



Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

E-mail: anne@neighbortoneighbornewsletter.com

Celebrating 33 Years of Service!

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Happy Thanksgiving!



WELL ADULT CLINIC

Nashoba Associated Boards of Health, in conjunction with the Dunstable Board of Health announces that an adult clinic will be held free of charge for the general public on **Wednesday, November 30th from 11:00 am –12:00 noon at the Town Library, 588 Main Street.**

Drop in for one-on-one consultation with a nurse and blood pressure screening. No appointment is necessary. For further information, please contact Nashoba Associated Boards of Health at 978-772-3335 or 1-800-427-9762 ext 340 or visit us at www.nashoba.org.

TOWN CLERK NEWS

Carol A. Skerrett, Town Clerk CMMC 978-649-4514 x222
CSkerrett@dunstable-ma.gov The Clerk's Office is open Monday evening from 6:00 pm – 8:00 pm (except in May and July); Tuesday, Wednesday and Thursday 9:00 am – 1:00 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.

If you are voting absentee and returning your ballot by mail, here are a few recommendations from the Postal Service. Mail collection times vary - USPS Blue Collection Boxes – if you deposit your ballot after the printed collection time on November 8, the ballot will not be postmarked until the next day. For home mailboxes – your ballot will be postmarked the day the Postal Service mail carrier collects it. Local post office – if taking your ballot to a local Post Office on November 8, confirm with the counter representative that the ballot will be postmarked that day. **Mailed ballots must arrive by November 8.**

It's time once again to reserve your personal dog tag number for 2017! Do you have a special number you'd like for your dog – maybe a lucky number, your dog's birthday, your house number, badge number? If so, you can reserve it by completing this form OR emailing to CSkerrett@dunstable-ma.gov. You must license your dog by January 30 or you will lose the number. The deadline to submit your request is December 8, 2016. 2017 tags are purple.

REQUEST FOR DOG TAG NUMBER

Note: This is not a dog license application

Name: _____
Phone #: _____
Dog's Name: _____
Requested Dog Tag #: _____

Do not send a fee with this form. You must still complete a dog license application. In the event of multiple requests for this number, a drawing will be held by the Dog Officer. Requests must be in by 12/08/16. No number higher than 600.

IN MEMORY OF

Charles R. Whittemore
Anthony C. "Butch" Picanso
M. Lillian Lund Files

BOY SCOUT WREATH SALE



Dunstable Boy Scout Troop 28 is holding their annual Wreath Sale on **Saturday, November 26 from 9 am** until we are sold out. This is held at the **Dunstable Evangelical Congregational Church at 518 Main St. (in the town center near the common).** **Last year the boys did such a great job pre-selling that we only had about 10 wreaths to sell on the day of the sale!**

The sizes and prices are as follows: \$20 for Regular (24") and \$30 for Large (36"). The Wreaths are double sided, and hand made in Maine using fresh Fir by the Central Maine Wreath Company.

ORDER YOUR WREATH TODAY! The Scouts have already started pre-selling wreaths by door to door, phone and mailings! The contacts for the sale this year:

Bruce Ebersman: egersman@hotmail.com 978-649 6500
Melissa Ebersman: mebersman@gmail.com,
Joe DeCesare: joedicesare.home@gmail.com,
Catherine Duggan: acdug@hotmail.com or
Timothy Crandall: tjcgd17@gmail.com 978-649-0211.

Delivery for pre-orders will be on the day of the sale. If you need an alternate date, please ask when you submit your order, so arrangements can be made.



DVFFA CHRISTMAS PARADE AND PARTY

The Children's Christmas Party will be held on **December 4th** with a bad weather date of **December 11th. The Santa Parade will start at 12:00pm.** The parade route is as follows: starting from the fire station: left on Pleasant, left on Pond, right on Parkhurst, left on Pond, left on Pleasant, left on Groton, right on School, left on Groton, right on Kemp, right on Adams, right on Pleasant, left on Brook, right on Depot, left on Oak, left on Main, right on Century, left on Main, left on High, right on Thorndike, right on Forest, turn around at Valley, left on Lowell and back to fire station.

After the parade Santa will be at the Dunstable Fire Station on Pleasant St. (across from the Dunstable Police Station) handing out gifts until 3:00pm. I hope to see you there!

Sincerely, Fire Chief Rich

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Free Estimates

The deadline for the next *Neighbor to Neighbor* is November 10th for the December issue.

If you have events coming up please send
the information to me via email at

anne@NeighborToNeighborNewsletter.com or by mail to
Neighbor to Neighbor, 64 Hardy St., Dunstable, MA 01827.
News placed on first come, first served basis as space allows.

If you would like details about advertising your business
you may reach me at **978-419-1914**
or email me at the above address.

I look forward to hearing from you, Anne

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Pastor Rev. Susan Gaeta

Advent which ushers in the Good News of Christmas begins
on **Sunday, November 27th** this year. Shepherd of the Valley
Lutheran will continue the tradition of the Advent Wreath with
the lighting of a candle for each of the 4 Sundays leading up to
Christmas.

SOV will also offer a **mid-week Advent Service beginning
Wednesday, November 30th at 7:30 PM.** This service will follow
the Holden Evening Prayer by Marty Haugen which is a lovely set-
ting of vespers that follows traditional form while using contempo-
rary and inclusive language.



Greetings Neighbors,

We are off to a record breaking start towards our box top collec-
tion goal of 50,000 box tops for Swallow Union this year. Through
Sept. 30th with the help of the Dunstable community, the staff and
the students at Swallow Union we collected 9,145 box tops. That is
nearly 4,000 more box tops that what we collected during the first
month of school last year and for that we say **THANK YOU!!!**

Thank you to all of our neighbors who dropped off baggies or
envelopes of box tops or bonus box tops in our brand new, not to
be missed, bright yellow **BOX TOPS FOR EDUCATION** boxes that
are located throughout town. We have placed these new boxes
inside the **side door** of the Dunstable post office, on the 2nd floor of
the Dunstable town hall near the table as soon as you walk up the
stairs, inside the front door of the Dunstable library and there is also
a box located inside the first main door as you enter Swallow Union
elementary school. There is also a collection basket at West Auto
Repair in the office as well. Please feel free to drop off your box
tops at any of these locations. They are checked weekly for any box
top donations.

Just new is a **BOX TOPS FOR EDUCATION** app. You can
find it in an app store and download it to your smart phone. All you
have to do is then scan your receipt when purchasing select box top
for education products and you will earn extra box tops for Swallow
Union elementary school once you sign in and note on the app that
Swallow Union is your school of choice.

Please continue to turn in your box tops often. As a reminder be
careful when clipping ... we can only submit box tops that show the
code in the upper left hand corner and the entire expiration date.

Thanks for clipping and be sure to check out BTFE.com and select
Swallow Union as your school of choice for coupons and bonus box
top offers!

Jen West & Cristina Agraz Box Top for Education co-chairs for
Swallow Union Elementary School www.swallowunionapt.org
aptsallowunion@gmail.com
www.facebook.com/SwallowUnionAPT

YANKEE DOODLE DOLLERS DOLL CLUB

Wants to Get to Know You! 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) Diane 978-448-2893
We are a member of the United Federation of Doll Clubs



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DUNSTABLE VETERAN SERVICES OFFICE

November is a busy month. There are a couple of things you may like to do. • The first is that the Groton High School Football players AND Cheerleaders would like to honor our hometown Service Men and Women at the 10AM **Thanksgiving Day** home game. During the opening ceremony the team and cheerleaders will present our service men and women on the field and recognize their service to our country. Admission for them and their families will be free. Please contact Carolyn Higgins at higgins1989@aol.com, or call her at 978-697-2303 if you are able to attend so she can make sure they have your information.

• The second item is of course Veterans Day, and that day for us Vets is more of a celebration and for civilians, it gives them an opportunity to say "thank you". I will be hosting a get together then for all Vets at the Dunstable Vet Office, located with the Highway Department. It will of course be on the 11th from 10 - 2.

• The third item is that the scouts will rake your leaves between 11 - 13 November. They will either rake leaves to another area of yard or bag leaves for the veteran/veteran's family. The veterans need to supply the bags. Let me know if you would like to have them do this for you.

As always, if you, your spouse or any other Vet you know is in need of assistance of any kind, please leave me a message at 978-649-3919 or send me an email at Dunstable.vso@verizon.net or veterans@dunstable-am.gov to make an appointment. I am here to help you.

Joe Dean (Former USMC Sgt, Retired USAF Capt.)
Dunstable Veteran Services Officer
Proudly serving those who have served

**The next deadline is November 10th
for the December issue.**

(978) 419-1914

E-mail: anne@neighbortoneighbornewsletter.com
I look forward to hearing from you, Anne

THE DUNSTABLE RURAL LAND TRUST 2017 CALENDAR IS COMING IN NOVEMBER

This year's calendar features the beautiful original artwork of pastel artist, Christine A. Chisholm. Chris is a Tyngsborough resident and a member of the DRLT.

The calendars will be available for \$12.00 a piece at the Dunstable Library, the General Store, SeasonS at Calmore, Rose of Sharon at Blossom Hill and from the DRLT Directors.

All proceeds from the calendar sales go to the DRLT to protect the open space and preserve the rural character of Dunstable. Call Elaine at 978-649-9236 or Judy at 978-649-9010 for your calendar or for more information.



