



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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TYNGSBOROUGH TOWN CLERK

2017 DOG LICENSES are available at the Town Clerk's office. Licenses can be renewed either in person 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. Annual license renewals are required by both State and Town laws. Remember that there is a \$25.00 late fee for any registration after March 1!

ABSENTEE BALLOTS If you will not be in Town on Election Day, you may request an absentee ballot. You must complete an application that you can receive by coming into the office or by going to Tyngsboroughma.gov to the voter and election information page. The deadline to apply for an absentee ballot is noon on the 7th.

Presidential Election is November 8th. Polls will be open from 7:00 AM to 8:00 PM.

There are only two polling locations in town. For those voters on the East side of the river, voting is at the Middle School at 50 Norris Road. For those on the West side of the river, voting is at the Elementary School at 205 Westford Road. Please contact the office at 978-649-2300 extension 129 or email to jshifres@tyngsboroughma.gov with any questions.

TYNGSBOROUGH BOARD OF HEALTH

YARDWASTE PICK UP

If you missed the Friday, November 4th pick up, you still have time to get things ready for Friday, November 18th.

Place all yard waste in barrels or yardwaste bags. Twigs and sticks (less than 4 inches in diameter) may be tied and bundled.

YARDWASTE IN PLASTIC BAGS WILL NOT BE COLLECTED



Happy Thanksgiving!

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

IN MEMORY OF

R. Joan Dunlavy
Casey Anna Haines
Henry J. Chandonnet
Michael T. Ing
Elizabeth C. Bunker Lussier
John C. McCarthy
William George Luppold Sr.
Justin Peter Dietz

Yvonne A. Beaulieu Baillargeon
Richard J. Rowbotham
Joseph L. Gasper Sr.
James Oliveira
Mary F. "Mimi" O'Brien Richardson
G. Philip Demers
M. Lillian Lund Files
Gertrude Fontaine Proulx Lampron

Michael D. Texiera

ADOPT-A-FAMILY PROGRAM

It is that time of year again, and the Tyngsborough Schools' sponsored Adopt-A-Family program is beginning its annual efforts as we approach the 2016 holiday season.

The Adopt-A-Family program has been in existence for forty years and provides assistance to needy families within our community during the holidays. The continued goal of the program is to assist those in need within our community by providing a meal, as well as gifts for children and teens who might otherwise go without. Last year this Adopt-A-Family program was able to assist, over 100 needy families and elderly, with help from students in our schools, private citizens and a few community businesses. This year, times continue to be difficult for a growing number of families. In order to continue to provide assistance, we are reaching out to community members and businesses in the greater community for support. **At this time the program is in need of the following:**

- **Family and Children** sponsors please email our Family Liaison Melissa Mallous at Melissa.Mallous@tyngsboroughps.org

- **Gift Cards** to local businesses (Walmart, Target, Market Basket, Old Navy, etc.)

- **Monetary Donations** (checks made out to Tyngsborough High School, memo: Adopt A Family Program) can be sent to Tyngsborough Public Schools, 50 Norris Road, Tyngsborough, MA 01879, ATTN: Sharon Fairbanks

If you are interested and able to make a donation, sponsoring a child/family yourself, or as a group, or offering support in another way, please contact one of the Adopt-A-Family committee members. We look forward to establishing new partnerships within our community. Your contribution, along with the combined efforts and generosity of many, will ensure another successful season of giving for our neighbors in need.

Warm regards, Sarah Lewenczuk, Sharon Fairbanks and Melissa Mallous 50 Norris Road Tyngsborough, Massachusetts 01879 Fax: (978) 649-7199

Tyngsboro Cosmetic Dentistry

James Yankowskas DDS

Brad Mattison DMD

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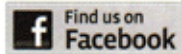
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TYNGSBOROUGH COUNCIL ON AGING



169 Westford Rd., Tyngsborough, MA 01879

Mailing Address: 25 Bryants Lane, Tyngsborough, MA 01879

Email: Broche@tyngsboroughma.gov

councilonaging@tyngsboroughma.gov

PLEASE SIGN IN WHEN YOU COME TO THE CENTER!!

Hours of Operation are Monday thru Friday 8-4. Bus 8:15-3.

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

• **WELLNESS CLINIC** Tyngsborough Council on Aging, 169 Westford Rd 978-649-9211 Nancy Harding, RN, from the **Circle Home, Inc.** The first Tuesday of 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.

CENTER CLOSED: VETERANS' DAY, Friday, November 11th, THANKSGIVING HOLIDAY Thursday, November 24th and Friday, November 25th

• **VETERAN'S DAY CELEBRATION** Wednesday, November 9th, 12:00 Join us at our celebration honoring all our brave veterans. Besides acknowledging each one, there will be patriotic music and dessert.

