



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!

Issue # 356 • January 2017

POSTAL PATRON
DUNSTABLE, MA 01827

CARRIER ROUTE
STANDARD
U.S. POSTAGE
PAID
DUNSTABLE, MA 01827
PERMIT NO. 5

TOWN CLERK NEWS

The amendment to the Town of Dunstable Bylaws adopted under Article 13 (Zoning) of the warrant for the Special Town Meeting of November 12, 2013 was approved by the Attorney General on November 30, 2016; and hereby published by posting in accordance with Massachusetts General Laws, Chapter 40, and Section 32 as amended.

Article 13 – (New Section) Section 26, Temporary Moratorium on Medical Marijuana Treatment Centers

• NOTICE IS GIVEN THAT CLAIMS OF INVALIDITY BY REASON OF ANY DEFECT IN THE PROCEDURE OF THE ADOPTION OF THE ZONING AMENDMENTS MAY ONLY BE MADE WITHIN NINETY (90) DAYS OF THE FIRST POSTING.

A copy of these amendments and bylaws may be examined or obtained at the Office of the Town Clerk during regular business hours at the Dunstable Town Hall. The effective date of the adoption or amendment of any Zoning ordinance or bylaw shall be the date on which such adoption or amendment was voted upon by a town meeting.

• The Annual Street Listing (aka the town census) will be mailed late December/early January. In case you are new to Massachusetts, this is a legal document required by the Commonwealth of Massachusetts and you must return it to remain on the active voter list. Failure to return the annual street listing will designate to you inactive voter status and may result in your name being removed from the voter list.

• It's time to license your dogs! 2017 licensing began December 12. You can also wait for the annual street listing and return with your street listing. I can only return the license to you by mail IF you include a self-addressed postage paid envelope. Massachusetts law requires all dogs over 6 months be licensed. Failure to license is a \$50 fine and failure to vaccinate is \$100 fine pursuant to Massachusetts law. The most popular dog names in 2016 were Bella and Buddy. The most popular were Labrador Retriever (black first followed by yellow and chocolate, nearly tied) followed by Golden Retriever and German Shepherd and Boxers. Dunstable continues to be a huge friend to rescue dogs, adoptions continue to soar. Whatever your forever friend is, please remember to license AND tag, to keep them safe and help us return if they get out and about.

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.



IN MEMORY OF

Lucy L. LaMesa Cook
Elizabeth M. Hamilton Copp
Richard P. Melito
Claire Y. Poisson

DUNSTABLE RURAL LAND TRUST WINTERFEST 2017

**Sunday, January 29th, 2017
11am to 3pm**



Join us for horse drawn hay rides, sledding, skiing and snowshoeing. **Depending on the weather** there may be other activities as well. Enjoy hot chocolate, soup and other refreshments by the bonfire. This is held at the DRLT Wildlife Preserve, use the Main St. entrance. For more information you may call Bob at 978-649-7206 or David at 978-649-6394. **Please DO NOT bring your dogs to Winterfest.**

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, January 25th 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.

DUNSTABLE VETERAN SERVICES OFFICE

Another year has passed and it looks like a new era for the military is about to begin with a new administration, however one thing remains the same. Our military members will continue to be in harms way in order to help insure our freedoms. As they come home they will need your help to readjust to a stable environment and not think about some of the horrors they have been through. If you see a vet that may need help please let me know.

As always for the Vets here in town, if you, your spouse or any other Vet or widow of a 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

Madden & Son Home Improvements

Serving all of New England for over 25 years

Roofs • Decks • Windows • Siding
Finished Carpentry • Interior and Exterior Doors
Blue Board • Wall Board • Painting Interior and Exterior
Kitchens • Bathrooms • Tiling
and much more

Fully licensed and insured • **FREE** estimates

Cell (978) 877-1231

ADAMSKY LAW OFFICES

Life & Estate Planning ♦ Elder Law

Edward H. Adamsky, Esq.

Helping Families with Aging & Disability issues since 1992

Wills ♦ Trusts ♦ Special Needs Trusts
Medicaid Planning

978-649-6477

www.adamskylaw.com



Rich Gambale
978-649-7084

- Tree climber or bucket truck
- Crane work and stump grinding
- Shrub/tree removal or pruning
- Insured Mass Arborist #2165

GreenleafsTreeService.com

GRACE LUTHERAN CHURCH

130 Spit Brook Road, Nashua, NH 03062

Pastor: Mick Meyer Ministry Coordinator: Sharlene Peterson

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

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 gdsepac2@gmail.com.

... January 11, 2017, 6 – 8 PM GDRSD High School Library
Massachusetts Families Organizing for Change (MFOFC)

Sophia Johansson The mission of MFOFC is to provide sustained advocacy and leadership training in pursuit of high quality, individualized community support and service options, including family support, for people with disabilities and their families. Learn about ways to help your loved one live an enviable life!

STATE OF RESIDENCE OR STATE OF MIND

By Edward H. Adamsky

Folks often ask me about changing residence to Florida or New Hampshire to avoid Massachusetts taxes (income or estate). I tell them that their place of residence is first determined in their own mind. If you believe you are a resident of Florida, then you are. But, if someone (like the Department of Revenue) wants you to prove it, how will you do so?

Your belief may be good enough for you, but not for the DOR. They will want to see written things, such as your driver's license, your voter registration records, and sometimes how many nights you spend in any location. One state that is big on this is New York, and especially New York City (which has its own taxes in addition to state taxes). They are famous for counting how many nights you spent in the state or city. Once case held that a man was a resident as he had spent more than half of the nights of the year in New York. He had counted to stay under half, but had stayed late at work (after midnight) a few nights, and that was enough for the taxing authorities to call him a resident and put their hand out for his tax money.

Another case was lost by the taxpayer where he spent less than half of his time in New York, but had travelled abroad and left from and returned to New York. Other factors in his case included the facts that his doctor and dentist were in the city, and he did not obtain a Florida driver's license or register to vote in Florida until after the year in question.

So, what do you have to do to ensure you will win that fight with the DOR? First you should spend more than half of your time in your State of residence (Florida or wherever). You might want to make sure you spend much less than half in Massachusetts (or wherever you are trying to avoid being called a resident), just to be sure. Register to vote in your true State of residence and register your car there too. Make sure important mail is addressed to your residence (especially government mail like Social Security). Also use your residence address on all of your official government filings like tax returns.

Keep in mind that Massachusetts Estate Tax can be levied on all assets of a decedent that are in the State of Massachusetts when he dies. Even if the decedent has clearly established residence in another State, if he owned assets in Massachusetts when he died, the DOR will expect a share of the estate taxes (even if none are due in the person's state of residence.)

If you are unsure of where you are a resident, or where you might want to be a resident, please consult with your Elder Law and Estate Planning Attorney.



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.

- **January 13th** Happy New Year!
Bring non-perishable items for the food pantry.
Pizza Party.
- **February 10th** Let's get moving.
Healthy refreshments by The Men
Host: Charlie

DIRECTOR OF THE COUNCIL ON AGING

Anne Fenochetti Email: afenochetti@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** A well adult clinic will be held on **Wednesday, January 25th at the Library from 11 to noon**. There will also be a clinic on **Wednesday, February 22nd**.

The nurse is also available for **home visits on request**, please call Anne during office hours or leave a message at the office if you would like the nurse to visit you at home.

We will not meet at the Town Hall the first Wednesday of the month in January or February 2017. **We will continue** to meet all other Wednesdays at the library.

• **A SPECIAL THANK YOU** to Denise Tully and her Girl Scout Troop for providing fleece blankets for the Seniors who are receiving Meals on Wheels!

• **AND ANOTHER SPECIAL THANK YOU** to Chief Rich and the Dunstable Fire Department for providing night lights to the seniors at our annual Christmas Party.