Again this year West Auto Repair located at 30 Pleasant St. (Rt. 113) in Dunstable, MA will be our local Toys For Tots drop location. Toys will be accepted beginning in mid November and collected through Friday, December 23rd.

Please feel free to drop off an **unwrapped** toy in the office area of the garage anytime Monday - Friday between the hours of 8AM and 5PM. Toys for all age groups are welcome but historically there has been a shortage of toys for the older children ages 8+.

Should you have any questions regarding the Toys for Tots campaign please feel free to reach out to Maureen Amaral - Realtor, our local Toys for Tots Coordinator. She can be reached at Coldwell Banker Residential Brokerage at 773-599-3257. *Thank you in advance for your support.*

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Youth Director: Alison Efstathiou 603-888-7579 www.glcmsnh.org

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STRETCHING AN IRA

By Edward H. Adamsky

You may have heard about a "stretch IRA" but didn't know what that meant. It's a term coined by financial professionals to describe the benefits of taking lifetime distributions from an inherited IRA. Under the tax code, if you inherit an IRA from someone (like your parent) you have several options for how to deal with it. You can take the money out all at once, you can take it out over five years, or you can take it out over your lifetime (actually your actuarial life expectancy). The first two options usually result in higher taxes being paid. The last option is the one that gets referred to as a "stretch." It means the money stays in the IRA for as long as possible and continues to take advantage of the deferral of income-tax so it can grow bigger over time.

You may have heard that there is an extra 10% tax penalty if you take IRA distributions before age 59½. This is for your own IRA. The penalty does not apply to an inherited IRA. If you use any of the three options above, you will pay ordinary tax on the withdrawals, but you won't have to pay the 10% penalty no matter what your age.

There is one other option when it is a surviving spouse who is named as the IRA beneficiary. A surviving spouse may "roll over" the IRA to a new IRA in the surviving spouse's name. This is often best if the surviving spouse was younger than the deceased spouse, as more years will be added for withdrawals, and if it is later inherited by the children, future withdrawals can be deferred over their lifetimes too.

One of the best strategies to increase the length of the tax deferral period is to name the youngest possible beneficiary. For example, instead of naming your 50 year old child as a beneficiary of your IRA, you could name your two 20 year old grandchildren. They will get to defer withdrawals and taxes for 50 to 60 years, while your child can only defer it for 20 to 30 years. Of course, those young beneficiaries need to agree to leave the assets in the IRA in order to benefit from the "stretch." You cannot control what they do, so they might just take the money and spend it. You must educate any young beneficiaries so they do the best with inherited IRA funds.

A Roth IRA is a great tool for "stretching" out tax benefits. With a Roth IRA the owner puts "after-tax" assets into the IRA. All future growth and income can later be withdrawn with no income tax whatsoever. That's a great option for those who are not trying to reduce current income and save current tax. The beneficiaries have the great advantage of being able to take withdrawals without any tax being due. Since all growth is tax-free as well, it makes sense to "stretch" a Roth IRA as long as possible too.

FREE LITERACY PROGRAM IN PEPPERELL

FREE Playgroup/Storytime/Craft Time with Miss Jana every Monday at 9:30 am-11am. Come to the Peter Fitzpatrick Administration Building, 45 Main Street, Pepperell for a free literacy program for young children and their families or caregivers. Everyone is welcome to this fun free activity! I invite young children to join me for playtime and music and movement followed by a story and a related craft! This is sponsored by a grant from the Mass. Dept. of Early Education and Care which follows the school year calendar. Contact Jana Harrison at: jharrison@awrsd.org or 978-874-7312.

PAPER RETRIEVER BIN AT SWALLOW UNION

Only recycle paper products such as junk mail, papers, newspapers, magazines and any other paper materials including envelopes with windows. **DO NOT PUT** any plastic of any type including grocery bags or garbage bags. No **card board of any type including cereal boxes, telephone books or other bound books**. Do not leave any paper outside the bin.

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DUNSTABLE GRANGE #31

Meetings are held each month at Dunstable Town Hall at 8 p.m. See date below.
Call for more information 978-649-3934.
Come join Grange!
All are welcome!!! Refreshments will be served.



November 11th What are you thankful for?

December 9th Christmas Party.
Short business meeting followed by a Pot Luck Supper. Location to be announced.
Yankee Swap and Card Exchange

MESSAGE FROM

THE DUNSTABLE TOWN ADMINISTRATOR

The Town Administrator's Office has been very busy lately. Aside from the day to day operations, there are many projects that should be of interest to the community. Some of those projects include:

- The Affordable Housing Feasibility Study in the MUDistrict that was approved at the last Town Meeting. The study is near completion and the Town Administrator's Office is preparing to write an RFP for a developer to bring the project to fruition. This project would be completed by a private or non-profit developer, assisted in small part by CPA funds.
- The Public Safety Building Feasibility Study, approved a few Town Meetings ago, has been progressing along well. The consultant, the two public safety Chiefs, representatives from the Community and myself have been reviewing room layout, adjacency maps, and most recently locations for a proposed building. All of their meetings are posted on the Town web calendar and usually occur on Tuesday afternoons.
- The Master Plan Committee is working towards a vision for Dunstable. They have had two public sessions with more to come. All of their results and working documents are available on the Town website.
- The Personnel Board has been working hard to create job descriptions for all of the Town employees. They have also been working on a Wage and Classification chart and Personnel Policy. The Personnel Policy has been recommended to the Selectmen for approval. All of this work is being implemented at the direction of the Personnel Bylaw adopted at the May 2015 Town Meeting.
- Main Street (Route 113) Transportation Improvement Project design exception report has been transmitted to MassDOT for approval. This would allow for the design of a roadway with 11 foot travel lanes, 3 foot shoulder and a 5 foot sidewalk on the cemetery side of the road. This project extends from the end of the McGovern wall project to the intersection of High Street.
- The Town has received a grant from MassDOT to complete a Complete Streets Prioritization Plan. This will be coming this fall/winter. Keep an eye out for public input meeting on how and where to develop road amenities for all modes of transportation.
- The Town received a grant from the Lt. Governor's Community Compact Program for technology improvements. This will include the tax maps and assessor's data being available on the Town website.
- The Capital Planning Committee has been working on the 2018-2022 plan. This will be completed this fall to help the Advisory Board with the budget process this winter/spring.
- The Town Departments and Advisory Board have already started planning for the 2018 budget. The Advisory Board meets at a minimum the first Monday of the month at 7pm. The public is always welcome.

PIANO LESSONS

Given by Catherine O'Malley

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Mary Beth Pallis – Director – mpallis@mvlc.org

Karen Debrececi – Children's Librarian – kdebreceni@mvlc.org

Like us on FACEBOOK to receive program updates!

www.facebook.com/pages/Dunstable-Public-Library/219991908117595

The Library will be closed Nov. 11th for Veteran's Day and Nov. 26th and 27th for Thanksgiving

November Featured Display The Community Room Artist will be you! Please come in and pick up a wreath. Bring it home and decorate it based on your favorite book or movie (Or any creative way you would like). Then bring your completed wreath back to the library and we will display it for the month of December and for many Decembers following. This is a great family activity!

The library is collecting items for "Catie's Closet". It is an organization that supplies basic necessities for children living below the poverty line. They are able to get the items right at their schools. Items we are collecting are: shampoo, body wash, toothbrushes and toothpaste, new socks and new undergarments. **Library Passes available** Take advantage of these great passes: Boston Museum of Fine Arts, One Stop Fun, US Constitution Museum in Charlestown, and a pass to 50 Massachusetts State parks. New Discount Pass – Salem Witch Museum and Merrimack Repertory Theatre, Edaville Railroad discount is also available.

Adult Reading Group NEW DATE AND TIME There will be an Adult Reading Group on **Friday, November 18th at 11:45am**. They will be reading "The All Girl Filling Station" by Fannie Flagg. New members are always welcome.

Knitting and Crochet Class under the direction of Donna Acquaviva. The class will be held on **Monday nights at Swallow Union School from 6:30 – 8:00**.

Quilter's Group They meet from 6-8 p.m., first and third Tuesday of the month. If you are interested in learning to quilt or would like to join other quilters, this could be the perfect opportunity for you.

Preschool Story Hour Please come in with your 3, 4 or 5 year old for story hour. Story hour is held on Thursdays and Fridays. We meet from 10:30 – 11:30. The program includes stories, songs and a craft or activity. Come in and join the fun!

Afternoon Story Hour This will be for older children who have ½ days in kindergarten. We will meet on Thursdays at 1pm. We will still do a craft, so please wear clothes that can get messy.

Attention Baby Sitters We have compiled a list of local babysitters. If you would like to be on the list, please contact the library. If you are looking for a babysitter, come into the library for the list.

Children's Craft Come and join Mrs. D. for a special craft time on November 15th at 4:00pm. We will be making a Thanksgiving Day centerpiece. Please wear clothes that can get messy. Please sign up at the library or email Mrs. D. at kdebreceni@mvlc.org

Gardening Club also know as DIG They will be meeting on **Thursday, November 17th at 6:30pm**. New members are welcome!

Cookbook Book Club The library has a cookbook book club! We will have a cookbook displayed each month and you can select and make a recipe from the monthly selection. Then we will get together on the **last Friday of the month at 12:00pm**. Signup sheet will be at the desk. **This month, we meet on November 18th because of the Holiday to discuss and enjoy the dishes**. Please join us.

