

Neighbor to Neighbor

Published by Anne M. Paquin Since 198364 Hardy St., Dunstable, MA 01827
(978) 419-1914

E-mail: anne@neighbortoneighbornewsletter.com www.neighbortoneighbornewsletter.com

Celebrating 33 Years of Service Issue # 347 • April 2017

POSTAL PATRON TYNGSBOROUGH, MA 01879 CARRIER ROUTE STANDARD U.S. POSTAGE PAID TYNGSBOROUGH, MA 01879 PERMIT NO. 40

TYNGSBOROUGH TOWN CLERK

2017 DOG LICENSES are available at the Town Clerk's office or by mail. Male/female licenses are \$11.00 and spayed/neutered licenses are \$7.00. Current rabies vaccination is required. If renewing by mail, please enclose a stamped envelope for the license. Remember that there is a \$25.00 late fee for any registration after March 1!

2017 CENSUS forms were mailed. Please check the information on the form for accuracy, make necessary corrections, and return promptly to the Town Clerk's office. If you do not receive a census form, please call the office and we will mail a form. Please note that the census does not register you to vote. You can register by going to mass.gov and completing an online voter registration form. Completing and returning the census keeps your voter status current and there will be no need to fill out a proof of residency form at the polls.

ANNUAL TOWN ELECTION will be held May 9th. Polls will open at 7:00 am and close at 8:00 pm. Polling locations are the Tyngsborough Middle School and the Tyngsborough Elementary School.

ANNUAL AND SPECIAL TOWN MEETING will be held on May 16th at 7:00 pm at the Tyngsborough Elementary School.

VOTER REGISTRATION SESSION will be held on April 19th until 8:00 pm at the Town Hall.

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

NOTICE TYNGSBOROUGH WATER DISTRICT

The Annual/Special Meeting of the District will be held on Tuesday, April 11, 2017 at 7:00 PM at the District Office, 87 Progress Avenue, Unit 2. Warrant and additional information are available at the Water District Office.

Signed: Board of Water CommissionersTyngsborough Water District, 87 Progress Ave, Unit 2
Tyngsborough, MA 01879 978-649-4577

TYNGSBOROUGH HIGH SCHOOL ATHLETICS

The Tyngsborough High School Athletic Hall of Fame Committee is now accepting nominations for the 2017 Hall of Fame inductees. To be considered for nomination, former athletes must have graduated from Tyngsborough High School a minimum of ten years ago. Former coaches, administrators and outstanding contributors must have discontinued service for a minimum of five years.

For more information and to obtain forms, please go to www. tyngsboroughps.org and go to ATHLETICS. Please check us out on Facebook at "Tyngsborough High School Athletic Hall of Fame".

You may also contact the Athletic Office at 978-649-4210 or email Sherry Corcoran at Sherry.Corcoran@tyngsboroughps.org. Applications Deadline is Monday, June 5th.

IN MEMORY OF

Carol A. Hessian Britton

Effie Christine Waldrep Bell
June Webb Callahan

Raymond J. Toupin
Patricia Hamilton Harrington Sollinger
John T. McCarthy Jr.

Mary E. Martin Boisvert

Edward R. Clifford

Roy F. White
Edward J. DiNitto
Mildred J. Wheeler LaRock
Everett R. Hatch
Thomas A. Vaillancourt
Edward R. Clifford

John Joseph Freeman

TYNGSBOROUGH BOARD OF HEALTH

We would like to remind you that the **Annual Household Hazardous Waste Day** will be held on **May 20th** for this year. In the May issue of Neighbor to Neighbor, there will be a green page with details about this.

There will also be Yardwaste pick up, on May 12th and on May 26th.

TICKS

Now that the weather starts to warm up, protect yourself from ticks. The highest risk of being bitten by a tick occurs throughout the spring, summer and fall seasons. However, adults can also be out searching for a host any time winter temperatures are above freezing. Brochures and tick identification cards are available at the Board of Health. Office 978-649-2300 ext. 118

Life Cycle Deer ticks have a two-year lifespan, and have three feeding stages: larva, nymph, and adult. Eggs are laid in the spring, and in the summer they hatch into larvae no larger than the period at the end of this sentence. In August, the larva reaches its peak of activity, waiting on the ground until a suitable host brushes up against it.

It attaches itself to the host (bird or mammal), and if the host is infected with the Lyme disease spirochete, the larva becomes infected as well. Once it has fed, it does not feed again until it becomes a nymph, so larvae are not able to transmit the disease.

The larva molts and transforms into a nymph in the fall, but does not become active until the following May and remains active through July. It waits for a host to brush by then attaches itself and feeds for four or five days, engorging itself with blood until it is several times its original size.

If it acquired the spirochete as a larva, it may transmit it to its host. A nymph is only the size of a poppy seed, so it is often not noticed until it is fully engorged. This stage is responsible for the majority of human Lyme disease cases.







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Neighbor to Neighbor

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E-mail: anne@neighbortoneighbornewsletter.com

If your organization or non profit group has a special event coming up in *May* please send the info in by **April 10**th. 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 6,240 issues.

Issues are now available online at www.neighbortoneighbornewsletter.com

The next deadline is April 10th for the May issue.

Let Neighbor to Neighbor help spread the word!

I look forward to hearing from you, Anne



TYNGSBOROUGH RECREATION Call 978-649-2300 Ext. 150

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

- <u>Shamrock Ball</u> Thank you to all who attended and those who helped to make this a special night! Fun was had by all! Special thanks to our girl scout volunteers: Emily Keaney, Meaghan Cote, Ginelle Cote, Sofia Emery, Caroline Kenney, and Shea Clasby and helpers Jill and Rachel Stewart and Alison Christie.
- <u>Shamrock Princess</u> We would like to thank you all for supporting the 2017 graduating Seniors from Tyngsborough High School with your donation to the raffle for Shamrock Princess. We are able to donate \$200 to the Grad Night Committee, to assist with keeping our community children safe. This years Princess was: Isabella Duarte Congratulations! All proceeds benefit The Class of 2017 Grad Night activities.
- CONTINUING BEGINNING VIOLIN/FIDDLE Open to all towns Students will continue to 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, Tyngsborough Recreation Center 120 Westford Road 3:30-4:30pm, Thursday 4/06 5/11, Instructor Lauren Mann Chaney, \$100 (includes \$10 in materials)Register: Online at www.Tyngsboroughrec.com Questions: terrilawrence@me.com 978-828-6589
- MEN'S PICK-UP BASKETBALL Held Wednesday Nights 8-10pm at the High school. \$10/night or \$80/half year (begins1/4) Contact Joe Holden62@@yahoo.com
- SOFTBALL Spring 2017 There is no guarantee of placement on a team for those registering after teams have been made. Season Only: T-Ball (ages 5-6): \$75 All other ages: \$100 Season Family cap: \$150 Website and Social Media connections: www.Tyngsboro-Softball.org "Tyngsboro Softball" on Facebook
 NEW FITNESS CLASS Pound
 Sweat, Sculpt, Rock, with
- NEW FITNESS CLASS Pound Sweat, Sculpt, Rock, with Pound -Rockout, Workout. It's a high-intensity, full-body, 45-minute workout that combines interval training, squats, lunges, plyometrics, and pilates with drumming lots of drumming with sticks that are heavier than average drumsticks. Come join the class! 8 Tuesdays- \$65 6:30-7:15PM Yoga mat required.
- <u>Track and Field Family Fun Nights</u> is looking for coaches and new planning team volunteers. Contact <u>tracknfield@googlegroups.</u> com.
- TYNGSBORO FAMILY PLAYGROUP Join us on Wednesday mornings at the Tyngsborough Recreation Center for Playgroup. Ages 0-5 Years 9:00 11:00 a.m., Cost is only \$2 per week per child! Playtime, Crafts, Story & Snack ***Not exclusive for Tyngsborough Residents*** Follow our page to get information about events around town that are aimed for the 0-5 year old crowd. tyngsfamilyplaygroup@gmail.com
- TENNIS CAMP Held at the Elementary School *Boys/girls ages 7-18 *Beginners through advanced *Tennis made easy and fun! 3 weeks of fun Class size limited so sign up now! DATES, TIMES, and PRICE July 3-6 Monday thru Thursday 9-12 pm \$199 (\$50/day) August 7-10 Monday thru Thursday 9-12 pm \$199 (\$50/day) August 14-17 Monday thru Thursday 1-4 pm \$199 (\$50/day) New: Sibling discounts are no longer available, 20% off total tuition each additional week (discounts offered by phone only) Held at the Bicentennial Courts adjacent to the Elementary School. Beginners through advanced welcome. Register now for any class by either sending an email that includes your Personal Information (phone number, address, etc), Child's Information, (age and level) and Times to: Greg Reardon, U.S.P.T.R.or fill out the on-line form at planettennisusa.com. You can also call: 727-542-9636
- Festival of Trees Planning Committee Come join us for some fun as we plan the next Festival of Trees! Contact Theresa for details 978-828-6589

RECYCLING FUNDRAISER

Electronics Recycling Fundraiser for Tyngsboro Boy Scout Troop 46

Electronics and appliances accepted for a nominal fee **Saturday, April 8, 2017 9am - 1pm**Tyngsboro Public Library
25 Bryant's Lane, Tyngsboro, MA 01879
Email guestions to tyngstroop46@gmail.com

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/



MEMORIAL DAY PARADE MAY 29, 2017

The annual Memorial Day Parade will begin at exactly 11:00 A.M. from the Old Town Hall on Kendall Road, Monday, May 29, 2016. The Parade will follow the traditional route, ending at the American Legion Post No. 247 on Pawtucket BLVD. A memorial celebration will be held at that time and refreshments served and Sullivan's ice cream. All Town Employees, Committees, Boards and Associations are encouraged to march. If you would like to participate in some way please contact the Tyngsborough Veterans' Services Department.

