

A. DISPLAY CLASS	1st	2nd	3rd
1. Display of at least five kinds of fruits in an appropriate container	\$7.50	\$5.00	\$3.00
B. BAGS	1st	2nd	3rd
1. Three 3-lb bags of McIntosh Apples	\$3.00	\$1.50	\$1.00
2. Three 3-lb bags of any other variety	\$3.00	\$1.50	\$1.00
C. PLATE CLASS	1st	2nd	3rd
1. 5 McIntosh Apples	\$2.50	\$1.50	\$1.00
2. 5 Cortland Apples	\$2.50	\$1.50	\$1.00
3. 5 Gravenstein Apples	\$2.50	\$1.50	\$1.00
4. 5 Early McIntosh Apples	\$2.50	\$1.50	\$1.00
5. 5 Any Other Variety Apples	\$2.50	\$1.50	\$1.00
6. 5 Peaches	\$2.50	\$1.50	\$1.00
7. 5 Bartlett Pears	\$2.50	\$1.50	\$1.00
8. 5 Any Other Variety Pears	\$2.50	\$1.50	\$1.00
9. Pint Blueberries	\$2.50	\$1.50	\$1.00
10. Quart Strawberry	\$2.50	\$1.50	\$1.00
11. 5 Any Other Fruit	\$2.50	\$1.50	\$1.00

FAIRCOMMITTEE: Secretary - Linda Chase; Committee - Charles & Jennifer Tully, Cal & Linda Chase, Robert Holt, Virginia Holt; Raffle Chairperson - Jan Ingram; Auctioneer - Charles Tully, Jr.

Class II—Vegetables

All vegetables must be grown, selected and arranged by exhibitor.

Virginia Holt, Chairperson / Jerry Simmons, Assistant

A. DISPLAY CLASS	1st	2nd	3rd
1. Display of at least five kinds of vegetables in an appropriate container	\$10.00	\$7.50	\$5.00
B. BEST MARKET PACKAGE	1st	2nd	3rd
<i>Any container bushel or greater (except bags)</i>			
1. Potatoes	\$7.00	\$5.00	\$3.00
2. Corn	\$7.00	\$5.00	\$3.00
3. Any Other Vegetable	\$7.00	\$5.00	\$3.00
C. PLATE CLASS	1st	2nd	3rd
1. 15 Pods Pole Beans	\$3.00	\$2.00	\$1.00
2. 15 Pods Green Beans	\$3.00	\$2.00	\$1.00
3. 15 Pods Shell Beans	\$3.00	\$2.00	\$1.00
4. 15 Pods Yellow Beans	\$3.00	\$2.00	\$1.00
5. 15 Lima Beans	\$3.00	\$2.00	\$1.00
6. 15 Purple Beans	\$3.00	\$2.00	\$1.00
7. 5 Beets—1" Stems	\$3.00	\$2.00	\$1.00
8. 5 Carrots—1" Stems	\$3.00	\$2.00	\$1.00
9. 2 Cabbage	\$3.00	\$2.00	\$1.00
10. 5 Ears Sweet Corn	\$3.00	\$2.00	\$1.00
11. 3 Cucumbers (2 in Youth Class)	\$3.00	\$2.00	\$1.00
12. 5 Pickling Cukes	\$3.00	\$2.00	\$1.00
13. 2 Eggplant	\$3.00	\$2.00	\$1.00
14. 2 Muskmelons (ripe)	\$3.00	\$2.00	\$1.00
15. 5 Onions—White	\$3.00	\$2.00	\$1.00
16. 5 Onions—Yellow	\$3.00	\$2.00	\$1.00
17. 5 Peppers	\$3.00	\$2.00	\$1.00
18. 5 Hot Peppers	\$3.00	\$2.00	\$1.00
19. 5 Potatoes—Green Mountain	\$3.00	\$2.00	\$1.00
20. 5 Potatoes—Any Other	\$3.00	\$2.00	\$1.00
21. 2 Pumpkins—Sugar	\$3.00	\$2.00	\$1.00
22. 2 Field Pumpkins	\$3.00	\$2.00	\$1.00
23. 2 Squash—Acorn	\$3.00	\$2.00	\$1.00
24. 2 Squash—Butternut	\$3.00	\$2.00	\$1.00
25. 2 Squash—Hubbard	\$3.00	\$2.00	\$1.00
26. 2 Squash—Spaghetti	\$3.00	\$2.00	\$1.00
27. 2 Squash—Summer	\$3.00	\$2.00	\$1.00
28. 2 Squash—Zucchini	\$3.00	\$2.00	\$1.00
29. 2 Squash—Patty Pan	\$3.00	\$2.00	\$1.00
30. 2 Squash—Any Other	\$3.00	\$2.00	\$1.00
31. 5 Tomatoes—Red	\$3.00	\$2.00	\$1.00
32. 5 Tomatoes—Green	\$3.00	\$2.00	\$1.00
33. 10 Tomatoes—Plum	\$3.00	\$2.00	\$1.00
34. 10 Tomatoes—Cherry	\$3.00	\$2.00	\$1.00
35. 10 Tomatoes—Grape	\$3.00	\$2.00	\$1.00
36. 2 Watermelons	\$3.00	\$2.00	\$1.00
37. Herbs	\$3.00	\$2.00	\$1.00
38. Any Other Vegetable	\$3.00	\$2.00	\$1.00

Class III—Canned Goods

The products shown must be the current year's production and made by the exhibitor.