On Going Book Sale In the Community Room at the library. Come check out the selections that are here. Hard Covers \$1.00, Paperbacks 5 for \$1.00, DVD's \$2.00 and CD's \$1.00. If you would like to donate to the ongoing book sale, please bring current books (not older than 2 years) or any children's books in good condition.

Please bring your donations inside, instead of leaving them at the door. We cannot accept magazines, older books, or textbooks.

Homework Club The library is offering homework help every **Tuesday night from 6-7** for the school year. A free service for children from Kindergarten to High School. Honor Students from local high schools are available to help children understand their math homework and more. *If your child is attending, please call by 5:30 so we can be sure a student will be here for your child.*

CALLING FOR EMERGENCY HELP

If you are calling from your cell phone in Dunstable,
call 978-649-7445 (the station) or 978-448-5555 (DISPATCH).

DUNSTABLE SENIORS

We are a peer group for those over 60. Seniors meet in the community room of the library every Wednesday except the first Wednesday of the month. 10:30 - 11:30 Bone Builders, dominos 10:30 - noon, noon, lunch. Second Wednesday at 12:30 BINGO for cash. Last Wednesday of the month, POKENO. SCRABBLE group 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.

At Town Hall Our Annual Holiday Christmas Party will be held on Wed. Dec. 7. We will hold a Yankee Swap following lunch. Bring an edible or drinkable gift or a gift card to exchange suggested value \$10.00.

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. Additional volunteer leaders are needed. Talk with Marilyn Sheridan.

Fall Yard Clean-up. The 8th grade football team is willing to do a fall yard clean-up for 3 seniors that need a little help. Includes raking, cleaning out garden areas etc. They will work in groups of 6-7 with adult supervision. Tues. or Wed. from 3:00 - 5:00p.m. Weekend on request. They are doing this as a community service project. **Let us know if you are interested.**

Well Adult Clinic Are usually held on the fourth Wednesday of every month in the community room of the Dunstable Library. As Nov. 23 is the day before Thanksgiving the **next clinic will be Nov. 30 at the library from 11:00a.m. - noon**

Indian Hill Music, Bach Lunch Thursday Nov. 17. Playing All-American tunes featuring trombone. Performed by Alexei Doohovskoy on trombone, Marina Pavlova on piano and mezzo-soprano Larissa Doohovskoy. **There are TWO PERFORMANCES: 11:00 am and 1:30 pm** at Indian Hill Music, 36 King Street, Littleton MA. Light refreshments are served but you are welcome to bring your own lunch.

Rivercourt Residence in West Groton invites Dunstable seniors for lunches on **Tuesday, November 15** at 12:30. RSVP to either Sue or Anne. Rivercourt does this as a community out-reach program. It would be nice if more people took advantage of it.

Dutch Treat No Dutch Treat in November. Enjoy your Thanksgiving with friends and family

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 Sgt. Darrell Gilmore or Fire Chief Rich for more information.

Elder Hotline Provides seniors and their families with information related to elder issues. Call 1-888-243-5337 Monday-Friday 10-4.

Book Group Now meets on the third Friday at 11:45a.m. at the library. Meeting Nov. 18. The library provides copies of the book.

Line Dancing Class Classes have started and will be held on **Mondays at 9:45a.m.** for one hour in the lower hall of the Dunstable town hall. Space still available. **For more information contact Don Pottle at 978-649-3192**

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

Knitting, Crochet, Rug Hooking meets at Swallow Union Monday nights 7-8:30p.m. Knitting & crochet under the direction of Donna Acquaviva and rug hooking under the direction of Donna Tully. Beginners welcome.

DUNSTABLE COUNCIL ON AGING. Brian O'Donnell: chairman; Marilyn Sheridan, secretary; Mary Moeller, treasurer; Danice Palumbo, Donald Pottle, Mary Dow and Ruth Tully.

Director of the Council on Aging Anne Fenochetti 978-649-4514 x 223 afenochetti@dunstable-ma.gov

Office Hours Tues 9-2 & Wed. 8:30-11:30

Program Coordinator Susan Tully 978-649-6750 or

Email at sjt0213@verizon.net

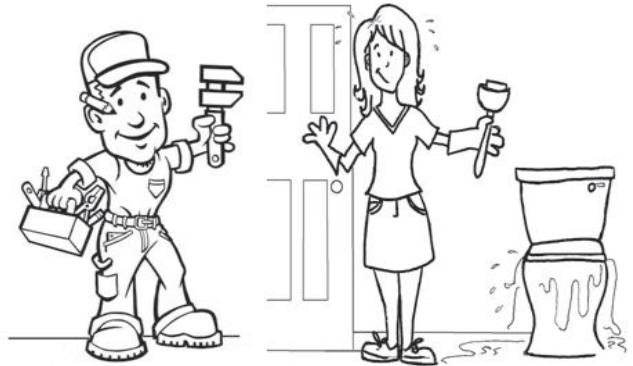
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ADDITIONAL RECYCLING EFFORTS AT THE TRANSFER STATION

Second Hand, Inc. will leave a box at the transfer station for recycling books, games and all media games and movies at no charge. This is a convenient way of diverting otherwise trash into the waste stream. All items will be taken to local non-profit organizations or sold on line to defray the cost of Second Hand, Inc. and to grow their reuse operations. **Please remember that books, games and media items are the only things allowed in the Second Hand, Inc. Box.**

TRANSFER STATION RATES JULY 1, 2016-JUNE 30, 2017

Beginning July 1, 2016 residents may purchase new permits on Monday-Friday from 9:00 a.m. – 2:00 p.m. and on Monday evenings from 6:00-8:00 p.m. in the town hall upper level

Regular Permits - \$300.00 with 110 bag tags
Senior Permits – (65 and over) \$200.00 with 55 bag tags
Recycling Permits only \$ 10.00

Please bring a copy of your registration (up to 2) of the vehicle(s) using the transfer station. You may also purchase permits through the mail by mailing a check for the appropriate amount made payable to the Town of Dunstable, copies of up to two vehicle registrations and 5 -1st class stamps for regular permits and 4- 1st class stamps for seniors; to the Dunstable Board of Health, P. O. Box 268, Dunstable, MA 01827. Recycling permits only require a copy of your registration (up to 2) and one first class stamp.

2016 permits and bag tags may be used at the large item drop-off in October 2016 or submitted to the town hall to enter a lottery. One name will be drawn at the Board of Health Meeting on November 15, 2016. Winners will receive a free permit and set of bag tags for the following year. Please remember that only the first round of bag tags purchased are eligible for the lottery. Please put your name and telephone number on each tag and drop them at the town Hall.

PLEASE REMEMBER THAT ALL VEHICLES MUST HAVE A TRANSFER STATION PERMIT DECAL AFFIXED TO THEIR DRIVER SIDE WINDOW AND BAG TAGS MUST BE ON ALL BAGS BEFORE ENTERING THE TRANSFER STATION.

If you have any further questions, please call us at 978-649-4514 Ext. 229 or email us at tferrari@dunstable-ma.gov

TYNGSBOROUGH DUNSTABLE HISTORICAL SOCIETY



Events will be held at the Little Red Schoolhouse which is located on Route 113, near the Tyngsborough/ Dunstable Town Line.

SUNDAY, NOVEMBER 13TH, 3 PM

Milly Cunningham will talk about her life growing up in Dunstable and her infamous quilting career on at the Schoolhouse. If you have friends that know Milly, please invite them. Milly presented her story at a Quilting Convention a year or so ago and I heard it - quite a story and a lot of local history!

SUNDAY, DECEMBER 4TH 6-8 PM ANNUAL HOLIDAY POT LUCK SUPPER

Great food, music and song, fireside at the Little Red Schoolhouse.
For info: Judy Larter 978-649-9010

Neighbor to Neighbor

Published by Anne Paquin Since 1983

64 Hardy St., Dunstable, MA 01827-1403 Tel. 978-419-1914

E-mail: anne@neighbortoneighbornewsletter.com

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THANK YOU FROM TULLY FARM & CABOT CREAMERY

I would like to take a moment to thank all the people who came to visit our farm on Open Farm Sunday. Even though it turned out to be a rainy day, it was nice to have over 500 friends come out to enjoy a day on the farm, visit the new calf barn, enjoy yummy cheese foods and our own milk, and just visiting with a lot of old friends. I also want to thank all of our family and friends who came out to help get ready for such a nice event.

Sincerely, Charlie

CABOT OPEN FARM SUNDAY 2016 TULLY FARM

I just want to take a minute to thank everyone for visiting today at Open Farm Sunday.

I want to thank the people at Cabot Creamery for helping to host this event again. I want to thank all the family and friends for all their help and support and for choosing Cabot Products when you go to the store. All of Cabot's profits go directly back to the approximately 1200 family farms that own Cabot in New England and New York.

Since we hosted Open Farm Sunday 3 years ago, I lost two of the people that meant more to me than anyone knows. Dad and Grampa. They worked so hard to make this farm what it is and I hope and think that they would be so proud of where we are today.

We lost my father in November of 2013 after a long battle with Alzheimer's. He taught me to work hard to get the job done. He sacrificed a lot in his life for his love of the farm and we miss him so much.

And Grampa, we lost him in May of 2015 who at 96 years old still came to the farm to work everyday. He also taught me so much about family, farm and community. He was Dunstable! He loved feeding his calves and visiting with so many of you at the hutches as you stopped by.