• **TRIVIAL PURSUIT DAY** Wednesday, November 9th, 12:00PM Keep your mind sharp by testing your knowledge of trivia. Join in on the fun!

• **SHINE, Thursday, November 10th, 8:00-12:00** *Serving Health Insurance Needs of Everyone.* Our Counselor Chuck Kluga will be holding office hours at the Center every other Thursday. Call 978-649-9211 to schedule an appointment. **Please bring insurance cards and a list of prescriptions you take with you.**

Mark your calendar, Medicare Open Enrollment is through December 7. Use this opportunity to review your Medicare plans for 2017. Tell your friends and family!

• **THANKSGIVING DINNER** Wednesday, November 16th, 11:30 Come and enjoy a Thanksgiving Dinner with all the fixings at the Senior Center. Must sign up for dinner by November 9th deadline. **Tickets \$5.00**

• **DAY OF BEAUTY** Thursday, November 17th, 10:30-12:30 We will be going to Nashoba Valley Technical High. If you would like the cosmetology price listing feel free to come in and pick one up. Bus available to and from. call 978-649-9211.

• **VETERANS' COFFEE HOUR!!** Thursday, November 17th, 9:30AM - 10:30AM (Run by Chris Dery - Town Veteran's Agent)

This is an informal group that meets once a month to reminisce about time served and discuss benefits that are available to veterans. Come on down and have a cup of coffee and a donut amongst friends!

• **VETERANS ENTITLEMENTS, Thursday, November 17th 10:00-12:00** Tyngsborough Council on Aging is now providing Veterans assistance on the 3rd Thursday of every month. Joseph J. Stavolta will give assistance and answer questions.

• **THANKSGIVING DAY at the HUDSON FISH & GAME, Thursday, November 24th, 12:00** Eating alone on Thanksgiving? No one eats alone!!! Hudson Fish and Game invites all seniors who are eating alone for a free Thanksgiving Dinner at the Hudson Fish & Game in Hudson N.H. **If interested call the Tyngsborough COA to make reservations. 978-649-9211**

• **INNOVATION ACADEMY & TYNGSBOROUGH HIGH** We are pleased to announce that again this winter students at Innovation Academy & Tyngsborough High will be willing to help with some winter chores. If you need help, please contact Rose McGarry, Tuesday & Wednesday from 9:00-12:00, so we can call Beth Craig at the Tyngsborough High School and Tina Lindberg at the Innovation Academy. Even though we have this support let's hope for a MILD WINTER!



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TYNGSBOROUGH COUNCIL ON AGING

Senior Gift and Donation account is accepting donations to help supplement current programs. Exercise, Tai Chi, Paint Class, and other events at the Center. If you wish to donate please make check payable to: **Council on Aging, Senior Gift and Donation** and send to Tyngsborough Council On Aging, 25 Bryant Lane, Tyngsborough MA, 01879

The Tyngsborough Council on Aging has three sources of funding: Senior Gift and Donations, Friends of the Council on Aging, and Grant Funding. When you donate it is helping seniors to lower the cost for activities, bus rides, etc...

"With your donations, it makes everything possible".

SPECIAL PROJECT KNITTERS and CROCHETERS Mondays 1:00-2:30 We are looking for help for women and children who are at the Women's Battered Shelter. We could use your help making scarves, mittens, hats, afghans etc. You don't need to come to the center if you are more comfortable at home. If you need any supplies we have yarn, needles etc. Just come by. Someone will be glad to help you. We also could use help with toiletries for guest bags.

DONATIONS NEEDED: Hot Coffee Cups - 8 oz., Coffee, Sm Dessert Plates, Lg Holiday Paper Plates, Medium Paper Bowls. Clear Wrapping paper to wrap baskets. 3' tall. Sewing Machine. Thanks to all who make things possible with your donations.

CHRISTMAS LIGHTS TRIP

The Pro-Maria Committee of Tyngsboro invites all interested in a day trip to see the Christmas Lights at LaSalette Shrine in Attleboro, MA. The date is **Thursday, December 1, 2016 with departure at 12:30 pm** from Stadium Plaza (former K-Mart) Tewksbury. Cost: \$25 p.p. Bring a bag lunch or eat in the Shrine Cafeteria. Return to Tewksbury by 8 p.m. **Info: rcote@omiusa.org or call (978) 275-0135 between 6 and 8 pm. Br. Richard Cote, O.M.I.**

THS GRAD NIGHT

OUR NEXT MEETING WILL BE MONDAY, NOVEMBER 7th, AT 7:00PM in the teachers room at THS. We welcome all involved parents from sixth grade and up that would be interested in joining our committee. Don't forget to check out our website at www.ths.gradnight.org.

