



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

Celebrating 35 Years of Service

Issue # 361 • July/August 2018

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TYNGSBOROUGH TOWN CLERK NEWS

2018 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. Licenses are past due! Please include an additional \$25.00 in your check!

2018 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 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.

STATE PRIMARY will be held on September 4th – the day after Labor Day. A voter registration session will be held on August 15th from 4:00 to 8:00 pm. That is also the deadline to change your party registration. Polls will open at 7:00 am until 8:00 pm.

NOMINATION PAPERS for the Greater Lowell Vocational School are available at the Town Clerk's office. Candidates must obtain 45 signatures and the papers are due back to the office by Tuesday, July 24, 2018. This position will appear on the State Ballot on November 6th.

Have a happy and safe summer! Please contact the office at 978-649-2300 extension 129 or email to jshifres@tyngsboroughma.gov with any questions.

NOTICE TO TYNGSBOROUGH WATER DISTRICT USERS

The Tyngsborough Water District began flushing water mains June 11, 2018. *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

HAVE A WONDERFUL SUMMER!

IN MEMORY OF

Gladys P. Dawson Conn
Therese M. Guilmette Cantin
Annette S. Bovee Geary
Rose E. Parenchuck Noel
Hilda I. Zananiri
Nahil I. Ansara Zananiri
Marie A. Coan Biron
Stewart Wood

Therese B. Belanger Denommee
Therese M. Boulanger Boissonneault
Florence M. Gervais Huot
Donald R. Ordway
Joanne F. Monleon Normandin
Jane Stasia Ferus Daly
Lynda LeBoeuf Eaton
Dr. Josephine Saltzgaber



TYNGSBOROUGH 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 your local Board of Health. Ticks identification card is available at the Board of Health Office.

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

FLAG FOOTBALL (Grades K-3)

TACKLE FOOTBALL (Grades 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, and fun experience for your child.

ONLINE REGISTRATION FOR OUR 2018 FALL SEASON IS NOW 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

TYNGSBOROUGH COUNCIL ON AGING



169 Westford Rd., Tyngsborough, MA 01879 978-649-9211
Mailing Address: 25 Bryants Lane, Tyngsborough, MA 01879
Email: Broche@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 11:00AM

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.** 1st 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.**

DONATIONS NEEDED Coffee, Cups 8oz Styrofoam, and Napkins, Paper Plates, small and large. Volunteer who knows how to do data entry.

COA Meetings are the third Tuesday of each month. **Next meeting is September 18th.** No meetings July and August. Public Welcome

VETERANS' COFFEE HOUR! Thursday, July 12th, 9:30AM - 10:30AM (run by Pat Wojtas- Town Veterans' Agent) This is an informal group that meets on the 2nd Thursday of the month to reminisce about time served and discuss benefits that are available to veterans. Come have a cup of coffee and donut amongst friends!

BOOK CLUB (Monthly) Thursday, July 19th, 12:00 Come join us on the 3rd Thursday of each month. Book of the Month is the best way to discover and read the best new books each month.

Book discussed this month is... "A is for Alibi" by Sue Grafton
TRIVIAL PURSUIT DAY Wednesday, July 18th, 12:00 Test your brain's recollection of trivia facts. Join us for a fun time!

COMPUTER HELP FOR SENIORS Thursday, July 19, 10:00 Bring your device and anything else that you might need to make the most of your time. Instructor Joe Delgado. Please call if you can't make it.

SENIOR/VETERAN BREAKFAST Thursday, July 19th, 8:30-9:00 Start your day off with a **FREE** healthy breakfast with friends here at the Center. Food sponsored by COA. Speaker: D.A. Marian Ryan

LUNCH BUNCH Wednesday, July 18th, 11:30-1:00 "T-Bones" If you need transportation for this trip we will be happy to pick you up using the Tyngsborough Bus. Call 3 days in advance 978-649-9211.

