



Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

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(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! **2017 CENSUS** forms will be mailed at the end of the month. Please check the information on the form for accuracy, make necessary corrections, and return promptly to the Town Clerk's office. If you do not receive a census form, please call the office and a new one will be sent. Completing and returning the census keeps your voter status current and there will be no need to fill out a proof of residency form at the polls.

Have a safe and happy holiday season!

Please contact the office at 978-649-2300 extension 129 or email to jshifres@tyngsboroughma.gov with any questions.

TYNGSBOROUGH BOARD OF HEALTH

Christmas Tree Drop Off

Again this year you will be able to drop off your Christmas Trees at the old Council on Aging parking lot at 180 Lakeview Ave and the Highway Dept. located at 89 Kendall Rd. You may drop the trees off through the end of January, any day of the week. Please make sure all ornaments are removed.

If you have any other questions or concerns, you may reach the Tyngsborough Board of health at 978-649-2300 Ext. 118 or koun@TyngsboroughMA.gov.

NOTICE

TYNGSBOROUGH WATER DISTRICT

Nomination papers are available for two (2), 3 year term for Water Commissioner. **Nomination papers need to be returned by February 14, 2017 at 2:00 PM** and can be obtained at the Tyngsborough Water District, 87 Progress Avenue, Unit 2.

The **Election will be held on Tuesday, April 4, 2017 from 5:00 PM – 7:00 PM** at the District office. All registered voters residing in the District are welcome to vote at this time.

Signed: Board of Water Commissioners

Tyngsborough Water District, 87 Progress Ave, Unit 2
Tyngsborough, MA 01879 978-649-4577



IN MEMORY OF

Rina G. Griselli Intravaia
Konstantinos Karamanolis
Doris M. Milot Autino
Edmond J. Bangura Sr.
Elizabeth M. Hamilton Copp
Agnes Ann Wojcikiewicz
Claire Beauregard Knox
Evelyn F. Craig Harden
Bernard F. Murphy Jr.
Mina A. Vagnati Pawlowicz

Eleanor J. Parlee Boucher
James C. Foley
John Talbot Cole
Judith Carver Dillon
Pauline R. Camire Langlois
Felicien Chandonnet
Patricia A. Linton MacFadgen
Edward V. Morris
Carol A. Chamberland
Esther M. Wilkins

Richard P. Melito

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".

FRIENDS OF

TYNGSBOROUGH THEATER (FOTT)

Upcoming Shows and Events:

This year's Dinner Theater performance of **"The 25th Annual Putnam Country Spelling Bee"**. Held at the Old Town Hall on Friday, January 6th, Saturday, January 7th and on Sunday, January 8th. **Hope you got your tickets!** At the time of this write up, tickets were nearly sold out for this popular night out.

The Tyngsborough Middle School is getting ready for their performance of **Godspell**. **Show dates are: 2/3 at 7pm, 2/4 at 2:00 pm, 2/4 at 7:00 pm, 2/5 at 4:00 pm.** Tickets will go on sale soon after the New Year to the family of cast and crew prior to being sold to the public. Check the FOTT website for details (fotttheater.org).

Tyngsborough is hosting the **International Thespian Society's Festival this year on March 25, 2017**. Ms. Martin will need volunteers to help with this event. If you would like to help, please see the FOTT website for information on who to contact.

On the night of **April 14th, the FOTT will be hosting a Masquerade Ball at Old Town Hall**. Save the date! More details to be provided as we get closer to the event.

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

TYNGSBOROUGH HIGH SCHOOL

is proud to announce Ryan Gemos, Julia McGuire, Rebecca Smith, and Nicholas Yang as the December students of the month.

Ryan, son of Derrick and Jennifer Gemos, is a member of the National Honor Society and the Spanish National Honor Society. He is a recipient of the Academic Excellence Award, the Outstanding Achievement in Computer Science Award, Outstanding Achievement in Business Award, and St. Michaels' Book Award. Ryan is also a member of the PALS program, School Council, Robotics Club, Biobuilder Club, Student Senate, and the Theater program. He volunteers his time at movie nights for the Groton PAL program, at various town events in Groton, and at various school and church events. Ryan enjoys technology, volunteering, outdoor activities, and time with family. His favorite subjects are math and science. He looks forward to going to college, graduating with a degree in Computer Engineering, and working for Apple or Tesla. "I've gained knowledge, various friendships, and a sense of community while at THS. School has given me the confidence I need to succeed in college. I will always remember the amazing Global Leadership summit in Dovos, Switzerland."