Chief Rich is available to check your smoke detectors.
Please contact Anne or Sue Tully to get on the schedule, this is a great preventive measure.

• **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.

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

• **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.

Wishing you all a very Happy and Healthy New Year!

The Rose of Sharon at Blossom Hill

flowers
unique gifts
weddings
sympathy arrangements

Fresh. Elegant. Local.



101 Pleasant Street
Dunstable, MA
978-649-7559

www.roseofsharonflowers.com

RONAN G COURTNEY HOME IMPROVEMENT

617-799-8998

197 Pond St. • Dunstable, MA 01827

Licensed & Insured

Additions General Contracting Remodeling
Kitchens Bathrooms Windows Basements

Free Estimates 617 799 8998

www.rgchomeimprovement.com

Best Buds Landscaping

690 Pleasant St. • Dunstable MA 01827

Landscaping-Lawn Maintenance
De-thatching/Aerator Fall Cleanups
Plowing and Shoveling

Office Phone 978 649-2149

bestbudslandscaping@verizon.net

Elio Duarte 978-868-6679

Fully Insured

St. Germain Tree Service

Marc St. Germain • Tyngsborough, MA



- Tree Removals & Pruning
- Yard Expansions
- Chipping
- Stump Grinding
- House Lot & Road Clearing
- Selective Thinning
- Firewood

Fully Insured

978-888-7849

Free Estimates

The deadline for the next *Neighbor to Neighbor* is January 10th for the February 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

DeSousa Electrical Service Inc.
Serving the area for 20 years
 Commercial-Residential



License

17172A

Tyngsboro, MA

Insured

Master

Electrician

Cell

978-621-7221

Mark DeSousa

Steve Laurencio

Service Calls

Small Electrical Jobs

New Construction

Remodels

Additions

Service Upgrades

Internet and TV Wiring

Wiring for Portable and Standby Generators
steve@desousaelectric.net

**SNOW
 PLOWING**

JULIANPLOW@GMAIL.COM

FREE ESTIMATES



R.L. CLOHESY'S

SMALL ENGINE REPAIR

LAWN MOWERS-TRACTORS-SNOWBLOWERS

PRESSURE WASHERS-LEAF VACS

PORTABLE GENERATORS

CHAINSAWS-LAWN TRIMMERS

Home Service at an affordable price with over 30 years experience

TUNE UPS TO OVERHAULS, WE DO IT ALL....

USED EQUIPMENT BUY-SELL-TRADE

BOB 978-866-0891

rlclohesy@gmail.com • Tyngsboro, MA 01879

**SUPERINTENDENT SEARCH FOCUS
 GROUPS**

The Groton Dunstable Regional School Committee invites community members to participate in a community focus group to discuss what they desire in a new Superintendent of Schools. Two community focus groups are scheduled for January 12, 2017: 10:00 a.m. at the Dunstable Library, 588 Main St. or 7:00 p.m. at the Black Box Theater in the Groton Dunstable High School, 703 Chicopee Row, Groton. Community members not able to attend the focus groups may opt to complete an online survey. Completion of the survey should take about 20 minutes.

A link to the survey will be on the school department website January 9-13, 2017. The School Committee wishes to encourage community participation as it prepares to make this most important decision for our district.

DUNSTABLE GARDEN GROUP

The group will meet on **Thursday, February 16 at 6:30pm** at the Library to make plans for the spring. New members are encouraged to join. Email sjt0213@verizon.net for more info.

BOOK CLUB

The next Book Club meeting will be held **Friday, January 20 at 11:30** at the Library. This is the Annual pot luck lunch.

Email sjt0213@verizon.net for more info.

**WEST CHELMSFORD UNITED
 METHODIST CHURCH**

242 Main Street North Chelmsford, MA 01863

Phone : 1-978-251-4834 Website www.wcumc.us

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

Happy New Year!! We hope that you can visit us soon in this new year! We will be holding an Epiphany ice cream festival on **Saturday, January 9**. Please check website for time. There will be hot chocolate, crafts, and games. Our fantastic **SOUP SUPPER** (comfort casseroles also welcome!) will be on **Saturday, January 30 at 5:30 PM in Fellowship Hall**. This is a relaxing family friendly event. All you need to do is bring yourself, your family, and friends. We have plenty of food for all. We have homemade varieties of soup and comfort casseroles that you can only find here. All food is labeled with ingredients, to help those with dietary restrictions.

All are welcome to our Sunday School classes and worship! We have an active music program with handbell choirs and singing for children, youth, and adults. Our worship services feature the music of one of our musical groups each week.

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.



The West Family along with Maureen Amaral, Coldwell Banker Realtor and local Toys for Tots coordinator would like to extend a sincere appreciation to the Dunstable and surrounding community members who so graciously dropped off a gift or two or three (or in one case hundreds, yes we said hundreds) of gifts during our Toys for Tots drive here in Dunstable.

Through your generosity we were able to provide a lot of happy smiles to local children in our area who had that special gift waiting for them over this past holiday season. Again thank you so much for your support and we look forward to seeing you all again for the 2017 Toys for Tots drive. Happy New Year to you and yours!

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)**.

SHEPHERD OF THE VALLEY LUTHERAN CHURCH

80 Champney St., Groton, MA 01450 (978) 540-0768

<http://www.sov-lc.org>

Pastor Rev. Susan Gaeta

January marks the beginning of a new year and a great time to visit Shepherd of the Valley Lutheran, 80 Champney in Groton. You can help with needed clothing for the City Reach mission for which the **youth are collecting clothes, coats, new socks and new underwear for men are especially needed.**

These will be taken into the homeless in Boston and distributed by the youth of the congregation. It is the goal to give every visitor a new pair of socks. **Clothes will be collected through Sunday, January 22nd.** Please call Janet Vesper 978-597-8605 if you have clothing that you would like to donate.

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

THE DUNSTABLE RURAL LAND TRUST 2017 CALENDAR IS STILL AVAILABLE

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 are 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.

BEEKEEPING COURSE

Tyngsborough Recreation Center,
120 Westford Road,

5 Sundays, 5 - 7pm, Starting February 12th.

Cost: \$110 - includes text.



BEEKEEPING BASICS This course is designed for individuals interested in starting this fascinating hobby, as well as for seasoned beekeepers looking for more information. We will learn the latest techniques of beekeeping and how to keep honeybees which are essential to our environment. Honeybees are the most fascinating and important insect on our planet. When weather cooperates, a healthy hive of honeybees, in Middlesex County can produce 100 lbs of excess honey. Instructor: Rick Reault, owner of New England Beekeeping Supplies and President of the Middlesex County Beekeeper's Association. tyngsboroughrec.com or call 978-649-2300 Ext. 150 for details and to sign up.

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 **cardboard of any type including cereal boxes, telephone books or other bound books.** Do not leave any paper outside the bin.

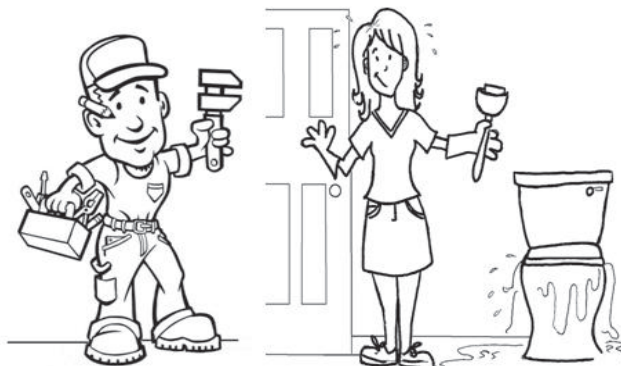
DENOMMEE

PLUMBING & HEATING INC.

TYNGSBORO, MA

978-649-8886

From new construction to renovations or emergency calls, we can handle all your plumbing, heating & air conditioning needs!