For those of you who do not know what Grad Night is all about, this significant night is all about our seniors creating memories that will last a life time. There is a committee behind it made up of parents of children from grades sixth through twelve. We parents are always looking for new, enthusiastic members who are interested in new beginnings. As you may have noticed, there have been many colorful flamingos flying around the lawns of Tyngsborough. Thank you to all who supported this fundraiser.

Also Grad Comedy Night Fundraiser, Save this date, March 31, 2017 at the Princeton Station, North Chelmsford. More info to come...

If interested, please attend our next meeting or contact either Tara Gabriel at 978-397-6495 or Caren Bovill at 978-852-3964. Hope to see new faces!



TYNGSBOROUGH RECREATION

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HOLIDAY BOUTIQUE AT THE FESTIVAL OF TREES

Calling all crafters! Selling has never been so easy. If you are looking for a great event to get exposure for your business, look no further. The Festival of Trees Boutique is a great way to grow your craft business. Get your wares in front of hundreds of people over our 4 day event to sell your product and grow your contact list. Targeted audience for holiday vendors. No time requirements. We are currently seeking vendors of all sizes and shapes to be part of this fantastic event. If you are a crafter or artists wishing to showcase and sell your work locally in the Merrimack Valley as well as help a great cause, please contact us. **978-649-2300 ext 150.**

TYNGSBOROUGH PUBLIC SCHOOLS

You can find Tyngsborough Public school news at
www.tyngsboroughps.org

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

*Heidi,
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on your retirement!*



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TYNGSBOROUGH HIGH SCHOOL

... is proud to announce Kyle Fraser-Mines, Deanna Kay, Abby Salamon, and Benjamin Schade as October Students of the Month.

Kyle, daughter of Dianna Mines and Tami Fraser, is a member of the National Honor Society, a recipient of the Rensselaer Medal and the Outstanding Achievement in Mathematics Award. She is also a member of the Spanish National Honors Society, Outdoor Club, Girl Scouts, and club swimming. Kyle is a three-sport athlete, participating in cross-country, swim-and-dive, and track and field for at least four seasons each. She is a four year varsity starter on each team: a senior captain and five-time Central Mass champion with the cross-country team, an MVP award winner with the swim-and-dive team, and a 4x800 relay champion with the track team. Kyle volunteers her time at local road races and at local food kitchens. She also hosts a variety of events for younger children. She enjoys traveling, swimming, creating art, reading, and her favorite subjects are math and science. Kyle looks forward to swimming in college, making the NCAA nationals, starting a travel blog, and to visiting multiple countries on every continent. "I have gained the characteristics of perseverance, engagement, collaboration, respect, and honesty. THS has provided me with many opportunities to make friends and gain new experiences. I will take away memories of crazy weeks of homecoming and winning the wall four times, and the memory of saying "yo soy" before every sentence."

Deanna, daughter of Stuart and Dawn Kay, is a member of the National Honor Society and the Spanish National Honor Society. She is a recipient of the: Girl Scouting Gold Award, George Eastman Young Leaders Award, Academic Excellence Award, and Outstanding Achievement in Video Production Award. Deanna has been a member of Girl Scouts, Outdoor Club, and the Student Senate. She is also a three-sport athlete, participating in field hockey, swim-and-dive, and track and field. She has been a varsity starter on nearly all teams since her freshmen year, and is a senior captain of field hockey, recipient of the Most Dedicated Award in track and field, and fifth place finisher in diving for the swim-and-dive team. Deanna has volunteered her time at a number of Girl Scout events and at senior living facilities. She also has hosted a variety of events for younger girl scouts. Deanna enjoys doing fun things with her friends (hiking, zip lining, traveling), and her favorite subjects are math and Chemistry. She looks forward to going to college, to majoring in Chemical Engineering, to obtaining a Master's Degree, and to traveling. "THS has prepared me for college academically and has given me a place where I know I am always welcomed. I will always remember the friends I have made, the excitement of homecoming, playing field hockey under the lights, and traveling to Spain." Over the past summer, Deanna worked as a chemical engineer intern. This helped her decide on what career she would like to pursue.

Abby, daughter of Philip and Julie Salamon, is a member of the National Honor Society, a recipient of the Academic Excellence Award, and the Commitment to Learning Award. She is also a member of the Outdoor Club, Student Senate, and THS soccer team (4 years). Abby volunteers her time at St. Paul's soup kitchen, and with the Toys for Tots program. She enjoys baking, hiking, hair styling, and her favorite subjects are Anatomy, Biology, and World History. Abby looks forward to becoming a medical examiner and to owning a goat farm. "Looking back, I have gained my own identity that I am willing to hold on to regardless of outside opinions." Abby would like to remind us to enjoy the little things in life, as they are the things that will bring you the most lasting happiness.