I can't imagine what life would have been like with out these two great men and at this time, I am dedicating the new calf barn and feeder to Grampa and my father. That building represents all that they stood for. I need to thank so many people for making that barn happen but I'm not going to name names because I know someone would be left out. So, everyone that helped in any way, "Thank You"! It means so much to me to have it done for today and I appreciate it more than you probably know.

I also want to thank all the family and friends who came around the past few days to help clean up and set up for Open Farm Sunday. *Thank you and Enjoy the Day!! Charlie*

These are Charlie's words as he greeted the crowd who came out to visit Tully Farm on Cabot Open Farm Sunday. Of course the rain came down in buckets on this day. But it didn't dampen the spirits of those in attendance.

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STE JEANNE D'ARC SCHOOL

Ste Jeanne d'Arc School in Lowell is accepting applications for the 2017-2018 school year. Inquire or apply online at www.sjdarc.org. You may also contact our Admissions Office at 978.453.4114 to request an admissions package.

Come visit us. We have open houses scheduled for

January 18th from 6:00 - 8:00 p.m.

January 29th from 11:30 a.m. - 1:30 p.m.

February 13th 9:00- 10:30 a.m.

March 1st 12:00 - 1:00 p.m.

Tours and shadow days are also available by appointment. We welcome the opportunity to share with you the many advantages of a Ste Jeanne d'Arc School education.

Ste Jeanne d'Arc School is a Pre K (K1) - 8 Catholic, independent school offering classes in Religion, Math, Language Arts, Science, Social Studies, K1-8 French, Art, Music, Computers, Physical Education as well as accelerated classes. The school and classrooms are outfitted with state of the art technology, iPads provided to students in grades 5-8, extensive athletic programs, extra-curricular activities including our LEGO Robotics Club, Destination Imagination and an Extended Day Care Program. Financial aid is available.

Consistently recognized as a school of excellence, Ste Jeanne d'Arc School has been named a 2010 National Blue Ribbon School by the U.S. Department of Education for our students' superior academic performance, a Bright Spots School and National Beta Club School of Distinction. Our school is also fully accredited by the New England Association of Schools and Colleges.

Start your journey today! *"We ignite a passion for learning and compassionate living"*

ST MARY MAGDALEN PARISH

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

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

Greetings from our Pastor, Fr. Richard Clancy

COME JOIN US, ALL ARE WELCOME!

Weekday Mass: Monday, Thursday & Friday at 9:00AM.

No Mass on Tuesday and Wednesday

- **Reconciliation** every Saturday from 3 to 3:40PM or by appointment.

- **View our bulletin** on line at www.stmarymagdalenparish.com.

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

- **FIRST FRIDAY ADORATIONS** are held on the first Fridays of the month at the Church and will consist of Holy Hour with closing Benediction from **7:00 - 8:00pm**.

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

- **Prayer Line** - *Do you know of someone needing prayers?* Call Helen (978) 649-7927 or Carol (978) 649-6717.

(Submit only first name of one to be prayed for)

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

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

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

RISE AUTHORS TO READ AT NASHUA PUBLIC LIBRARY

Members of the creative writing classes at the Rivier Institute for Senior Education (RISE) at Rivier University will read from their annually published journal, DAWN, The Literary Journal of RISE, at the Nashua Public Library Theater on **Saturday, November 5, from 10:00 a.m. - 12:00 noon**. Copies of DAWN will be available for \$6, and the authors will be pleased to add autographs and inscriptions. DAWN is a thoughtful and inexpensive gift to give to friends and family. visit www.rivier.edu/rise and/or www.facebook.com/RISE1997 or call (603) 897-8623.



With the winter months approaching now is the time to contact Charlie and get your home project on our schedule. From simple dry wall repairs, to interior painting, to water damage repairs to a complete update to your home in vibrant new colors.... If it has to do with walls or ceilings, we are the team for you! We have the experience and know how to tackle any project in a neat, orderly and quick fashion. Popcorn ceilings can be made smooth, seamless and pure white. Cracked vaulted ceilings can be repaired and re-textured or painted. High foyers can be repaired of cracks, popped screws, split seams and repainted in your choice of Ben Moore colors. We can sheet rock your new addition, spare room or basement renovation - hand troweled smooth, sanded, primed and painted.

The quality of your home deserves to have the quality of our years in drywall/painting on your job site. No project or repair is too small or too large . . . from a hole in the wall patched and repainted to match or a completed home makeover. We bring our "A" game every time.

Contact us to today for your free walk-through estimate of your project. You will never know how good your home can look until you hire the professionals at Charlie's Drywall and Painting. We are booking interior jobs now for the winter of 2017.

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Check out our work: www.charliesdrywallandpainting.com

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- Lamps (Table or floor) Small Kitchen tables, Sofas, Love Seats, Dressers, XL Twin bed frames, Twin Mattress sets, full size mattress sets, adjustable metal bed frames, queen size bed frames, Bed risers, bed pillows, blankets, curtains, box springs, shower curtain liners
- Infant play mats, Infant towels, Crib Mattresses, Double Strollers, Diapers all sizes, car seats all sizes less than 3 years old, infant bath tubs, Potty Seats, Baby Wipes, High Chairs,
- New Toys for Birthday Bags 1-3 yr olds & 6-8 yr old girls, crayons
- New children's underwear and socks, Women's socks, Hats/Gloves, Mens & Womens Coats, Boots/Sneakers, winter boots, Winter Coats, toiletries

MARK YOUR CALENDAR FOR THURSDAY, NOVEMBER 17TH FOR OUR 11TH ANNUAL WINTER WISHES AUCTION GALA

at Tewksbury Country Club. Spend an evening out and socialize for a good cause before the holiday season begins and get a little holiday shopping done early! www.thewishproject.org to print out the form and mail in. Please email Jill at jill@thewishproject.org for more details.

Drop off donations: Tue/Wed/Fri and Sat 9am-2pm
Foundry Industrial Park Lowell, MA 01852
Off of Plain Street in Lowell.

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

About Us Our mission is to provide basic goods to help local poor families move out of homelessness permanently. We do this primarily through recycling useful things to fill wish orders placed by clients. Call us at 978-441-9474. **FOLLOW US ON FACEBOOK**

The Wish Project provides furniture, home, and baby Goods-Bank to more than 27,000 needy people each year. 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. Call **978-441-9474**, or find out more on our website www.TheWishProject.org/press/

MERRIMACK VALLEY HOUSING PARTNERSHIP

Project Genesis - Topics include an overview of the home buying process, the mortgage application process, legal aspects, home inspections, household budgeting and down payment assistance programs. The fee is \$100.00 includes all materials and 4 sessions. Learn about the home buying process. **A series (4 classes) will be held November 8, 9, 15 and 16 from 6:30 p.m. to 9:00 p.m.** Held in the Pollard Exchange Bldg, 67 Middle St., Lowell. The next session will be held on **November 29, 30 and December 6 & 7.**

Landlord Training Classes are held from 5pm to 8:45pm on November 17 and December 13.

To see the schedule of upcoming dates, classes and to register, visit www.mvhp.org or call 978-459-8490.

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I will take care of your pets in your home. Call now to make arrangements. Reasonable rates.

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Neighbor to Neighbor

*Published by Anne M. Paquin
Since 1983*

64 Hardy St., Dunstable, MA 01827
(978) 419-1914

E-mail: anne@neighbortoneighbornewsletter.com

If your organization or non profit group has a special event coming up in **December** please send the info in by **November 10th**. Articles are placed on a first come, first served basis. Call or email me if you have further questions about submitting news. News can be sent in a word file or in the body of an email.

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

Total circulation each month for Dunstable and Tyngsborough is 6,129 issues.

**The next deadline is November 10th
for the December issue.**

Let Neighbor to Neighbor help spread the word!

*I look forward to hearing from you,
Anne*

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 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, Electrical, Gas, Plumbing,
& Building Inspector's Secretary

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 a cell phone

THE POWER OF FLOWERS PROJECT

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Pumpkin Centerpiece: 6:30-8PM, Thursday, November 17th
Weston Nurseries, 160 Pine Hill Road, Chelmsford, MA **\$40.**

Boxwood Tree: 6-8PM, Thursday, December 1st
Tewksbury Senior Center, 175 Chandler St, Tewksbury, MA **\$60.**

Kissing Ball: 6-8PM, Wednesday, December 7th

Weston Nurseries, 160 Pine Hill Road, Chelmsford, MA **\$45.**

Holiday Centerpiece Demo & Raffle: 6-8PM, Mon, December 19th
Tewksbury Senior Center, 175 Chandler St, Tewksbury, MA **\$25.**

Reservations required. Deadline is 10 days prior to workshop. All proceeds to benefit the Power of Flowers Project. Registration & details are on-line at: www.powerofflowersproject.org. The Power of Flowers Project gratefully acknowledges the collaboration and generosity of Parlee Farms in Tyngsborough for donating pumpkins & Weston Nurseries & the Tewksbury Senior Center for hosting the events.

DIRECTOR OF THE COUNCIL ON AGING

Anne Fenochetti Email: afennochetti@dunstable-ma.gov
Hours at Town Hall: **Tuesday** from 9-2 and **Wednesday** from 8:30-11:30. You can reach Anne at 978-649-4514 ext. 223 at the Town Hall or by appointment.

• **WELL ADULT CLINIC** Next well adult clinic will be November 30 at the Library from 11 to noon.

• **MEDICARE OPEN ENROLLMENT** now through December 7th.

• **FUEL ASSISTANCE APPLICATIONS ARE NOW AVAILABLE**
Please call Anne for more details.