All canned and preserved goods, except Jams and Jelly, sealed by processing. Jars in any category must be the same size and type, clean and labeled clearly. Due to State ruling,

GARDEN SPECIAL, cannot be accepted for judging.

Susan Rotellini, Chairperson

A. COLLECTIONS	1st	2nd	3rd
1. 6 Jars, 3 kinds of Vegetables and 3 kinds of fruit	\$4.00	\$3.00	\$2.00
2. 3 Jars of Pickles and/or Relishes, 1 jar each of 3 kinds	\$4.00	\$3.00	\$2.00
3. 3 Jars of Vegetables, 1 jar each of 3 kinds	\$4.00	\$3.00	\$2.00
4. 3 Jars of Fruits, 1 jar each of 3 kinds	\$4.00	\$3.00	\$2.00
B. VEGETABLES—2 JARS	1st	2nd	3rd
1. Green Beans	\$3.00	\$2.00	\$1.50
2. Yellow Beans	\$3.00	\$2.00	\$1.50
3. Beets	\$3.00	\$2.00	\$1.50
4. Carrots	\$3.00	\$2.00	\$1.50
5. Corn	\$3.00	\$2.00	\$1.50
6. Pickles	\$3.00	\$2.00	\$1.50
7. Summer Squash	\$3.00	\$2.00	\$1.50
8. Tomatoes	\$3.00	\$2.00	\$1.50
9. Any Others	\$3.00	\$2.00	\$1.50
C. FRUITS—2 JARS	1st	2nd	3rd
1. Blueberries	\$3.00	\$2.00	\$1.50
2. Peaches	\$3.00	\$2.00	\$1.50
3. Pears	\$3.00	\$2.00	\$1.50
4. Any Other	\$3.00	\$2.00	\$1.50
D. JELLY AND JAM- 2 Jar (not less than 4 ounces)	1st	2nd	3rd
(Same variety competing for 1 set of Prizes)			
1. Jelly—Berry	\$3.00	\$2.00	\$1.50
2. Jelly—Fruit	\$3.00	\$2.00	\$1.50
3. Jam—Berry	\$3.00	\$2.00	\$1.50
4. Jam—Fruit	\$3.00	\$2.00	\$1.50
E. HONEY—2 JARS	1st	2nd	3rd
	\$3.00	\$2.00	\$1.50

Class IV—Food**All Food must be made by the exhibitor. No Cheesecakes, No Package Mixes***Diane Allen, Chairperson / Jen Tully, Assistant*

	1st	2nd	3rd
1. Packaged Lunch—Menus Must Accompany	\$2.50	\$1.50	\$1.00
2. White Bread (Yeast)	\$2.50	\$1.50	\$1.00
3. Dark Bread (Yeast)	\$2.50	\$1.50	\$1.00
4. Banana Bread	\$2.50	\$1.50	\$1.00
5. Quick Bread	\$2.50	\$1.50	\$1.00
6. Zucchini Bread	\$2.50	\$1.50	\$1.00
7. Brown Bread—Any Other Bread	\$2.50	\$1.50	\$1.00
8. Angel Food Cake—Unfrosted	\$2.50	\$1.50	\$1.00
9. Decorated Cake(All Decorations must be edible)	\$2.50	\$1.50	\$1.00
10. Chocolate Layer Cake	\$2.50	\$1.50	\$1.00
11. Coffee Cake	\$2.50	\$1.50	\$1.00
12. Sponge Cake	\$2.50	\$1.50	\$1.00
13. Cup Cakes (6)	\$2.50	\$1.50	\$1.00
14. Any Other Cake	\$2.50	\$1.50	\$1.00
15. Blueberry Pie	\$2.50	\$1.50	\$1.00
16. One Crust Pie	\$2.50	\$1.50	\$1.00
17. Apple Pie	\$2.50	\$1.50	\$1.00
18. Fruit Pie	\$2.50	\$1.50	\$1.00
19. Any Other Pie	\$2.50	\$1.50	\$1.00
20. Muffins (6)	\$2.50	\$1.50	\$1.00
21. Biscuits (6)	\$2.50	\$1.50	\$1.00
22. Brownies (6)	\$2.50	\$1.50	\$1.00
23. Squares (6)	\$2.50	\$1.50	\$1.00
24. Drop Cookies (6)	\$2.50	\$1.50	\$1.00
25. Rolled Cookies (6)	\$2.50	\$1.50	\$1.00
26. Chocolate Chip Cookies (6)	\$2.50	\$1.50	\$1.00
27. Snickerdoodles (6)	\$2.50	\$1.50	\$1.00
28. Chiffon Cake—Unfrosted	\$2.50	\$1.50	\$1.00
29. Molded Candy (6)	\$2.50	\$1.50	\$1.00

Class V—Flowers*Caryl Adamowitch, Chairperson***A. FLOWER ARRANGEMENTS - Flowers must be selected and arranged in containers***furnished by the exhibitor. Entries must be judged for quality of arrangements, as well as for quality of the blooms.*