This year we will have a "Decorate your bike or wagon" contest with 2 free passes to Canobie Lake Park to each category winner. All participants are invited, beginning at 9:30am to the Littlefield library where you will have the chance to decorate your bike or wagon with supplies provided. You may also arrive to the parade with your bicycle or wagon already decorated at 10:30 for judging. All contestants will proceed to the Old Town Hall to enter the procession.

Categories will be:

2-3 years old bike or wagon 4-6 years old bike or wagon 7-9 years old bike 10-13 years old bike

** Helmets must be worn by all bicyclists.

At 8:30 A.M. Memorial Day morning a motorcade will depart from the old Town hall visiting all of the Town's cemeteries to salute the fallen. This is a very solemn and moving tradition. All are welcome to take part in the motorcade. Town monuments, municipal buildings and Veterans' graves will be decorated with new American flags. Also, the parade route will be fully dressed, proudly displaying our country's flag.

Weather is always a factor in planning a parade. If the Memorial Day committee determines the weather is not suitable to march, the ceremonies will be held at the American Legion Post No. 247 on Pawtucket Blvd at 12:00 noon. Notification of any cancellation will be posted.

Christopher Dery Director of Veterans' Services (978) 649-2300 EX 131

HELP WANTED

Dunstable farm and greenhouse business needs dependable, responsible, hard-working individual for greenhouse and farm work. Ideal for older student. Sat. and Sun. until end of school. Full time summer.

Call Joan at 978-649-9713.

CORLISS (CORY) LAMBERT CANDIDATE FOR RE-ELECTION

TYNGSBOROUGH BOARD OF SELECTMEN

I ASK EACH TYNGSBOROUGH VOTER FOR THEIR SUPPORT AND A VOTE ON MAY 9. 2017

I ADVOCATE FOR:

OPEN USER FRIENDLY TOWN GOVERNMENT
AN OPEN PUBLIC PARTICIPATION DECISION PROCESS
OPEN PUBLIC BUDGETING PROCESS
BEST USE OF LIMITED TAX DOLLARS
EQUAL CONSIDERATION FOR ALL TOWN DEPARTMENTS
FUNDING PRIORITY BASED ON NEED
STRONG PUBLIC SAFETY AND EDUCATION DEPARTMENTS
FULL DISCLOSURE ON ALL BUDGETING AND SPENDING
EXPANDED ADULT & SENIOR RECREATION

I OPPOSE:

UNPLANNED/UNMANAGED GROWTH FUZZY MATH & POLITICAL DIVISIVENESS UNPLANNED AND UNSUPERVISED SPENDING

GOALS:

ESTABLISH A COMMUNITY CENTER UPDATE TOWN MASTER PLAN FULLTIME TOWN PLANNER ONBOARD FULLTIME TOWN ENGINEER ONBOARD FULLTIME GRANT WRITER ONBOARD

RELATED EXPERIENCE:

LIFELONG TOWN RESIDENT
US MILITARY OFFICER - PROGAM DIRECTOR
BOEING COMPANY - DESIGN ENGINEER
SCHOOL COMMITTEE - BUDGET CONTROL
SCHOOL POLICY AND TRANSPORTATION SUBCOMMITTEES
ELEMENTARY SCHOOL BUILDING COMMITTEE
CAPITAL PROGRAM COMMITTEE
MASTER PLAN COMMITTEE

LET ME HEAR YOUR CONCERNS AND IDEAS

READY TO LISTEN: 978-649-9719 EMAIL: clambert2017@yahoo.com

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DATES TO REMEMBER

- Sunday, April 9 Palm Sunday
- Tuesday, April 11 Passover Begins
- Friday, April 14 Good Friday
- Sunday, April 16 Easter Sunday
- Saturday, April 22 Earth Day
- Wednesday, April 26 Administrative Professionals Day



FRIENDS OF THE TYNGSBOROUGH COUNCIL ON AGING

Friends of the TCOA Board of Directors: President: Joe Jacoppi, Treasurer: Joanne Jean, Clerk: Frank McCarthy, Jean Kareores, Elaine Rivard, Leon Poirier. Elaine Franks and Trudi Woods

The Friends are working to help the Tyngsborough Council On Aging have fun filled and successful center activities in the months ahead. A few plans in the works sponsored by the Friends:

- An April lunch hosted by the Friends. Date TBD.
- An extravagant spaghetti supper with a cash bar is planned for September, date TBD. Stayed tuned!!
- The Friends participated in the Adopt A Family program this year and plan to continue with this worthwhile effort.
- In addition to our annual Craft Fair in October, we are now in the early stages of planning a huge Yard/Tag Sale to be held in the late summer or early fall.

All our activities take a lot of time, talent and treasure. Please consider helping us make the TCOA the best it can be. The Friends is a 501(c)3 non profit charity and all donations are fully tax deductible. All gifts and donations can be sent to:

The Friends of the Tyngsborough Council On Aging, PO Box 415, Tyngsborough, MA 01879-0094 Visit our Web Site: http://www.friendsofthetyngsborocouncilonaging.com Visit us on FaceBook: https://www.facebook.com/ FriendsofTyngsboroCOA/

THS GRAD NIGHT

As we move forward into the school year, the brainstorming & planning continues for the next Grad Night! We can't wait to celebrate the <u>Senior Class of 2017!</u> 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.

Our 4th Annual Comedy Night will be held on Friday March 31, 2017 at the Princeton Station Restaurant...Save the Date! Tickets are now available & the 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. We also have a surprise for our seniors that we can't wait to share! More to come that night!

We are in need of **Minute to Win It** prizes. If you would like to donate, we would really appreciate it! We're looking for gift cards (Dunkin Donuts, Chipotle, Starbucks, etc.) In any \$ range (\$5, \$10, \$15) it adds incentive to the game & the kids love it! Please drop them off at the High School (in an envelope marked Grad Night) or contact us. We would be happy to pick them up.

Senior Parents - The Grad Night Committee is asking if you can dig into your archives and find some pictures of your students from back in the day. Some ideas could include...class trips, birthday parties, sports teams/events, class photos etc. We are hoping to get 1-5 pictures from each parent from the elementary and middle school years. Ideally, the photos would have 2 or more students from the class of 2017, but singles are accepted as well. Please drop them off at the high school (in an envelope marked Grad Night) or if you would prefer to put them on a thumb drive, we can arrange for pick up. Any questions, please contact us (978) 397-6495. Thank you in advance for your help with this. We want every graduating senior to be represented on their last big night of the year!

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 organization. Meetings are held the first Monday of the month at 7PM in the teacher's lounge across from the cafeteria of Tyngsboro High School. We appreciate and value your support of our Tyngsboro students!

Ron Keohane - Candidate for Selectman - Please Vote on May 9th

Dear Resident,

My wife Diana and I moved to Tyngsborough 26 years ago and have raised our family here. I recently retired and am now in a position to give back to this town that has given us so much, including a great education for our kids, life-long friends and a safe and caring community. I want to put my 25 years of management and consulting experience to work for Tyngsborough, bringing a new perspective to the challenges and opportunities facing our town.

New Perspective

- Town Master Plan; Track to Plan
- Strategic Business Plan
- Smart Growth
- Open Space and Recreation
- Strong Schools and Public Safety

Cell Phone: 508-517-3895



** TYNGSBORO GARDEN CLUB

The end of April will also bring *Art in Bloom at the library and Earth Day at the Sherburne House.* In May, we will celebrate Spring with a trip to Mahoney's garden center in North Chelmsford. There is a lot going on in town with many groups and committees. Hope to see you somewhere! Debbie Schneider

A Making Tyngsboro beautiful with flowers 🕀 🕏

FRIENDS OF THE TYNGSBOROUGH PUBLIC LIBRARY



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SPRING USED BOOK SALE

Are you tired of winter and ready for spring? Mark your calendar for the third weekend of May when the Friends of the Tyngsborough Public Library will hold the annual Spring Used Book Sale at the Tyngsborough Public Library, 25 Bryant Lane, Tyngsborough. Friday, May 19, 7 – 9 p.m. for members of Friends and Saturday, May 20, 8:30 – 2:30 for the public

In addition to books, DVDs, CDs, puzzles, etc. there will be new and gently used jewelry and scarves for sale. The Tyngsborough Garden Club will be selling spring plants and flowers for your garden. Come with the family and support your local library! Funds raised help the Friends support library programs. http://www.tynglib.org/

Will you help us prepare for the sale? Your help is always appreciated! 1. Donate books, DVDs, CDs, jewelry and fashion scarves. Donations are being accepted now at the Library. You may donate any items at the Library during open hours. 2. Bring boxes for books. Boxes with lids or flaps that close are needed for storage and sorting prior to the sale. 3. Volunteer to help. Sign up at the library to sort books ahead of the sale, set up for the sale or help during the sale. Call the library at (978) 649-7361.