We also sell, service & install gas generators

MA Lic#:12702MA
NH Lic#:3637NH

For fast, reliable and courteous service call US anytime!

978-649-8886 www.denommeep plumbing.com



NO JOB IS TOO SMALL!

**Low Impact Equipment
Low Ground Pressure
Ideal for delicate lawn surfaces**

- Tree Take Downs
- Limb Removal
- Ornamental Pruning
- Bucket Services

Serving Massachusetts & Southern New Hampshire

ForesTree Services Inc
Tyngsborough, MA
888-819-TREE(8733)
ForesTreeServices.com

**FREE
ESTIMATES**



FULLY INSURED | 888-819-TREE(8733)



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 **February** please send the info in by **January 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.

Issues are now available online at
www.neighbortoneighbornewsletter.com

The next deadline is January 10th
for the February issue.

Let Neighbor to Neighbor help spread the word!

I look forward to hearing from you,
Anne

THE POWER OF FLOWERS PROJECT

Presents a Victorian Tea Celebration

Saturday, February 11, 2017, 11am-1pm, Tewksbury Congregational Church, 10 East Street, Tewksbury, MA. Cost is \$25 Please join us for a ladies tea and performance by Rita Parisi who will present Mrs. Gordon, a middle class lady of Victorian times. She will recount her courtship during the 1890's. Reservations required by February 6, 2017. Register today at: www.powerofflowersproject.org. For questions, please call 978-226-8545. All proceeds to benefit The Power of Flowers Project, a 501 (c) 3 charitable organization. PO Box 294, 365 East Street, Tewksbury, MA 01876.

COMING UP AT INDIAN HILL MUSIC

FREE LESSON DAY AT INDIAN HILL: Sign up to take a free 30-minute private lesson (or group class) at Indian Hill Music School: Saturday, January 28 at Indian Hill Music School, 36 King Street, Littleton, MA. Lessons open to ages 4 through adult. For new students only; advance registration required; registration opened January 3rd. Call (978) 486-9524 (press 0) or sign up online at www.indianhillmusic.org.

STUDENT RECITALS AT INDIAN HILL: Hear Indian Hill Music School students perform music in a variety of styles and combos in January and February at 36 King Street, Littleton, MA. FREE admission. Call (978) 486-9524 (press 0) or visit www.indianhillmusic.org for recital days and times.

ART EXHIBIT: The Gallery at Indian Hill presents "Rapt in Winter (II)," an exhibit of monotype, watercolor, and collage by Barbara van Buskirk. On view January 5 – February 27 at 36 King Street, Littleton, MA. (Hours: M.-F., 10am–8 pm; Sat., 10 am– 4pm.) FREE and open to the public. Learn more: (978) 486-9524 or www.indianhillmusic.org.

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.

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 9AM.

No Mass on Tuesday and Wednesday

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

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

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

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

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

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

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

All meetings will begin at 7:00am and end no later than 9:00am.

Newcomers, father/son (Confirmation age) teams, and friends from other parishes are always welcome! To find out more, please come and check us out! Held at St. Rita's Church, Mammoth Rd. Lowell

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



46 Coburn Road
Tyngsboro

WINTER NATURE WALK (SNOWSHOE)

Saturday, January 14, 2017 at 9:00AM

46 Coburn Rd Tyngsboro, MA

Come join our annual Winter Nature Walk! This is an absolutely beautiful Winter Snowshoe and guided walk at the Sherburne Nature Center. We will read the wildlife prints in the snow and determine which species have been visiting the area. The walk led by lifelong Naturalist & Conservation advocate Mark Fraser (host of NatureWalks, seen on PBS) will be fun and educational for all. We will examine wildlife signs and tracks in the snow (**if there is no snow we will still enjoy a beautiful winter walk**). Birds and mammals of winter are often seen during the Nature Walk. All ages are welcome at no charge and all will have a fantastic, easy paced outdoor experience.

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.

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. ***If there is no school because of snow, there will be NO senior meeting.***

Annual New Year's Pot Luck January 11 at noon in community room. One of our most popular lunches. Everyone brings their choice of dish, hot cold, salad, snack or dessert. We have lots of great cooks in our group.

The Traveling Chef Program provided by Elder Services of the Merrimack Valley will cater the **January 18** meal at the library at noon. Seating at 11:30a.m. They will be serving freshly carved top loin beef, mashed potatoes, roasted winter squash, rolls and dessert. Cost will be \$3.00 per person. RSVP by January 11. We will be trying this service once a month thru March. We hope more seniors take advantage of this lunch.

Well Adult Clinic in the community room of the Dunstable Library. The next clinic will be **January 25** from 11:00a.m. - noon

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

Indian Hill Music. Bach Lunch Thursday **January 19** presenting *A Musical Tribute to Fred Astaire* featuring dancing vocalists *Ted Powers and Pamela Powers* with **Billy Novick** on clarinet **Jamie Dunphy**, guitar and **Justin Meyer**, bass. **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.

Meet, Greet & Eat at the town hall will resume **March 1** with a delicious fish chowder served at noon. Coffee will be ready at 10:00a.m. Come and play dominoes, scrabble or other games. Meet friends make new ones. Cost for lunch is \$3.00 per person.

Rivercourt Residence in West Groton invites Dunstable seniors for lunches on Tuesdays. Next lunch will not be until March 21 at 12:30. RSVP with either Sue or Anne. Rivercourt does this as a community out-reach program. It would be nice if more people took advantage of it.

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

Line Dancing Class Classes are underway and are 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 Holly Pottle at 978-649-3192

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

Files of Life pouches are still 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. 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.

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 Tues 9-2 & Wed 8:30-11:30

Program Coordinator Susan Tully 978-649-6750 or Email at sjt0213@verizon.net

PIANO LESSONS

Given by Catherine O'Malley

Great for kids (age 8 and over) as well as adults.

Beginners especially welcome.

\$20/half-hour at 15 Virginia Rd, Tyngsboro

Call 978-649-6413

PET SITTING AND HOUSE SITTING

Going away on vacation?

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

Please contact Rebecca at 978-761-6044.

• Call Now For Snow Plowing

- ***This is a great time to start planning your backyard dream project. Call us today!***

Reach us on-line at LONGOLC.COM



Construction • Maintenance

Excavation

Drainage Systems

Snow Management

Shrubs / Trees

Walls / Walks / Patios

Bulk Product Delivery

Year-Round Professional Service

DAVE NICOL



Aerial Bucket Service

Pruning • Removals • Stump Cutting

Free Estimates • Fully Insured

DUNSTABLE

978-649-4474

e-mail: nicolwoodworks@mac.com

(978) 302-0746

Dawlyn Sinclair Adams
HANDYDSA@YAHOO.COM



- GENERAL CARPENTRY
- FIX / REPAIR / REPLACE
thresholds, weather-stripping,
molding, interior doors,
hardware, sheetrock & more!
- INSTALL / REPAIR:
tile, flooring, counter tops /
backsplashes, custom storage
systems
- DECOR:
artistic painting, interior
remodeling, design services



To our friends and neighbors

Happy New Year!!!! Hope you and yours had a wonderful holiday season.

Hopefully by the time you are reading this update we will have surpassed our 1/2 way goal for the year and will have collected 25,000 box tops for this current school year. We finished up the month of November collecting 1,000 more box tops in November 2016 than what we did last November and for that we say THANK YOU to all of you because the box tops that you are dropping off at the community box top boxes are certainly adding up. Through the first three months of this school year we have collected in excess of **2,300** box tops from the community!!! Remember there are yellow BOX TOP collection boxes located at the Dunstable Post Office, the Dunstable Library, the 2nd floor of the Dunstable Town Hall, inside the main door at Swallow Union Elementary school and there is a collection basket at West Auto Repair in Dunstable as well.