Benjamin, son of David and Amy Schade, is a member of the National Honor Society, and a recipient of the Outstanding Achievement in Science Award, and the Academic Excellence Award. Ben is a four year varsity starter on the THS soccer team, a two-time captain, and a recipient of the Coaches' Award. He volunteers his time as a U12 boys soccer coach. Ben enjoys sports and his favorite subjects are math and science. He looks forward to going to college, to majoring in Civil Engineering, and to living happily. "At THS, I have gained friendships that will last a lifetime and unforgettable moments. THS has provided me with the knowledge that will help me in college and in other aspects of life."

Tyngsborough High School wishes all four of these talented young people best wishes in their future endeavors.

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

**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

**FRIENDS OF
TYNGSBOROUGH THEATER (FOTT)**

The Tyngsborough Theater Program kicked off the year with its first event on October 6th. Thank you for the great show of support from friends, family and the community at the **Musical Review**, where High School students performed solos, duets and group number from their favorite musicals.

On **Thursday, December 8th**, please show your support by visiting **Barnes and Noble (6-9pm)**, where the students will be singing Christmas Carols. A portion of any purchased books/merchandise that evening and benefits the Theater program and we'll be holding a raffle for a chance to win several large cash prizes.

The very popular Dinner Theater production that will take place on **January 6, 7 and 8** at the Old Town Hall is going to be "**The 25th Annual Putnam County Spelling Bee**" which is a musical comedy not to be missed! This is an exciting, interactive show with some larger than life characters that are sure to excite and engage the audience. An additional show will be performed at Nabnasset Country Club on January 28th.

This year's Middle School mainstage production will be "**Godspell**"; a great choice given its long-running success, uplifting theme and variety of musical styles, including the popular song "Day by Day". Performance will be held on **February 3, 4 and 5**.

If you are a parent of a middle or high school theater student, we invite you to join us at our meetings, held on the first Monday of the month in the High School library starting at 7pm. Or if you would prefer to volunteer, please reach out to FOTT President, Nicole Salzano.

For more information, tickets or other news, please visit our website: fotttheater.org and please like our Facebook page!



46 Coburn Road
Tyngsboro

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

Neighbor to Neighbor

Published by Anne Paquin Since 1983

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

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

ATHLETIC OFFICE ANNOUNCEMENTS

Tyngsboro Middle & High School

Athletic Sporting Schedules please go to www.mwlma.org

- **SEASON PASSES** are available to purchase and are available at all HOME Night games. You can also purchase one through the Athletic Office. Cost for a 2016-17 Season pass is \$50.00. Any questions, please call Sherry Corcoran at 978-649-4210 or Sherry. Corcoran@tyngsboroughps.org
- **SIGN-UPS: the week of Tuesday, November 1st to Friday, November 4th** at the High School and Middle School cafeterias during lunch periods.
- **WINTER SPORTS INFORMATION**
- FIRST DAY OF PRACTICE FOR WINTER ATHLETES** High School and Middle School Athletes **Monday, November 28th** after school. Coaches will provide practice schedules
- **FALL SPORTS AWARD NIGHT** for all athletes who play a High School sport only will take place on: **Wednesday, December 7th** at 7:00pm in the High School Auditorium.
- **THE BIG RED WRESTLING TOURNAMENT** In honor of Detective/Sergeant Gregory Kasabian will take place on: **Saturday, December 17th starting at 9:00am** in the High School (Kelleher) Gymnasium. Cost: \$5.00 for Adults \$3.00 for Students/Sr. Citizens. Children 10 years and under are free as long as they are accompanied by an adult. Fourteen Schools are invited to this all day event.
- **ALL ATHLETIC REGISTRATION FORMS can be filled out on-line, excluding Physicals.** All physicals must go through the nurse's office. Take the following steps to complete these forms.
Step 1: Log into the Parent Portal at the following address: <https://powerschool.tyngsboroughps.org>
Step 2: Enter your login password (this was provided at the beginning of the school year). If you have any questions, you can call the main office at 978-649-4210 or email Sherry Corcoran at Sherry.corcoran@tyngsboroughps.org
Step 3: On the address bar you will need to put this address: <https://powerschool.tyngsboroughps.org/guardian/athleticregistration.html>
Step 4: Choose the sport your son/daughter will be competing in and complete the information.
No Athlete will be allowed to participate in practice unless they have an updated physical and have completed their on-line registration.
Send all faxes to:
- **TYNGSBORO HIGH SCHOOL**, 36 Norris Road, Tyngsboro, MA 01879 FAX: 978-649-6530
Attn: Debbie Donohoe-School Nurse Debbie.donohoe@tyngsboroughps.org
- **TYNGSBORO MIDDLE SCHOOL**, 50 Norris Road, Tyngsboro, MA 01879 FAX: 978-649-8673
Attn: Michelle Riley and Karen Morrill
Michelle.riley@tyngsboroughps.org or Karen.morrill@tyngsboroughps.org
- **ALL SPORTS SCHEDULES can be found on: www.mwlma.org**
Option to pay on-line is available at: <https://unipaygold.unibank.com/default.aspx?customerid=1103>
User Fee for High School Athletes \$300.00 for 1st Sport, \$200.00 for 2nd Sport and \$100.00 for 3rd Sport
User Fee for *Middle School Athletes \$200.00 for 1st Sport, \$175.00 for 2nd Sport and \$150.00 for 3rd sport *These rates also apply, if they play at a high School level.