	1st	2nd	3rd
1. Shallow Dish—floating arrangement	\$3.00	\$2.00	\$1.00
2. Flower Combined with Fruit	\$3.00	\$2.00	\$1.00
3. In Container not originally intended for flowers	\$3.00	\$2.00	\$1.00
4. Garden Flowers, 3 or more varieties	\$3.00	\$2.00	\$1.00
5. Center of Table	\$3.00	\$2.00	\$1.00
6. Small Arrangement	\$3.00	\$2.00	\$1.00

—less than 5" in any dimension, including container

8. Annuals, 4 or more kind	\$3.00	\$2.00	\$1.00
9. Wildflower Arrangement	\$3.00	\$2.00	\$1.00
10. Dried Flower Arrangement	\$3.00	\$2.00	\$1.00

B. HOUSE PLANTS

	1st	2nd	3rd
1. African Violets—Single	\$3.00	\$2.00	\$1.00
2. African Violets—Double	\$3.00	\$2.00	\$1.00
3. Begonia	\$3.00	\$2.00	\$1.00
4. Miniature Garden/Terrarium	\$3.00	\$2.00	\$1.00
5. Any Other—All Competing Together	\$3.00	\$2.00	\$1.00
6. Any Other Hanging Plant	\$3.00	\$2.00	\$1.00

C. CUT FLOWERS

	1st	2nd	3rd
1. Asters—5 Blooms	\$3.00	\$2.00	\$1.00
2. Cosmos—5 Stems	\$3.00	\$2.00	\$1.00
3. Dahlias—5 Singles	\$3.00	\$2.00	\$1.00
4. Gladiolus—5 Spikes, Any Variety	\$3.00	\$2.00	\$1.00
5. Gladiolus—3 Spikes, Any Variety	\$3.00	\$2.00	\$1.00
6. Gourds—At Least 5 Kinds	\$3.00	\$2.00	\$1.00
7. Marigolds—Regular (5)	\$3.00	\$2.00	\$1.00
8. Marigolds—Giant (5)	\$3.00	\$2.00	\$1.00
9. Nasturtiums (5)	\$3.00	\$2.00	\$1.00
10. Petunias—5 Stems, Single Flowered	\$3.00	\$2.00	\$1.00
11. Single Rose	\$3.00	\$2.00	\$1.00
12. Zinnias—Dwarf (5)	\$3.00	\$2.00	\$1.00
13. Zinnias—Giant (5)	\$3.00	\$2.00	\$1.00
14. Any Other Cut Flowers	\$3.00	\$2.00	\$1.00
15. Any Other—5 Blossoms or Stems	\$3.00	\$2.00	\$1.00

Class VI—Photography (NO FRAMES, NOTHING LARGER THAN 8X10)*Louise Murphy, Chairperson / Kristina Tully, Assistant*

A. PRINTS—Mounted on Stiff 8.5" x 11" Backing	1st	2nd	3rd
1. People	\$2.50	\$1.50	\$1.00
2. Picturesque Scene	\$2.50	\$1.50	\$1.00
3. Animals or Pets	\$2.50	\$1.50	\$1.00
4. Sunsets	\$2.50	\$1.50	\$1.00
B. ENLARGEMENTS—5" x 7" to 8" x 10"	1st	2nd	3rd
1. People	\$2.50	\$1.50	\$1.00
2. Picturesque Scene	\$2.50	\$1.50	\$1.00
3. Animals or Pets	\$2.50	\$1.50	\$1.00
4. Sunsets	\$2.50	\$1.50	\$1.00
C. BLACK AND WHITE PRINTS	1st	2nd	3rd
1. People	\$2.50	\$1.50	\$1.00
2. Picturesque Scene	\$2.50	\$1.50	\$1.00
3. Animals or Pets	\$2.50	\$1.50	\$1.00
D. BLACK AND WHITE PRINTS- Enlargements	1st	2nd	3rd
1. People	\$2.50	\$1.50	\$1.00
2. Picturesque Scene	\$2.50	\$1.50	\$1.00
3. Animals or Pets	\$2.50	\$1.50	\$1.00
E. CLOSE-UPS	1st	2nd	3rd
1. People	\$2.50	\$1.50	\$1.00
2. Flowers	\$2.50	\$1.50	\$1.00
3. Animals	\$2.50	\$1.50	\$1.00
F. SERIES OF 3 PICTURES	1st	2nd	3rd
1. People	\$2.50	\$1.50	\$1.00
2. Flowers	\$2.50	\$1.50	\$1.00
3. Animals	\$2.50	\$1.50	\$1.00
G. Architecture	1st	2nd	3rd
1. People	\$2.50	\$1.50	\$1.00
2. Flowers	\$2.50	\$1.50	\$1.00
3. Animals	\$2.50	\$1.50	\$1.00

Class VII—Domestic Arts**All items must be completed, only items listed below will be accepted for judging.***Rebecca Ingram, Chairperson**(For youth entries please see below)*