Julia, daughter of Michael and Judy McGuire, is a member of the National Honor Society and the Spanish National Honor Society. She is a recipient of the Academic Excellence Award and the Principal's Award. Julia is a member of the Student Government, the PALS program, the lacrosse team, and the field hockey team: she played in the All-Star field hockey game as a junior. She volunteers her time on service trips to Arizona (helping to preserve the environment) and Florida (helping children with life-threatening illness); she also volunteers with local Toys for Tots programs and at soup kitchens. Her favorite subjects are Neurology and Anatomy, and she looks forward to attending college, graduating, becoming a child neurologist, having a big family, traveling the world, and being happy. "I have gained great life skills as well as academic skills, such as finding credible sources for a research paper and getting a good science backbone so that I'm ready for college. THS has provided me with a positive and fun learning environment that I will never forget. Some memories I will hold onto are the class of 2017's Homecoming wins, getting to interview a NICU nurse, and having the opportunity to volunteer with all the adorable kids at Give Kids the World in Florida." Julia would like to say a special thank you to her parents, without whom she would not be the person she is today.

Rebecca, daughter of Mitchell Smith and Elizabeth DiBlasio-Smith, is a member of the National Honor Society and the Spanish National Honor Society. She is a recipient of the Outstanding Achievement in Business Award, the Outstanding Achievement in English Award, and the Academic Excellence Award. Rebecca is the president of the Spanish National Honor Society, and a member of the Senior Sidekicks program, Outdoor Club, and the Student Senate. She has also danced for 16 years. She volunteers her time at the Tyngsborough Public Library, with the Education Foundation for Tyngsborough, and as a dance teacher assistant. Rebecca enjoys dancing, reading, spending time with friends, and kayaking. Her favorite subjects are history and English, and she looks forward to going to college, majoring in Economics, traveling the world, and enjoying life. "THS has given me the knowledge and experience necessary to be successful after high school. Through the growth I have made as a person, the long lasting friendships I have formed, and the abundance of information I have learned, I feel confident in my ability to handle whatever the future has in store."

Nicholas Yang, son of Lu Yang and Melinda Carlson, is a member and treasurer of the National Honor Society and a recipient of the Outstanding Achievement in Science Award. Nick plays both soccer and tennis for THS. He is a team captain in both sports, and has earned Central Mass All-Star awards in both sports. In tennis, Nick began playing as the first varsity singles player in his freshman year, and has earned team and league MVP awards. He also advanced to the quarterfinals of the Central Massachusetts Boys Tennis Tournament during his sophomore year. Nick volunteers his time at the Tyngsborough Farmer's Market and at the Tyngsborough Track and Field Family Fun Nights. He enjoys exercising, working at AMC, seeing movies at AMC, and playing tennis with his

dad. His favorite subject is Chemistry, and he looks forward to living a happy life at a lakehouse in warmer weather with a wife and three kids and to going to college. "THS helped me realize that I want to study science in college and have a career in it. I will never forget the friends I've made and the relationships I've established with my teachers. There have been too many memories to put on paper. As William Shakespeare wrote, 'Love all, trust few, do wrong to none'".

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SPRING'17 SOCCER REGISTRATION IS NOW OPEN FOR ALL AGE GROUPS

For Spring 2017, U10 and above players will purchase their uniform through TYSA. The uniform (kit) consists of a shirt, shorts, and socks. The cost for the kit is \$30. The kit can be used for multiple seasons, you own it. You will select the size and pay for your kit during the normal registration process. For questions about the new kits please contact Etto deMari at edemari@comcast.net

Important Notice: Starting in the fall of 2016 Mass Youth soccer has instituted a change in the age grouping for all affiliated soccer clubs. For the 2016/2017 seasons we will be using Grade and "Born After" date to assign players to teams. These groupings are very close to what we have always done, and are just labeled a little differently. As with any change, we expect some children will be put in a group they were not expecting. TYSA will address these on a case by case basis and try to do what is best for each child. For more information on these changes please see MYSA website or <https://usysassets.aeadmin.com/assets/968/15/Mass%20Youth%20Soccer%20Press%20Release%20USSF%20Soccer%20Mandates.pdf>

Discounts U6 and U8 players who register before 3/1/17 will receive a \$15 early bird discount.