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

Have events coming up in? Send an email to me at anne@NeighborToNeighborNewsletter.com or by mail to *Neighbor to Neighbor*, 64 Hardy St., Dunstable, MA 01827. News is placed on first come, first served basis, as space allows. Need 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

TYNGSBOROUGH SPECIAL EDUCATION PARENT ADVISORY COUNCIL (SEPAC)

Location: Tyngsborough Middle School Library

SEPAC Chair Amy--Jane Maciel ajmaciel@comcast.net

• **November 9, 2016 7pm-8pm: Transition Workshop**

Speaker: Josh Evans, TMS & THS Facilitator

Transition is the complex process by which an adolescent or young adult masters the skills necessary to function independently in post-secondary life. This informative workshop will provide an overview of the transition process and there will be a time for Q/A's at the end.

• **November 30, 2016 6pm-8pm: Family/Kids Night Make Your Own Pottery & Ice Cream Social Fundraiser** Time to Clay is coming to Tyngsborough to hold a Fundraiser to benefit TPS Special Education. There will be a THS group there as well to help with the children. You must RSVP to ajmaciel@comcast.net to attend due to staffing, food and pottery. For more information, please see our Facebook page or contact me at the above email address. I am already receiving RSVP's to this event if you can believe it!

• **December 8, 2016 7:00pm--9:00pm: I Feel Mad: Helping Your Child Manage Angry Feelings** Speakers: Nadine Briggs, www.simplysocialkids.com & Donna Shea, The Peter Pan Center, www.peterpancenter.com This parent seminar will explore the causes of anger in kids, ideas to prevent outbursts from occurring, and how to problem solve situations that are resulting in angry feelings. This workshop provides an empathetic approach to angry outbursts and gives a menu of safe strategies that children can try to solve their problems. This seminar is based on the workbook, I Feel Mad: Tips for Kids on Managing Angry Feelings co-authored by Donna Shea and Nadine Briggs and published by How to Make and Keep Friends, LLC

*ALL workshops are open to the public and BOTH parents and professionals are always welcome! For schedule updates: <http://sepac.tyngsboroughps.org> <https://www.facebook.com/groups/465834040182584/> <http://groups.yahoo.com/group/TyngsboroughSpEdPAC/>

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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Library Hours: Monday & Wednesday, 10:30 a.m. – 8 p.m.
Tuesday & Thursday, 9 a.m. – 5 p.m.
Saturday, 9 a.m. – 2 p.m.

HOLIDAY SCHEDULE:

November 23 Wed., Day Before Thanksgiving **Early Closing 4 pm**

November 24 Thursday Thanksgiving Day **CLOSED**

December 24 Saturday Christmas Eve** **CLOSED**

December 26 Monday* Christmas Day Observed **CLOSED**

* December 25 (the legal public holiday for Christmas Day) falls on a Sunday. **The Library **will be open on Friday, December 23, 9-2 pm** since it will not be open on Saturday, December 24. See program announcement below.

The Staff, Trustees and Friends of the Library wish all our patrons a very happy Thanksgiving! Many thanks to all who contributed to the success of the Friends of the Library Book & Bake Sale.

• **Enjoy an evening of holiday cheer** with the Staff, Trustees and Friends of the Library on **Monday, December 5, 4:30-7:30 p.m.** Stop by with a friend for refreshments and the music of DeLuna, who will perform seasonal tunes on harp, flute and bells from 5-7 p.m. Snow date: Monday, December 12.

• **Makerspace: 3D Printing ad More!** Calling all tinkerers, makers and engineers to our Makerspace on **Saturday, November 12, 10 a.m.-2:00 p.m.** Learn how to create and print using a 3D printer. Try other cool technologies, including a 3D scanner, Ozobots and more! **Session One:** 10-11:30 a.m.—Ages 7-12 with parent; **Session Two:** 11:30 a.m.-1 p.m.—Ages 13+ and adults; **Open House:** 1-2 p.m. Drop in to browse and ask questions. Registration required for sessions 1 & 2.