We hope we can encourage you to add one more New Year's resolution to your list and that is to clip box tops in 2017 to help benefit Swallow Union elementary school. Every box top clipped is worth 10 cents for the school and we hope to raise at least \$5,000 this year just through our box top collection efforts.

To see the current list of participating products that have box tops on them please check out BTFE.com and select earn box tops in the upper left hand corner of the page and then select participating products.

Thank you again and remember KEEP ON CLIPPING!
We ask to please clip carefully and submit often. Please see examples below of valid and not valid Box Tops.



Jen West jend5375@aol.com &

Cristina Agraz cmd2983@yahoo.com

www.swallowunionapt.org aptswallowunion@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

CHELMSFORD CATHOLIC COLLABORATIVE

Home to both St. Mary and

St. John the Evangelist Parish Families

Staff Offices... 115 Middlesex Street, North Chelmsford

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

St. Mary business; 978-256-2374; www.saint-mary.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. 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

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

Tyngsborough Family Dental Practice

W. Michael Hill, D.D.S.
Talar Guldalian, D.M.D.

*New Patients Welcome
Cosmetic & Family Dentistry*

94 Middlesex Road • Tyngsboro, MA 01879
(978) 649-3304

www.TyngsboroFamilyDental.com

**DUNSTABLE
FORMS INC.**
POURED CONCRETE FOUNDATIONS

David W. Crandall
PRESIDENT

Office/Fax: 978-649-6409 • Cell: 978-807-8426

PO Box 245 • Dunstable, MA 01827

AMAZING MINDS CHILDCARE CENTER

315 Middlesex Rd., Unit 4A

Tyngsboro, MA 01879

978-649-9999

Now Accepting Enrollments

20% OFF for 4 weeks

New enrollments only

www.amazingminds.wix.com/daycare

Jen Eldredge - Director • Kathy Ronan - Owner

"A Home Away From Home"

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

Copyright© 2017, Neighbor to Neighbor. All rights reserved.

Reproduction of any part of Neighbor to Neighbor without permission from the publisher is prohibited. Neighbor to Neighbor assumes no financial responsibility for inadvertent omissions of advertisements or errors in advertisements, but will reprint that part which is incorrect if informed within 10 days of publication.

**When you call a business listed here,
please tell them you've seen their ad in
Neighbor to Neighbor.**

They would like to know. Thank you, Anne

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"*

TRANSFER STATION RATES

JULY 1, 2016-JUNE 30, 2017

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

Senior Permits – (65 and over) \$200.00

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.

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 jferrari@dunstable-ma.gov

ADDITIONAL RECYCLING EFFORTS AT THE TRANSFER STATION

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.**

DUNSTABLE TOWN HALL DIRECTORY

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

221 Accountant **222** Town Clerk **223** Council on Aging
224 Board of Selectmen, Electrical, Gas, Plumbing, & Building Inspector's Secretary. Also for Animal Control Officer. After hours call Police at 978-649-8891. If emergency call 911

225 Assistant Assessor **226** Building Inspector

227 Assessors, Highway **228** Collector/Treasurer **229** Board of Health

230 Conservation/Planning Board/Water Commission

Veteran's Officer 978-649-3919

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

FIRE DEPT. TELEPHONE NUMBERS TO REPORT A FIRE CALL 911

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

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

DOWN TO EARTH HOUSE CLEANING

Weekly/Bi-Weekly/Monthly. Personalized jobs, floors woodwork, vacuum & dusting. Much more. If you want your house cleaned with a personal touch it's time to call

MARLA at 978-649-9824. Free estimates. References.

Lynda McQuade

Realtor®



EXIT ASSURANCE REALTY

Cell 978-866-1839

Bus 978-448-6800 Fax 978-448-6810

lynda@EXITassurance.com

www.LovelyHomesByLynda.com



161 Main Street • Groton, MA 01450

Each EXIT Office is Independently Owned & Operated

My experience with Lynda McQuade was simply outstanding. My wife and I were looking for houses for over a year with a different realtor and then found Lynda at an open house and from that point she started helping us purchase the house. We were picky in what we wanted in a house and Lynda made that possible for us just after seeing couple of houses in this tough market. Lynda is awesome as a person and is an extremely knowledgeable in what she does. She would always show up on short notice and have always been our guidance where ever we needed. We simply could have not done this without her. If you want to purchase or sell a house, Lynda is the person that you are looking for. *Atit and Tosha Talati*



Real Estate / Clean-Outs ~ General Trash Removal

Dana Kinne

978.302.8982

dkinne@verizon.net

Weekly Trash Pickups For Dunstable & Surrounding Areas



ALTRUSA CLUB OF MERRIMACK VALLEY

ALTRUSA is an international association of professional men and women, who volunteer their time, energy and expertise in projects dedicated to community betterment. Altrusa's global priorities include literacy, children with AIDs, and the environment. However, each local Altrusa club operates autonomously and develops its own community service initiatives.

Altrusa Club of Merrimack Valley supports family shelters and food pantries in both Greater Lowell and Nashua, NH. In addition, Altrusans continue their monthly visits to honor the veterans at the Veterans Community Care Center (VCCC) in Lowell. Altrusans are grateful to these men and women, who sacrificed so much to keep us safe.

Altrusa offers the opportunity to use your time and talent to work within a group on service projects, which impact the lives of those less fortunate. For more information, please contact altru-samv@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. Guests are always welcome.

Carrie's Real Estate



Carrie Cyr
REALTOR®

Your Neighbor, Your Realtor

3 Lan Drive
Suite 300
Westford, MA 01886
Office: 978-692-3280

Mobile 978.509.8314 (text or call anytime)
Email: cmc@carriesrealestate.com
www.carriesrealestate.com
License in MA & NH

Paul J. Mariano & Associates

Income Tax Consulting & Preparation
Bookkeeping Services
Financial Planning

Paul J. Mariano
(978) 649-9180
FAX 978-649-9243

P.O. Box 250
Dunstable, MA 01827

FARMER

CONSTRUCTION

Additions Our Specialty

978-649-4349

www.FarmerConstruction.US

Find us on Angie's List

Lic. #006732 Reg. # 105897

• Insured • Quality References

- Garages
- Basements
- Kitchens
- Baths
- Windows
- Porches
- Decks
- Roofs

Tyngsboro Cosmetic Dentistry

James Yankowskas DDS

Brad Mattison DMD

15 Pondview Sq. • Tyngsboro, MA 01879

978-649-7773

tyngsborocosmeticdentist.com

New Patients Welcome

Evening and Saturday appointments available

Fully
Licensed



147 Hardy St.
Dunstable, Ma

Crandall's Child Care

Call Ms. Patti for an Appointment

Infants, Toddlers, Pre School, School Age

Full & Part Time

"Openings for Full Time Toddlers"

978-649-0211 E-mail: Crandallschildcare@gmail.com

DUNSTABLE FREE PUBLIC LIBRARY

Library Hours 588 Main St. 978-649-7830

Tuesday 3-8 Wednesday 10-2

Thursday 10-8 Friday 10-2 **Closed Saturday**

For more library information go to

www.dunstable-ma.gov click on library

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

Featured Display If you would like to display your artwork or photographs in the community room, we would love to host you. Please contact Karen at kdebreceni@mvlc.org

Display Case Do you have anything interesting to display at the Library? We are looking for any kind of collections to put in our display cases. Anything from rock collections to unique purses are welcomed.

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, January 20th at 11:45am. They will be reading "The Children's Blizzard" by David Larkin. 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 6:00 -8:00 p.m., the 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 Tuesday, January 17th at 4:00pm. We will be making a variety of winter themed projects such as snowmen and penguins. 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, January 19th 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 will meet on January 26th. Please join in on the fun.