Age Requirements and Cost

U6 open to players in grades Pre-K/K and born after 01/01/2010 - cost: \$60

U8 open to players in grades 1/2 and born after 01/01/2008 - cost: \$75

U10 open to players in grades 3/4 and born after 01/01/2006 - cost: \$110

U12 open to players in grades 5/6 and born after 01/01/2004 - cost: \$110

U14 open to players in grades 7/8 and born after 01/01/2002 - cost \$110

HS open to players in grades 9/13 and born after 01/01/1997 - cost \$110

Note: HS teams may be U19/U18/U16 depending on the number of registrants, the ages of those players, and the make up of the league itself.

The deadline is January 10th for the February 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

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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.

ATHLETIC OFFICE ANNOUNCEMENTS

Tyngsboro Middle & High School

WINTER SPORTS AWARD NIGHT for all athletes who play at High
School level will take place on: **Thursday, March 16th** at 7:00pm in
the High School Auditorium.

• **For more information on Athletics** please go to the following
site: <http://www.tyngsboroughps.org/pages/Tyngsborough/Departments/Athletics>

For schedules of games please go to: www.mwlma.org

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

THS GRAD NIGHT

As a new school year begins, so does all the brainstorming and
planning for the next Grad Night for the new senior class ~ The
class of 2017! There is always room for new board members on
our committee so please consider checking us out as we need new
members like YOU to keep the tradition of "Grad Night" alive for
years to come! Come to our upcoming meeting listed below and
get involved to keep this great "free" program going for our future
graduates.

**Please mark your calendar and join us for our next meeting
on Monday, January 9, 2017 at 7:00pm** in the Teacher workroom
at THS. We hope to see you there!

**Our 4th Annual Comedy Night will be held on Friday March
31, 2017 at the Princeton Station Restaurant...** Save the Date!
Tickets will be available in February, cost is \$25/ticket. Come join
us for a fun night out! There will be a silent auction, along with an
array of raffle items.

Be sure to get your **calendar raffle**, they are only \$5.00 each
and are loaded with great prizes...they make awesome stocking
stuffers! Prizes will be raffled off during the month of February.

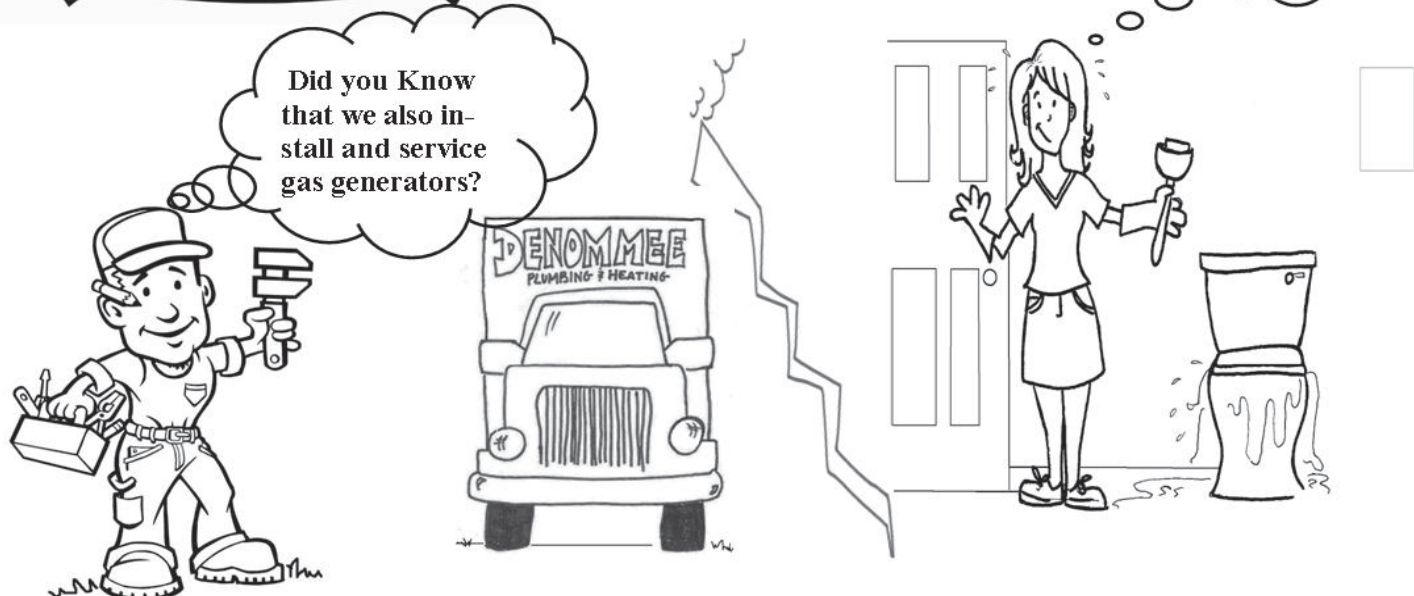
Come out to Not Your Average Joe's in Nashua, Joe's for a
Cause program, on any **Thursday during the month of January** in
support of the THS Grad Night. Details are also on the back of the
calendar raffle.