• **Holiday Centerpiece Class, Wednesday, December 7, 10 a.m.-12 p.m.** Create a glorious swag using fresh greens, ribbons and berries. Materials included. \$15 materials fee. Registration required by November 24.

• **Holiday Dance Performance, Saturday, December 3 from 11:00 -11:30 a.m.** Enjoy a holiday dance performance by Centerstage Dance Academy in Tyngsborough.

• **NOTE: The library will be OPEN on Friday, December 23, 9-2 p.m.,** and **CLOSED** on Saturday, December 24. **A drop in Holiday Wrapfest and Cookie Swap** will be held during open hours. Bring three dozen cookies in packs of six cookies each to swap and all your gifts to wrap. Wrapping paper and supplies, crafts for the kids, hot chocolate and goodies will be provided.

• **Adult Coloring Club, first Wednesday of each month, September-May, 6:30-8 p.m.** Coloring can have a calming effect on the adult mind and helps promote overall wellness. Coloring sheets, colored pencils and refreshments will be provided and a door prize awarded.

• **Tech Advice by Appointment** Individual lesson or consultation on computer basics, android tablets & phones, Excel, MS Word, PowerPoint, OverDrive digital downloads for Nook, Kindle or android devices. **Tuesdays, 11:30-1:30 and Wednesday evenings, 7-8 p.m.** Registration required.

• **Music Together demo class on Thursday, November 4, 11-11:45 a.m. for infants to age 5.** Music Together® is a wonderful early childhood musical program. Registration required.

• **Pokemon Club, ages 9-16, Wednesday, November 16, 4-5:00 p.m.** Bring your own cards or handheld device. Enter a raffle. Drop in. *No younger siblings, please.*

• **Books and Babies: infants to toddlers. First Thursday of November, December, February & March, 10-11 a.m.** Join Ms. Leigh for music, rhythm instruments, scarves and more! Drop in.

• **Spanish Stories! Wednesday, November 9, 4:30-5 p.m.** Ages 4-10. THS Spanish Honor Society students will read stories in both Spanish and English. Learn some Spanish words, activities and music. Drop in!

• **Lego Club: Saturday, November 19, 10 a.m.-12:00 p.m. Grades K-5.** Drop in

• **Tiny Tots Storytime for infants to three year olds. First and third Wednesdays, November – May, 11-11:30 a.m.** Drop in.

• **Storytimes for 3-5 year olds. Thursdays at 1:00 p.m.** Drop in. **Music Together demo class on Thursday, December 8, 11-11:45 a.m. for infants to age 5.** Music Together® is a wonderful early childhood musical program. Registration required.

• **Rep. Colleen Garry (or a representative) Office Hour –** September-May, third Saturday of each month from 9-10 a.m.

• **The Friends of the Library** meet on the first Monday of every month at 7 p.m., September-June.

• **The Board of Library Trustees** meets on the third Thursday of each month at 6:45 in the Library.

• *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.

TYNGSBOROUGH PARENT TEACHER ORGANIZATION

Take advantage of all the PTO has to offer -- educational websites, Shoe Recycling Program and more!

Find us at www.tyngsboroughpto.org and www.facebook.com/tyngsboroughpto.

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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*

TYNGSBOROUGH SCHOLARSHIP TRUST

P.O. Box 547, Tyngsborough, MA 01879



www.TyngsboroughScholarshipTrust.org
1963 * Celebrating 53 Years * 2016

- **The TST and the Tyngsborough Dunstable Rotary** would like to extend a warm thank you to all who participated in the Taste of The Town on October 21st.
- The **TST Annual Holiday Marketplace** and the **Tyngsborough Trot Road Race**, sponsored by the EFT, will take place on **Sunday, on November 6th** at the Tyngsborough Elementary School. This community event provides the opportunity to start your holiday shopping, get exercise while supporting your public schools, and enjoy some warm soup and chili as well! Come join the fun!
- The popular **TST Gift Card Fundraiser** began on October 1st. Order forms will be available at the Holiday Marketplace as well as on the TST website. **Gift cards ordered by November 23rd** will be delivered by mid-December. Gift cards look like those purchased in stores and will have the same terms and conditions. You receive dollar for dollar value on the cards you buy and TST receives a percentage of every dollar you spend.
- Another community favorite, **Trivia Night**, will take place in February at the Tyngsborough Sportsmen's Club. Teams of four compete to correctly answer the sometimes obscure, often hilarious, and frequently curious trivia questions. Cash bar and free snacks provided. Donations are \$25 per player. Student teams are encouraged and welcomed at \$10 per player. Unique and amusing team names are encouraged! Reserve your space today by calling Sue Bowden at 978-649-3207 or visiting www.TyngsboroughScholarshipTrust.org. Download a registration form beginning in early December.
- **A reminder to the 2016 scholarship recipients, please be sure to submit proof of School enrollment to the TST at P.O. Box 547, Tyngsborough MA 01879 so you can receive your first or second payment.** Please contact Ellen O'Neill, Treasurer, at 978-649-9195 with any questions regarding payment.
- The TST meets on the **second Wednesday of the month at the Tyngsborough Town Hall at 7pm**. For 54 years volunteers from the community have been coordinating fundraising and awarding scholarships to high school students from Tyngsborough. We welcome and need your help to continue this town tradition. **Please join us at our monthly meetings the second Wednesday of the month at the Tyngsborough Town Hall.**

ST MARY MAGDALEN PARISH

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

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

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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.