On Going Book Sale Is in the Community Room at the library. Come in and check out the selections that are here. Hard Covers are \$1.00, Paperbacks are 5 for \$1.00, DVD's are \$2.00 and CD's are \$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 6:00 – 7:00 for the school year. This is a free service for children from Kindergarten to High School. Honor Students from local high schools are available to help the children. These students 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.

Mrs. D is looking for item's for the Summer Reading Program Do you have doubles of games or toys from Christmas? Please drop these items with Mrs. D at the library (No Large items please).

EVANGELICAL CONGREGATIONAL CHURCH OF TYNGSBOROUGH

Route 113, 23 Kendall Rd., Tyngsborough, MA

Pastor Denis Frediani 1-603-579-0904

www.tyngsborocongregational.org

If you have questions or need information, please call our

Office 978-649-2261 or email: ecctsec@outlook.com.

Our Mission: Glorify God by encouraging all people to follow Jesus together in faith, love and service

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

• **THE 150th Anniversary Committee** of the church is meeting regularly now to plan events for the historic celebration in 2018.

• **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.

SAINT LOUIS SCHOOL

77 BOISVERT ST., LOWELL, MA 01850

is now accepting applications for the 2017-2018 school year in grades Pre K 3 thru grade 8. **Our open house is scheduled for Sunday, January 29 from 10:00 am to 12:00pm and Wednesday, February 1 from 9:00-11:00am.** Tours and "shadow days" are available at anytime. Simply contact the school to schedule an appointment: 978 458 7594. Saint Louis School accredited by NEASC, is committed to the spiritual, intellectual, social, psychological, and physical growth of its students through the practice of Catholic values, academic excellence, and responsible citizenship. Our curriculum is in accordance with Common Core Standards and Massachusetts Curriculum Frameworks. Our computer lab is updated and classrooms are equipped with smart boards.

EVENTS AT BEAVER BROOK

Fall & Winter Programs at Beaver Brook Nature Center Hollis NH

Register at www.beaverbrook.org

• **FULL MOON HIKES or Snowshoeing Jan 13 7-9 pm and Feb 10 7-9 pm** Join BBA Naturalists for a Full Moon Night Hike or Snowshoe around the trails of Beaver Brook. Dress in layers. We'll supply the snowshoes or you can bring your own if you like. Return to Maple Hill Farm for warm beverages and cookies. \$15/13.50 members. Register online www.beaverbrook.org

• **WINTER BOTANY Saturday, Jan 14:** 10 am to noon Location: Meet at the Brown Barn After leaf fall, identification of trees and shrubs is made by characteristics of their buds, bark, and fruits. Join botanist Bruce Lund in discovering BBA's woody plants in their winter garb. A hand lens or magnifying glass will help you see these plants more clearly and digital cameras are a help too (but they are not necessary on this walk). Fee: \$10/Free to Members. Register online at www.beaverbrook.org

• **GROUNDHOG DAY Mid-Winter Celebration & Hike for Daisy & Brownie Scouts Feb 6, 1-4 pm** Come enjoy a puppet show about New England wildlife "Get Ready For Winter" which teaches about migration, hibernation and adaptations needed by wildlife to survive winter. Register with GSGWM www.girlscoutsgwm.org \$14 pp



Sherburne Lumber
Building Materials & Hardware

M-F 7:00 - 5:00

Sat. 7:30 - 1:00

We Deliver

Full Line of Exterior & Interior Mouldings
Custom Moulding Profiles Available
Oak, Cherry, Ash, Birch, Poplar and more in stock

David LaRiviere
56 Coburn Road
Tyngsboro, MA 01879-0353

(978) 649-7413

Local & Dependable

Email: sherburnelumber@verizon.net



Christopher Ferguson Insurance LLC

Preparing for tomorrow...Today

Christopher Ferguson
Broker/Agent

✉ Chris@cfergusonins.com

☎ 617-388-3198

🌐 www.cfergusonins.com

License # 2001792

P.O. Box 372, Tyngsborough, MA 01879

QUALITY ROOFING & SIDING

"HANDYMAN SERVICES"

We Do It All!



Reasonable Rates! FREE Estimates!
Over 30 Years Experience!

Ken Coleman
978-649-6428
508-517-2381 (cell)

Fully Insured
Const. Supervisor Lic. # 98523
Home Improvement Lic. # 121742

- Additions, Garages, Decks
- Farmer's Porch
- Gutters Installed & Cleaned
- Pressure Wash Siding/Decks
- Roof Algae Removal
- Painting Interior/Exterior

REASONABLE RATES

QUICK, CLEAN SERVICE

Certified Title 5 System Inspector

ERNIE'S

SEPTIC SERVICE

ERNIE SWEET
DUNSTABLE, MA 01827
(978) 649-7837



IRS e-file
Pam McCarthy CPA/MST

TAX / ACCOUNTING / CONSULTING
BUSINESS / INDIVIDUALS / NOT-FOR-PROFIT

PH: 978.649.3447
CELL: 978.302.0167
FAX: 978.649.2071
EMAIL: pam@pammccarthycpa.com
WEB: www.pammccarthycpa.com

143 Thomdike Street
Dunstable, MA 01827

WALL & CEILING DOCTOR

Expert Crack, Patch & Water Damage Repairs
Ceilings Matched • Surface Restoration • Demo
Wallpaper Removal • Skimcoating • Repainting
Small Drywall & Plaster Jobs • Light Carpentry
28 Years Drywall/Plaster Exp. *No Job Too Small*

(978) 649-7779



MAGNOLIA



Sean Conroy System Designer

SConroy@magnoliaav.com office: 603.521.3030 cell: 603.438.3132
220 Daniel Webster Highway, Nashua, NH 03060
magnoliaAV.com | bestbuy.com/magnolia



Balanced Motion Physical Therapy

Live in Perfect Balance!

4 Middlesex Road; Tyngsboro, MA 01879

Office: 978-251-4860

www.balancedmotionpt.net

- ❖ Orthopedic and Sports Therapy
- ❖ Acute Injury Care
- ❖ Spine Care and Rehabilitation
- ❖ Breast Cancer Rehabilitation
- ❖ Pre & Post-Surgical Rehabilitation including:
 - ✓ Joint Replacement
 - ✓ Rotator Cuff injuries
 - ✓ Tendon and ligament injuries
- ❖ Manual Therapy/Dry Needling/Cupping/Taping Services

All your care is delivered by a licensed, registered physical therapist.

Teri Halio, MSPT, CSCS
Wendy Matteson, MSPT
Vickie Rainville, PT, DPT

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.

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/>



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.

PHYSICAL THERAPIST JOINING FORCES IN TYNGSBORO

TO GIVE YOU THE BEST CARE AROUND

Balance Motion Physical Therapy (BMPT), under the ownership of **Teri Halio, MSPT, CSCS** has been in Tyngsboro for 8 years. 1 year ago, this practice moved to 4 Middlesex Rd (near the Chelmsford Town line) and is now housed in the same building as The Training Project. Teri (A Westford resident), is known for her tough hands on techniques, her training expertise and Post Breast Cancer Rehab. She also has extensive experience working with athletes to help get them back to their respective sports post injury. Teri treats pediatric orthopedic cases, sports injuries, post-surgical cases, post motor vehicle accident, work injuries and any musculoskeletal condition.

For 4 years, **Wendy Matteson, MSPT** (a Tyngsboro resident), has provided part time PT services at BMPT. Although we all can see most diagnoses for physical therapy, Wendy has specialized in Pulmonary and geriatric cases along with sports injuries, post-surgical cases, post motor vehicle accidents, work injuries and musculoskeletal conditions.