PROJECT LINUS D.A. MARIAN RYAN Thursday, July 19th at 9 a.m. Do you like to knit, crochet or quilt? Know someone who does? By combining your time and talent, your very own homemade blanket can make a difference in the life of a child. Middlesex District Attorney Marian Ryan and Project Linus have teamed up to provide blankets to children who have experienced a recent trauma. From the sudden death of a parent to displacement from a fire, the District Attorney's Office encounters children each week who would benefit from the comfort of a blanket. In fact, research has shown that the softness and warmth of a blanket can help children cope with distress. To learn more about the need for blankets and how you can help support this important partnership, please stop by the Senior Center to visit with District Attorney Ryan and representatives of Project Linus. Blankets must be new and handmade.

CASINO DAY Wednesday July 25th 12:00 Join us for fun casino games! **It's FREE**

SHINE Tuesday, July 31st., 8:30-12:00 Serving Health Insurance Needs of Everyone. Our Counselor Lillian Colby will be holding office hours at the Center. Call 978-649-9211 to schedule an appointment. **Please bring insurance cards and a list of prescriptions you take with you.**

KNITTING/CROCHET Every Monday 1:00PM-2:30PM We are looking for an instructor to teach people who are beginners. Please see Tracy or Barbara if you are interested in helping our seniors learn how to knit, stitch, or crochet. We have supplies here to get you started. Stop by and enjoy the fun.

ARTICLE CONTINUED MORE INFO FOR AUGUST

•**WELLNESS CLINIC COA, 169 Westford Rd 978-649-9211** Nancy Harding, RN, from the **Circle Home, Inc.** 1st 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.**

UPCOMING in AUGUST

CASINO DAY Wednesday August 15th 12:00 Join us for fun casino games! **It's FREE SENIOR/VETERAN BREAKFAST Thursday,**

August 16th, 8:30-9:00 Start your day off with a **FREE** healthy breakfast with friends here at the Center. Food sponsored by COA and prepared by the town employees. Speaker: TBD

LUNCH BUNCH - Wednesday, August 18th, 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 August 16th. Bring a friend along and enjoy the day.

END OF SUMMER BBQ Wednesday, August 29th, 11:00 sponsored by Tyngsborough Police Union; Entertainment-Kathy Rodger

INTRODUCING 'DETERRA SYSTEM' Deterra System, **DEACTIVATES** prescription drugs, rendering them ineffective for misuse and safe for the environment. The Tyngsborough Police Department is making this available to safely deactivate the active chemicals in the drugs which allows responsible disposal with no concerns that the drugs will end up in the hands of children or drug addicts. We have some available at the Senior Center. Please let Barbara or Tracy know if you are interested. Tyngsborough COA 978-649-9211.

TEXAS HOLD' EM Thursdays 12:00 -3:00 If you like poker, come join us every Thursday. It's lots of fun!

TRIPS AND TRAVEL - Be sure to look at the Trips and Travel bulletin board in the main entrance of The Tyngsborough Council on Aging 169 Westford Rd. There are many trips available and affordable. We will be piggy-backing with Hudson, NH Senior Center. Space is limited, so don't hesitate to sign up. Lillian Boudreau, is the **Travel Coordinator** she will be happy to answer any question call 978-337-4702.

The heat of the summer months is here. Remember that you can always come over to the center during business hours as a 'cooling' station. We always have beverages and snacks.

If you have a group and don't have a place to go you're welcome to use our Center's activity room.



FRIENDS OF THE TYNGSBORO COUNCIL ON AGING

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 Mary Basiliere.

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>.

Visit us on Facebook:

<https://www.facebook.com/FriendsofTyngsboroCOA/>



FRIENDS OF THE TYNGSBOROUGH PUBLIC LIBRARY

Did you miss the Spring Used Book Sale and still need a good summer read? Go to the library's **Bibliothèque Café** and enjoy a cup of coffee while perusing the used books on sale at the same prices from the Friends book sale. The table and chairs are new and comfortable, used by tutors and students, for meetings and tech advice, and funded by the Friends!