For additional information, please contact Tara Gabriel at 978-
397-6495 or Caren Bovil at 978-852-3964. You may also visit our
website www.thsgradnight.org for more details about our organi-
zation. We appreciate and value your support of our Tyngsboro
students!

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TOWN OF TYNGSBOROUGH
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OFFICES OPEN
Monday, Tuesday, Wednesday & Thursday 8:30 a.m. to 4 p.m.
Friday 8:30 a.m. to 12:30 p.m.

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

Town Hall Directory Main Number 978-649-2300

Town Accountant	Ext. 124	Media Dept.	Ext. 140
Assessor's Office	Ext. 121	Planning Board	Ext. 115
Board of Appeals	Ext. 112	Town Treasurer	Ext. 126
Board of Health	Ext. 118	Veteran's Agent	Ext. 131
Building Office	Ext. 112	Sewer Dept.	Ext. 134
Town Clerk	Ext. 129	Board of Selectmen	Ext. 100
Town Collector	Ext. 128	Town Administrator	Ext. 100
Conservation Office	Ext. 116	Recreation & Parks	Ext. 150
Capital Asset Mgmt Com	Ext. 124		

THE TYNGSBOROUGH PUBLIC LIBRARY
25 Bryants Lane, Tyngsborough 978-649-7361 www.tynglib.org
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.

The library will be CLOSED on Monday, January 18, in observance of Martin Luther King, Jr.'s Birthday.

- **Fishing the Local Waters Workshop & Fly Tying Demo, Monday, January 23, 6-8 p.m.** Charlie Shadan of Pepperell's Evening Sun Fly Shop will introduce and demonstrate fly tying from 6-6:45 p.m., then present his video of the underwater and above water perspectives of the Nissitissit and Squannacook Rivers. A discussion of fly fishing and other types of fishing will follow. Door prize – a basic fly tying kit! Registration preferred, but not required.
- **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.
- **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.
- **Pokémon Club, Wednesday, January 18. Two Sessions: Teens ages 13+, 3-4:00 p.m. Ages 9-12, 4-5:00 p.m.** Bring your own cards or handheld device. Enter a raffle. Drop in. *No younger siblings please.*
- **Tiny Tots Storytime, January 4 and 18, 11-11:30 a.m.** Infants to three year olds. Drop in.
- **Spanish Stories! Wed., Jan. 11, 4:30-5:00 pm. Ages 4-10.** THS Spanish Honor Society students will read stories in both Spanish & English. Learn some Spanish words, activities and music. Drop in!
- **Bingo for kids! Saturday, January 14, 11 a.m. – 12:00 pm. Grades K-6.** Drop in and maybe you'll win a prize!
- **Lego Club: Saturday, January 21, 10 a.m.-12:00 p.m. Grades K- 5.** Drop in
- **Dads & Donuts Playgroup: Saturday, January 28, 10-11:00 a.m.** Infants & toddlers. Drop in.
- **Storytimes for 3-5 year olds. Thursdays at 1:00 p.m.** Drop in. **Plan ahead for these fun programs in February!**
Registration opens January 3rd.
- **Open Minds: Yoga and Literacy Class for 3-5 year olds on Tuesdays, February 7 –March 21, 10-10:45 a.m.** Required to sign up for all six sessions. Registration required.
- **Invention Adventure, Saturday, February 4, 10-11:30 a.m. Ages 9-16.** Use your imagination and our supplies to invent stuff, build things and solve puzzles to track down the Baroness on the loose! Registration required.
- **Video Game Creation, Saturday, February 11, 11 a.m. – 12:30 p.m. Grades 6-12.** Learn to use Scratch software to create your own video game! Learn how early video games were made and new skills to develop your own games. Registration required.
Plan ahead for February school vacation, register for one or all:

