

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 34 Years of Service!

Issue # 363 • September 2017

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

PIZZA NIGHT

The Dunstable Firefighters Association Invites you to their 23rd Annual Pizza Night

Saturday, September 9th • 4pm to 7pm at the Dunstable Fire Station

28 Pleasant St., Dunstable, MA Across from Police Station

Meet Smokey the Bear

Use a REAL FIRE HOSE to Knock Back the Flames on the House-A-Fire. Climb into the Trinity Ambulance & ask questions. See the Ladder Truck and much more! Fire Safe House Fire Department Demonstrations

Check out our Prize Table!

Get a FREE Raffle Ticket with each slice of Pizza Purchased

Prices: \$2.00 per Slice of Pizza • \$1.00 per Drink

••• Extra Raffle tickets are two for \$1.00 •••

Donations and Contributions are accepted, please email DVFFA@yahoo.com *Thank you for your support!*

DUNSTABLE BOY SCOUTS ARE STARTING UP!

Boy Scout Troop 28 Dunstable will be kicking off the new year with its first meeting, Monday Sept. 11 from 7 PM - 8:30 PM at the Dunstable Congregational Church. Any boys in grades 6-12 are welcome to attend along with their families.

Boy Scouting is a great way to build self-confidence, character, and leadership while having fun, making friends, going on adventures, and serving your community. Troop 28 does all sorts of activities including kayak trips, day hikes, camping trips from 1-5 nights, bike trips, cooking competitions, shooting sports, trampoline jumping nights, and more. We serve our community with conservation projects, citizenship work, and service to our seniors and veterans. All activites are completely voluntary and Scouting is easy to fit around sports and other activities. Our Troop has a great history of developing young men into self-confident leaders, including many Eagle Scouts. Check us out on the 11th, or if you missed the meeting, please call Scoutmaster Sarath Krishnaswamy at 978-846-0120 or sarath@alum.mit.edu if you'd like to learn more.

WELL ADULT CLINIC

Nashoba Associated Boards of Health, in conjunction with the Dunstable Board of Health announces that an adult clinic will be held free of charge for the general public on: **Wednesday, September 27th** from 11am–12 noon at the Library, 588 Main Street, Dunstable. *Flu shots will be available on October 4th* 10–noon.

Meet with the nurse for a wellness check including blood pressure/pulse monitoring, blood sugar screening, general health counseling, and further assessments with referrals as needed.

For further information, please contact Nashoba Associated Boards of Health at 978-772-3335 or 1-800-427-9762 ext 340 or visit us at www.nashoba.org.

IN MEMORY OF

Normand A. Vaillancourt George Patrick Munroe Ruth Emily Tully Choate Phyllis M. Rootovich Richard P. Henry Jr. John J. King

DUNSTABLE CULTURAL COUNCIL

The Dunstable Cultural Council is now accepting grant applications for FY2018. *October 16th is the deadline for organizations and individuals to apply for grants.* The Dunstable Cultural Council receives money each year from the Massachusetts Cultural Council (MCC) a state agency. These grants can be used to support a variety of artistic and cultural projects that benefit citizens in Dunstable – including concerts, exhibits, festivals, performances in schools, cultural workshops and lectures.

This year, the Online Grant application process will be available. Links to this can be found on the Dunstable Cultural Council website, which is on the town Website. There is a link to the Mass Cultural Council site where you can find more information about the new online applications. http://www.mass-culture.org/dunstable

If you have any questions, please contact Cultural Council Chair, Claudia Novak at novakc@charter.net

TOWN CLERK NEWS

We are in high season for marriage licenses, love is in the air. Marriage licenses here are by appointment only and valid for 60 days. Both parties must apply in person to file "Notice of Intentions" and then there is a three-day waiting period that follows before the marriage license may be issued. I do my best to accommodate both parties, often couples are living outside of Massachusetts and are returning "home" to be married. If my hours do not work for you, no worries, you can apply at any Town Clerk's office in Massachusetts but keep in mind the three-day waiting period and the office hours of the Clerk's office. Marriage licenses are NOT valid out of state. And while weddings on yachts are lovely, if the marriage is officiated while out on the water, you will need a notarized statement from the Captain with longitude and latitude coordinates. For full information, please visit the section on marriage licenses on the Town Clerk's website at http:// dunstablema.virtualtownhall.net/Pages/DunstableMA_Clerk/mar We still have A LOT of dogs not licensed. Please keep your dogs safe and license and tag. We are also seeing an increase in calls from residents regarding dogs roaming on their property.