The Friends fund a subscription to BookPage which is a monthly book review publication with author interviews and special features. It is with your book sale support and Friends membership that we can provide BookPage to the library and free to library patrons.

What library pass funded by the Friends will you use this summer? If you like sports, the pass for the **Lowell Spinners** allows up to six half-price tickets for home games. With the kids are out of school, try the Mass. **DCR ParksPass** which provides free parking at state park facilities that charge a day-use fee. See the library's website to reserve passes or visit the library.

On July 18 at the library, the Friends are sponsoring **Costal Critters**, presented by the Seacoast Science Center in Rye, NH. Stop by or call the library to inquire about the pass to the Seacoast Science Center, also funded by the Friends of the Library.

The next Friends meeting will be held on **Monday, September 10, 7 p.m. after Labor Day**. Members and non-members are invited. See you there!

Visit <https://www.facebook.com/FOTPL> or <http://www.tynglib.org/> - Click on the "Friends of Library"

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 Kitty Angels is An All-Volunteer, Non-Profit Shelter for Needy Cats

ST MARY MAGDALEN PARISH

95 Lakeview Ave., Tyngsboro, MA 978-649-7315

Weekend Mass Schedule: Saturday 4PM. Sunday 7:30AM, 9:30AM

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.

- 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 after the 9AM Mass 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** Ste. Marguerite, St. Mary Magdalen, & St. Rita Parishes are pleased to announce we have a "Men of St. Joseph" chapter. The "Men of St. Joseph" is an established and successful ministry, whose principle mission is to call men to become the strong and faith-filled husbands, fathers, and leaders, whom God has created us to be. **We 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. The meetings are being held at Ste. Marguerite d'Youville Church, 1340 Lakeview Ave., Dracut thru 6/9/2018.** To find out more, please come and check us out! Rosary starts promptly at 7:15 in the Church.

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

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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



**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. More info may be found on our website at TyngsboroughRec.com Friend us on Facebook. Seeking new members. **Two open seats. Join us!**

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

FIELD DAY X5 (formerly Track and Field Family Fun Nights) Thursdays, July 12 - Aug 9; Starting 6pm at THS Pierce Field; \$40pp (\$50 non-resident) Activity stations, races, relays, obstacle courses, hula hoops, sports challenges, and so much more are organized for boys and girls 4-10 years of age. Participants receive a team t-shirt as they exercise, socialize, and have loads of fun! Advance registration required by June 22 at www.TyngsboroughRec.com. VOLUNTEERS ARE WELCOME & NEEDED.

2018 SUMMER TENNIS/SOCCER CLINICS Tyngsborough Elementary School, Run by High Level Experienced Players/Coaches. Master Two great sports at once!
info@www.planettennisusa.com 727-542-9636 Week 1: July 9-12 9am-12pm, 90 minutes each sport!
9am-10:30am Soccer: Learn, Drill, Review, Improve! Followed by: 10:30-12pm: Tennis: Learn, Drill, Review, Improve! \$199 per week!
Week 2: July 16-19 9am-12pm, 90 minutes each sport!
9am-10:30am Soccer: Learn, Drill, Review, Improve! Followed by: 10:30-12pm: Tennis: Learn, Drill, Review, Improve! \$199 per week!

SAVE THE DATE! FOOD TRUCK BLOCK PARTY!

Town Common August 26, 11am - 4pm. Live bands. Local business and community groups. Check our website and FB page for details. Volunteers welcome to join the fun!

BASKETBALL Tyngsborough will be hosting the 11U Baseball State Championships between 7/6 and 7/14.

COMMUNITY SERVICE HOURS AVAILABLE FOR STUDENTS Do you need community service hours? Contact us, we have many opportunities. Wicasse concession stand, Festival of Trees, End of Summer Bash, Shamrock Ball and more-

FESTIVAL OF TREES PLANNING COMMITTEE We are looking for new members to join our sub-committee to plan the Festival of Trees Event specifically. You do not need to be on the Recreation Committee. Contact the Rec. Office, send a message on FB or call Theresa 978-828-6589 if you plan to attend or have questions.