	1st	2nd	3rd
1. Quilts—Machine Made	\$5.00	\$3.00	\$2.00
2. Quilts—Hand Sewn	\$5.00	\$3.00	\$2.00
3. Afghans—Knitted	\$5.00	\$3.00	\$2.00
4. Afghans—Crocheted	\$5.00	\$3.00	\$2.00
5. Wall hangings	\$5.00	\$3.00	\$2.00
—hooked, machine made, quilted, hand sewn			
6. Table Runner	\$5.00	\$3.00	\$2.00
7. Christmas Stocking	\$3.00	\$2.00	\$1.00
8. Any Clothing—Knitted	\$3.00	\$2.00	\$1.00
9. Any Clothing—Crocheted	\$3.00	\$2.00	\$1.00
10. Pillows—Hooked, Crocheted, Patchwork, Quilted	\$3.00	\$2.00	\$1.00
11. Baby Articles—Knitted	\$3.00	\$2.00	\$1.00
12. Baby Articles—Crocheted	\$3.00	\$2.00	\$1.00
13. Needle Articles	\$3.00	\$2.00	\$1.00
—Crewel, Candle Wicking, Counted Cross Stitch, & Needlepoint			
14. Tole Painting	\$3.00	\$2.00	\$1.00
15. Oil/Acrylic Painting	\$3.00	\$2.00	\$1.00
16. Watercolor Painting	\$3.00	\$2.00	\$1.00
17. Any other picture—pen, ink, pencil, etc.	\$3.00	\$2.00	\$1.00
18. Woodworking	\$3.00	\$2.00	\$1.00
19. Woodcarving	\$3.00	\$2.00	\$1.00
20. Jewelry/ Bead work	\$3.00	\$2.00	\$1.00
21. Scrapbook—1 or 2 Page Layout	\$3.00	\$2.00	\$1.00
22. Fabric Arts—Child's Article	\$3.00	\$2.00	\$1.00
23. Fabric Arts—Adult Article	\$3.00	\$2.00	\$1.00
24. Rug	\$3.00	\$2.00	\$1.00
25. Hooked Christmas Items	\$3.00	\$2.00	\$1.00
26. Plastic Canvas	\$3.00	\$2.00	\$1.00
27. Any Other	\$3.00	\$2.00	\$1.00

Youth Categories**Category 1—Youth Ages 6 to 13 Category 2— Youth Ages 14-20****All Ages Are As Of January 1, 2018***Tim Chase Chairperson / Susan Conant, Assistant***Class VIII—Vegetables****See Class II For Information****Class IX—Canned Goods****See Class III For Information****Class X—Food****See Class IV For Information****Class XI—Flowers****See Class V For Information****Class XII—Photography****See Class VI For Information****Class XIII—Domestic Arts**

	1st	2nd	3rd
1. Dress	\$2.50	\$1.50	\$1.00
2. Skirt	\$2.50	\$1.50	\$1.00
3. Shirt / Blouse	\$2.50	\$1.50	\$1.00
4. Embroidery	\$2.50	\$1.50	\$1.00
5. Cross Stitching	\$2.50	\$1.50	\$1.00
6. Latch Hook	\$2.50	\$1.50	\$1.00
7. Stuffed Animals	\$2.50	\$1.50	\$1.00
8. Yarn Item—Knitted	\$2.50	\$1.50	\$1.00
9. Yarn Item—Crocheted	\$2.50	\$1.50	\$1.00
10. Yarn Items—Any Other	\$2.50	\$1.50	\$1.00
11. Tied Blanket	\$2.50	\$1.50	\$1.00
12. Any Other Item	\$2.50	\$1.50	\$1.00

Class XIV—Conservation & Collections

A. COLLECTIONS MOUNTED AND NAMED	1st	2nd	3rd
1. At Least 5 Leaf Prints	\$2.50	\$1.50	\$1.00
2. At Least 5 Insects	\$2.50	\$1.50	\$1.00
3. At Least 5 Wild Flowers	\$2.50	\$1.50	\$1.00
4. At Least 5 Native Woods	\$2.50	\$1.50	\$1.00
5. At Least 5 Shells	\$2.50	\$1.50	\$1.00
6. At Least 5 Rock	\$2.50	\$1.50	\$1.00
7. Any Other Conservation Collection	\$2.50	\$1.50	\$1.00
8. Lego Collection	\$2.50	\$1.50	\$1.00
B. CRAFTS	1st	2nd	3rd
1. Oil Painting/ Acrylic	\$2.50	\$1.50	\$1.00
2. Pencil Sketch	\$2.50	\$1.50	\$1.00
3. Watercolor	\$2.50	\$1.50	\$1.00
4. Pastels	\$2.50	\$1.50	\$1.00
5. Woodworking / Carving	\$2.50	\$1.50	\$1.00
6. Scrapbooks—Cards	\$2.50	\$1.50	\$1.00
7. Scrapbooks—Stickers	\$2.50	\$1.50	\$1.00
8. Scrapbooks—Any Other	\$2.50	\$1.50	\$1.00
9. Scrap Booking	\$2.50	\$1.50	\$1.00
10. Jewelry/ Bead working	\$2.50	\$1.50	\$1.00
11. Ceramic—Molds	\$2.50	\$1.50	\$1.00
12. Polymer Clay Items	\$2.50	\$1.50	\$1.00
13. Hand made ceramic	\$2.50	\$1.50	\$1.00
14. Tie Dying	\$2.50	\$1.50	\$1.00
15. Any Other Items	\$2.50	\$1.50	\$1.00

All Prizes Awarded To Children Under The Age of 9 Will Be Paid For By The Dunstable Grange.