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 <u>Do you know of someone needing prayers?</u> 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

When you contact a business, please tell them you've seen their ad in Neighbor to Neighbor.
They would like to know. Thank you, Anne

THE TYNGSBOROUGH PUBLIC LIBRARY

25 Bryant 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.

Library closed on Monday, April 17, Patriot's Day

• Adult Coloring Club, 1st Wed each month, thru May, 6:30-8

- p.m. Coloring sheets, colored pencils and refreshments 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 Wed evenings, 7-8 p.m. Registration required.
- Art in Bloom: Treasures of Asia, April 10-15. Featuring floral arrangements that are interpretive of a collection of Asian art and artifacts. An annual celebration of fresh flowers! Presented by the Library and the Tyngsboro Garden Club. Opening Reception, Monday, April 10, 5-8 p.m.
- Red vs. Blue Nerf Battle, Wednesday, April 12, 4:30-5:30 p.m. Ages 12-16. Registration required (deadline April 8). Two groups of soldiers in the future battle for control over a small base in a canyon known as Blood Gulch. Which team will you fight with?
- Pajama Jam, Wednesday, April 5, 6:30-7:15 p.m. Toddlers to age 4. Registration required. Come dressed in your jammies.
 STEMtastic Kids, Saturday April 8, 10:30-11:30 a.m. Ages 9-12. Registration required. Theme: Propulsion Propeller cars, helicopters & more! Girls & boys- Come have fun with hands-on activities that explore science, technology, engineering & math.
- Puppet Show: Seaside Stories, Tuesday, April 18, 11 a.m.-12 p.m. Ages 3-10. Registration required. Join the adventure as a pirate and a parrot discover a treasure chest full of seaside stories. Come dressed as a pirate!
- Mousetrap Science Show, Thursday, April 20, 11 a.m.-12 p.m. Ages 3-12. Registration required. Build a better mousetrap one that will capture the mouse but not hurt it. Build using balloons and your imagination! This program is supported in part by a grant from the Tyngsborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.
- Mommy and Me (or Dad!) Tea Party, Saturday, April 29, 10:30 a.m.- 12 p.m. Ages 3-8. Registration required (deadline: April 24). A special tea party with refreshments, activities, a gift drawing and favors.
- New! Sound Play Family Music Program: Saturday, April 8, 1-1:40 p.m. Infants to age 5. Music and movement in a fun and playful program and includes singing, dancing, playing instruments & more. Drop in. Upcoming date: 5/6.
- Music Together demo class, Thursday, April 13, 11-11:45 a.m. Infants to age 5. Music Together® is a wonderful early childhood musical program. Registration required. Upcoming date: 5/11.
 Open Minds: Yoga and Literacy Class for 3-5 year olds on Tuesdays, April 4 May 16, 10-10:45 a.m. Required to sign up for all six sessions. Registration and must sign up for all six sessions. Thursday April 5 and 10, 44, 41:20 a.m.

for all six sessions. Registration required and must sign up for al six weeks. Tiny Tots Storytime, April 5 and 19, 11-11:30 a.m. Infants to three year olds. Drop in April 40, 420, 520, and April 40, 420, 420, 520, and April 40, 420, 520, and Apr

- Spanish Stories! Wednesday, April 12, 4:30-5:00 pm. Ages 4-10. THS Spanish Honor Society students will read stories. Learn some Spanish words, activities and more. Drop in. Lego Club: Saturday, April 15, 10 a.m.-12:00 p.m. Grades K-5. Drop in. Dads & Donuts Playgroup: Saturday, April 22, 10-11:00 a.m. Infants & toddlers. Drop in. Make and Take Craft for kids, Monday, April 10, 4-6:00 p.m. Ages 5-12. Drop by to create a fun seasonal craft! Storytimes for 3-5 year olds. Thursdays at 1:00 p.m. Drop in. Pokemon Club, Wednesday, May 17 (No April program). Two Sessions: Teens ages 13+, 3-4 p.m. Ages 9-12, 4-5 p.m. Bring your own cards or handheld device. Enter a raffle. Drop in.
- 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 rep) Office Hour September-May, filter bit May of each month May 15 feb. 1.

• 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.

The deadline is April 10th for the May issue of Neighbor to Neighbor.

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

News is placed on first come, first served basis, as space allows.

Need details about advertising your business? You may reach me at 978-419-1914 or email me at the above address.

I look forward to hearing from you, Anne

TYNGSBOROUGH VETERINARY HOSPITAL

"By the Bridge"



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POLICE & FIRE EMERGENCY 911

Fire Dept. 978 649-7671 Police Dept. 978 649-7504

TOWN OF TYNGSBOROUGH

TOWN HALL, 25 BRYANTS LANE **OFFICES OPEN**

Monday, Tuesday, Wednesday & Thursday 8:30 a.m. to 4 p.m. Friday 8:30 a.m. to 12:30 p.m.

Meeting schedules are posted at the front entrace 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
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Conservation Office	Ext. 116	Recreation & Parks	Ext. 150
Capital Asset Mgmt Com	Ext. 124		

JAMES JACOPPI MEMORIAL SCHOLARSHIP FOUNDATION

The raffle is under way once again. this is our 15th year of fundraising for scholarships to aid in the continuing education of graduating high school students. This year's raflle winners will share in the \$2,500 in prizes. Tickets can be purchased by calling Joe or Jean Jacoppi at 978-649-9076. All tickets must be received by Saturday, April 29th to be eligible to participate in the drawing.

Please visit our web site www.jamesjacoppischolarshipfund.com or Facebook page for any information you may need including access to the scholarship application.

TYNGSBOROUGH HIGH SCHOOL

is proud to announce Jillian Beck, Trevor Cancilla, Suhani Patel, and Marissa Vellucci as the March Students of the Month. Jillian, daughter of Charles and Phyllis Beck, is a member of both the National Honor Society and the Spanish National Honor Society. She is also a recipient of the Academic Excellence Award and the Outstanding Achievement in Foreign Language Award. Jill has been learning karate since she was five, and she earned her black belt in 2013. She has volunteered her time at the Elementary School Spanish Camp, at Camp Invention, and at both NHS and SNHS events. Jill enjoys babysitting, reading, writing, travelling, and spending time with her dog (Opie). Her favorite subjects are AP US History, English, World History, and Calculus. Jill looks forward to travelling often and to various places, to figuring out what career she will pursue in college, and to helping improve the lives of others in anyway she can. "I have gained so many wonderful opportunities during my time at Tyngsborough; I have gained memories from travelling to Europe, and I will forever keep those memories with me. I will cherish the memories and friends I have made."

Trevor, son of Joyce and Joe Cancilla, is a member of the National Honor Society, and is a recipient of the Principal's Award and the Academic Excellence in English Award. He is a member of the Ski Club, the golf team, and the tennis team. Trevor has volunteered his time as both a religious education and a church office volunteer. He enjoys skiing, collecting records, and hanging out with friends. His favorite subjects are math, computers, and history. Trevor looks forward to attending college, earning a business degree, and living a happy life. "THS has given me the foundation for my education as well as memories I will never forget, like being league champions in tennis or going through AP Chemistry."

Suhani, daughter of Jayesh and Sonal Patel, is a member of the National Honor Society, and is a recipient of the Academic Excellence Award. She is a member of the PALS program, and she has volunteered her time at the BAPS Shree Swaminarayan Temple in Lowell, at local soup kitchens, at the Lighthouse school, and at the senior center. She has also volunteered her time with the Adopt-A-Family program, the Wish Project, and the Toys For Tots program. Suhani has been doing Indian classical dancing for over ten years and has completed her formal training in the art form. Her favorite subjects are Calculus and gym. Suhani looks forward to becoming a surgical physician assistant. She had this to say about her experience at THS: "The sense of family that I have found at this school is one I will never forget. The fact the entire school is each others support system, and we accept each other for who we are. I also feel blessed to have met teachers who are so dedicated in providing the best education for their students.

Marissa, daughter of Steve and Tracy Vellucci, is a member of both the National Honor Society and the Spanish National Honor Society. She is a recipient of the Academic Excellence Award, the Softball Coaches' Award, and the Softball Most Dedicated Award. She has played both basketball and softball, and was named the captain of the softball team this year. Marissa has volunteered her time at Tyngsborough Youth Softball Clinics, at Youth Pitching Clinics, at the Tyngsborough Public Library Book Fair, and at various Tyngsborough wrestling tournaments. She enjoys travelling, cooking, and playing sports, and her favorite subjects are Anatomy and Chemistry. Marissa looks forward to going to college and getting a degree in Elementary Education. "I have gained some life long friendships with my classmates and teachers. I will always remember Homecoming week and my freshman year Geometry class with Mr. Rowley."

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Attention Tyngsborough Business Owners and Residents: Interested in funding a grant of your choice? Fully or jointly funded grants can be named in honor of your business or family name. Please contact our Director of Grants, Diane Seltz at contact@eftyng.org, for more information. Your generous donation will be announced at the June Awards Ceremonies.

As always, the EFT welcomes **volunteers** who would like to help us achieve our mission and support our fundraising efforts. For more information, please contact our President, Karen Jackson at contact@eftyng.org. The Education Foundation for Tyngsborough is a non-profit organization striving to enhance educational opportunities across Tyngsborough's Public School District by raising funds and promoting awareness of issues related to public education. Like us on **Facebook**!