Carol A. Skerrett, Town Clerk CMMC 978-649-4514 x222 CSkerrett@dunstable-ma.gov HOURS: The Clerk's Office is open Monday evening from 3:00 pm – 7:30 pm; Tuesday and Thursday 9:00 am – 2:00 pm. Wednesday 9:00 am – 2:30 pm. Hours may vary due to holidays, workshops and elections. There are times the office is closed during these posted hours and extended hours for voter registration and absentee voting, please feel free to call ahead. *Marriage licenses are by appointment only.*

DUNSTABLE BOARD OF HEALTH TRANSFER STATION RATES JULY 1, 2017-JUNE 30, 2018 PERMIT FEE FOR THE TRANSFER STATION & STICKERS RECEIVED

Residents may purchase new permits on Monday-Friday from 9:00 a.m. – 4:00 p.m. and on Monday evenings from 6:00-8:00 p.m. in the town hall upper level.

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

Recycling Permits only \$ 10.00

Please bring a copy of your registration (up to 2) of the vehicle(s) using the transfer station.

You may also purchase permits through the mail by mailing a check for the appropriate amount made payable to the Town of Dunstable, copies of up to two vehicle registrations and 5 first class stamps for regular permits and 4 first class stamps for senior permits to the Dunstable Board of Health, P. O. Box 268, Dunstable, MA 01827. Recycling permits only require a copy of your registration and one first class stamp.

Any leftover 2017 bag tags may be used at the large item drop-off on the last three Saturdays in October 2017 or submitted to the town hall to enter a lottery. One name will be drawn at the Board of Health Meeting in November. The winner will receive a free permit and set of bag tags for the following year. Please remember that only the first round of bag tags purchased are eligible for the lottery. Please put you name and telephone number on each tag and drop them at the town Hall. PLEASE REMEMBER THAT ALL VEHICLES MUST HAVE A TRANFER STATION PERMIT DECAL AFFIXED TO THEIR DRIVER SIDE WINDOW AND BAG TAGS MUST BE ON ALL BAGS BEFORE ENTERING THE TRANSFER STATION.

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

DUNSTABLE TYNGSBOUGH LIONS CLUB



<u>"We Serve"</u> The Lions Club is a non-profit organization of men and women dedicated to helping the community through donations raised by volunteers.

Officers

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. Meetings are on the first Tuesday of the month starting at 6:30 pm. Please call a member listed here for details and meeting place.

The Club gave three scholarships valued at four hundred dollars each to the local high schools Groton-Dunstable, Lowell Vocational, and Tyngsborough.

YOU CAN HELP BY DONATING THE FOLLOWING:

- <u>USED EYEGLASSES</u> are collected for refurbishment and distribution to less advantaged people around the world. *We thank all who have donated glasses.*
- <u>CAN TABS</u> (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.

GRACE LUTHERAN CHURCH

130 Spit Brook Road, Nashua, NH 03062

Pastor: Mick Meyer Ministry Coordinator: Sharlene Peterson Youth Director: Alison Efstathiou 603-888-7579 www.glcmsnh.org

DUNSTABLE GRANGE #31

Meetings are held each month at Dunstable Town Hall at 8 p.m. unless otherwise noted. See below. Call for more information 978-649-3934. Come join Grange!



All are welcome!!! Refreshments will be served.

September 8th Installation of officers

Refreshments: All members;

Hostess Susan

October 13th Student Speakers

Students who traveled to St. Jude's to work for a week, will speak about their experience.

MIDDLESEX CONSERVATION DISTRICT FALL BULB AND PERENNIAL SALE

September 22 & 23 New location this year!
The Middlesex Conservation District will be holding its Annual
Fall Bulb and Perennial Sale on September 22 from 3-6 pm and
September 23 from 8 am to noon. Items will include daffodils, tulips, specialty bulbs, perennials, and fertilizer. Please make note of new location Great Brook Farm Ski Touring Center, 1018 Lowell St., Carlisle, MA.

If you are not on the mailing list and did not receive the Yellow flyer in the mail, come and shop on these 2 days. Not all items that were offered will be available. This is a sale of excess stock. It is also the time for those who did pre-order come to pick up their orders. Don't forget to check out Great Brook Farm's amazing ice cream while you are here!

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.