THE WISH PROJECT

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1A Foundry St., Lowell, MA 01852 Off of Plain Street in Lowell.
 No appointment needed, but call first if donation days fall on a holiday. 866-947-4360

WISH LIST: Small Kitchen Tables, Full & Twin Mattress Sets, Adj Metal Bed Frames, All Box Springs, Toddler beds
 XL Adult Male Diapers, Diapers Size 6, Diaper Bags
Safety Gates, Window Guards, Preemie Diapers
In need of all types of spring and summer clothing in all sizes. Including bathing suits and sandals for all family members.
 Similac Formula Blue Can, Coloring Books, Bubbles, Chalk and Crayons. Body Wash, Bookcases, Sneakers.
 Shower Curtains & Curtain Rings, Maternity Tops, Beach Balls, Coffee Makers, can openers, Bakeware, Cookie Sheets, Sauce Pots, Utensils,
 Toddler Beds, Bed Pillows, Curtains, Lamps and **Fans**
 Flip Flops, Shampoo and Conditioner, Body Lotion, Toothpaste, Women's Deodorant, white socks
 Electric wheelchair, men's bikes

Thrift Shop We've extended the hours to accommodate more shoppers. **Located in our warehouse our new hours are Tuesday, Wednesday, Friday and Saturday 9-1:30pm and Thursday 4 to 7:30pm.** Stop in and pick up some bargains and help to fund our mission of helping the needy in Merrimack Valley! We welcome the public to shop and help support The Wish Project with every purchase!

As of July 1st we will stop accepting donations of furniture until we are in our new location.

Recently we announced that our warehouse would be moving out of the Foundry Industrial Park location this summer. The search committee is actively looking at commercial space in the Greater Lowell area and we are hopeful that we will find something very soon. Unfortunately this move will be an enormous undertaking relocating 15,000 sq ft of basic items for our clients and transporting it to a new location. We are hoping you can help us with this unexpected expense that we were not anticipating. Any help you can give us would be appreciated. The Wish Project has served the less fortunate, the homeless and families in need in Greater Lowell and Merrimack Valley for over a decade. We plan on continuing that service for decades to come. We will continue to keep you posted. If you or your organization would like to help fund the move or provide other support or have any questions please contact us. We will need many volunteers to pack, unpack and move boxes this summer. If you or your group would like to volunteer to help prepare for the move please contact Patty at patty@thewishproject.org and she will get back to you. On our website you will find a link if you wish to donate to the fund for the move. We are grateful for the support of our donors, supporters and volunteers that have made it possible for us to help so many people in Merrimack Valley. With your support we will continue to serve families and individuals in need for many years to come! We never take for granted the support we receive whether in the form of a monetary donation, goods donated or volunteer hours. Each is necessary to help us to serve our clients and our mission. Thank you for doing your part!

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 or call us at **866-947-4360**.

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. **866-947-4360** Website www.TheWishProject.org

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www.tyngsborocongregational.org
E-mail ecctsect@yahoo.com

JOIN US FOR SUNDAY MORNING WORSHIP

OUR MISSION: Glorify God by encouraging all people to know Jesus together in Faith, Love and Service. Worship Service at 10:00 a.m. Nursery available. Followed by Fellowship and Refreshments. Although Sunday School ended on June 3rd for the summer, day-care will be available for younger children. Cancellation information will be listed on our website: www.tyngsborocongregational.org

• **THE THRIFT SHOP:** Located next to the church is open to the public on **Thursdays and Saturdays from 10:00 a.m. - 3:00 p.m.** We offer an assortment of clothing, shoes, handbags, baby items, books, small appliances, dishes, glassware, jewelry, etc. **Please do not drop off** large furniture items such as TV's, computers or printers we do not have the means to store or dispose of these.

CUSTOMER APPRECIATION DAYS - As a Thank You to our patrons who consistently shop and donate articles, the Thrift Shop held a Customer Appreciation Day on Thursday (June 28th) and Saturday (June 30th). Members of our congregation provided baked goodies/coffee/water in the Church Fellowship Hall to share with our faithful and wonderful customers just to say a heartfelt "THANK YOU" from all of us!

• **YOUTH MINISTRY** If you would like to be a part of this active and fun ministry, we encourage your families to come and enjoy our Sunday services at 10:00 a.m. We welcome with open arms anyone looking to follow our Lord and glorify Him through worship and actions. **Our Youth Group will begin again in September.**

• **THANK YOU** to all who marched in the town's Memorial Day Parade. We were happy to see so many faces marching to represent the 150th Anniversary of our church. Certainly the town could recognize we were present as approximately 30-35 people from children to adults wore their light blue church T-shirts. Thank you all for your participation! It is always an honor to march and recognize our military, past and present.

As the school year winds down, there will be no regularly scheduled Executive meetings, Youth Group or Sunday School for July and August. Normal activities will begin again in September with our Rally Day.

• **ON JUNE 3RD WE HELD OUR CHILDREN'S PROGRAM** and acknowledged those High School Graduates who qualified for our Scholarship Awards. The program was led by Joan Politi and the children did a fantastic job! Graduates who received our Scholarships were: Steven Buck, Rebecca Ham, Aimee Ham, Quinn Kilmartin, Sara Moran, Kaylin Carpenter and Nicholas McPadden. Congratulations to these outstanding graduates of 2018! After the church service we all brought food to share and attended our Annual Church Picnic at the Sportsmen's Club on Westford Road. It was a beautiful day and many attended. This has become a tradition for our church family!