• **DO YOU NEED A HANDICAP PARKING SIGN** FOR YOUR VEHICLE? If so, applications are available from Anne, give her a call to see what is involved with obtaining one.

• **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 once a month. Pick-up is at the Tyngsboro Senior Center 169 Westford Rd. Applications are now being accepted and are available through Anne.

• SENIOR CIRCUIT BREAKER TAX CREDIT

WHAT IS IT? Senior citizens in Massachusetts may be eligible to claim a refundable credit on their state income taxes for real estate taxes they paid on the Massachusetts residential property they own or rent and which they occupy as their principal residence. The maximum credit allowed is \$1,050 for the tax year beginning January 1, 2016. Eligible taxpayers who own their property may claim a credit equal to the amount by which their property tax payments in tax year 2016 (excluding any exemptions and/or abatements), including water and sewer debt charges, exceed 10% of their "total income" for the same current tax year. Taxpayers residing in communities that do not include water and sewer debt service in their property tax assessments may claim, in addition to their property tax payments, 50% of the water and sewer use charges actually paid during the tax year when figuring their credit. Renters may claim a credit in the amount by which 25% of their annual rental payment is more than 10% of their total income. For purposes of the tax credit, a taxpayer's "total income" includes taxable income as well as exempt income such as Social Security, Treasury Bills and public pensions. **NOTE:** If you received any federal and/or state rent subsidy, or you rent from a tax-exempt entity, you do not qualify for the Circuit Breaker Credit. You must be 65 or older before January 1, 2017. Total income cannot exceed \$57,000 for single \$71,000 for head of household or \$85,000 for taxpayers filing jointly. Property value cannot exceed \$693,000. **For more details** about Eligibility, How to Claim this Credit, please contact Anne Fenochetti at her office 978-649-4514 ext 223.

• **ARE YOU IN NEED OF MEDICAL EQUIPMENT?** There are items available for you to use free of charge. They include: canes, crutches, commodes, walkers, wheelchairs (older, heavy ones), bed bars and shower chairs. If you need something different, please call to see if we have it. These are loaned to you and should be returned when no longer needed.

• **Meals On Wheels** If you are interested in having some meals delivered, please contact Anne to find out more information.

• If you have concerns or questions about **Medicare** please call Elder Services at 1-800-892-0890.

• **Prescription Advantage** now has a continuous "open enrollment". Applications are available through Anne.

• **VAN SERVICE** Alternative Transportation is for **medical appointments and grocery shopping**. **There is a charge of \$5 for local trips.** Towns considered local include: Nashua, Tyngsborough, Lowell, Chelmsford, Westford, Ayer, Groton and Pepperell. **For trips to out of the area towns the charge will be \$10.**

Once you know when your appointment is please call Anne at (978)649-4514 ext. 223. If Anne is not available please leave a message on 978-649-4514 ext. 223 to make arrangements for a ride.

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FAMILY BARN DANCE

A family barn dance at the PCA with Billy Fischer calling.
Bring the kids. Oh, CONTRAire! provides lively music.
Sunday, November 13, 2016 from 3-5pm. No experience required;
all dances taught.

Adults \$5; kids \$3; maximum \$15 per family; group rates available.

The Parish Center for the Arts
Corner of Boston Road and Lincoln Street on Westford Common
PO Box 411, Westford, MA 01886

Telephone: (978) 692-6333 e-mail PCA@Westford.org
<http://www.Westford.org/PCA>

SEPAC

(Special Education Parent
Advisory Council)

GD SEPAC OFFICERS 2016-17:

Chair: Melissa Padera – mpadera@yahoo.com
Secretary: Marla Haddad – mhaddad2@verizon.net
Treasurer: Katie Leonard – kcleonard@gmail.com

SCHOOL PARENT LIAISONS:

Boutwell: Liz Podsiadlo – lizpod72@yahoo.com
Florence Roche: Mary Garcia – franana527@gmail.com
Katie Leonard – kcleonard@gmail.com
Swallow Union: Dawn Priest – dmpriest5623@gmail.com
Middle School: Marla Haddad – mhaddad2@verizon.net
High School: Gail Sun – somerssun4@gmail.com
Out-of-District: Gail Sun – somerssun4@gmail.com
SEPAC at gdssepac2@gmail.com.



• Effective Strategies for Students with Anxiety Related Behaviors

Jessica Minahan, M.Ed., BCBA
Author of the best seller The Behavior Code: A Practical Guide to
Understanding and Teaching the Most Challenging Students
November 16, 2016 6:00 PM – 8:00 PM
GDRSD Middle School Auditorium

• An Evening with Susan Senator Susan Senator, Author
Join Susan Senator, an author, blogger, journalist, and public
speaker living in Brookline, Massachusetts. She has three sons, the
oldest of whom is in his twenties and has severe autism. Nat was
diagnosed with autism at age three, back in 1992, what she calls The
Autism Stone Age. Susan has written three books in relation to her
journey with autism: Making Peace with Autism, The Autism Mom's
Survival Guide, and Autism Adulthood. Join us as she discusses her
most recent book, Autism Adulthood. The talk will be followed by
book signings.

December 8, 2016 6 – 8 pm
Groton Dunstable High School Blackbox Theatre

GROTON DUNSTABLE REGIONAL SCHOOLS

Swallow Union School: 978-649-7281 978-649-9412
FAX 978-649-5078 Message Line: 978-649-5078
Website: www.gdrsd.org (follow links to S/U)

Calendar for GDRSD is on website under Parents & Students

Supt. Office: 978-448-5505
Peter Twomey Youth Center 978-448-8459
Florence Roche School 978-448-6665
Prescott School 978-448-0380
Middle School 978-448-6155
GD Regional High School 978-448-6362
Boutwell Early Childhood Center 978-448-2297



IMPORTANT DATES

FALL BACK Turn clocks back one hour before you go to bed on
Saturday, Nov. 5th. Daylight savings time ends on Sunday, Nov. 6th
This is a great time to change the batteries in your smoke detectors!

ELECTION DAY Tuesday, November 8th
VETERANS' DAY Friday, November 11th
THANKSGIVING DAY Thursday, November 24th

**When you call a business listed here,
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They would like to know. Thank you, Anne**

AMVETS POST #247 ROBERT D. PELLETIER

90 Pawtucket Blvd. Tyngsborough, MA

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.

PANCAKE BREAKFAST Nov 6th from 8-11AM

Officers: Commander: William Beaton Sr.; 1st Vice: John McDermott; 2nd Vice: David Coles; finance officer: Theodore Thing; Judge Advocate: Roland Milliard; Adjutant: John Cogan; Chaplain: Rodney Wood; Trustees: Claire Beaton and Marty Bloomgren.

"ALWAYS READY TO SERVE OUR VETERANS"
AMVETS National Website: <http://www.amvets.org/>



AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

Meetings are held the first Thursday of each month.

Auxiliary Unit Officers for 2016-2017

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

PSYCHIC FAIR, Saturday, November 5, 2016

10am - 4pm

at the AMERICAN LEGION POST 247, 90 Pawtucket Blvd. Tyngsboro, MA. This is to Benefit Children & Youth Veterans Programs. Sponsored By American Legion Auxiliary Unit 247 Inc., Tyngsboro, MA. Readings \$25.00, TAROT, REIKI, PALMISTRY, INTUTIVE, MEDIUM, AURA READING & IMAGING. Vendors with many interesting items. Free coffee!!! Sandwich's and Home Baked Goods on Sale **NO Entrance Fee**, Free Parking. Many Nice Raffles. Door Prize Drawn Each Hour!

There was a change in the date of the Auxiliary Unit meeting for November. It was held on Tuesday, November 1st, 2016 due to the fact Unit officers will be attending the Fall Festival for our hospitalized Veterans at the Bedford VA Hospital.

In December the Unit will not hold a regular Unit meeting Thursday, December 1st, as they will be having a Christmas Dinning Out to be held at the Princeton Station Restaurant in N. Chelmsford with a gift swap. Each member attending will be responsible for the price of their meal, time to meet will be 7 pm.

"MEAT SHOOT". Saturday, December 3 7-9PM

many choice cuts of meat, 50/50 raffle, free table snacks, 15 Games at \$1.00 per game. Fun For All.

At the September Unit meeting the Office of Unit Chaplain was filled By Unit member Patricia Modrich. Unit President Diane Dileo Installed Patricia into office that evening. Office of Unit Historian is still open to any member in good standing who may be interested For information on the Auxiliary Unit meetings, or functions contact Unit President Diane Dileo at 978-204-9329 or Unit Secretary Josephine Beauregard 978-459-7015.

Yours In Auxiliary, Unit Secretary, Josephine Beauregard

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

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

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Our beautiful Bedford studio is located near the heart of Bedford, MA, right next to Bedford Farms. The cozy sunlit studio offers Reformer Equipment classes (including Tower and Exo Chair), Mat Pilates and Barre classes, as well as private sessions by appointment.

For a class schedule, visit our website: www.livelongpilates.com



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DRACUT COMMUNITY BAND

We are recruiting members to play in a Dracut Community Band. It is open to all musicians 18 years or older who are residents of Dracut and from surrounding communities. No audition is required but Band members should have some playing and music reading experience. It will be lots of fun!