PIANO LESSONS

Given by Catherine O'Malley

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TOWN OF TYNGSBOROUGH

TOWN HALL, 25 BRYANTS LANE

OFFICES OPEN

Monday, Tuesday, Wednesday & Thursday 8:30 a.m. to 4 p.m.

Friday 8:30 a.m. to 12:30 p.m.

Meeting schedules are posted at the front entrance of the Town Hall

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		

Highway Dept. 978-649-2310

IN TYNGSBOROUGH

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

CONGRATULATIONS

...to the following Tyngsboro residents who recently graduated from Lowell Catholic. They are Susritha Kopparapu, Sean McCullough and Zachary Morine Lowell Catholic Class of 2018

GRADUATION Graduation was held at the Immaculate Conception Church in Lowell at 6:30 p.m. on May 24th. Over 900 people were in attendance. Fr. Nicholas Sannella gave the Invocation. Madaline Grenier Sang the National Anthem and Mr. Leslie Murray was the Master of Ceremonies. Anthony Greico delivered the Salutatory Address and Susritha Kopparapu gave the Valedictory Address. Diplomas were awarded by Head of School Maryellen DeMarco.

COMMUNITY SERVICE Lowell Catholic's class of 2018 collectively completed over 16,000 community service hours in 4 years!

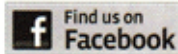
SCHOLARSHIP They earned over 20 Million in Merit Based Scholarships.

YEARBOOK DEDICATION Alicia Brangan, was honored with the 2018 yearbook dedication for her friendly and welcoming disposition.

HONORARY DIPLOMA Joanne Yestramski, Member of Lowell Catholic's Board of Trustees was awarded the honorary diploma for the class of 2018. Her son, who was a class of 2011 LC graduate, Brandon Yestramski accepted it on her behalf.

LEGACY 38 Graduates were Legacy students who had a mother, father grandparent or sibling who attended one of Lowell Catholic's several Legacy Schools.

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BEAVER BROOK UNPLUGS KIDS DURING SUMMER NATURE CAMPS

Beaver Brook Association in Hollis, NH is a partner in the NH Children in Nature Coalition. Summer camp runs through August 10 with programs for children 4-15 years old. Most programs are one week in length. All classes have unique themes and expose children to a wide variety of natural places. Another classic program for children entering grades 5-7 is Brook to Bay with Bruce Fessenden. Each day children visit different fresh water and ocean habitats for some hands-on exploration, collecting live organisms for closer study in the field and in the classroom. Family members are welcome to sign up for the Friday Whale watch too. This program runs July 16-20. Adventures in Survival gives 7th and 8th graders an opportunity to learn a few basic skills that are fascinating and could save their lives one day. July 30-August 3. For those who like S.T.E.A.M. (Science, Technology, Engineering, Art, & Math) challenges, try Tinkering in the Woods with Kathy Parker. Our exciting lab at Beaver Brook will provide a simple, fun way for kids to get involved in MAKING. With the unstructured time and materials, we offer space to solve problems together, solve and create breakouts, try new things, and build and engineer things using natural and recycled materials. This opportunity is for students entering grades 4th-6th the week of August 6-10. Full class descriptions, schedule and teacher bios are also available at the website www.beaverbrook.org/summer-camp. Feel free to call 603-465-7787 with any questions. Beaver Brook Trails and gardens are open free to the public 365 days a year. Check out or enjoy a picnic in the gorgeous Maple Hill Gardens at 117 Ridge Road Hollis.

TYNGSBORO CHURCH OF CHRIST

27 Old Tyng Rd. Tyngsboro, MA 01879

(about 1 mile south of Tyngsboro bridge on Rt. 3A)

Evangelist: Nathan Combs 1-978-703-4741

Web Site: www.tyngsborochurchofchrist.org

Email: thechristians@juno.com

Home bible studies in Nashua, Tyngsboro, Dracut, and Lowell.