This summer, **Vickie Rainville, DPT** (a Dunstable resident), joined forces with BMPT. Vickie brings with her a 5 year history of providing quality hands on care along with functional exercise to get you back up and moving as fast as possible. Having an Athletic Training and a Geriatric Rehab background prior to returning to Private Outpatient practice, Vickie can treat a range of diagnoses including: sports injuries, post motor vehicle accident, post-surgical conditions, work injuries, Gait and Balance disorders, Parkinson's symptoms, TMJ issues, Sacroiliac and pre-and post-partum issues. She can also provide both Cupping and Dry Needling treatments and has specialized in Post Breast Cancer Rehab for the past 7 years. We live in your community, have children in the school systems and all have a track record with successful outcomes. If you have had "PT" in the past with no relief, question if you need PT now, or want quality One on One care with the same therapist every time, let **Balanced Motion Physical Therapy** be your choice for pain relief and return to a high quality of life.

THE WISH PROJECT

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.

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/

Community Health and Wellness Programs

January 2017



Breastfeeding Class

Monthly classes, Times vary, FREE

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

Childbirth Education

Monthly Classes, Times and fees vary

Lowell General Hospital offers a variety of classes to help you prepare for the birth of your child, such as our six-week course, weekend course, and Hypno-Birthing course. A tour of The Birthplace at Lowell General Hospital is included. Insurance reimbursement and financial assistance may be available.

Prenatal Wellness Package

\$149.99/6-week sessions

Develop and strengthen your body for the changes it will experience during pregnancy through yoga and strength training. Classes are held three days per week at SLS Fitness in Lowell.

Quit Smoking for Your Baby Webinar

To view, visit www.lowellgeneral.org/health, FREE

Learn the facts about the dangers of smoking while pregnant, second hand smoke, the importance of having everyone in the family quit and strategies for quitting.

Tdap Vaccine Drop-In Clinic

Saturday, January 7, 10:00am-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.

Prenatal Yoga

January 8-February 12, 1:00-2:15pm, \$60

This series is designated to help pregnant women strengthen and stretch with a focus on connecting to their changing bodies, their growing babies and a community of moms.

Tiny Fingers, Tiny Toes: Everything

New Parents Need to Know

Saturday, January 14, 9:00am-4:00pm, FREE

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

Expecting Parents:

ABCs of Babies for New Parents

Tuesday, January 24, 7:00pm-9:00pm, FREE

Get started as a parent with everything you need to know about infant care, feeding, development and achieving good sleep.

Registration required!

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





RE/MAX PARTNERS
YOUR HOME TOWN EXPERTS WITH
WORLD WIDE CONNECTIONS

978.649.2220

**We Specialize in Helping Buyers & Sellers
Achieve Their Real Estate Dreams & Goals.**

- Residential Home Sales
- New Construction
- Condo Developments
- Land Sales
- Commercial Real Estate
- Relocation Worldwide

**Call For Your Free, No Obligation,
Marketing Consultation Today!**

Ask us about our reduced fee for local home
owners in Tyngsborough & Dunstable.

Dennis Page	Melissa Kimball
Michael Page	Bill LeTendre
Diana Paquette	Kristen Loranger
Andrea Dillon	

1 Bridgeview Circle, Tyngsborough, MA 01879
978.649.2220

Tyngsborough

FUNERAL HOME

Roland W. Martin
MA Lic. Type 3

Daniel R. Martin
MA Lic. Type 3

4 Cassaway Drive
Tyngsborough, MA 01879
978-419-4954
tyngsboroughfh@gmail.com
www.tyngsboroughfuneralhome.com

LOADING DOCK GALLERY

122 Western Avenue, Lowell, MA

The Loading Dock Gallery is a part of Loading Dock Arts. Open
Wed-Sat, 12 to 5:30pm, Thurs till 8:30pm, Sun, 12 to 4pm. For
information, call 978-656-1687, or visit theloadingdockgallery.com.

Baby, It's Cold Outside, Open through January 29, 2017

Warm your body, warm your soul, at the Loading Dock Gallery's
January show: **Baby, It's Cold Outside**. We're kicking off the new
year with a group show of gallery artists working in varied mediums
and styles. Warm your soul with breathtaking winter landscape
paintings. Warm your body with one of a kind hand felted wool and
silk mittens, coats, and scarves. Or head south, figuratively at least,
as you warm to glistening pottery, unique small sculptures, evoca-
tive paintings, striking wall hangings, wood furniture, photography,
jewelry and more.

Warm up at the Loading Dock Gallery's January show: **Baby, It's
Cold Outside**. Been hoping you'd drop in! For local shopping with
a creative spin, come to the Loading Dock Gallery.

DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

518 Main St, Dunstable, MA 01827

Dunstablechurch.org 978-649-6251

Pastor Bobby Ross pastorbobby@dunstablechurch.org

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

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

**SANCTUARY CHOIR and PRAISE TEAM rehearsals at 7:00 pm
on Tuesdays and Thursdays respectively.**

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 re-
mainder of the hour. Older children and teenagers remain with their
parents for the entire worship service.

Pastor Bobby Ross has established office hours if you would like
to make an appointment to visit with him. Call the office at 978-
649-6251 or email administrator@dunstablechurch.org, or pastor-bobby@dunstablechurch.org to schedule a time that is convenient
for you. He will be most available on Monday, 1-4pm, Tuesday
9-12 Noon, and Wednesday 1-4pm, but special arrangements could
be made if needed.

DECC YOUTH GROUP: Many of the group participated in the
Live Nativity on the Town Common on a very chilly night,
December 10th. Coming in January is a bowling night (1/15);
serving breakfast for the homeless at Living Waters (1/21); "regular"
meeting at the church (1/29); sledding afternoon with bonfire and
hot chocolate at Larter Field (2/5). Indoor golf if no snow. Any-
one in grades 6-12 is welcome. Usually meet 4-6pm on Sundays.
Come check it out! Questions? Call Jon Hughes (978-649-8554).

**MOPS (Mothers of Preschoolers) at Dunstable Church. Next
meetings are Jan 6 & 20, Feb 3 & 17, Mar 10th & 24th, Apr 14th &
28th, May 12th & 26th.** 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 caretak-
ers are needed. 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.

Living Nativity! The Community came out on a very cold night to
take a **Walk to Remember!** Approximately 150 friends and family
took the Walk to Bethlehem. They traced the steps of Mary and
Joseph down the candlelit path and met singing shepherds and
wise men. The children enjoyed patting the sheep and llamas, the
donkey and the long-haired cow! Angels sang at the manger. The
Second Annual event was a great success with many participants.
We thank the Youth Group and the Boy Scouts for their help to
make this enjoyable event possible. Do plan on coming back next
year! **For more information about any of these events, contact
the church office 978-649-6251 or email info@dunstablechurch.org.**

NEW ENGLAND VOICES IN HARMONY

The Nashua based women's a cappella chorus, New England Voic-
es in Harmony, invites ambitious female singers to attend *rehears-
als 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

EXTRA HANDS AND PAWS

Pet care-both day and overnight. Dog walking.
Vacation home checks, plant watering, rides, errands.
Any other needs? **Please call Diane Nilsen at 978-649-8786**
or email dianecinilsen@gmail.com.

TYNGSBORO CHURCH OF CHRIST

27 Old Tyng Rd. Tyngsboro, MA 01879

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

Evangelist: Nathan Combs 1-978-703-4741

Web Site: www.tyngsborochurchofchrist.org

Email: thechristians@juno.com

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

MISCONCEPTIONS ABOUT JESUS' BIRTH

By Nathan Combs

On December 25th, millions of people around the world celebrated the birth of Jesus. Although it is certainly good that so many are drawn to think about Jesus on that day every year, it is unfortunate that unscriptural misconceptions about His birth and gospel are spread.

Some of these misconceptions are quite minor. For example, according to Gregorian calendar which we all use, Jesus was born in the year 0. The calculations of the monk (Dionysius Exiguus) who laid the foundations for the calendar were inaccurate, however; thus, Jesus was actually born somewhere between 7-4 B.C. Also, there is no evidence that Jesus was born on December 25th, which was a date set in the 4th century with no Scriptural foundation whatsoever.