DUNSTABLE RURAL LAND TRUST OCTOBERFEST

Please mark your calendar as the <u>Septemberfest will actually be held on Saturday, October 7th, 2017</u> from 11am to 2pm. This will be held at the *DRLT Wildlife Preserve located at 1076 Main St., Dunstable.* Hear the speaker, walk the trails, fish the ponds. *No dogs, please.* **Speaker: Bryan Windmiller at** 11:00 AM. He is the Executive Director, Grassroots Wildlife Conservation, Inc., Concord, MA. He will talk about the turtles of Dunstable and will have live turtles. This is your chance to see them up close. Also: Julie Lisk, who is studying Dunstable's BOX TURTLES will be here. *Come and enjoy a beautiful fall day at the DRLT Preserve.*



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WE ARE OPEN SATURDAYS 10-2

For more library information go to

www.dunstable-ma.gov click on library

Mary Beth Pallis – Director – mpallis@mvlc.org

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

Like us on FACEBOOK to receive program updates!

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

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

This month's display is from Joanna Reagan. She will be showcasing her collection of foreign language books.

Community Room Artist Check out the wonderful new paintings done by Alice Sneizek.

<u>Library Passes available</u> Take advantage of these great passes: Boston Museum of Fine Arts, One Stop Fun, US Constitution Museum in Charlestown, and a pass to 50 Massachusetts State parks. New Discount Pass – Salem Witch Museum and Merrimack Repertory Theatre, Edaville Railroad discount is also available. <u>Adult Reading Group</u> There will be an Adult Reading Group on **Saturday, September 16**th at 10:30 am. They are reading "Breathing Lessons" by Anne Tyler. New members are always welcome.

<u>Quilter's Group</u> They meet from **6:00-8:00 p.**m., the **first and third Tuesday** of the month. If you are interested in learning to quilt or would like to join other quilters, this could be the perfect opportunity for you.

Cook Book Club The library has a cookbook club! We will have a cookbook displayed each month and you can select and make a recipe from the monthly selection. Then we will get together on the last Friday of the month at 12:00pm to enjoy the dishes. Signup sheet will be at the desk. This month we meet on September 29th. Gardening Club also know as DIG Meeting will be on Thursday, September 21st a 6:30pm. New members are welcome!

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

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

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

Afternoon Story Hour This will be for older children who have ½ days in kindergarten. We will meet on Thursdays at 1:30 pm. We will still do a craft, so please wear clothes that can get messy. Children's Craft... Come and join Mrs. D. for a special craft time on Tuesday, September 12th at 4:00pm. We will be creating projects using perler beads and melted crayon art. This program is for children 8 and up. Please wear clothing that can get messy. Please sign up at the library or email Mrs. D. at kdebreceni@dunstablepl. org

<u>Summer Reading Program</u> The Summer reading program was a huge success. The children spent hundreds of hours reading! A giant thank you to the Dunstable Gardening Group (DIG) for donating proceeds from their plant sale to support the summer reading program. Thank you so much to Goss Farm, Max's Golf, and Altitude Trampoline Park for their donations! A giant thank you also goes out to Library Families who donated many prizes that made the program a success. All the children who participated were able to receive a prize. All the programs were very well attended and enjoyed by all.

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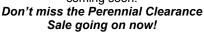
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FORMS LE POUR DE CONCRETE FOUNDATIONS

David W. Crandall

PRESIDENT

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MORE NEWS FROM THE DUNSTABLE FREE PUBLIC LIBRARY

588 Main St. 978-649-7830

Library Hours:Tuesday 3-8 Wednesday 10-2

Thursday 10-8 Friday 10-2

WE ARE OPEN SATURDAYS 10-2

For more library information go to

www.dunstable-ma.gov click on library

Mary Beth Pallis – Director – mpallis@mvlc.org

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

Like us on FACEBOOK to receive program updates!

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

HOMEWORK CLUB

Will begin the first Tuesday of October. The library is offering homework help every Tuesday night from 6:00 – 7:00 for the school year. This is a free service for children from Kindergarten to High School. Honor Students from local high schools are available to help the children. These students help children understand their math homework and more. If your child is attending, please call by 5:30 so we can be sure a student will be here for your child.