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PLEASE SIGN IN WHEN YOU COME TO THE CENTER!! Hours of Operation are Monday thru Friday 8-4. Bus 8:15-3.

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

- •WELLNESS CLINIC 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.
- FREE TAX ASSISTANCE Mondays mornings ONLY, Harry Gong, an AARP volunteer tax preparer will be available to assist you with your taxes between 9:00-12:00 on Mondays through April 10th, 2017. Call the Senior Center to schedule an appointment. 978-649-9211.
- VETERANS' COFFEE HOUR!! Thursday, April 13th, 9:30-10:30(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! Joseph J. Stavolta will give assistance and answer questions.

FOOTCARE CLINIC Tyngsborough Council on Aging, 169 Westford Rd 978-649-9211 Next appointment, Tuesday, April, 18th, 10:00-12:00, \$30.00

- SHINE Serving Health Insurance Needs of Everyone. Wednesday April 19th, 8:30-12:30 Our Counselor Lillian Colby will be holding office hours at the Center every third Wednesday of the month. Call 978-649-9211 to schedule an appointment. Please bring insurance cards and a list of prescriptions you take with you. DAY OF BEAUTY Wednesday, April 19th, 10:30 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
- CHAIR MASSAGE THERAPIST Wednesday, April 19th, 11:00 Therapist Tanya Moran. Massage therapy can relieve pain, manage stress and provide emotional release. Fee \$15.00 for 15 minutes.
- VOLUNTEER APPRECIATION DAY Wednesday, April 12th 11:30-1:00 All Volunteers will be sent a complimentary invitation. If you are not a volunteer and would like to help us recognize our wonderful volunteers and join us for lunch, see Tracy for a ticket (\$15.00). Space is limited so please sign up early.
- SENIOR/VETERAN BREAKFAST Thursday April 20th, 8:30-9:00 Start your day off with a FREE healthy breakfast with friends here at the Center. Food sponsored by the Rotary Club. Speaker: Caroline Cole, Senior Medicare Patrol Program.
- EARTH DAY MAJESTY and MYSTERY of "CROP CIRCLES" Monday, April 24th, 12:00 John Root will give a special presentation featuring designs (Crop Circles) that have been appearing with increasing sophistication during the past three decades in farmers' fields and other locations all over the world. This should be an exciting way to celebrate Earth Day! Sign up and join us!
- THE STITCHERS LEARN HOW TO STITCH FOR A CAUSE The stitching group meets on Mondays at 1:00PM in the activity room. This season's projects for the homeless are afghans. Join us. We will supply your materials for these projects.
- CINCO DE MAYO Friday, May 5th, 11:00 Come celebrate this Mexican holiday with us! It will be a fun-filled fiesta with a taco bar and virgin margaritas! Must sign up by April 28th Cost \$3.00pp
- MOTHER'S DAY TEA PARTY Monday, May 15th 1:00 Come celebrate motherhood at our annual Mother's Day Tea Party. There will be several different yummy teas to taste. Bring a home-made dessert or appetizer to share if you like. Must sign up by May 8th.

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THE MASSACHUSETTS ESTATE TAX

Bv Edward H. Adamskv

The majority of people have estates under the Federal \$5.4 million Estate Tax exemption. But the Massachusetts exemption amount is only \$1 million. More people have enough assets to be subject to that tax. So, it makes sense to plan for it if you have to. My first planning tip for is to consider moving out of Massachusetts to New Hampshire or any other State that does not have its own Estate-Tax. Many older folks are thinking about downsizing so if you are selling your house and moving, it isn't much harder to move a few more miles away to New Hampshire (at least for folks in this area).

The next planning tool we explore is the use of life insurance. If you can calculate the amount of tax your estate might owe, it's easy to replace that amount by purchasing life insurance. This can be done outright (although it would increase the size of your estate and the tax due) or through an Irrevocable Life Insurance Trust (ILIT) which will keep the value of the policy out of your taxable estate. Another interesting tool is the use of lifetime giving. If you are ready to give away assets you can give each recipient up to \$14,000 per year without using up any of your lifetime exemption. With enough family members and enough time you may be able to reduce your estate below the \$1 million threshold.

If you don't have enough family members or time, then there is another interesting twist to use. The Federal Estate-Tax is tied into the Federal Gift-Tax system. If you give more than the yearly exemption to someone, you use up some of your lifetime exemption. If you give away large amounts of money you have less of the exemption to use and might still owe tax when you die even though your estate is then below the total exemption amount.

But, the amount of tax due to Massachusetts is the allowable deduction for amounts paid to a State. This is calculated using the taxable estate but does not take into account lifetime gifts. The threshold for filing the tax return takes this into account, but not the calculation of the tax due.

So, you can make large lifetime gifts and reduce the size of your estate for Massachusetts Estate-Tax purposes. You may still have to file and pay some tax (even if in the end you have less than \$1 million), but the tax will only be based on what you have at death while ignoring those large lifetime gifts. This can work well for some people, but as usual it's not for everyone.

This is a quick summary of a complex issue, so don't act without good advice. If you have an estate that is larger than the State exemption amount, then you should see your Estate Planning Attorney and figure out which planning tools that are right for you.

TYNGSBOROUGH CITIZENS

....invite you to join our on-line community forum. We share information about town and school happenings and ideas for how to make our town even better. Formed in 2000, we are over 450 town residents who converse via this Yahoo group. We are not an anonymous listserve; residents share their name and address when posting. We strive to keep the conversations civil and constructive. Membership is open to all residents.

Please visit tyngsboroughcitizens-subscribe@yahoogroups.com to join.

YANKEE DOODLE DOLLERS DOLL CLUB

Wants to Get to Know You! We are a group of adult doll collectors. *Meetings are the second Tuesday of each month, from 6:30 to 9:30 in Acton, MA.* Want more information? Call... Rosemary 978-534-0365 (leave a message) Diane 978-448-2893 *We are a member of the United Federation of Doll Clubs*



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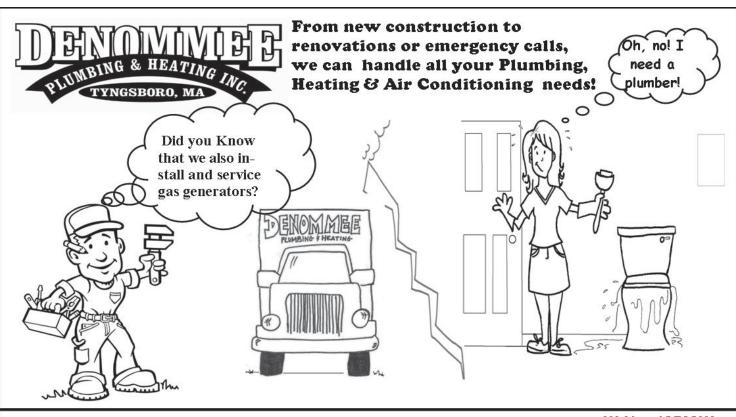
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April is the Door to Door Drive month for the Tyngsborough Scholarship Trust. High school seniors participating in the Door to Door drive will canvas neighborhoods in Tyngsborough raising money for scholarships. TST Scholarship applicants can be identified by a large red TST badge. We thank you in advance for supporting this effort. Last year the TST awarded over \$32,000 in scholarships largely due to the generosity of the Tyngsborough community. If you work for a company that matches donations, you can double your donation to scholarship drive. BAE Systems, Digital Credit Union, Fidelity, JC Penney, and Raytheon are just a few of the companies that participate in the matching gift program.

A reminder to the 2016 scholarship recipients: Please be sure to submit proof of school enrollment to the TST at P.O. B ox 547, Tyngsborough MA 01879 by April 15th so you can receive your first or second payment. Please contact Ellen O 'Neill, Treasurer, at 978-649-9195 with any questions regarding payment. Requests for payment after April 15th will not be honored.

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.

TYNGSBOROUGH SPECIAL EDUCATION PARENT ADVISORY COUNCIL (SEPAC)

Location: Tyngsborough Middle School Library SEPAC Chair Amy--Jane Maciel ajmaciel@comcast.net

May 8, 2017 7pm-8pm I Need to Win: Helping Your Child Understand Good Sportsmanship Speaker: Nadine Briggs, www.simplysocialkids.com This seminar is for parents of children who have difficulty with friendships due to issues with sportsmanship. Some kids have such a hard time managing their emotions during a competition that they are unable to enjoy playing and may even anger their playmates. This seminar breaks down the rules for fair play with a list of attributes seen in those with good sportsmanship.

You must RSVP to Amy-Jane Maciel Tyngsboro SEPAC Chair at ajmaciel@comcast.net to attend. Thank you.

The Tyngsboro SEPAC Chair is always available to answer any questions or concerns parents/guardians may have/feel. Please contact Amy-Jane anytime at ajmaciel@comcast.net. All other SEPAC contact information is below. Thank you!