We will be rehearsing on Thursday nights at Christ Church United in Dracut Center from 6PM-8PM

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



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• AMVETS PANCAKE BREAKFAST

November 6th from 8-11 am

**• POST 247 WILL BE HAVING A VETERANS' DAY
CELEBRATION on November 11th at 11 am.**

Following the celebration there will be a **Flag Retirement**. If you have flags that are old and tattered please bring them to the post for proper disposal. You may drop them off at the post prior to Veteran's Day. The Post is open every day between 11:30am to 9pm.



**SONS OF THE
AMERICAN LEGION**

Massachusetts Detachment, Squadron 247 Robert D. Pelletier
Post 247, **90 Pawtucket Blvd, Tyngsboro**

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

• SAL Officers: Commander: Brian Laplante; Sr. Vice Commander: Steve Harris; Jr. Vice Commander and Chaplin: Nelson Blake; Adjutant/Treasury: James Blake; E- Board: David Boyle

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



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

90 Pawtucket Blvd. Tyngsborough, MA 01879

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

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

OFFICERS: Commander: Theodore Thing; 1st Vice: Martin Hanley; 2nd Vice: John McDermott; Adjutant: James Blake; Judge Advocate: Roland Milliard; Chaplain: Nelson Blake; Finance: David Coles; E-Board: Robert Desrosiers; Robin Dion

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Visit our website, www.tyngsboroughlegion247.org

This website contains a wealth of information about the Post.

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



CLUB OF TYNGSBORO/DUNSTABLE

Rotary Motto: Service Above Self Theme: Rotary Serving Humanity

ABOUT ROTARY The Rotary Club of Tyngsboro/Dunstable has been serving the Tyngsboro and Dunstable area for 42 years. Rotary is a global network of community volunteers with a passion to help others. Rotary club members are business, professional, and community volunteers in your locality who meet regularly to plan and implement community service activities and network with other professionals.

For more information, visit the Rotary website at www.rotary.org. If you are interested in membership, please call **Bob Guernsey** at (508)380-4351, or come to one of our meetings. Our meetings are held on the second and fourth Thursdays of each month at the Tyngsboro Sports Center, 18 Progress Ave., Tyngsboro at 5:30 pm. If you would like to help us with ideas for projects, please contact us at tdrotary@verizon.net.

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SUNDAY MORNING SCHEDULE

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

Followed by Fellowship and Refreshments

• Children attend the Worship Service with parents and are dismissed after Opening to age related Sunday School classes. (K-12)

11:15 a.m. - Fellowship and Refreshments

• **Tuesday** 9:30 - 11:30 a.m. -Women's. Bible Study. (Old Testament Women) All Welcome

• **Evenings:** Boards and Committee meetings

• **Wednesday.** 10:00 a.m. Worship/Music Team Practice

• **Thursday and Saturday** - Thrift Shop Open from 10:00 - 3:00

• **Friday Evenings.** - Youth Groups as scheduled. (Joy at 978-649-6142) High School (Joan at 978-649-2590). Middle School

• **November 20th** - this worship service will include the work of Gideon's int'l.

• **THE 150th Anniversary Committee** of the church is meeting regularly now to plan events for the historic celebration in 2018. *The 150th Anniversary Celebration Comm. is meeting regularly to discuss plans for the Big Day in 2018.*

• **Until November 18th** we will be taking part in the Ministry called **OPERATION CHRISTMAS CHILD** (or as it is also called "Shoe Box Ministry"). Please help us by filling a shoebox, wrap it in Christmas paper, and fill it with school supplies, hygiene items and toys for a delivery to children in underprivileged countries around the world. Samaritan's Purse (under the direction of Franklin Graham) is the organization that administers this ministry

• We will be hosting our **ANNUAL CHRISTMAS FAIR ON DECEMBER 3 RD, from 9-3.** Featuring our famous cookie walk, baked goods, nearly new tables, toys, a game room with face painting. Plus our luncheon, again we will have outside vendors featuring candles, hand made items and jewelry to name a few. Note if you are interested in renting a table @ \$20, call Jim @ 203-535-5982 space is very limited so call early if interested.

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

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 SO YOU WANT TO BE A
 VETERINARIAN
 by Tara M. Sacramone, DVM**



First off – great choice. Veterinary medicine is an interesting, rewarding, and noble profession (if I do say so, myself). Many people think about becoming a veterinarian at some point in their lives, but only a few see it through to the end. You need to prepare yourself for a long, and sometimes challenging road, and, also know you will never be wealthy.

Becoming a veterinarian involves a lot of schooling. After high school you will need a bachelor's degree from a four year college. You can major in anything in undergrad, but you do need to take a few required classes in order to get into a veterinary college, like calculus, physics, and chemistry. Then you need to complete four years of veterinary school. Currently there are only 31 veterinary schools in the US, compared to around 125 medical schools. Therefore, the competition to get into veterinary school is fierce, so you will need to do very well in collage, and some people need to apply multiple times or get another degree in order to get in. Then depending on your specific career goals you may need to do an internship (1 year), residency (3 years) or continue on to get a PhD or master's degree.

There are actually many different specific careers in veterinary medicine, from small animal to large animal, zoo or wildlife, research, industry, public health, teaching, and a few more I can't recall at the moment. Actually being a veterinarian is not exactly what most people expect. In general its a good idea to actually go shadow someone in the career you think you would like. My job can be smelly, dirty, and stressful at times. Most people who want to become a veterinarian love animals, but veterinarians often have to do things the animals don't like, and we can't even explain to them how or why. For the most part being a small animal veterinarian is great. You truly never know what could walk through the door. Every day is an adventure. And Dunstable Animal Clinic has the best clients anywhere - TRUE - you know who you are. But there are some not great things too - like not knowing what's wrong with a sick pet, or having to give someone bad news. But where else can you play with cute puppies and kittens, but not have to housebreak them or keep them from scratching the couch? So if your good at science and math, prepared for at least eight years of school after high school, and want a fun, rewarding, but not an especially lucrative career veterinary medicine might be right for you.

FRENCH-CANADIAN MUSIC IN NASHUA

Nashua Historical Society on **Sunday, November 13 at 2 p.m.**
French- Canadian Music and its Cross-Culture. Lucie Therrien will take us through the musical evolution of traditional French-Canadian music across North America. This program is free and open to the public through a grant from the NH Humanities' Humanities to Go! Speakers Bureau. Program held at The Nashua Historical Society which is located at 5 Abbott Street, Nashua <http://www.nashuahistoricalsociety.org/>.

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St. John business; 978-251-8571; www.saintjohnchelmsford.org

Mon, Tues, Thursday; 9:00 am – 5:00 pm, Wed, 9:30 am – 5:00 pm
 Fri, 9:00 am – 3:00 pm

••• **St. Mary Church**, 25 North Road, Chelmsford. Daily Mass: Mon – Fri at 7:00 am; Sat at 9am. Weekend Liturgy: Sat at 4:00 pm; Sun at 7:00, 9 and 11 am and 6pm Confession: Saturdays; 11:00 am – 12 noon or by appointment

••• **St. John the Evangelist Church**, 115 Middlesex Street, North Chelmsford Daily Mass: Mon – Sat at 9:00 am. Weekend Liturgy: Sat at 4:00 pm; Sun at 8:30, 10:30 am and 5 pm
 Confession: Saturdays; 3:00 – 3:45 pm or by appointment



ALTRUSA CLUB OF MERRIMACK VALLEY

Altrusa International is a worldwide association of men and women who volunteer their time and energy to improve the lives of others. This year, Altrusa is ramping up to celebrate its Centennial Birthday. The Altrusa Club of Merrimack Valley has accepted the challenge to donate 100 books to local shelters and each member will complete 100 hours of personal service through Altrusa projects and volunteer service outside of Altrusa.

On September 28, 2016, the Altrusa Club sponsored a free public event for older adults to guide them and their families in the journey of aging safely and independently and to alert them to the recent increase in elder abuse.

Elder Services of Merrimack Valley provided the panel of speakers for the event which focused on how to access a variety of services and resources in elder abuse matters, help for family caregivers, and individual guidance in selecting the right health insurance programs.

Altrusa is very grateful for the support of Enterprise Bank for hosting the event in its *Community Room* at its 18 Palmer Street, Lowell building.

This year, Altrusa Club members will continue their monthly visits with the veterans at the Veterans Community Care Center in Lowell; birthday parties for the children at Brigid's Crossing in Lowell; and support of local shelters in both Nashua and Lowell.

If you are interested in helping the less fortunate in your community, please contact altrusamv@gmail.com. The Altrusa Club meets the 2nd and 4th Wednesdays of the month at 6:30 p.m. at Brookdale, 4 Technology Drive, North Chelmsford, MA.

WEST CHELMSFORD UNITED METHODIST CHURCH

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Worship: 9:30AM and 11:00AM Professional child care provided Sunday school for all ages: 9:30 AM Coffee Fellowship: 10:30 AM

We are in the midst of our Fall activities and it is hard to believe that Thanksgiving is fast approaching!! We hope that you have enjoyed the gorgeous fall foliage this year! It may seem early to think about the holidays, however, here is an early reminder that our **Holiday Fair will be held on Saturday, December 3 from 9:00 AM – 3:00 PM.** We will have breakfast items, coffee, hot chocolate, and juices available for early risers. Enjoy breakfast before starting your shopping. We will have homemade lunch items available, if you start shopping later. There will be a children's room, with games, crafts, and movies to entertain your children while you shop. We will have many local craft vendors, our famous baked goods and candy tables, white elephants, and our plant table. Come and enjoy shopping in a warm, stress free, and friendly place with the spirit of the season! . Don't miss it! Please check our website for additional information

We would like to say a few words about our involvement with community events. Members of our congregation were involved with the "Be The Voice" walk in Westford this past October which is raising awareness of addiction. We serve the St. Paul's Meal in Lowell one weekday evening per month for those in need of a nutritious supper and are a long term supporter of the Lowell Food Pantry. We have supported the Salvation Army with their program to provide Christmas gifts for children who may not otherwise receive gifts.