• **OCTOBER 7, 2018 - SPECIAL SUNDAY SERVICE** and Luncheon at Church. Afternoon - The Needham's (a well known Gospel Group) in Concert at Old Town Hall at 1pm. Tickets available by calling the church at 978-649-2262 (please leave a message). Seating is limited so call to reserve your tickets and seats soon!

• **SERMONS ON-LINE:** Weekly sermons by Pastor Frediani: 1. Log onto the church website <http://www.tyngsborocongregational.org> 2. On home page you will see a photo of the church. Hover the cursor over the word "SERVING" 3. Click once on the word "SERMONS" 4. Scroll down to see "Listen to our sermons for free on SoundCloud.com" 5. Click once on the link/word "SoundCloud.com" 6. Below the Church logo sermons listed by date, passage, sermon title 7. Click orange circle to listen to the sermon you desire.

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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."

Join us for Sunday Worship Service 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. Everyone is welcome to an informal time of fellowship with coffee, tea and refreshments after worship.

CHILDREN'S SUNDAY SCHOOL is regularly held at 10:00 am. On June 17, a Children's Church began and will run through the summer. The nursery and older children will be combined for a devotional, songs and activities. We would love for volunteers from the congregation to help. For more information and to sing up to help, please contact Shellyannross@gmail.com. Regular classes will resume in September.

DECC YOUTH finished the year with a cookout and a trip to Salisbury Beach. Meetings will resume in September. Regular meetings are held on Sundays from 4:00-6:00 PM but special events may be held at other times. Please contact Jon Hughes at 978-393-7708 if interested and to confirm location and time of meeting.

POPs (Parents of Preschoolers) meets in the Fellowship Hall twice a month on Fridays, 9:00-11:00 am during the school year. Child care is available. Contact Shellyannross@gmail.com with questions. Gatherings will resume in September.

MISSIONS BOARD sponsors a "Missions Moment" on the second Sunday of each a month. A guest speaker presents a brief overview of the program which is supported by our Missions giving. Although donations are accepted at any time, in the month of May, envelopes were available for a weekly special offering each Sunday to support the work of Kwatekeh Africa and its new Maternal, Newborn and Child healthcare program for residents of the Suakoko Leprosy Center and surrounding area. Offerings and a matching contribution totaled \$1338. Eric Hanson thanks you for your support of this initiative. The funds will go directly to helping to get this much-needed program up and running. For more information about Kwatekeh Africa, please visit www.kwatekehafrika.org or email Eric Hanson at kwatekehafrika@gmail.com. Further donations are accepted at any time.

DANCE CAMP FOR YOUNGSTERS! Fourth Annual Summer Dance Camp Series at the Dunstable Congregational Church is offered in July & August on Sat. a.m. & Thurs. p.m. for preschool through elementary students. **OPEN HOUSE Sat. 7/14 @ 12:00 -1:00 p.m.** Classes will be held on Thursdays 7/19, 7/26, 8/9 and 8/16 at 6:00-7:00 pm. Classes on Saturday 7/14, 7/28, 8/11 and 8/18 will be 12:00-1:00 pm. For more information, call 603-402-0054. Instructor, Christine Oberhelman.

OPERATIONS BOARD is happy to announce that work is proceeding on the installation of a lift and access to handicapped restrooms in Fellowship Hall. A project in the works for a long time, it should be completed before fall activities start. We are excited to make our church accessible to all.

Come visit your community's church. For more information about any of these events, contact the Church office 978-649-6251, email info@dunstablechurch.org or visit our website at www.dunstablechurch.org.

DRIVERS NEEDED FOR MEALS ON WHEELS

This is for the Greater Lowell area, which includes Dunstable and Tyngsborough and many surrounding towns.

If you are interested, and would like more information, please contact Joyce Dastou, from Elder Services, Meals on Wheels at 978-686-1422 Ext. 3021

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SATURDAY, JULY 14th 8AM TO 3PM

Raindate will be Sunday, July 15th

169 Westford Rd, Tyngsboro

In the parking lot behind the Tyngsboro Council on Aging Building. This is a great chance to sell your products: Paparazzi, Tupperware, Scentsy, LuLaRu and your handmade items. Clean out your basement, closets, garage and make some cash.

20 x 20 spaces only \$15 (Cash, Check, Paypal) Bring your own table, tent and whatever you need to make your booth.

Sell all day - Buy all day - Have some fun!

Spaces are LIMITED. Reserve NOW.

**Call or text 1-254-226-4168 (this number is correct)
or email friendstcoa@yahoo.com**



Neighbor to Neighbor

*Published by Anne M. Paquin
Since 1983*

64 Hardy St., Dunstable, MA 01827
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LOWELL TRANSITIONAL LIVING CENTER

PARTNER HIGHLIGHT Through a collaboration with the Greater Lawrence Family Health Center, each Monday Dr. Vincent Waite visits LTLC to offer clients direct access to healthcare for concerns they might otherwise ignore. "The idea is to identify their health issues before they're emergencies." Dr. Waite Homeless clients often have multiple medical and mental health issues, and may have difficulty managing their illnesses. Providing health care services on site has proven to improve outcomes and medication compliance, which is a critical factor in disease management and staying out of the hospital.

Group Volunteer Days For your religious organizations, youth groups, corporations, or friends and family. Helping in the LTLC Donation Center makes an impact by enabling LTLC to get much needed clothing, socks, towels, and other items to clients.