"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?



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2018 DUNSTABLE SUMMER CONCERTS

Every Wednesday night 6:30 - 8:30 p.m. on the Town Common
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- **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

Please send info August 10th for the September issue.

Have events coming up in? Send an email to me anne@NeighborToNeighborNewsletter.com or by mail to *Neighbor to Neighbor*, 64 Hardy St., Dunstable, MA 01827.

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Send me an email or you may reach me at **978-419-1914**.

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TYNGSBORO GARDEN CLUB



Our last meeting on **June 5th** was a season wrap up, planning next year's agenda and a pot luck dinner at a member's house.

The Garden Club usually meets the first Tuesday of the month September-November and February-April at the Evangelical Congregational Church, Kendall Rd., Tyngsboro at 6:45. New members are always welcome. Please come join us for one of our meetings, enjoy the presentation, and meet some new friends.

We would like to thank everyone who came out to support of Plant Sale and Raffle! The raffle winners are: Steve Deluca, Nashua Skin & Spa gift card; Carol Sides, Parlee Farms gift card; Sandra Pizzano, 4 Spinners tickets; Cindy S., Baker Creek Heirloom seeds and Heirloom Gardening Book; M. Ruiz, Anytime Fitness 3 month membership; Ellen O'Neill, Danielle Robichaud hand made earrings/ Denise Bryan original oil painting.

For more information visit our website at tyngsboroughclub.tripod.com or find us on Facebook at Tyngsborough Garden Club or call Debbie at 978-649-6362.

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CONGRATULATIONS TO ALL OUR SPRING ATHLETES THIS SEASON AND OUR MAJOR SENIOR AWARD RECIPIENTS

Irmin L. Pierce Award Outstanding Athlete

Awarded to a female athlete whose accomplishments during her high school career represent the finest qualities of athletic excellence.

Amanda Leal

Awarded to a male athlete whose accomplishments during his high school career represent the finest qualities of athletic excellence.

Corey O'Neill

Lawrence R. Kelleher Award Outstanding Seasonal Performance Award

Awarded to a female athlete that had the most outstanding season during her senior year. Lia Nocella

Awarded to a male athlete that had the most outstanding season during his senior year. Ryan McDonough

Gregory S. Kasabian Award Inspiration and Courage Award

Awarded to a female athlete her senior year whose tenacity, spirit and passion for competition inspires others. Makenna Hunt

Awarded to a male athlete his senior year whose tenacity, spirit and passion for competition inspires others. Brett Callahan

John Perreault Award Scholar Athlete Award

Awarded to a female athlete who best combines athletic excellence and superior academic achievement. Sara Moran

Awarded to a male athlete who best combines athletic excellence and superior academic achievement. James Eastwood

Kevin Lyons Memorial Award Outstanding Cross Country and Track Athlete

Awarded to a male member of the cross-country and track team who best represents the qualities of Team Spirit, Determination and Self Sacrifice James Eastwood

Awarded to a female member of the cross-country and track team who best represents the qualities of Team Spirit, Determination and Self Sacrifice Sophia Campbell