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- 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.** Call **978-441-9474**, www.TheWishProject.org/press/

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We are a member of the United Federation of Doll Clubs

Town of Tyngsborough

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Tyngsborough Police

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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.

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:

Jan. 18th from 6:00 - 8:00 p.m., Jan. 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.

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

Basketball Visit <http://tyngsboroughrec.homestead.com/Basketball.html> for program descriptions and link to register for the programs. The 2016/17 Basketball Season is finally HERE!!! Registration is still on-going don't wait to register. Teams will be forming; dates have been set for Travel team tryouts. Date has been set for the In-Town Recreational League evaluations (all players wishing to be placed on a recreational team needs to go to the evaluation so the coaches can pick fair teams).

Men's Pick-up Basketball Held one weeknight 8-10pm at the High school. Contact Alison Page at tyngsboroughrec.com or call 978-649-2300 Ext. 150 for details and to sign up.

In-Town (In-House) Recreational League Evaluations:

November 12, 2016 Girls: Grades 3-5 TES 10AM-Noon, Grades 6-8 TES Noon-2:00PM Boys: Grades 3-5 TMS 9-11AM, Grades 6-8 TMS 11AM -1PM **Instructional Basketball - Grades 1-2**, Every Saturday Starting December 10, 2016 thru February 18, 2017 at TES Girls Instructional will be 8-9AM, Boys Instructional will be 9-10AM **Little All Stars - Pre-School & K**, Every Tuesday Starting December 13, 2016 thru February 14, 2017 from 5:00-6:00PM at TES

Festival of Trees Committee *The Festival of Trees Committee is still looking for new members to help create holiday displays and trees and help with crafts and set up.* Join us for some holiday fun!! Contact the Rec. Office or send a message on FB.

8th ANNUAL FESTIVAL OF TREES - December 1- 4, 2016 Old Town Hall, 10 Kendall Road. Come see the magical display of decorated trees. Tree raffle drawn on Sunday, 5PM. Additional raffle items beyond trees! Our registration deadline is fast approaching. Become an important part of Tyngsborough's Festival of Trees by choosing to donate a tree, wreath or other holiday decoration! Your beautiful decor will be displayed for four days and viewed by hundreds of people from throughout New England, and one lucky winner will get to take your creation home and talk about it for years to come! Whether you're advertising your business, promoting your organization, showcasing your children's creations or decorating a tree for yourself or your family, you'll be proud to be an important part of this exciting annual event. Best of all, your donation contributes to the mission of the Festival of Trees, to support the programs, parks and athletics of Tyngsborough Recreation. **Register your Tree Donation Online**

<http://form.jotform.us/form/52305408472148> If you have questions about donating a tree for 2016, please call 978-978-828-6589 or email the 2016 Tree Coordinator at holidayfestivaloftrees@gmail.com leaving your name, address, email, and telephone number.

For all the fun special events, **register in advance to participate.**

December 1-4, 2016 Festival Hours & Schedule of Events

Thursday: December 1, 5:30-7:00PM Private Tree Donor Appreciation Reception (open to all who donated to the Festival of Trees) **7PM-Paint Nite** (Check our website for more details and to register) Paint a winter scene while enjoying some cheer.

Sign up with a friend or two for this popular event! (check our website for upcoming registration information) **Friday: December 2, 1-8PM 1:00pm Senior Citizen's Tea** <https://form.jotform.com/52874678400159>, **Children's free craft activities** 4:00pm

Cookie Decorating for Children- register on-line in advance <https://form.jotform.com/53224480751149> \$2 **Saturday :**

December 3, 10-8PM 4:30pm Common lighting with Santa's arrival, Carols and THS Holiday Ensemble. Children's free craft activities **Sunday: December 4, 12Noon- 4:30PM Children's free craft activities** 1:00PM Holiday Centerpiece workshop with Blossoms Florist (sign up in advance at <https://form.jotform.com/52863625623156>) All days Cookies and Hot Chocolate available for purchase All displays generously donated by local business, groups and citizens.