Please contact us now to choose a date for your next volunteer day or inquire about donating. Arian Murphy, Volunteer Coordinator email: amurphy@ltlc.org

Community Hope Network Monthly Donations Making a Difference! Even a small donation of only \$15 a month can change a person's day and keep someone from going a night without shelter. **It's easy!** And it's a great way to make a social impact and fight homelessness and poverty. **Go to our website www.ltlc.org**

If you belong to an organization that has an upcoming activity or project you would like publicized, please send in your news by **August 10th** for the September issue. *Articles are placed on a first come, first served basis.* News can be sent in a word file or in the body of an email. It is best to send artwork as jpeg, or pdf files. Please email me if you have further questions about submitting news.

If you have something coming up in the summer send it in and I will post it on the Neighbor to Neighbor website. The issues are posted there monthly. Recently I have started placing news that has come in late or is happening prior to the next publication.

If you have a local business, or your organization would like to have a display ad, not just a paragraph, please email me and I will answer any questions you might have and I will forward the rate sheet to you.

The next issue will be out in September probably after Labor Day. Total circulation at this time for Dunstable and Tyngsborough is 6,306 issues.

Issues are available online at

www.neighbortoneighbornewsletter.com

Hope you have a great summer with time for family and friends!
I look forward to hearing from you soon. *Anne*

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AMVETS POST #247

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We hold our meetings on the **1st 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.
God Bless America.

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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 2018-2019 Unit President: Bernadette
Harper; Sr. Vice: Josephine Beauregard; Secretary: Patricia
Modrich; Treasurer: Diane Dileo; Chaplain: Rebecca Modrich. Ex-
ecutive Committee: Mary Dupras, Kathy Olje and Annette Coles.

For information on the Auxiliary Unit meetings, or functions
contact Unit President Diane Dileo at 978-204-9329

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.

DUNSTABLE TYNGSBOUGH LIONS CLUB



"We Serve" The Lions Club is a non-profit organization of men
and women dedicated to helping the community through donations
raised by volunteers.

Officers for the 2017-2018 Lions Year

President: Mark Alexander, Secretary/Treasurer: Bob Reich,
Membership Chairman: Ed Majewski, 1st Vice President: Mike Roth,
Tail Twister/Lion Tamer: J.J Ward

Anyone who would like to join the Lions is asked to call Bob
Reich at 978-649-5874 or Mark Alexander at 978-649-9124. Our
Regular Meetings are held on the first Tuesday of the month start-
ing at 6:30 pm. Call one of the members at the telephone numbers
given above to find the location.

Events

The Club donated \$100 to Massachusetts Eye Research.

YOU CAN HELP BY DONATING THE FOLLOWING:

Used eyeglasses are collected for refurbishment and distribution to
less advantaged people around the world.

CAN TABS (in sealed bags) are also collected for kidney
dialysis time through the Shriners Hospital.

Lion's collection boxes for eyeglasses and tabs (in sealed
bags) are located at the Tyngsborough Post Office, American
Legion Post 247 at 90 Pawtucket Blvd., Tyngsborough Council on
Aging Senior Center, 169 Westford Rd., Tyngsborough and Dun-
stable Town Hall, Post Office and Library.

**When you contact a business,
or organization,
please tell them you've seen their ad
or news in Neighbor to Neighbor.
They would like to know. Thank you, Anne**

FINAL REUNION

St. Joseph's Hospital of Lowell, MA will be holding their **25th Anniversary and FINAL Reunion** on Thursday, **September 20, 2018** at Lenzi's Mill House, Dracut, MA. **Please contact one of the people listed here for tickets.**
Helen Blaschke @ 978-454-7346 or hmbwblaschke@gmail.com
Audrey Singleton @ 978 649-6543 or ansmanilow@comcast.net
Joanne Richard @ 978-618-0668 or ermama@comcast.net

THE LOADING DOCK GALLERY 122 Western Avenue • Lowell, MA 01851 SHOW: ARTFUL AGE Through July 29, 2018

Sumptuous color, provocative line, and interesting texture soothe your soul and tickle your inner child. Picasso was right: "Youth has no age." The Loading Dock Gallery's July Show, **Artful Age** proves the saying true.

Curators Linda B. Dunn and Pamela Wamala have worked in parallel for close to a decade, leading art classes for senior centers, continuing care residences, and rehab facilities. In **Artful Age**, their students' work shines with joy. "Art reawakens old interests and sparks new ones," notes Dunn. "It activates time. It gives the moment meaning."

Some **Artful Age** artists have painted for a lifetime. Others discovered art as seniors. Their joy of exploration shines in **Artful Age**. In elder classes, art offers a place of autonomy and discovery. As a student observed: "We came not knowing how to draw a straight line. Now we can paint, and we know that circles are more fun." Come, see, and feel this delightful exhibit from a group of unexpected artists. **Artful Age**.

The Loading Dock Gallery, a program of Loading Dock Arts, Inc., a 501c3, is open Wednesday-Saturday from Noon to 5:30 PM, and Sunday from Noon to 4 PM. For more information, call 978-596-1576 or visit www.theloadingdockgallery.com.