- **Kudo Game Lab, Tuesday, February 21, 10 a.m. – 12:00 p.m. Ages 10-17.**
- **Art for Teens, Tuesday, February 21, 2-4:00 p.m. Grades 6-12.** Chalk on Canvas painting.
- **Makerspace Workshop, Wednesday, February 22, 1- 5:00 p.m. Ages 7- adults.**
- **Harry Potter Adventure, Thursday, February 22, 2- 3:00 p.m. Ages 7-12.**
- **Writer's Group - Mondays at 6:30 p.m.** Feedback and publishing tips; all genres. Contact Karen Johnson at 978-649-7132 or kjohnson39@comcast.net
- **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 RECREATION

Call 978-649-2300 Ext. 150

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

• **FESTIVAL OF TREES - Thank you!!** Thank you to all who supported our 8th Annual Festival of Trees. From visitors to sponsors you made it a wonderful event for our town and the greater community. Please visit our FB page, Tyngsborough Recreation and Parks and our website for great photos and a full list of all our sponsors. Please patronize their businesses to thank them.

• **NEW INTRODUCTION TO VIOLIN/FIDDLE** - Open to all towns Students will learn the fundamentals of playing the violin/fiddle to include: Violin/fiddle orientation, basic music theory, bowing techniques and finger position. Violin rentals available through Violin Instructor and Bridges and Bows of Westford (\$35/6week program). THURSDAY CLASS Ages: 4th grade through Adult, Location: Tyngsborough Recreation Center 120 Westford Road, Time: 3:30-4:30pm, Begins: Thursday 2/2 - 3/16 (no class 2/23), Instructor: Lauren Mann Chaney, Fee: \$100 (includes \$10 in materials) Contact Theresa for more info. Terrilawrence@me.com

• **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. Instructors: Rick Reault, owner of New England Beekeeping Supplies and President of the Middlesex County Beekeeper's Association.

• **MEN'S PICK-UP BASKETBALL** Held Wednesday Nights 8-10pm at the High school. \$10/night or \$80/half year (begins 1/4) Contact Joe Holden62@yahoo.com

• **SOFTBALL CLINIC** Starts Sun. Jan 29th Location: New Tyngsboro Sports Center 1:30pm - 3:30pm. Ages 5-14 Cost \$60 per child \$100 Family price. TRY IT FREE FIRST 2 WEEKS

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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

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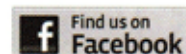
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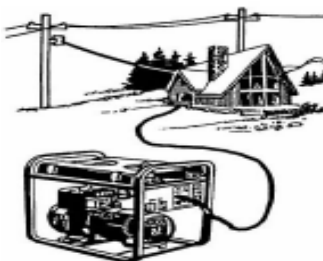
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STE JEANNE D'ARC SCHOOL

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

Come visit us. We have open houses scheduled for:

Jan. 18th from 6:00 - 8:00 pm, **Jan. 29th** from 11:30 am-1:30 pm

February 13th 9:00-10:30 am, **March 1st** 12:00 - 1:00 pm

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"*



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.