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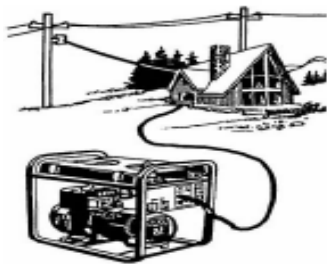
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❁❁ **TYNGSBORO GARDEN CLUB** ❁❁

Our **October 4th** garden club meeting was an informative and interesting one about bees, beekeeping and how to start your own backyard hive. Lauren Knowles and her helpful husband brought their beekeeping equipment, presented a power point, and answered our questions about this timely and sometimes misunderstood subject. A big thank you to you both for your time and expertise.

Tuesday, November 1st at the Evangelical Church at 6:45 pm, hosted a speaker from Country Gardens in Rowley, MA who presented information on ponds, waterfalls, and fountains that can enhance our yards and gardens to encourage wildlife to come to our homes.

Please remember to check the website. Remember Guests are welcome for a \$5.00 fee or you can join for \$20.00.

Another thank you to the library and towns people who supported the library fair and our indoor plant sale and raffles. We would not be able to beautify Tyngsborough without your support! Please look for our signs around the town gardens announcing our 30 year anniversary this year. **Look for our Holiday Decorations at various town locations in December and our wildlife tree at the Festival of Trees!**

Check our website tyngsborgardenclub.tripod.com for updates.

Debbie Schneider and Sue Wironen, co-presidents

❁❁ Making Tyngsboro beautiful with flowers ❁❁

**EDUCATION FOUNDATION
TYNGSBOROUGH
WWW.EFTyng.org**



• We hope you are reading this before our annual **Tyngsborough Trot 5K Road Race/Walk for Education on Sunday, November 6th at the Tyngsborough Elementary School**. Come on over to TES and join us! You can register on the day of the race (by 9:45 am). Cash prizes will be awarded to the top three male and female runners, and medal awards will be given to the top three male and female runners in 7 different age categories. The **FREE** mile Kids Fun Run (for children 12 and under) begins at 10 am and the 5K trot/walk begins at 10:30 am. After the race you can do some holiday shopping and get some warm refreshments inside the school at the Annual **Holiday Market Place**, hosted by the Tyngsborough Scholarship Trust.

• Our **5th Annual Helicopter Football Drop** was postponed to the Friday, October 28 football game due to inclement weather on September 30th. Please see our website (eftyng.org) to see who won the \$100, \$200, and \$500 prizes.

• **Save the date!** EFT, Friends of Tyngsborough Theater, and the high school theater program are preparing our next dinner theater show. This year we are bringing back the **25th Annual Putnam Country Spelling Bee** at the Old Town Hall on **Friday, January 6th and Saturday, January 7th at 7pm and on Sunday, January 8th at 4pm**. Tickets will go on sale beginning December 5th. See our website eftyng.org for details. We sold out of tickets quickly last year so remember to buy your tickets early!

• Have you started your holiday shopping? If you shop on-line you can support EFT by starting your Amazon shopping at **smile.amazon.com** and designating the Education Foundation for Tyngsborough as your cause. Please bookmark **smile.amazon.com** and use this bookmark every time you shop on Amazon. It may only be pennies each time you shop, but these pennies could add up to an entire education grant if hundreds of us take this simple step every time.

• EFT needs more members! We are especially looking for parents of elementary and middle school students. What a great way to get involved in your town and support public education. You can start small or go all in with us. There are little jobs and big jobs that need to be done. Or come attend one of our meetings to see if EFT is the right group for you to join. Please contact our President, Karen Jackson, at contact@eftyng.org. *Together we are bridging the gap.* Like us on **Facebook!**

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.

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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



NOW FORMING "NEW HORIZONS"

DRACUT COMMUNITY BAND

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

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

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



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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.

EVANGELICAL CONGREGATIONAL CHURCH OF TYNGSBOROUGH

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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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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.

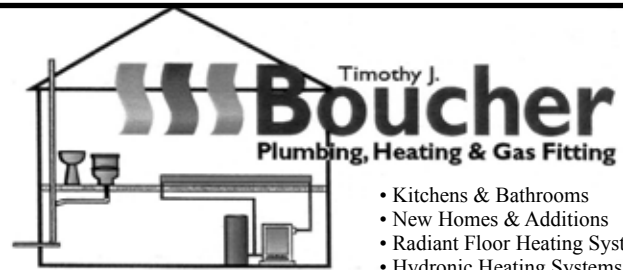
We hope to see you soon! We are on 242 Main Street in North Chelmsford, right on the Westford/Chelmsford line. From Route 3, take the Route 40 exit to Chelmsford, take a sharp right onto Main Street Chelmsford right after the variety store and follow Main Street until you see the church on the left.

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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!
Invest in your community!

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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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TYNGSBORO, MA

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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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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