Although inaccurate and arbitrary calendar dates are not extremely significant, some misunderstandings of Jesus' birth are more serious. For instance, Mary's role in Jesus' birth has given rise to several false teachings about her. For example, some teach that she remained a life-long virgin, despite the fact that Scripture speaks of Jesus' brothers and sisters (Matthew 13:55-56) and that Joseph only kept Mary a virgin "until she had given birth to a son" (Matthew 1:25). Although Mary was certainly a godly and submissive young woman who enjoyed an honorable part in God's plan, Scripture does not place her on a pedestal. In fact, during Jesus' own lifetime, some mistakenly elevated her position and were corrected. In Luke 11:27-28, an unnamed woman in the crowd "raised her voice" and blessed Jesus' mother when she heard Jesus' teachings. In response to this, Jesus replied, "Blessed rather are those who hear the word of God and keep it!" (Luke 11:28).

Perhaps the most serious misconception about Jesus' birth lies in the misplaced emphasis on the birth event itself. There is no doubt that Jesus' birth was a glorious occasion, the fulfillment of Old Testament prophecy, and the cause of angelic rejoicing. Jesus' birth, however, was not the crowning event of His life. Interestingly, only two of the four gospels record His birth, but all four contain accounts of His death and subsequent resurrection from the dead. Significantly, Jesus did not command his followers to celebrate His birth, but He *did* command a remembrance of His death (Luke 22:19). When we observe the patterns of early Christians in the New Testament, we find no example of a birth celebration. We do, however, find evidence that the disciples regularly commemorated the Lord's Supper every first day of the week (Acts 2:42, 20:7). By routinely presenting Jesus as a helpless baby in a manger, many forget that baby Jesus grew up to conquer sin and death (Hebrews 2:14), receive all power and authority from His Father (Matthew 28:18), and reign at God's right hand (Hebrews 8:1). Yes, Jesus' birth was a gift to this world. But do not forget what Jesus was born into this world to do!

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



Tyngsboro • Bedford

Private Sessions & Duets
(by appointment)

livelongpilates.com

617-855-7515

Rachel@livelongpilates.com



261 Middlesex Rd
Tyngsboro, MA
(978) 649-7301

www.BITHER.com

Like us on



**BITHER
INSURANCE
AGENCY**

Auto • Fire • Life
Homeowners • Business
Personalized
Insurance Service

"Our 59th Year of Service"

Representing Fine Companies Such as

 **MAPFRE | INSURANCE**



Complete dry wall services.

Wall and ceiling repairs.

Interior painting-ceilings, walls and trim.

Textured ceilings repaired or made smooth.

Cracks, holes and split seams repaired.

Water damage repaired, re-taped and painted like new.

Fast, neat, timely and professional service.

No project or repair is too small or too large . . . from a hole in the wall patched and repainted to match or a complete home makeover. We bring our "A" game every time. Have high cathedral ceilings? We can take care of those and make them look better than new! Contact us today for your free estimate of your project. A written quote will follow describing the details and time frame of your project.

Acceptance of our quote will allow you to schedule a time frame that works for you. We will arrive on time and be prepared to work on the date agreed upon. 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.

603-321-1390 email: charlie48@comast.net

Check out our work: www.charliesdrywallandpainting.com

Read our reviews On Angie's list and see why we won a top contractor award in 2013, 2014, 2015 and 2016.

MILLTOWN

PLUMBING • HEATING • AC • DRAIN CLEANING

(978) 252-3674



CONTACT US:

www.milltownplumbing.com
info@milltownplumbing.com



Happy New Year From Our Family to Yours!

Milltown Plumbing is a family owned and operated business established in 1979. Ever since the company was founded, we've stayed true to our commitment to the people of Northern Massachusetts: our licensed and bonded plumbers offer honest answers to all of your plumbing questions, and we provide cost-effective, permanent solutions to keep your home healthy and safe. That commitment to your satisfaction has guided us for over 35 years of commercial and residential plumbing service, and the result is that homeowners in Northern Massachusetts trust us more than anyone else for quality plumbing repairs and emergency service.



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

RENTAL OF FACILITIES INFORMATION Our clean, bright Function Hall is available for all your Family and Private needs. Handicap Accessible. Large private parking lot. All Fees are for 4 hours use. Extra hours are available. Great for Baby and Bridal Showers. Deposit required. **Active duty personnel, discounts available. Call the Post for more information and viewing at 978-649-7540.** (No Drinks of ANY kind can be brought into building)

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.



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

The next Unit General Meeting will be Thursday evening January 5th, 2017, 7PM in the Post Function Room.

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.

EVENT AT POST 247

Jan 21, The Sons Meat Shoot from 7-9 pm



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.**

Timothy J. Boucher
Plumbing, Heating & Gas Fitting

- Kitchens & Bathrooms
- New Homes & Additions
- Radiant Floor Heating Systems
- Hydronic Heating Systems
- Water Treatment Filtrations Systems
- Gas Piping
- Repair Service

MA Master #9866 NH Master #2654
TYNGSBORO
978-649-4077

VILLA PAINTING

INTERIOR PAINTING

EXPERIENCED AND DEPENDABLE

BENJAMIN MOORE PRODUCTS

Deck
Restoration



Power Washing

MANY LOCAL REFERENCES

FULLY INSURED

Jim O'Malley
Dunstable, MA

Cell (508) 873-6657

ST JOHN THE EVANGELIST CHURCH

115 Middlesex St., North Chelmsford, MA

BINGO Thursdays at 6:45pm to 9:30pm

Doors open at 3:30pm

Questions or for more info about BINGO
call Gerry Dumont 978-866-2391

\$1,199 Progressive jackpot.

Jackpot will progress to \$1,199.

If not won at 49#s it will progress to 50, 51, 52 etc.

Come enjoy friendly, fun BINGO Games.

21 BINGO Games, plus raffles and instant tickets.

Good food available as well.

MA LIC #065225

Fully Insured



Bruce D. Stewart
Dunstable, MA 01827

(978) 314-5573
(978) 649-6702

FRANK KING
PRESIDENT



Septic Tanks - Sewer Lines - Catch Basins
Grease Traps Cleaned - Industrial Waste Removal
Video Pipe Inspection

26 Livingston Street
Lowell, MA 01852
Tel 978-452-7750
FAX 978-459-0770

421 Forest Street
Dunstable, MA 01827
Tel 978-649-9724

Email: frank@ActionKingServices.com



DUNSTABLE ANIMAL CLINIC

386 Main Street • Dunstable, MA 01827

(978) 649-6513

FAX (978) 649-6528

HOURS

Mon. 9:00 A.M. - 5:00 P.M.
Tues 9:00 A.M. - 6:30 P.M.
Wed 9:00 A.M. - 5:00 P.M.
Thurs 9:00 A.M. - 6:30 P.M.
Fri 9:00 A.M. - 5:00 P.M.
Sat 8:30 A.M. - 11:30 A.M.

Dr. Tara M. Sacramone
Dr. Moon S. Kim

We ♥ Referrals!

www.dunstableanimalclinic.com

PET HEALTH DUNSTABLE ANIMAL CLINIC

EAR INFECTIONS

by Tara M. Sacramone, DVM



Ear infections are one of the most common problems we see at the Dunstable Animal Clinic. They occur in both dogs and cats and are caused by many different things. Most animals with an ear infection will scratch at their ears, shake their head, and usually have a discharge of various colors and odors.