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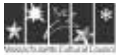
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- **iPhone Photography, Wednesdays, July 18 & 25, 6:30-8 p.m.** Take wonderful photographs with your iPhone. Learn how to use the different functions and features on your iPhone camera: composition, exposure, apps, post processing and backup. Registration required. Ages 16+
- **Soap Making Class, August 8, 6:30-8 p.m.** Jennifer Hofmann will teach the basics of how to make a simple cold process soap from scratch. Take home a sample soap and soapmaking handouts. Registration required. For adults and teens with an adult. Funded by the Friends of the Library.
- **Adult Coloring Club, 1st Wed. each month, 6:30-8 p.m.** July meeting rescheduled: July 11.
- **Tech Advice by Appointment** PCs, android tablets & phones, Excel, MS Word, e-books, etc. **Tuesday, 11:30 a.m.-1:30 p.m., Wednesday, 7-8 p.m.** Registration required.
- **Music Coding: Scratch, Thurs., July 12, 10-11:30 a.m.** Ages 6-12. Registration required. Program your own music, animations and more!
- **80s Rock the Library, Tues., July 17, 10:30-11:30 a.m.** Ages 4-10. Registration required. Totally awesome music themed show with balloons, magic and more!  Funded in part by a grant from the Tyngsborough Cultural Council, which is supported by the MA Cultural Council, a state agency.
- **Coastal Critters, Wed., July 18, 11 a.m.-12 p.m.** Ages 5-10. Registration required. Learn about rocky shore plants and animals. Observe and hold live animals.
- **Animals Rock, Tues., July 24, 10-11 a.m.** Ages 4-12. Registration required. Meet some amazing animal friends and learn why they are animal Rock Stars!
- **Python Coding for TEENS, Tues., July 24, 2-4 p.m.** Grades 6-12. Registration required. Build structures and run simple games in Minecraft and Python programming language!
- **Lego Animation: Basics, Thurs., July 26, 9:30 a.m.-12 p.m.** Ages 8-12. Registration required. Learn the basics of creating an animation using Legos.
- **Lego Animation: Level Two for TEENS, Thurs., July 26, 1-4 p.m.** Grades 6-12. Registration required. Create an animation using the Legos, plus more details such as sound!
- **Summer Art: Kids, Thurs., Aug. 2, 10 a.m.-12:00 p.m.** Ages 7-12. Registration required. Create an acrylic and chalk painting on black canvas!
- **Summer Art: TEENS, Thurs., Aug. 2, 1:30-3:30 p.m.** Grades 6-12. Registration required. Create a painting by mixing a technique of collage, sheet music and acrylic paints.
- **Baton Twirling Demo, Tues., Aug. 14, 10-10:30 a.m.** All ages welcome! Drop by. Rain date: Wed., Aug. 15, 11-11:30 a.m.
- **Ice Cream Party for Summer Readers, Wed., Aug. 15, 1-2:00 p.m.** Drop by! Thank you to Sullivan Farms for donating their delicious ice cream.
- **Bedtime Stories, Mon., July 9-Aug. 6, 6:30- 7: p.m.** Ages 3-8. Drop in. Guest readers.
- **Summer Stories, Tues., July 10-Aug. 7, 11:30 a.m.-12 p.m.** Ages 3-8. Drop in. Guest readers.
- **Lego Club, Wed., July 25 and Aug. 8, 11 a.m.-12:30 p.m.** Grades K-6. Drop in.
- **Pokemon Club, Wed., July 11 and Aug. 1, 11 a.m. – 12 p.m.** Ages 8-15. Registration required.
- **Writer's Group, Mondays, 6:30 p.m.** Feedback, publishing tips, all genres. Karen Johnson 978-649-7132
- **Board of Library Trustees** Monthly 3rd Thurs. Check Library website for schedule changes.
- **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.**

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TYNGSBOROUGH HIGH SCHOOL

is proud to announce Alexandra Casey, Andreas Himariotis, Kara Kinsella, and Elizabeth Sicard as the June Students of the Month.

Alexandra, daughter of Carrie and Christopher Casey, is a recipient of the Outstanding Achievement in Visual Arts Award. She is a member of the PALS program, the Senior Sidekicks program, and the Yearbook Committee. Lexie plays both lacrosse and soccer for THS. She is a senior captain for the lacrosse team, was named the rookie of the year her freshman year, scored her 100th goal during her junior year, and was named an MIAA All-Star in 2017. Lexie volunteers in the community by raising money for the Lowell Humane Society and by working with the Give Kids the World organization. She enjoys playing sports, drawing, spending time with friends, and her favorite subjects are art and Peer Tutoring. Lexie looks forward to attending and graduating Saint Anselm College with a degree in Fine Arts and to having success as a college lacrosse player. "I have gained lifelong friendships and I'll take away memories from Pierce Field with me. I will never forget my amazing and supportive teammates and coaches!"