Town of Tyngsborough

On Facebook: www.facebook.com/tyngsboroughma

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Tyngsborough Police

On Facebook: www.facebook.com/tyngsboroughpolice

On Twitter: www.twitter.com/tyngsboroughPD

Neighbor to Neighbor

Published by Anne Paquin Since 1983

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

E-mail: anne@neighbortoneighbornewsletter.com

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TYNGSBOROUGH SPECIAL EDUCATION PARENT ADVISORY COUNCIL (SEPAC)

Location: Tyngsborough Middle School Library

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

• **January 11, 2017 7:00pm--9:00pm: I Feel Worried: Helping Your Child Manage Anxiety** Speaker: Nadine Briggs, www.simplysocialkids.com This workshop for parents will describe how the brain reacts when it feels threatened and how to shift that thinking to a more productive reaction. Parents will learn what contributes to child anxiety with ideas on how they can help their children practice management strategies. The seminar includes an extensive list of ideas for families to use to prevent worries and adopt a more positive outlook. This seminar is based on the workbook, I Feel Worried: Tips for Kids on Overcoming co-authored by Nadine Briggs and Donna Shea and scheduled to be published by How to Make and Keep Friends, LLC in 2016.

• **February 8, 2017 7:00pm--9:00pm: How to Make and Keep Friends: Understanding the Social Lives of Teens** Speaker: Nadine Briggs, www.simplysocialkids.com This seminar for parents will explain why the teen/parent relationships can become strained and even volatile. Teen social relationships are complex and this workshop explores those complexities so parents are better equipped to help their teen through these challenging years. Parents will receive tips on how to remain connected to their teen and how to frame up the social difficulties that their teens will likely encounter. This seminar is based on the book, How to Make and Keep Friends: Tips for Teens co-authored by Nadine Briggs and Donna Shea and is scheduled to be published by How to Make and Keep Friends, LLC in early 2017.

*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/>

EDUCATION FOUNDATION TYNGSBOROUGH WWW.EFTyng.org



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 eftyng@gmail.com.

Together we are bridging the gap. Like us on Facebook!

COMING HOME TO CATHOLICISM

This is a program run by St Kathryn Parish, 4 Dracut Rd., Hudson NH. It began on **January 5th** and runs through February 16th, 2017 from 7 to 8:30 PM. The program is for those who have left the Catholic Church who might be feeling the call to return. The program consists of 7 sessions designed to answer most of the questions returning Catholics might have, and some discussion to address any individual concerns. All of the team members have left the Church at one time and have returned, providing a comfortable and understanding atmosphere for others looking to return.

Anyone interested can contact the parish office at 603-882-7793 or simply attend the session at 7 pm. **If you are interested in this program but missed the first session please attend the next on January 12th!**

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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

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.

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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.



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.



TYNGSBORO GARDEN CLUB



Happy Holidays to All! We hope you are enjoying the beauty and the festivities of the season. Hopefully, you have had a chance to participate in the Festival of Trees and have noticed the wonderful progress of the church in the center of town and the holiday displays that the Garden Club has done at the Police Station, Brinley Terrace, Senior Center, Sherburne House, and the Library/Town Hall offices. We always enjoy getting together and making arrangements with fresh greens for the town.

After a wonderful presentation by Liz Barbour on cooking with herbs, we ate a delicious meal that she prepared at our holiday get together at a member's house in December. Thank you Liz! We will be skipping our January meeting, but **will meet the first Tuesday in February at 7:00 pm for a one stroke painting class with your own clay pot.** The club will supply the paint and some brushes with personalized instruction by two of our Club members. Hope you can join us for a small fee. Stay safe and warm! Debbie Schneider

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TYNGSBOROUGH SCHOLARSHIP TRUST

P.O. Box 547, Tyngsborough, MA 01879



www.TyngsboroughScholarshipTrust.org

1963 * Celebrating 53 Years * 2016

- Mark your calendar for Tyngsborough Scholarship Trust's popular **Trivia Night**, which will take place on **Friday, February 3rd** at the Tyngsborough Sportsmen's Club. Registration begins at 7:00 p.m. and the Trivia contest begins at 7:30 p.m. Teams of four compete to correctly answer the sometimes obscure, often hilarious, and frequently curious trivia questions. Cash bar and free snacks are available, and pizza can be pre-ordered so you can have your dinner when you get there!. Donation is \$25 per player. **Student teams are encouraged and welcome at \$10 per player.** Unique and amusing team names are encouraged! Test your wit against the "Gurus Inc.", Middle School Marvels" and "Desperate Husbands". The top three teams will win a set of embroidered polo shirts, which were donated by the Tyngsborough High School, and can be worn with pride. To reserve your space today, call Sue Bowden at 978-649-3207, email mitchell6260@msn.com, or visit www.TyngsboroughScholarshipTrust.org and download a registration form and mail in to P.O. Box 547, Tyngsborough MA 01879. All profits from the 2016-2017 fundraising events will benefit scholarships for the Class of 2017.