CHELMSFORD CATHOLIC COLLABORATIVE

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Staff Offices: 115 Middlesex Street, North Chelmsford
OFFICE HOURS: Mon, Tue, Thu. 9:00AM – 5:00PM; Wed. 9:30AM – 5:00PM; Fri... 9:00AM – 3:00PM

ST. MARY BUSINESS (978) 256-2374; www.saint-mary.org

ST. MARY CHURCH: 25 North Rd, 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 BUSINESS (978) 251-8571; www.saintjohnchelmsford.org

ST. JOHN THE EVANGELIST CHURCH: 115 Middlesex St., North Chelmsford. Daily Mass Schedule: Monday – Saturday... 9:00 AM Weekend Mass Schedule: Saturday... 4:00 PM; Sunday... 8:30 AM, 10:30 AM (No 5 PM Mass during summer)

Reconciliation: Saturdays... 3:00 – 3:45 PM, or by appointment

•PLEASE NOTE THAT Saturday 9 AM Mass alternates between the parishes. Contact Parish Offices for schedule at their direct business numbers listed above.



46 Coburn Road
Tyngsboro

Sherburne Nature Center trails are open daily, dawn to dusk, for the residents of Tyngsboro and neighboring towns. Traverse several woodland streams, go bird-watching, try to catch a glimpse of a beaver, and observe meadow wildflowers and butterflies. It's a great place for outdoor exercise and to enjoy nature close to home. Sherburne Nature Center and Trails activities are open to all who are interested. Activities go rain or shine. In extreme weather conditions, activities are cancelled. No reservations or fees required. Children under 16 must be accompanied by an adult.

Please note: The tennis court behind the Sherburne Nature Center is PRIVATE property.

It is not part of the PUBLIC Nature Center property.

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Altrusa Club of Merrimack Valley, a local, volunteer service organization. On June 11, 2018, the Altrusa International Association celebrated 101 years of volunteerism around the world. **If you would like to help make a difference in the lives of others in your community, please contact us at altrusamv@gmail.com.**

BE SAFE WHEN THE TEMPERATURES SOAR; RED CROSS ISSUES SAFETY TIPS FOR HOT WEATHER

It's that time of year when the temperature goes up and heat and humidity, which can be deadly, make being outdoors very uncomfortable. According to the [Centers for Disease Control \(CDC\)](http://www.cdc.gov), more than 600 people in the United States are killed by extreme heat every year. The American Red Cross has steps you can take to help stay safe when the temperatures soar. "It's important for everyone to realize that warm weather can be dangerous," said Holly Grant, regional chief executive officer of the American Red Cross of Massachusetts. "The Red Cross has steps you can follow to make sure you and your loved ones are protected when hot weather hits your area."

HEAT SAFETY TIPS Some people are more at risk of developing a heat-related illness, including adults age 65 and older, those with chronic medical conditions, people who work outside, infants and children and athletes. Here are steps you should take in hot weather:

- Hot cars can be deadly. Never leave children or pets in your vehicle. The inside temperature of the car can quickly reach 120 degrees.
- Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.
- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- If someone doesn't have air conditioning, they should seek relief from the heat during the warmest part of the day in places like schools, libraries, theaters, malls, etc.
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.
- Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors.
- Check on animals frequently to ensure that they are not suffering from the heat. Make sure they have plenty of cool water.

See the entire article on www.neighbortoneighbornewsletter.com
Download free Red Cross Emergency App on your mobile device.

TYNGSBOROUGH DUNSTABLE HISTORICAL SOCIETY



Events listed will be held at the **Little Red Schoolhouse** which is located on Route 113, 64 Main St., Dunstable, near the Tyngsborough- Dunstable Town Line.

Mark your calendar now for these wonderful presentations.

Saturday, September 15, 3pm

Learn how to research the history of your house.

By Richard P. Howe Jr., Middlesex North Register of Deeds

For info: Lynda Justice 978-587-8423

Thursday, September 27, 7pm

Native American Program

Learn more about the Mt. Kearsarge Indian Museum and Northeastern Woodlands Native culture.

For info: Claudia Novak 978-649-6356

Membership is \$15 for an individual and \$25 for a family. For more information check out the website. www.tdhistoricalsociety.org

USED CLOTHING DROP-OFF SHED

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Location: Rear Parking lot, 518 Main St., Dunstable, MA 01827

Items accepted: All clothing, shoes sneakers, belts, purses, blankets, sheets, pillowcases, drapes and stuffed toys. (Your donations will not be cut up or shredded.) **(Please... No rags, fabric scraps, pillows, toys or household goods; please understand that the above unwanted items are a hardship and expense to dispose of.)**

Send clothing to people who can use it all over the US and World while helping the environment. Receive a tax deduction for your donation. Receipts are on the shed. ****Help us keep your donation clean and dry.**** Please put in tied or closed bags.

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I wanted to pass on this information to you. The Humane Society of the United States (HSUS) is offering a copy of the book "Living with our Wild Neighbors" as a free download. It is very informative and covers all wildlife from A-Z. Since we have so many animals that we share our yards with, I thought it might be helpful to you.
<https://www.animalsheltering.org/page/wild-neighbors-book>

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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Please make note worship time is now at 9 AM. Coffee Fellowship is now 10 AM.

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.

For more information about events please check out the website www.wcmmc.us.

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Sat 8:30 A.M. - 11:30 A.M.

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Learn more at
Circle-Health.org/UrgentCare.



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Sat, Sun: 8:00am – 3:45pm