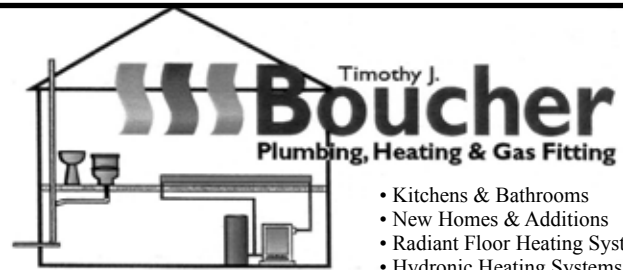
We hope to see you soon! We are on 242 Main Street in North Chelmsford, right on the Westford/Chelmsford line. From Route 3, take the Route 40 exit to Chelmsford, take a sharp right onto Main Street Chelmsford right after the variety store and follow Main Street until you see the church on the left.

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3 TIPS FOR A HEALTHIER, HAPPIER, HOLIDAY SEASON

It's incredibly tough to start a fitness program or diet before the holidays. But that doesn't mean you can't maintain a reasonable fitness regimen this season to help you look and feel your best. Here are a couple of tips to help you prioritize your health in the coming weeks:

Move your body for 30 minutes a day, 5 days or more each week. Walking with a friend, resistance training, or even performing a few bodyweight exercises at home will ALL keep you feeling energized, so find an activity you enjoy!

Be discerning and intentional about which treats you choose to eat. We all have indulgences that we look forward to enjoying this time of year, and others that may be present but that we can easily skip. Choose to savor the treats you love the most, and pass on the ones that are unexciting or mediocre. Every choice counts!

Find a community that encourages your efforts to be healthier. Together we can each grow closer to the best version of ourselves! For more motivation and help throughout the process, check out Anytime Fitness in Tyngsboro. ***Our new location will open in December, with plenty of options for individuals of all levels looking to get to a healthier place.***

Buy local!
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A MAN WITH THE HEART OF GOD

By Nathan Combs

When we think about the King David of the Old Testament, our minds often jump to his biggest mistakes - his seduction of a married woman and the subsequent murder of her husband. David is frequently held up as an example of the depravity of man and the grace of God, and rightly so. However, while God certainly did not conceal David's terrible choices, He also clearly identified David as an exceptionally special person. Not only did God take the youngest son of Jesse and make him the second King of Israel, but He also promised David in 2 Samuel 7 that his family line would be secure and established forever. After David's death, he became the standard by which future kings were judged - for example, "Asa did what was right in the eyes of the Lord, as *David his father had done*" (1 Kings 15.11).

In fact, David was so highly regarded by God that in Acts 13.22, as the Apostle Paul was preaching in an Antioch synagogue, he referred to David as "a man after God's heart," a quotation of 1 Samuel 13.14. David is the only man in Scripture to ever receive that description! Why? What made David so special to God? At least part of the answer lies in the next statement in Acts 13.22 - where God stated that David did "all My will." This is a sharp contrast to Saul, the king David succeeded. Saul was commanded to wait until Samuel joined him before he sacrificed to God and he did wait - but not long enough (1 Samuel 13). Saul was commanded to kill the Amalekites for their attack of the Israelites during the days of Moses, and he did - but not completely (1 Samuel 15).

David, however, was whole-heartedly consumed by a desire to follow his Lord. The many psalms he wrote are filled with insights into his personal devotion. David prayed and prepared sacrifices in the morning (Psalm 5.3) and meditated on God at night before falling asleep (Psalm 63.6). He made a point of telling his fellow Israelites about the amazing things that God had done in his life (Psalm 22.22, 34.11) and his heart was filled with the words of God's law (Psalm 40.8).

Yes, David committed shocking sins that created horrible long-lasting consequences for his family, but his tender and repentant heart must not be forgotten. Again, in contrast to Saul, who responded to confrontation with anger and aggression, David humbled himself, poured out his guilt to the Lord, and earnestly sought His forgiveness after his conversation with the prophet Nathan (Psalm 51). Just as the law commanded (Deuteronomy 6.5), David loved the Lord with all his heart, soul, and might. His heart was "wholly true to the Lord his God" (1 Kings 15.3). Can the same be said of us? Could God describe you and me as people after His own heart?

NASHUA COMMUNITY CONCERT ASSOCIATION

The 86th Consecutive Season!

November 21 is the date to enjoy **NEXT GENERATION LEAHY**, six siblings and their parents following the traditions of over three generations of music, song and dance entertainment. The children, between six and thirteen years of age, share their *Celtic and French* Canadian heritage with high energy performances on fiddle, cello, piano, and French accordion. Come share their joy of voice and dance.

All concerts are held in the Keefe Auditorium, Elm Street Middle School, Nashua, NH at 8 p.m. Handicap entrance opens at 7:10 p.m. and general admission is at 7:15.

Contact Mary E. Sayre, Membership Secretary, PO Box 1563, Nashua NH 03061-1563, phone (603)318-1792 or e-mail membership@nashuacommunityconcerts.org. See our web-page at <http://www.NashuaCommunityConcerts.org>.

LOADING DOCK GALLERY

122 Western Avenue, Lowell, MA

The Loading Dock Gallery is a part of Loading Dock Arts. It is open Wednesday through Saturday, 12 noon to 5:30pm, Thursday evenings until 8:30pm, and Sunday, 12 noon to 4pm. For more information, call 978-656-1687, or visit theloadingdockgallery.com.

Show: Me, Myself, I-identity

Show dates: Through November 27, 2016

Opening Reception: Saturday, November 5th from 5-7pm

This November, artists of the Loading Dock Gallery in Lowell explore the art of the self-portrait in their show **Me, Myself, I-identity**. Artists have chosen realism, abstraction, or symbolism to represent themselves in a wide variety of mediums. Viewers will gain insight into the thinking and self-reflection that inspires the creativity of Loading Dock Gallery's artists.

THE BLUEBIRD LADY

Lillian Lund Files, 91 passed away September 28. Lil was a vivacious dynamo and a good friend also known as the Bluebird Lady. She was the only child of Swedish immigrant parents and grew up in Belmont and Waltham. In the 50s she moved into her parent's camp in Tyngsborough. Lil loved wildflowers at the time, and said she knew very little about birds. But when friends visiting the Tyngsborough camp exclaimed that she had bluebirds, Lil investigated the bluebird intrigue.

She learned that the gentle bluebird was becoming endangered due to loss of habitat, but there was a way to help bluebirds. Lil herself built 114 bluebird boxes in 3 days and started her bluebird trail. She found out about the North American Bluebird Society and obtained their slide program to use in lecturing about the bluebird plight. she became a life member of NABS and later president of the group for a year. Lil traveled countrywide with her bluebird conservation program and for NABS. She also became a life member of the Massachusetts Bluebird Society, the Brookline Bird Club, the Thoreau Society, Tyngsborough Bird Society for which she had served as president and program chair. She had Boxes up at the Louisa May Alcott house, the Emerson House and the Thoreau Lyceum in Concord.

"In the spring the telephone jangles off the hook" she often said, with the familiar question "Have they come yet?" Her backyard was crowded with members of the Audubon society, Garden Clubs and bird clubs... binoculars in hand. Thus began her career as Bluebird Lady. She was known far and wide and often interviewed for newspapers, television and radio. Back in the eighties, she was interviewed on the radio program the Big Mattress on WBCN. The show's emcee Charles Laquidra often ended his show with the promise the show will be back if the creek don't rise...if the bluebirds come back to Mass. Listeners of the show knew about Lil and told him the bluebirds were increasing and about Lil's programs. So Charles had Lil on his show.

Lil was amazing at gathering like minds together, even though they were from different walks of life. She gathered these friends to her home for breakfast and conversation. She was the 'hostess with the mostess', and it was always a treat to be invited to her get-togethers. Beside good food and good topics of conversation, Lil went all out in decorating for the season. In the fall her living room rug would be covered in autumn leaves raked from the yard and she would be bedecked in a witch's hat. One summer she took the Breakfast Club, as we became known, for a dinner cruise on the Concord River. The Breakfast Club friends have remained together for decades.

Lillian's friendship enriched my life, and she was a friend to be counted on. The morning after my family and I had spent the night watching flames billow through the house we called home, Lillian was there. With concern on her face, she handed me an envelope of money. She said you're going to take this because you're going to need it. Later she had a surprise party for me of the Breakfast Club where I was the honored guest.

Written by MaryAnn Hayward

"The bluebird carries the sky on its back." Thoreau





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CAT FOOD DONATIONS NEEDED

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

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 2015-2016 Lions Year

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

• Anyone who would like to join the Lions is asked to call Ed Majewski at 978-649-6204 or Mark Alexander at 978-649-9124. Our Regular Meetings are held at Angelas on the first Tuesday of the month starting at 6:30 pm.

• EVENTS

The Club served breakfast to about 55 Seniors on October 20th at the Tyngsborough Senior Center. After breakfast, Greater Lowell Vocational School students did "Under Hood Inspections" for free.