- **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 7 p.m. For 53 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. Please contact info@TyngsboroughScholarshipTrust.org with any questions.

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) from 6:30 p.m. to 9:00 p.m.** Held in the Pollard Exchange Bldg, 67 Middle St., Lowell. Check online for the next session.

Landlord Training Classes are held from 5pm to 8:45pm.

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

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Neighbor to Neighbor

Published by Anne M. Paquin

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(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*

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PLEASE SIGN IN WHEN YOU COME TO THE CENTER!!

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

• **WELLNESS CLINIC at ELDERLY HOUSING** Nancy Harding, RN, from the **Circle Home, Inc.** Red Pines Elderly Housing, the third Tuesday of each month from **8:30 - 9:30.** Brinley Terrace Elderly Housing, the fourth Tuesday of each month **8:30-10:00.**

• **DONATIONS NEEDED:** Hot Coffee Cups - 8 oz. Coffee. Sm Desert Plates, Lg Holiday Paper Plates. Medium Paper Bowls. Clear Wrapping paper to wrap baskets. 3' tall

• **THE FRIENDS OF TCOA** continues to ask for gently used jewelry, scarves and handbags for the next sale. We are also collecting toiletries for the homeless shelter. Both these donations can be dropped off in the coat room.

• **Rose McGarry, Notary Public,** Service Hours, **Tuesdays and Wednesdays, 9:00am - 1:00pm** Call for an appointment 978-649-9211. Licensed Professional and Bonded Notary Public Services Free to ALL • **Outreach Worker Rose McGarry** Hours **Tuesdays and Wednesdays 9:00-2:00** The Outreach program provides information and referrals to seniors and their families about programs and services provided by the Council on Aging and other agencies in the elder network. Rose works collaboratively with many agencies serving seniors, including home care, legal assistance, protective services, housing and visiting nurses.

• **WIZARD MUSIC: Monday, Januray TBD 11:00** John Kienzie from Wizard Music will provide keyboard easy listening.

• **PIZZA PARTY/BIRTHDAY FOR ALL! Wednesday, January 11th, 11:30** Come celebrate National Pizza Week and everyone's birthday by making your own pizzas! We'll supply the dough, sauce and cheese for the pizza, just bring in your favorite toppings. We'll have a birthday cake to celebrate everyone's birthday. Join us for a great time! Wed. January 4th is the last sign up day.

• **VETERANS' COFFEE HOUR!! Thursday, January 12th, 9:30AM** (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, January 12th,** (the 3rd Thursday of every month) 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.

• **Closed Mon, Jan. 16th for Martin Luther King Jr's Birthday**

• **COA BOARD Meetings** are the third Tuesday of each month.

Next meeting is January 17th at 3:30PM. Open to the Public.

• **DAY OF BEAUTY Wednesday, January 18th 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

• **WINTER CARNIVAL Wednesday, January 25th 11:30** Warm yourself up this January with a **FREELUNCH** of homemade hot soup, bread, hot cocoa and hot cider! Afterwards, we'll bring the winter indoors with exciting games for all! Come join the fun!

• **THE STITCHERS Mondays at 1PM** in the Activity room, making slippers and afghans for the homeless. We supply materials.

• **VALENTINE'S DAY CELEBRATION Monday, February 13th 11:30** Get together here with couples and friends at the TCOA for a "FREE" Valentine meal, sponsored by the Tyngsborough Police Union. **LAST DAY FOR SIGN UP IS WEDNESDAY FEBRUARY 8th** Must have a ticket to attend.

EVANGELICAL CONGREGATIONAL CHURCH OF TYNGSBOROUGH

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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



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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

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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.

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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!

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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, evocative 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 remainder 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 pastorbobby@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. Anyone 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 caretakers 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 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

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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!

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

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

OFFICERS: Commander: 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.



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



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• **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.**

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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.

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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.

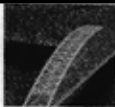
• **Events:** The Club awarded \$50 to Melissa Badendieck of the Academy of Notre Dame for her winning poster in the Peace Poster Contest.

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

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