Andreas, son of Thrasyvoulos and Dimitra Himariotis, is a recipient of the Outstanding Achievement in Social Studies Award and the Principal's Award. Andreas has participated in many sports at THS: wrestling, baseball, tennis, basketball, and soccer. He volunteers his time by collecting food for Syrian immigrants and visiting those immigrants in Greece. He enjoys sports, music, and playing the guitar. His favorite subjects are history and Anatomy. Andreas looks forward to becoming a physical therapist and to traveling around the world. "I made a lot of new friends in a short period of time for a kid coming from Greece at sophomore year. The school and my teachers helped me figure out what I want to study in college."

Kara, daughter of Laurie and Paul Kinsella, is a member of the International Thespian Society and is a recipient of the Excellence in Theater Arts Award, the State Manager's Choice Award, the Excellence in Stage Management Award, and the Principal's Award. She has been a member of the theater program since the 7th grade. She enjoys participating in theater, working as a waitress, hanging out with friends, learning American Sign Language, and writing plays. Her favorite subjects are history, English, theater, and American Sign Language. Kara looks forward to attending Pace University, earning a degree in Arts and Entertainment Management, and becoming a talent agent or owning her own theater company. "I have gained a lot from THS, specifically my passion for art. As a child I never thought I'd be a part of or even participating in theater and I'm so thankful that I did. I've learned many things and have made some amazing friends. Tyngsborough High has taught me how to be a part of a community and how to appreciate the smaller things in life."

Elizabeth, daughter of Andrew and Patricia Sicard, is a recipient of the Outstanding Achievement in Computer Science Award and the Outstanding Achievement in Foreign Language Award. She has been a member of Girl Scouts for over 10 years. Elizabeth frequently volunteers at the Cotting School in Lexington. She enjoys baking, and her favorite subjects are anatomy and English. Elizabeth looks forward to going to college, to getting a degree, and to having a family. "I've gained a lot of confidence while at THS."

Congratulations to these four students.

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The Tyngsborough Scholarship Trust has been awarding scholarships for 54 years! This May we proudly awarded over \$38,000 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, our **Gift Card fundraiser**, and the annual **Holiday Market Place** which will be held at the Tyngsborough Elementary School on Sunday November 4th. If you interested in learning more about what we do, consider attending one of our meetings. We welcome all new members! We meet the 2nd Wednesday of each month, from September through June, at the Tyngsborough Town Hall. For more information check out our website www.tyngsboroughscholarshiptrust.org or contact us at info@tyngsboroughscholarshiptrust.org. Have a safe and enjoyable summer!

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.

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FALL 2018 TYNGSBORO HIGH SCHOOL & MIDDLE SCHOOL SPORTS INFORMATION

Parent Information Night: will take place on Wednesday, August 15th at 7:00pm in the High School Gymnasium. Following the AD's presentation, all high school coaches will break-up into individual team meetings. It is mandatory that one parent/guardian and student/athlete should be in attendance.

First Day of Practice for all HS & MS Athletes: Football & Cheerleading: Friday - August 17th All other High School Sport: Thursday - August 23rd Middle School Field Hockey & X-Country: Tuesday - September 4th

FALL SPORTS PICTURES DAY for all athletes that play at a high school level will take place on- **Friday, September 7th after school Incoming 5th graders** wanting to participate in a Fall Sport next fall can **register on Parent Portal at the beginning of August.**

REQUIREMENTS: No athlete will be allowed to participate in practice unless they have an updated physical on file and have completed an on-line athletic registration form. All physicals must be handed through the nurse's office. You can also pay your user-fee on the same page of your on-line registration. User fees are due Tuesday, September 4th.