Contact Information: Amy-Jane Maciel, Tyngsboro SEPAC Chair: Ajmaciel@comcast.net

SEPAC website: http://sepac.tyngsboroughps.org SEPAC Facebook Page: https://www.facebook.com/ groups/465834040182584/

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SEPAC Yahoo! Group: http://groups.yahoo.com/group/TyngsboroughSpEdPAC/

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Honey Blueberry Oatmeal Bars 1 1/2 cups - all-purpose flour,1 1/4 cups - old-fashioned oats, 1/2 teaspoon - ground cinnamon, 1/2 teaspoon - baking soda, 1/2 teaspoon - salt ,3/4 cup (6 ounces or 12 tablespoons) - unsalted butter, softened, 1/2 cup - honey, 2 tablespoons - brown sugar, 1 - egg, 1 teaspoon vanilla extract - 1 teaspoon vanilla extract, Blueberry Honey Jam: 2 cups - fresh blueberries, 1/2 cup - honey, 1 tablespoon - lemon juice, Directions For the jam: Place a small plate in the freezer for testing the jam. In a large deep skillet, add blueberries, honey, and lemon juice. Heat and stir until it reaches a rolling boil. Boil and stir until it thickens, 10 minutes. Add a small spoonful of the jam onto the plate in the freezer and let sit for 30 seconds. Tilt it. If it slides too fast, cook another 1-2 minutes and check again. If it moves slow, it is done. Test every 1-2 minutes and do not overcook. Remove from the heat and cool to room temperature. For the bars: Preheat oven to 350F. Line an 8x8 square pan with parchment or grease with cooking spray. In a large bowl, mix together the flour, oats, cinnamon, baking soda, and salt. In another large bowl, beat together the butter, honey, and brown sugar until creamy, about 2-3 minutes. Beat in the egg and vanilla until incorporated, about 1 minute (it may look curdled). Gradually beat in the flour mixture. Evenly spread no more than half of the dough into the bottom of the pan. Top with cooled blueberry jam. Top with the remaining dough. Bake 30 minutes or until golden brown. Cool completely before cutting into squares.

SPRING 2017 ADULT TENNIS LEAGUE

The Adult Tennis league will begin it's seventh Spring season the weekend of APRIL 22-23rd. The league runs for (at least) 10 weeks and all matches are played at the TES / Bicentennial courts on the weekends, weather permitting. You can join anytime during the season too!

We have Men's and Women's singles and a Mixed Doubles Division. There is every level of play, from beginner to advanced and all matches will be coordinated by experience in order to facilitate enjoyable, competitive play. The league is open to anyone over the age of 18 and you do not need to be a resident of Tyngsboro to join. We've had over 80- players in past seasons!!

Registration fee is \$20.00 per player. The Adult Tennis program offers participants league play and presents a great opportunity to socialize and compete on the courts on a regular basis. We play on the weekends at 9:30am, 11:00, 12:30pm or 2:00 depending on your personal conflicts (if any) -- matches last 1 1/2 hours. A new schedule is made each week matching different players with similar ability and taking in to consideration any weekend conflicts you may have. All players must register and league fees are due at the time of registration. Players may register individually or with a partner for the mixed doubles league (\$40 total) Registration must be submitted by April 20th in order to be included in the first week. The openings are filled on a first come first served basis. Register at tyngsboroughrec.homestead.com/Tennis.html or contact Scott at sellis7511@comcast.net.

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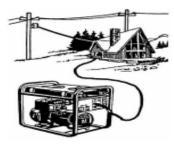




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- April 9th Palm Sunday Cantata at 9:30 and 11:00 AM
- April 13th Holy Thursday and April 14th Good Friday services at 7:30 PM. A meatless supper will be held before the Good Friday service at 6:30 PM
- •April 16th Easter Sunday Services at 6:30 AM (sunrise service), 8:00 AM, 9:45 AM, and 11:15 AM An Easter egg hunt will be held after the 8:00 AM service.

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.

FRIENDS OF TYNGSBOROUGH THEATER (FOTT)

Upcoming Events: Please come support Tyngsboro Middle School at the Blanchard Middle School in Westford on April 29th (11am) when we'll be performing Cave Dream at the 2017 METG Theater Festival. Admission is \$10 at the door.

This year's main stage show at Tyngsboro High School is FIDDLER ON THE ROOF, which will be performed on:

Friday, May 12th at 7pm, Saturday May 13th at 7pm,

Saturday May 20th at 7pm, Sunday May 21st at 2pm Online tickets sales began on April 1st through our FOTT website: FOTTheather.org.

The students have already begun rehearsals and are excited to bring this classic show "to life". Please support the theater program by attending one of the performances and experience the "tradition", while enjoying one of the longest-running Broadway musicals of all time. This musical includes some easily recognizable songs including "Matchmaker, Matchmaker", "If I Were a Rich Man" and "Sunrise, Sunset". We look forward to seeing you there!!

At this time, the Senior Banquet is being planned for some time in June – more details to come in the next edition of Neighbor to Neighbor.

MERRIMACK VALLEY HOUSING **PARTNERSHIP**

Project Genesis Home Buyer Training classes - 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) April 25, 26, May 2, 3 from 6:30 p.m. to 9:00 p.m. The next session will be held on May 23, 24, 30, 31. Classes are held at Middlesex Community College, 67 Middle St., Classroom 405, Downtown Lowell. Register online at www. mvhp.org or call 978-459-8490.

Landlord Training Classes are held from 5pm to 8:45pm on the following dates March 27, April 24, May 17 as well as other future dates. Please check online for other available classes.

TYNGSBOROUGH PUBLIC SCHOOLS

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

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AIEP STUDENTS FROM THE ACADEMY OF NOTRE DAME VOLUNTEERED AT THE WISH PROJECT

Students from AIEP Host Families that are studying at the Academy of Notre Dame in Tyngsboro, MA recently volunteered their time at The Wish Project.

Recently AIEP students spent time at The Wish Project in Lowell, MA organizing toiletries and prepared them to be distributed to families in need. The Wish Project provides people and families in need with basic household goods, furnishings and also baby goods.

AIEP students perform community service twice during the academic school year; once in the Fall and then again in the Spring. AIEP is a firm believer in giving back to the community while at the same time teaching students not only the value of helping others but also the importance of teamwork.

About AIEP (Apex International Education Partners) AIEP (Apex International Education Partners) is located in Watertown, CT and is an international student and host family recruiting agency. AIEP was established to assist U.S. secondary educational institutions with the recruiting and hosting of international students from Asia. To learn more about becoming a host parent to an international student, visit www.aiepusa.com, or call us at 203.992. AIEP.

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46 Coburn Road Tyngsboro

EARTH DAY CELEBRATION! SATURDAY, APRIL 23RD AT 1PM – 4PM

Join the family fun 1pm-4pm during the annual Earth Day Celebration at the Sherburne Nature Center located at 46 Coburn Road, Tyngsboro, MA. There will be educational booths and exhibits to raise conservation awareness brought to you by the Nature Walks Conservation Society (NatureWalksCS.org). Activities led by local volunteers include a Wetlands Interpretive Nature Walk at 2pm hosted by lifelong Naturalist & Conservation advocate Mark Fraser (host of "NatureWalks" seen on PBS). A special "Eyes On Owls" program at 3pm will feature live owls from New England and beyond. All are welcome and there is absolutely no charge! For further information contact Robert Sherburne rwsherb@hotmail.com

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.

DINING FOR A CAUSE SUPPORTING HABITAT FOR HUMANITY

Please join Habitat for Humanity of Greater Lowell (HFHGL) for an all-day 'Dining for Dollars' Fundraiser at Bertucci's Restaurant in Chelmsford with proceeds supporting upcoming affordable home build & critical home repair projects in Lowell, Tewksbury, and Westford in 2017. Why not order some takeout, enjoy a delicious lunch or dinner, or place a delivery order for your business and help build homes in Greater Lowell community at the same time! 'Dining for Dollars with Habitat' Fundraiser, Location: Bertucci's, 14 Littleton Rd, Chelmsford, Date: Thurs, April 20, 2017, Time: 11 am – 9 pm (All Day & Night!) Download your flyer at http://bit.ly/BertuccisHFHGLApr20 Present printed flyer OR just mention that you're supporting Habitat for Humanity of Greater Lowell. 15% of all sales throughout the day/night will be donated to our mission.

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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.

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

EASTER SERVICES ARE AS FOLLOWS: GOOD FRIDAY, April 14th, SERVICE: 7:00 p.m. **EASTER SUNDAY SERVICES April16th**

Sunrise Service. 6:00. a.m.

Worship Service.10:00. a.m. (No Sunday School)

- Sunday Evenings: All Church Bible Study 6:30-8pm "How to recognize god's voice (and respond in obedience") Study books are available for \$10. Open to the community.
- Tuesday 9:30 11:30 am -Women's. Bible Study. (Old Testament Women) All women invited
- Tuesday Evenings: Boards and Committee meetings
- Thursday and Saturday Thrift Shop Open from 10am-3pm
 Friday: Youth Group meets. Call Joy at 978-649-6142) High School and Joan at 978-649-2590) for 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.



THE WISH PROJECT

Drop off donations: Tue/Wed/Fri and Sat 9am-2pm 1A Foundry St., Lowell, MA 01852 Off of Plain Street in Lowell.