The Club had the Eyemobile at the Tyngsborough Health Fair on October 22nd. Thanks to the Tyngsborough school system nurses who helped operate the equipment for eye screening and hearing tests (along with other health checks) in the Eyemobile.

YOU CAN HELP BY DONATING THE FOLLOWING:

• **USED EYEGLASSES** are collected for refurbishment and distribution to less advantaged people around the world. *We thank all who have donated glasses.*

• **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 Center, 169 Westford Rd., Tyngsborough and Dunstable Town Hall, Post Office and Library.

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/>

CATIE'S CLOSET

Catie's Closet improves attendance at local public schools by providing clothing and basic necessities to students living in poverty. Our goal is to end the social stigma of poverty and create an environment that will allow students of different backgrounds to succeed in the classroom. We build free "stores" in public schools so that students can access what they need, when they need it right where they are. We currently serve 18,000 students (Pre-K thru 12 Grade) in 37 schools in the Merrimack Valley and Boston. We collect new and gently used clothing in youth and teen sizes.

URGENT NEED FOR: Youth boys and girls (size 4-16), Jeans, sweatpants, T-shirts, Long Sleeve Tops, Hoodies/Sweatshirts, Shampoo, Toothpaste, Deodorant, Toothbrushes, Underwear- Size 4 -20 Boys & Girls and Teen Boys & Girls (Small - XXL), Socks (All Sizes). **Donation drop-off: 19 School Street, Dracut, MA 01826** First and Third Saturday of each month from 9 AM to 12 PM or otherwise by appointment. Please visit catiescloset.org or call (978)-957-2200 for more information about donations or other ways to support Catie's Closet.

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."

Dunstable Church is pleased to introduce our new pastor, Bobby Ross. Bobby is a recent graduate of Gordon-Conwell Theological Seminary with an undergraduate degree from James Madison University. Prior to pursuing full-time ministry, Bobby had a successful career as a sales executive selling medical devices used in neurosurgery. During seminary, Bobby worked as a "Coffee Master" at Starbucks. In his words, "I have a passion for coffee, coffee roasting, café's and how coffee can impact the world for Christ." His work and life experience gives him the ability to relate to and engage those inside and outside the church with the Gospel in everyday life. We also welcome his wife Shelly and their two children, 4-year-old Chale and 2-year-old Luelle. Shelly has already jumped into community life, organizing and facilitating a MOPS (Mothers of Preschoolers) group in Dunstable. Bobby's and Shelly's daughter Luelle was diagnosed with Spina Bifida and underwent fetal surgery at 23 week's gestation. The Ross' journey through fetal surgery was documented in the Emmy-winning PBS mini-series "Twice Born." All episodes can still be found on the PBS website <http://www.pbs.org/program/twice-born/> and on Netflix.

SUNDAY WORSHIP: Worship Service is held at 10:00 am each Sunday. Child care is available during the service for infants through kindergarten age. Our worship services feature a wide variety of music, scripture readings, corporate prayer and spoken messages and with Communion (the Lord's Supper) served on the first Sunday of every month. An informal time of fellowship with coffee, tea and refreshments after worship to which all are welcome. **SANCTUARY CHOIR and PRAISE TEAM** rehearsals at 7:00 pm on Tuesdays and Thursdays respectively. Each participates in the service twice a month. New members are welcome.

SUNDAY SCHOOL CLASSES for children in Ages 4-12. Children will attend the regular service with parents for the first 15 minutes of worship before leaving to attend Sunday School class for the remainder of the hour. Older children and teenagers remain with their parents for the entire worship service.

DECC YOUTH GROUP: Attended Newsboys Concert in Lowell and had a great time! Anyone in grades 6-12 is welcome. Usually meet 4-6pm on Sundays. The meetings include group games, snacks, and social time as well as a time of discussion regarding Christian topics that are important to youth. The Youth Group also has frequent service projects and social events offsite, too. All are welcome to come for a single event, or to become a regular member! Call (978-649-8554). • **Nov 6th** Neighborhood Service Project, raking for those who cannot do it themselves. • **Nov 13th** Cooking dinner & dessert at the church and Christian topic discussion. • **Nov 20th** Outreach at Living Waters Shelter in Lowell. • **Nov 27th** Christmas Tree decorating at the church. **Looking for angels!** Age 4 and up! Christmas pageant during the 10am service on Dec 4.

December 10th. Remember the LIVING NATIVITY "JOURNEY TO BETHLEHEM". It does take a village so let's all get involved in the magic and wonder of Christmas! Contact Jon Hughes (978-393-7708), Linda McDonald (97-549-6750) or Joka Quigley (978-337-1151) Services Christmas Eve and Christmas Day.

MOPS (Mothers of Preschoolers) at Dunstable Church. Next meetings are **Nov 4 & 18, Dec 2 & 16.** It's a well-established, popular program that will be a blessing to our community. Moms and preschoolers had a wonderful social and sharing time together. Additional child caretakers are needed. If you or someone you know wants to make a little extra money, MOPS would love to have you work with the little ones. MOPS will be meeting 9-11 am on Fridays, twice a month. If you're interested or know someone, please contact Shelly Ross at shellyannross@gmail.com.

For more information about any of these events, contact the church office 978-649-6251 or email info@dunstablechurch.org.



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NEW ENGLAND VOICES IN HARMONY

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

EVENTS AT BEAVER BROOK

Fall & Winter Programs at Beaver Brook Nature Center Hollis NH
• **WINTER HERBS & YOUR HEALTH NOV 10, 6:30 – 8 PM**
Beaver Brook Nature Center Hollis NH With winter cold and flu season upon us, don't be at the mercy of whatever bug is going around. Explore ways to strengthen your immune system. Learn to make herbal preparations that can help keep your children healthy and yourselves feeling well. These will include herbal infusions and long lasting herbal tinctures/extracts. Discover ways to create some child and adult friendly herbals. Take home recipes and a packet of information covered in class. Fee: \$20.00/18.00. Register online at www.beaverbrook.org Rivka Schwartz Instructor. January workshop: Herbs for memory and clarity

• THE DARK KNIGHT: RETURN OF THE WOLF

Sunday Nov 20, 2 pm Lawrence Barn 28 Depot Road Hollis NH
Presented by Chris Schadler, Wild Canid Ecologist

Co-sponsored by Beaver Brook and the Hollis Social Library
In this revealing presentation, Chris will discuss the evolution of wild dogs in North America, how each is shaped by its environment and how the return of the eastern wolf to the northeast will affect human and wild systems. Refreshments available. Free. Donations accepted. No registration required. www.beaverbrook.org

• GREENSGATHERING HIKE & WREATHMAKING

Tues Nov 29 9 am -11:30 or Sat Dec 3 1-3 pm Take a hike at Beaver Brook to gather evergreens: Eastern hemlock, white pine and mountain laurel plus pine cones and winter berries (season permitting). Return to Brown Lane barn and enjoy tea and cookies while you learn to fashion a lovely, long lasting holiday wreath. Everyone leaves with a beauty!! Makes a wonderful gift for someone else too! Bring your own clippers if you have them. We'll supply the wreath rings and wire. Register online. \$25/\$22 members. Register online at www.beaverbrook.org

• WREATHMAKING IN THE WINE CELLAR AT LABELLE

WINERY Sun Dec 4 10 am or 1 pm Route 101 Amherst NH
Create a luscious evergreen wreath while enjoying refreshments in the wine cellar at Labelle Winery Holiday Bazaar. No experience needed. Beaver Brook Education Director will guided you to create a wreath that suits your needs. League of NH Craftsmen will be selling their creations in the great room of the Winery. There will be tastings and the café and gift shop are open also. \$30 pp. Register at www.beaverbrook.org

LOWELL GENERAL HOSPITAL

Community Health and Wellness Programs

November 2016

Breastfeeding Class

Monthly classes, Times vary, FREE

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

Family and Friends CPR

Second Monday of the month, 6:30-8:30pm, \$20

Learn CPR skills for infants, children and adults. This program is designed for parents, family members and those who want to learn lifesaving skills.

Presented in partnership with Trinity EMS.

Tdap Vaccine Drop-In Clinic

Saturday, November 5, 10:00-11:00am, FREE

This drop-in clinic is open to expecting mothers, spouses or significant others, grandparents, babysitters, aunts and uncles as well as friends of the family who are in close contact with infants.

Tiny Fingers, Tiny Toes:

Everything New Parents Need to Know

Saturday, November 19, 9:00am-4:00pm, FREE

Expectant parents will learn about infant care basics, at-home safety, pediatrician visits, and more.

Boot Camp for New Dads®

**Saturday, September 24 or December 3,
9:00am-12:00pm, \$25**

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

Your Body After Baby, A Two-Part Series

**Tuesdays, November 29 and December 6,
6:00-7:30pm, FREE**

Expecting and new mothers will learn about self-care after baby is born. Topics include safe postpartum physical activity, healthy eating and diabetes prevention.

Big Brother & Sister Sibling Class

**Thursday, December 15,
12:00-1:00pm, \$10**

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



Lowell General Hospital offers a variety of classes to help you prepare for the birth of your child, including our weekend or six-week prepared childbirth classes, online childbirth class, and hypno-birthing class. We also run regular tours of The Birthplace. Space is limited and registration is required. Call 1-877-LGH-WELL or visit lowellgeneral.org/health for full descriptions, dates, times and cost.

Registration required!

Call 1-877-LGH-WELL (1-877-544-9355)
or visit www.lowellgeneral.org/health



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