FAX ALL PHYSICALS TO: High School Nurse: Debbie Donohoe Fax: 978-649-1877 email: Debbie.Donohoe@tyngsboroughps.org Middle School Nurses: Michelle Riley Fax: 978-649-8673 Michelle.riley@tyngsboroughps.org

Athletic Registrations: Must be filled out through the Parent Portal, excluding physicals. Parents/Guardians that have not signed up on the Parent Portal can access their registration using the following steps. NOTE: Registrations cannot be accessed through your cell phone STEP 1: Log into the Parent Portal at the following address: <https://powerschool.tyngsboroughps.org> STEP 2: Click on athletic registration link on the left hand side to complete the registration process. *NOTE* cannot be done through cell phone. Option to pay user-fee online is also available on this page If you need assistance, please call Sherry Corcoran in the athletic office at 978-649-4210 and you may also email her at Sherry.Corcoran@tyngsboroughps.org

Sports Offered 9-12 High School Level Football, Cheerleading, Golf, Girls Soccer, Boys Soccer, Field Hockey, Boys & Girls Cross Country

Middle School 6th & 7th Graders Football, Field Hockey, Cross Country

Middle School 8th Graders ONLY (JV Level) Field Hockey, Cross Country

High School Level User Fees: \$300.00 1st Sport, \$200.00 2nd Sport and \$100.00 3rd Sport

Middle School Level User-Fees: \$200.00 1st Sport, \$175.00 2nd Sport and \$150.00 3rd Sport. Note: Middle School rates apply to athletes playing at the high school level.

ALL SPORTS SCHEDULE PLEASE GO TO: WWW.MWLMA.ORG

PARENTS/GUARDIANS: If you would like to receive scheduling text alerts during your son/daughters sports season, please go to: <http://www.tyngsboroughps.org/pages/tyngsborough/departments/athletics> and CLICK on Schedule Alerts for Parents.

HOMECOMING: Saturday, October 13th (more information to come)

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 to join.

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 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

VOTE SEPTEMBER 4TH



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EVERYONE IS WELCOME TO ATTEND!

Saturday July 14th 1-4 PM

(rain date - Sunday July 15th)

Join us to welcome our new officers!

Cook Out, Horseshoes, Corn Hole Tournament, Darts and Billiards
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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: Fredrick Carroll; Sr. Vice Commander
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lard; Executive Board: Martin Bloomgren, David Coles, Robin Dion.

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There are open positions for Post Officers. Any Members in
good standing interested please email LegionPost247@gmail.com
or attend the General meeting that takes place the 1st, Thursday of
each month in the up stairs meeting room at 7:pm.

Visit our website, www.LegionPost247.org

This website contains a wealth of information about the Post.

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



**CLUB OF
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Rotary Motto: Service Above Self
Theme: Rotary Making a Difference

The Rotary Club of Tyngsboro/Dunstable has been serving the
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**We meet at the Dream Diner, Tyngsboro, on the 1st, 2nd & 3rd
Thursday of the Month at 7:15am.**

Rotary club members are business, professional, and com-
munity volunteers in your locality who meet regularly to plan and
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professionals. 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 about Rotary, please email us at
tdrotary@yahoo.com or visit our website at: www.tdrotary.org.

Thank you for your continued support.

**When you contact a business,
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Neighbor to Neighbor.
They would like to know. Thank you, Anne**

Evangelical Congregational Church of Tyngsboro
Est. 1868



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For questions or more information,
please call our office 978-649-2262
Pastor Denis Frediani 1-603-579-0904
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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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."

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.kwatekehafrica.org or email Eric Hanson at kwatekehafrica@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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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.

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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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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.

OFFICERS: Commander: William A. Beaton; 1st Vice: John McDermott; Adjutant: John Cogan; Finance: David Coles; Judge Advocate: Roland Milliard; Provost Marshal: Roland Russell; Chaplain: Rod Woods. E-Board: Steven Harris, John Dombrowski, Ron Russell.

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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. Executive 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 starting 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 Dunstable 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

Home to both St. Mary and St. John the Evangelist Parish Families
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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.



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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

To benefit: **Dunstable Evangelical Congregational Church**

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

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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.

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

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