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

WISH LIST

- Coffee makers, Toaster Ovens, irons, Can Openers, Hand Mixers Baking Pans, cookie sheets, Spatulas, Dish detergent, Large Stock Pots, Large Frying Pans, Medium Sauce Pots, Steak Knives, Mixing Bowls, Soup bowls, drinking glasses, mugs, dish cloths, hand
- Microwaves, Vacuums, Reusable Bags
- Lamps (Table or floor) Small Kitchen tables, Sofas, Love Seats, Dressers, XL Twin bed frames, Twin Mattress sets, full size mattress sets, Zip up Mattress Covers adjustable metal bed frames, Toddler beds, queen size bed frames, Bed risers, bed pillows, blankets, curtains, box springs, shower curtain liners
- · Infant play mats, Infant towels, Crib Mattresses, Crib sheets, Diapers all sizes, Infant car seats, infant bath tubs, Potty Seats, changing Tables, Infant Swings, Infant Walkers
- Baby Wipes, High Chairs, Baby slings/carriers, Baby Monitors • New Toys for Birthday Bags 1-3 yr olds & 6-8 yr old girls, crayons
- New children's underwear and socks, Women's socks, Hats/ Gloves, Mens & Womens Coats, Boots, Sneakers,
- · Toiletries, Fairy Godmother's Good Nite bags

WE WOULD LIKE TO INVITE YOU TO JOIN US AT THE WISH PROJECTS 6TH ANNUAL GOLF CLASSIC.

This year's event will be held at Andover Country Club on Monday, May 15th. It will be a great time for a great cause! For over a decade, it has been the mission of The Wish Project to serve the needs of homeless and at-risk families in the Greater Lowell area, helping them get back on their feet. We rely on the generous support of donors to fulfill our mission. We hope you will help us by supporting our golf tournament, one of our biggest fundraisers of the year. Register online at 6th Annual Golf Classic.

News from the warehouse - Jill said housing money has hit and whole apartment wishes are pouring in. We are thrilled for our clients getting their own apartments. What that means for us is we need many more dressers, kitchen tables, twin mattress sets, adjustable metal bed frames and lamps to accommodate all the families that will be needing our help. If you have any of these very basic items that every family needs we would really appreciate any and all donations.

GoodNite Bag made by Your Fairy Godmothers for every child that gets his first big boy or girl bed. The bag contains a hand knit blanket, a stuffed friend, a pair of pis and a storybook. BITS Bag project to help fill this important need. If you can help with any of these items please contact Jill at Jill@thewishproject.org Birthday bags and extra supplies and Newborn Baskets. If you have any questions contact Jill by email Jill@thewishproject.org. We can only give out what we have and we depend on our generous donors and supporters to keep our warehouse stocked with items that our struggling clients need! Thank you for your continued support.

The Mission of The Wish Project is to help families in need in Merrimack Valley. Find out more on our websitewww.thewishproject. org or call us at 978-441-9474.

Hours to drop off donations: Tue/Wed/Fri and Sat 9am-2pm No appointment needed but call first if it is snowing or near a holiday. Foundry Industrial Park Lowell, MA 01852 Off of Plain Street in

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. 978-441-9474 Website www.TheWishProject.org

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



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AMERICAN LEGION **AUXILIARY UNIT 247**

90 Pawtucket Blvd. Tyngsborough, MA 01879

Meetings are held the first Thursday of each month at 7pm. **Auxiliary Unit Officers for 2016-2017**

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

- The Auxiliary Unit 247 will be holding a "Meat Shoot" Saturday. May15th, 2017 at 7pm in the Post Members Lounge.
- The Auxiliary unit 247 is offering a "Fish Fry" on Good Friday beginning at 12:noon price \$10.00 proceeds to help towards funding the paving of the American Legion Post 247 Parking Lot.
- Auxiliary Unit 247 hosted the American Legion Auxiliary District Five Luncheon Meeting & Memorial Service to honor all Auxiliary Members within District Five who passed on during this past year. (19) people were remembered in this service. Three from our very own Unit 247. Carol Quigley, Blanche Russell and Ellen Lehan.

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.

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/

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.

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.



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TYNGSBOROUGH DUNSTABLE HISTORICAL SOCIETY



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

- Saturday, April 22nd, 9AM Spring Clean-up at the Little Red Schoolhouse
 Help make the place shine for our upcoming events.
 For more information call Billy Psaledakis 508-254-5621
- Sunday, May 7th beginning at daybreak
 41st Annual Steam and Gas Engine Meet

Come early to see the antique engines and farm equipment. Items old and new for sale.

Coffee, donuts, hamburgers & hot dogs will be available. For information Judy Larter 978-649-9010.

 Friday, May 12th at 7pm South from Nashua: The Railroads of Tyngsborough, Dunstable, and Vicinity

By Historian and Author Ronald Dale Karr
Bring your memorabilia. For info Call Dianna Dalida 978-649-5699

The *Tyngsborough Dunstable Historical Society* is a non-profit membership organization. Please don't confuse us with your town's Historic Commission although our interests do overlap. Our membership is open to all who are interested in promoting the study of our local history... no election required! Our group dates back to 1939 and was formally incorporated in 1967. One of our goals recently achieved is our website. We thank Webmaster Sue Wright for getting us set up and continuing to monitor the site for us. Check out the website for membership information, upcoming meetings, events and much more at www.tdhistoricalsociety.org. Sincerely, Dianna Dalida, Membership Secretary.



Opening Day - April 8th April 2017 Hours:

Monday- Friday 3-9 pm Saturday and Sunday 1-9 pm April Vacation Week: 1-9 pm

Check out our corn box 4 cow train!

Coming May 2017: Tully Farms Dairy will be selling farm fresh milk, butter and local products at the Farm Store at Goss Farm.

Check us out on Facebook:

https://www.facebook.com/GossFarmDunstable https://www.facebook.com/TullyFarmsDairy



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MOO-VING MORE LOCAL: GOSS FARM ICE CREAM AND TULLY FARMS DAIRY

Goss Farm is opening for the 2017 season on April $8^{\rm th}$ at 1 pm. This year, we are excited to provide the same great homemade ice cream, now even more local! In collaboration with Tully Farms Dairy, we are proud to announce our own ice cream recipe using Tully Farm fresh milk. The Tully family has been milking cows in Dunstable since 1872. We are bringing to our customers a local product with the best tasting and freshest ingredients. We have worked with a local ice cream mix-maker to develop a unique taste that is exclusive to us. You'll have to come try it for yourself!

And there is more! Coming soon, Tully Farms Dairy will have local, farm fresh milk, butter and other local products for sale at the farm store at Goss Farm. Tully Farm is dedicated to providing you with the best quality, freshest milk and dairy products. Their milk is pasteurized using a process called vat pasteurization that uses a lower temperature for a longer time – this ensures and preserves the quality and taste of the milk.



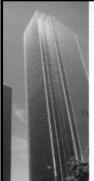
SONS OF THE AMERICAN LEGION

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

- SAL Detachment 247 now meets on the first <u>Wednesday</u> 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:

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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GIVE US A KING

By Nathan Combs

The time of Judges was a dark chapter in Israel's history. The people fell into a cyclical pattern of chasing idolatry, experiencing punishment through foreign oppression, crying out to God for deliverance, and receiving salvation through a military leader. With each deliverance, however, the people exposed their wicked hearts and went back to their idols. When the last judge, the prophet Samuel, had become old, the Israelites gathered to the city of Ramah and demanded that Samuel appoint a king to rule Israel (1 Samuel 8). Although the Lord noted their rejection of Him, He instructed Samuel to fulfill their demand. What led the people to this moment?

- 1. Instead of driving out the Canaanite nations as they were divinely commanded, the Israelites became Canaanite themselves. Before the people had entered the land of Canaan in the days of Joshua, they were instructed by the Lord to rid the land of the corrupt native inhabitants and their gods (Numbers 33.50-56). Disobedience would mean perpetual trouble for the Israelites and their eventual destruction. Sure enough, when Israel failed to fully eradicating the Canaanites, God's people began to take on their characteristics (Judges 2.11-12). Therefore, their eventual call for a king was the direct result of long study of and infatuation with the neighboring peoples. We would do well to drive out unholy desires from our hearts and make a study of our Lord instead of our culture.
- 2. Israel had a generational habit of doing "what was right in [their] own eyes" (Judges 17.6, 21.25). The horrific accounts in the book of Judges of Israelites embracing idolatry, rape, slaughter, and civil war can be traced back to this crooked compass and explains the actions of Israel's elders in 1 Samuel 8. Shockingly, when they approached Samuel, the Lord was completely absent from their words. Instead of humbly requesting knowledge of God's will in the matter of Israel's leadership, they came barking orders like pragmatic Canaanite warlords. By contrast, "Samuel prayed to the Lord" (1 Samuel 8.6). American culture preaches looking inside yourself to find your true compass. The Old Testament, however, reveals a spiritual graveyard of mistaken people who lived by the same motto.
- 3. Israel had a deep-seated desire for prestige and sophistication in the eyes of others. This is revealed in their repeated desire to "be like all the nations" and their second demand for someone to "judge us and go out before us and fight our battles" (1 Samuel 8.5, 20). This is interesting, since plenty of men in previous generations had already led the people to military victory when the need arose. Israel already had situational battle fighters and judges. However, they didn't have the cultural prestige of a man who ruled from a palace, kept a litany of wives and servants, ordered soldiers around, and had authority to rule with absolute power. This craving led to rejecting the King they already had. May we not spurn our heavenly ruler for paltry substitutes like they did!

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DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

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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."

PASTOR BOBBY ROSS has established office hours. Call the office at 978-649-6251 or email <u>administrator@dunstablechurch.org</u>, or <u>pastorbobby@dunstablechurch.org</u> to schedule a time for an appointment that is convenient for you.