Ear infections can be caused by bacteria, yeast, or ear mites. Some animals get combination infections. Only ear mites are contagious, bacteria and yeast are normal inhabitants of the skin which can occasionally overgrow because of an underlying problem such as allergies, water getting in the ear, too much hair or wax in the ear canal, FIV (Feline Immunodeficiency Virus), or natural anatomy – such as the heavy hanging ears of Cocker Spaniels and Basset Hounds. If your pet is getting repeated ear infections chances are s/he has one of these underlying problems. The most common primary problem is allergies. Dogs and cats very rarely get itchy eyes and runny noses from allergies; they more commonly get itchy skin, skin infections and ear infections. They can be allergic to anything, just like us, from inhalant allergies such as dust mites and pollen to food allergies.

If you think your pet has an ear infection, go to your veterinarian. Commonly you will be given some drops or ointment to put into the ear, and sometimes you will also need to clean the ears at home as well. If there is no discharge, there is no reason to clean the ears, and cleaning them may actually cause an ear infection.

There is a proper way to clean your pet's ears. First you will need an ear cleaning solution. You can obtain these from your veterinarian, from the pet store, or you can combine a mixture of one third white vinegar and two thirds water at home. NEVER USE WATER ALONE. Water can actually cause an ear infection. Some pets develop allergies to ear cleaning solution, so if you notice your pet's ears getting worse after you clean them, stop cleaning and go to your veterinarian. Always clean ears with cotton balls. DO NOT USE COTTON SWABS. Dogs and cats have two parts to their ear canal, a long downward vertical canal, and a very long horizontal canal. If you use cotton swabs the tendency is to pack the discharge into the horizontal canal and make it harder for the infection to go away. Finally, choose a location and an outfit you don't mind getting ear cleaning solution and ear discharge on because your pet will shake his/her ears during and after the cleaning process. Shaking is ok because it helps loosen things up and encourages drainage from the ear.

There are two ways to get the cleaning solution into the ear; you and your pet will decide which works best for you. One option is to pour the solution directly into the ear until the canal is full, then place a cotton ball at the entrance to the canal and massage the side of your pet's face under the ear opening. When the cotton ball is dirty replace it with a clean one and repeat the process until the cotton ball comes out clean, or your pet tells you in their own way that they have had enough ear cleaning for one day. The second way to clean the ears is to get a cotton ball soaking wet with the cleaning solution, place it at the ear canal entrance and rub the side of the face to get the solution down into the ear canal. Replace the wet cotton ball with a dry one and repeat the process until done. Most pets prefer the wet cotton ball method, especially cats.

Chelmsford Auto Electric

Starter – Alternator Sales & Service


- Auto & Truck
- Heavy Equipment
- Boat / Motorcycle
- LARGE Inventory

AC Motors Sales & Service

- Pool & Spa
- Power Tools
- HVAC Motors
- Repair & Save \$\$

Fast Service • 978-649-4448 • Free Estimates

141 Middlesex Rd (Rt3A) • Tyngsboro, MA 01879
Mon - Fri 8am - 5pm www.chelmsfordautoelectric.com



Tyngsboro Eye Care, LLC
"The Vision Professionals"

Dr. William J. O'Donnell
Optometrist
(978) 649-1212

150 Westford Rd. #4
Flint's Corner Plaza
Tyngsboro, MA 01879

Fax (978) 649-1218
tyngsboroeyecare@comcast.net
www.TyngsboroEyeCare.com

RICE DRYWALL & PLASTER

Complete Drywall & Plaster Service
New Homes • Additions • Remodels
Basements • New Ceilings • Repairs

"Reputation built on quality."

Since 1986
Tyngsboro MA



(978) 649-7779
Home Office/FAX



Corinne Crosby
603-882-7891

505 West Hollis Street
Nashua
ccrosby@allstate.com

I help safe drivers
save 45% or more.



Allstate
You're in good hands.

Insurance and coverages subject to terms, qualifications and availability. Allstate Insurance Co. Northbrook, Illinois © 2010 Allstate Insurance Co.

129099

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/>

HEALTH AND HEALING IN THE NEW YEAR

By Greenbridge Counseling and Wellness, LLC

January is natural time of resetting ourselves. The busy-ness of the holidays with its shopping, decorating, socializing, and eating is now over and we go back to our regular routines. At this time of year, we usually stop to take time consider what we need to change or adjust. We may go so far as setting up resolutions and new goals for ourselves - Some of which stick and others that don't.

However, the process of a reset or pause to re-group is a natural one that can effect profound change in our lives. The typical New Year's Resolutions always seem to be better eating and exercise. But we also must remember that the mind body connection is intricately interwoven and that our mental and emotional wellbeing plays into not only how satisfied we are with our lives but how healthy we are feeling.

Psychotherapy can be an important adjunct to help you navigate these hurdles and find ways to figure out what your "re-set needs" are. Greenbridge Counseling currently has three clinicians with openings, if you would like to find a practioner to work with you.

Nancy Arseneaux, LICSW works with teens through adults as well as couples. Shannon Lavoie, LMHC works with children through adult. Dave Harrison, LICSW works with late teens through adults as well as couples and families. Please consider reviewing their information (including which insurances they take) on our website at www.greenbridgecw.com or calling 978-649-2055 Ext 1 to speak to someone personally.

ALERT: Healing from Disease Stories: Jan Price, LICSW from Greenbridge Counseling is collecting anecdotal stories from individuals who have had healings from any type of medical conditions that were considered surprising from the Western medical community standpoint. These types of healings may be attributed by the patient to anything from diet, alternative methods/therapies, belief, prayer etc.

If you have had any type of healing, please email your story (put spontaneous healing in the subject line) me at jprice@greenbridgecw.com or mail me at Jan Price, LICSW 269 Middlesex Road, Tyngsboro, MA 01879. These stories are being used for personal research. The stories and the privacy of the individual will be protected.

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.

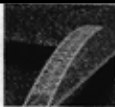
• **Events:** The Club awarded \$50 to Melissa Badendieck of the Academy of Notre Dame for her winning poster in the Peace Poster Contest.

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.



Greenbridge Counseling & Wellness, LLC
Reducing the Impact of Stress on Health and Relationships

Individual, Family and Marriage Counseling for All Ages

(T) 978-649-2055
(F) 978-748-4366
www.greenbridgecw.com

269 Middlesex Road
Tyngsboro, MA 01879



ESCOTT ELECTRICAL SERVICES, LLC

KEVIN ESCOTT
Master Electrician
Residential/Commercial

141 Middlesex Road, Unit 9
Tyngsboro, MA 01879

Office: 978-226-5318
Cell: 978-569-3883
E-mail: Tescott@escottelectric.com
MA# 20082A, NH# 11511M



J.J. Reardon Co.
Real Estate Sales | Appraisals | Business

John J. Reardon, Realtor
Since 1960

P.O. Box 276
Dunstable, MA 01827
(978) 649-6084 (ph)
(508) 254-1784 (cell)
(978) 649-4969 (fax)
jjrrealty@verizon.net (e-mail)
www.jjreardon-realestate.com



Creative Minds
Early Learning Center
"Every Child an Achiever"

Preschool, Pre-K & Before & After School
Full & Part time Flexible Schedules
978-649-5060

creativemindstyn@aol.com www.creativemindscl.com

164 Westford Rd. • Tyngboro

FREE REGISTRATION! – MENTION THIS AD

A.L. Cornellier
Property Care & Construction
Home Improvements
Interior/Exterior Repair • Interior Painting • General Carpentry
Handyman Services

MA Lic # 055341 Reg # 140298

Andy Cornellier **Lisa Cornellier**

978-490-7716
CORNELLIERPROPERTYCARE.WEBBLY.COM
AL.CORNELLIER@GMAIL.COM

GRAND REOPENING
Come see your new gym!



NOW OPEN

**315 Middlesex Road
Tyngsboro**

Join us for our Grand Reopening celebration on January 14th at 10am!
See our brand new facility and learn what makes us different from other gyms!



Get to a healthier place.®

978.649.6537 ||| www.anytimefitness.com