DECC YOUTH GROUP: On the weekend of March 3-5, six members joined about 200 others for an incredible experience at an "encounter" weekend retreat at Mt Monadnock Bible Camp. They deepened their spiritual walk, confronted personal obstacles and learned how to help each other grow closer to Christ. They also had a chance to really build a special bond with each other and had a blast with all the activities at the camp despite the bone chilling temperature! All came back exhausted but filled with great memories and a freshened faith in Jesus. Coming up... Sharing a meal, Serving breakfast at Living Waters, Movie Night, Game Night, Discussions. Usual meetings are held at the church 4-6pm on Sundays unless otherwise noted. Anyone in grades 6-12 is welcome. Come check it out! Questions? Call Jon Hughes (978-649-8554). CHOIR REHEARSALS Until further notice, rehearsals will be on the last two Tuesdays of the month. The choir will participate in the morning service on the first Sunday of April plus Palm Sunday and Easter. We continue our search for a new Pianist/Accompanist for the church. Qualified candidates are welcome call the church for more information at 978-649-6251 or send any questions or resume to administrator@dunstablechurch.org. Please pass the word along if you know someone who might be interested in the position. EASTER SUNRISE SERVICE will be held at 7am on April 16th.

EASTER SUNRISE SERVICE will be held at 7am on **April 16th**. Breakfast will follow at 8:00 am in the Fellowship Hall, served by the Men's Group and the Youth Group. The regular Easter Sunday Service is at 10:00am.

MOPS (Mothers of Preschoolers) at Dunstable Church. Next meetings are Apr 7th, May 5th & 19th,, and June 2nd. It's a well-established, popular program that will be a blessing to our community. Moms and preschoolers have a wonderful social and sharing time together. MOPS meet 9-11 am on Fridays, twice a month. If you're interested, contact Shelly Ross at shellyannross@gmail.com.

FREE WOMEN'S SELF DEFENSE CLASS FOR BEGINNERS April 22nd from 3-4:30 at the Dunstable Evangelical Congregational Church there will be a free women's self defense class. The class will be taught by four instructors, all skilled in Shaolin Kempo, ranging from 7th degree to 2nd degree black belts. This class is aimed towards women who have no prior experience in any self defense and would like to learn. If interested or you have any questions, please email administrator@dunstablechurch.org.

FREE BULLY BUSTING CLASS FOR CHILDREN (HOW TO AVOID CONFLICT) April 29th from 3-4:30 at the Dunstable Evangelical Congregational Church there will be a free bully busting class. The class will be taught by four instructors, all skilled in Shaolin Kempo, ranging from 7th degree to 2nd degree black belts. This class is aimed towards children of all ages who have no prior experience in any self defense or ways to avoid conflict and would like to learn. If interested or you have any questions, please email administrator@dunstablechurch.org

MOTHER'S DAY TEA May 13th 11:00-1:00 pm at Dunstable Church Fellowship Hall. Sheryl Faye will present "Women in Flight, Amelia Earhart." Free Program sponsored by the Sunshine Girls This program is supported in part by a grant from the Dunstable Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Dunstable Cultural Council Grant.

Please bring a non-perishable food item to be donated to a local food pantry. RSVP by May 5th to Sue Metzler at susan.metzler@hotmail.com or 978-649-7737. For more information about any of these events, contact the church office 978-649-6251 or email info@dunstablechurch.org.



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Tyngsborough Funeral Home

Tyngsborough Funeral Home & Cremation Services opened in November and is locally owned and operated by the Martin Family. Our home is a newly constructed facility with ample parking and large rooms decorated with a modern flair. We offer a wide range of services, which include but are not limited to; traditional burials, cremations and memorial services. For a tour of the facility or to discuss pre-arrangement options, please contact us at 978.419.4954 or tyngsboroughfh@gmail.com.



ALTRUSA CLUB OF MERRIMACK VALLEY

ALTRUSA is a non-profit community service organization dedicated to improving the lives of those in need in our community. With the start of a new year, Altrusa is recruiting new members to help with our projects. To learn more about Altrusa visit at www.altrusa.org or email altrusamv@gmail.com.



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CUSTOM FOOT ORTHOTICS

An 'orthotic' is a device designed to restore your natural foot function. Many "biomechanical' (walking) complaints such as heel pain, knee pain and lower back pain are caused by poor foot function. Orthotics re-align the foot and ankle bones to their neutral position, thereby restoring natural foot function. In turn this helps alleviate problems in other parts of the body. In addition, orthotics give a more even weight distribution, taking pressure of sore spots (e.g. the ball of the foot, corns, bunions, etc) and they provide some shock absorption.

Who needs orthotics? Orthotics can benefit people with foot, knee, hip and/or back pain.

Can you wear the orthotics during all daily activities? People who stand or walk all day will benefit from orthotics. If you suffer from pain during any form of sporting exercise then orthotics can reduce the pain associated with your condition. For overweight individuals, orthotics will help to counteract the extra stress being placed on the feet.

What specific conditions may be helped? Achilles Tendonitis, Corns, Metatarsalgia, Sesamoiditis, Ankle Sprains, Flat Feet, Neuroma, Tendonitis, Arch Pain, Heel Pain, Pronation, Top of the foot pain, Bunions, Knee Pain, Shin Pain, Toe Pain, Hip and Low Back Pain.

Do I need a physician's prescription to get custom orthotics? No. Some insurance plans will cover the cost of custom orthotics. We stock basic orthotics that can provide similar benefits at a fraction of the cost of custom orthotics. We also have a variety of sandals that have built-in arch support! Spenco Sandals are designed with orthotic quality arch and heel support and are available in many sizes and colors.

Why do I need orthotics? Imbalances of the bones of the feet can result in abnormal foot motion (over pronation). This can impair foot function which can result in abnormal rotation of the legs and sometimes affects the knees, hips or back. If we combine these tremendous forces with the need for precise balance, we can see how small structural changes in the foot can make significant differences. Orthotics help to improve those structural changes.

How long will my Foot Orthotic Last? Usually between 12 to 18 months.

Does it take time to get used to orthotics? Your feet need time to adjust to the correct biomechanical (walking) position. Orthotics should be gradually used to begin with. During the first 48 hours of use, use the orthotics for approximately 3-4 hours. After this period of time it is recommended you use the orthotics for 6-8 hours. In the second week of use the orthotics can be utilized all day.

Sponsored by Perras Chiropractic, 404 Middlesex Rd., #3, Tyngsboro, MA. perraschiropractic.com (978) 649-5777.

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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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 those interested, members can also choose to become involved in international humanitarian service efforts. More than 1.2 million men and women in over 200 countries and geographical areas belong to over 33,000 Rotary clubs. Rotary builds international understanding through scholarships, exchange programs, and humanitarian grants. Throughout the world, Rotary clubs participate in a broad range of educational, intercultural, and humanitarian activities designed to improve the lives of others. For further information please email us at tdrotary@verizon.net or visit our website at: www.tdrotary.org.

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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 or schedule a tour. 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 are provided to students in grades 4-8, 20+ athletic programs, extra-curricular activities including LEGO Robotics Club and Destination Imagination. Extended Day Care Program is available.

Consistently recognized as a school of excellence, this year Ste Jeanne d'Arc School students rank #1 in the Archdiocese of Boston for high achievement on the NWEA standardized test. We are also 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.

We welcome the opportunity to share the many advantages of a Ste Jeanne d'Arc School education. Come visit and let us show you all we have to offer.

"We ignite a passion for learning and compassionate living"

PLEASURES FROM THE PARLOR

Music in Victorian America

The Nashua Historical Society is pleased to present Pleasures from the Parlor: Playlists from a Victor iPod on Tuesday, April 18, 2017 at 7:30 p.m. at the Speare Museum at 5 Abbott Street, Nashua. Pleasures of the Parlor is an entertaining examination of musical life in Victorian America, illustrated with paintings, readings and beautiful singing by Miss Marya Danihel. For more information, please visit our website http://www.nashuahistoricalsociety.org/index.html This program is *free and open to the public* through a grant from the NH Humanities' Humanities to Go! Speaker's Bureau.

BEAVER BROOK NATURE CENTER

• Staying Found with Search and Rescue Dogs
April 22 9:30-11:30 Beaver Brook Brown Lane Barn 52 Brown
Lane Hollis NH Co-sponsored by Beaver Brook, the Appalachian
Mountain Club and NE K-9 Search and Rescue. Focus is to teach
children how not to get lost, and how to stay safe if separated from
their group. For kids aged 4-10. Free! See search and rescue dogs
in action! The workshop will start at 9:30am and run for 1.5-2 hours.
Pre-registration required. These workshops sometimes fill up, so
register early Register online at www.beaverbrook.org

• REDUCE-REUSE-RECYCLE-REPURPOSE!

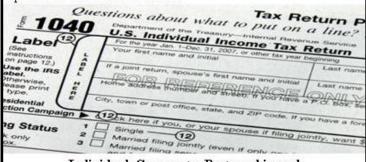
Drop off your "still good" items: Friday, April 14: 10am-2pm, Saturday, April 15th: 10am-2pm, Monday, April 17th: 10am-2pm, Tuesday, April 18th: 10am-2pm and 7-9 pm. ACCEPTABLE ITEMS: Small Kitchen Appliances and Utensils, Tools, Baskets, Non-Upholstered Furniture, Dishes, Household items, Lamps, Toys, Jewelry, Handbags, Holiday Decorations, Books: Novels, childrens', nonfiction, photo CDs and DVDS UNACCEPTABLE ITEMS: Magazines, Encyclopedias, Computers, Printers, Monitors. VCR Tapes, Large Exercise Equipment, Cribs, Televisions, Skis, Mattresses (including bedding), Vacuum Cleaners Opened Toiletries, Hygiene items.

- BEAVER BROOK EARTH DAY BARN SALE Sat. April 22, 8am —noon Maple Hill Farm, 117 Ridge Road, Hollis NH A fundraiser for Beaver Brook trails and programs. An entire barn full of household items, tools, antiques, toys, lawn and garden implements, jewelry, and surprises for great prices. Rain or shine: It's indoors!
- Wednesday Wildflower Walks, April 19-June 21 10 am –noon. Beaver Brook Nature Center Trails The traditional Wednesday Wildflower walks lead you through the trails of Beaver Brook in search of each week's blooming wildflowers. Join the knowledgeable BBA instructor Rivka Schwartz on these walks. Walks take place each Wednesday through June 21st. Call or check location on website each week to make sure you are at the right trailhead. 603-465-7787. \$5 per person/ Free to BBA Members. Register at www. beaverbrook.org Wildlflower Bloom Book of Beaver Brook by Joan Bonnette available for sale \$10.

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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 spring and summer of 2017.

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CAT FOOD DONATIONS NEEDED

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

SPRING PLANT SALE MIDDLESEX CONSERVATION DISTRICT



The Middlesex Conservation District will be holding its annual Spring Plant Sale on Friday, April 21 from 3-6pm and Saturday, April 22 from 8am to 12 noon.

The Sale will be held at the 4H Fairgrounds, 51 South Chelmsford Road in Westford, MA. All items that were pre-ordered through March 31 should be picked up on the sale days.

We will also be selling excess first quality stock, on these dates on a first come, first served basis. Items may include tree and shrub seedlings, perennials, fruits, groundcovers, and garden supplies (rain barrels, Tick Tubes, cow manure, fertilizers).

The Middlesex Conservation District is a not-for-profit environmental agency whose purpose is conservation of natural resources in Middlesex County. Proceeds from our biannual plant sales provide programs to improve water quality and quantity. for preservation of open space and erosion control and provide environmental education. For more information about our sale or programs please visit www.middlesexconservation.org.



CHELMSFORD CATHOLIC COLLABORATIVE

Home to both St. Mary and St. John the Evangelist Parish Families Staff Offices: 115 Middlesex Street, North Chelmsford ST. MARY BUSINESS(978) 256-2374; www. saint-mary.org ST. JOHN BUSINESS(978) 251-8571; www.saintjohnchelmsford.org OFFICE HOURS: Mon, Tue, Thu. 9:00AM - 5:00PM; Wed. 9:30AM - 5:00PM; Fri... 9:00AM - 3:00PM

ST. MARY CHURCH: 25 North Road, Chelmsford Daily Mass Schedule: Monday - Friday 7:00 AM; Saturday 9:00 AM Weekend Mass Schedule: Saturday 4:00PM; Sunday 7:00AM, 9:00AM, 11:00AM and 6:00PM Reconciliation: Saturdays 11:00 -12:00 NOON, or by appointment

ST. JOHN THE EVANGELIST CHURCH: 115 Middlesex Street, North Chelmsford Daily Mass Schedule: Monday -Saturday... 9:00 AM Weekend Mass Schedule: Saturday... 4:00 PM; Sunday... 8:30 AM, 10:30 AM and 5:00 PM Reconciliation: Saturdays... 3:00 - 3:45 PM, or by appointment Lenten Season Offerings March 1 – April 12 **DAILY MASS SCHEDULE**: In addition to regular Mass schedule (listed above)... St. Mary will be offering Wednesday evening Mass at 6:00 PM

STATIONS OF THE CROSS: Fridays of Lent... Soup at 6:00 PM, followed by Stations at 7:00 PM... both parishes.

PALM SUNDAY PANCAKE BREAKFAST St. Mary... Sunday, April 9th... 8:00 -11:00 AM Palm Sunday is the final Sunday of Lent, the beginning of Holy Week, and commemorates the triumphant arrival of Christ in Jerusalem, days before he was crucified. As is states in the Gospels, which we will hear at Mass on this day, Jesus entered Jerusalem riding a young donkey, and to the praise of the townspeople who threw clothes, or possibly palms or small branches, in front of him as a sign of homage. Let us enter into Holy Week with a celebration of fellowship around the table, and a spirit of gratitude for all that Christ is about to do for us this coming week. Tickets are \$10 per person/\$25 per family. All proceeds from this celebratory breakfast will support our collaborative Youth Ministry activities.

Triduum/ Easter Sunday Schedule HOLY THURSDAY, April 13th 9:00 AM: Morning Prayer at St. John

7:00 PM: Mass of the Lord's Supper at St. Mary

GOOD FRIDAY, April 14th 9:00 AM: Morning Prayer at St. John 3:00 PM: Teen-led Stations of the Cross at St. John

7:00 PM: Passion of Our Lord Jesus Christ at St. Mary

HOLY SATURDAY, April 15th 9:00 AM: Morning Prayer at St. Mary 8:30 PM: The Great Easter Vigil Mass at St. John

EASTER SUNDAY, April 16th 8:30 and 10:30 AM Masses at St.

John. 7:00, 9:00 and 11:00 AM Masses at St. Mary



46 Coburn Road Tyngsboro

Earth Day Celebration Saturday, April 22, 2017, 1-4 PM

at 46 Coburn Road, Tyngsboro, MA (Sherburne Nature Center & Trails) Join the family fun 1pm-4pm during the annual Earth Day Celebration at the Sherburne Nature Center located at 46 Coburn Road, Tyngsboro, MA. There will be educational booths and exhibits to raise conservation awareness brought to you by the Nature Walks Conservation Society (NatureWalksCS.org). Activities led by local volunteers include a Wetlands Interpretive Nature Walk at 2pm hosted by lifelong Naturalist & Conservation advocate Mark Fraser (host of "NatureWalks" seen on PBS). All are welcome and there is absolutely no charge!

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.

PET HEALTH DUNSTABLE ANIMAL CLINIC DNA, the future of Veterinary Medicine?



Some day in the not too distant future we may be using your pet's blood to routinely screen not only for heartworm, tick borne diseases and metabolic health, but also his/her DNA for genetic mutations and whether s/he is prone to certain medical disorders turning up in the future. Just like with human medicine there is a lot of research going on in veterinary medicine to help us unlock your pets genes to not only tell us what breeds they are, but also how related they are to one another, and whether they carry certain mutations and also whether certain diseases will likely show up in their lifetime.

Currently the most common use for DNA testing is to determine which breeds make up mixed breed dogs. My little rescue dog Ajax looks like a Chihuahua Terrier mix, but he turned out to be $\frac{1}{2}$ Mini Poodle, $\frac{1}{4}$ Yorkie and $\frac{1}{4}$ Mutt. The test currently goes back 3 generations, so sometimes the results are not very helpful. Not only is it nice to know which breeds make up your mixed breed dog, but it can actually be helpful so that you can be on the watch for certain disorders more prone in certain breeds.

Another current use of DNA screening in dogs is testing for two specific genetic disorders. One involving a mutation causing multiple drug sensitivities and the other mutation involves exercise-induced collapse. More and more genetic markers are being discovered every day in this fast developing technology.

There is now a DNA test available for cats as well. It checks for genetic markers associated with various disorders and also has information about coat color and length.

Another current use for DNA testing is aimed specifically at breeders. It can tell you how genetically related two dogs are to each other and to the breed as a whole before breeding. In this way, it is hoped to reduce and may be even eliminate genetic disorders.

If you want to do some research on pet genetics the two companies leading the way are Mars Veterinary which offers the Wisdom Panel and Embark Veterinary Inc., which works with Cornell University.

These are exciting times in veterinary medicine. Even though I ask my patients every day what seems to be bothering them, none of my patients have actually answered me, maybe soon their genes will.



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Community Health and Wellness Programs

April 2017



Teddy Bear Clinic Saturday, April 22 12:00-3:00pm, FREE

Pheasant Lane mall 310 Daniel Webster Highway, Nashua, NH Located between Macy's and Dick's Sporting Goods.

Lowell General Hospital and the Pheasant Lane Mall are teaming up to offer a FREE Teddy Bear Clinic!

Kids, bring your favorite stuffed animal or doll to the Pheasant Lane Mall for a checkup, to learn tips to stay healthy, participate in fun activities and learn valuable health information for the whole family.

ABCs of Babies for New Parents Tuesday, May 2, 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.

Basics for Babies

Tuesday, April 25, 6:30pm-8:30pm, FREE

New and expectant parents and grandparents will learn about feeding, sleep and behavioral issues as well as immunizations.

Boot Camp for New Dads® Saturday, April 29, 9:00am-12:00pm, \$25

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

Registration required!

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

Breastfeeding Class Monthly classes, Times vary, FREE

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

Prenatal Wellness Package \$149.99/6-week session, 3 days per week

Develop and strengthen your body for the changes it will experience during pregnancy through yoga and strength training. Presented in partnership with SLS Fitness in Lowell.

Prenatal Yoga

Sundays, April 30-June 11*, 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. *No class on May 28