ON GOING BOOK SALE

Is in the Community Room at the library. Come in and check out the selections that are here. Hard Covers are \$1.00, Paperbacks are 5 for \$1.00, DVD's are \$2.00 and CD's are \$1.00. If you would like to donate to the ongoing book sale, please bring current books (not older than 2 years) or any children's books in good condition. Please bring your donations inside, instead of leaving them at the door. *We cannot accept magazines, older books, or textbooks.*

ANCHOR BIBLE CHURCH

18 Pondview Place, Tyngsborough, MA (across from Skate 3) Sunday school –10am Sunday worship 11am & 6pm Mid week prayer meeting – Wed. 7pm. Home Bible study – 7pm, 1st and 3rd Thursdays @ 163 Highland St., Hudson, NH Call Pastor Steve Willett @ 978-957-0648 www.anchor-bible-church.org



BOX TOPS FOR EDUCATION

Please remember to keep on clipping and drop off your box tops in any of the yellow Box Tops for Education bins scattered around the town (2nd floor of the town hall, Dunstable Library, Dunstable Post office, inside the 1st front door at Swallow Union Elementary school and a collection bin is at West Auto Repair in Dunstable).

Also please download the Box Tops for Education app. on your smartphone. It's so easy to use and the ability to earn extra box tops adds up quick when you use the app. We fell slightly short of ending the year as the top Box Top collecting school in the state of Massachusetts but that gives us something to aim for for this school year. Through your collection efforts coupled with usage on this new app we think we might just be able to hit another record next school year. Keep on clipping Jen West and Cristina Agraz Box Top for Education co-coordinators

GROTON DUNSTABLE REGIONAL SCHOOLS

Swallow Union School: 978-649-7281 978-649-9412 FAX 978-649-5078 Message Line: 978-649-5078 Website: www.gdrsd.org (follow links to S/U) Supt. Office: 978-448-5505 Peter Twomey Youth Center 978-448-8459 Florence Roche School 978-448-6665 Middle School 978-448-6155

GD Regional High School 978-448-6362 Boutwell Early Childhood Center 978-448-2297 PAWS-itively Fun Pet Services

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pawsitively_fun@yahoo.com

www.paws-itivelyfunpetservices.com

PAWS-itively Fun Pet Services offers professional dog walking, park visits, overnight pet sitting, and more. In fact we can care for cats, birds, fish, small mammals, and some reptiles. We are a Registered and Insured business servicing Tyngsboro, Dunstable, Nashua, Hudson and surrounding areas.

My husband Ash and I started PAWS-itively Fun Pet Services in June of 2014 and our mission and goal has always stayed the same: We take care of our customer' pets like they're our own. That means coming to your home for more than just a 30-minute visit or to feed them. We routinely walk, play and cuddle your pet to make sure they are getting attention. They are also getting some well-deserved exercise, some love and affection.

You can set up a regular schedule, call us as needed, and get in touch for last minute surprises. We will do our best to accommodate your situation. Our normal business hours are Mon-Sat, 8am to 7pm. If need be, we can do earlier in the morning, later at night or on Sundays for a small, additional fee. If you are spending longer hours at work, going on a business trip, or taking a well deserved vacation, then call Jeanne and Ash at 978-996-5995.

Know that your Pets will be given the best care possible. We will gladly forward references to you.

DUNSTABLE CONCERTS ON THE COMMON

The 2017 Dunstable Summer Concert Series was our sixteenth year holding weekly concerts on the town common. What a great series we had! Only had to cancel one concert because of rain, but Back-2-Back, will be back next year. Our new food vendors, Phoenix Rising Pizza, Big Daddy B-B-Q and Farm House Cafe were well received. No one went hungry.

We rely 100% on local support and sponsorship. Thank you to: Dunstable Cultural Council, Jeanne D'Arc Credit Union, Lowell Five Cent Savings Bank, Main St Bank, Action King, Goss Farm, Dunstable Property Service, Dunstable Forms, Maple Village Preschool, Dance Expressions, West Auto, Laer Realty & Jon Crandall, and the New Hampshire Astronomical Society for their generous support.

Ice cream donated by, Market Basket, Trader Joe's, Donelan's in Pepperell. Other donations: Hugh & Robert McGovern, Brian Reynolds, Kevin Connolly, Teresa Davis. We had two neighborhoods that got together to make a donation to the concerts this year, they were, the Oak St. families and the Dogwood Lane families. Our volunteers that served the ice cream are a vital part of the concerts along with those that helped to set up and break down each week. Thank you to the staff of Jeanne D'Arc Credit Union and our ever-faithful Town Hall Ladies (Terry, Bonnie and Cheryl), Anne and Louis Paquin and to Girl Scouts Catherine & Bethany DeGroot and Leah Pettee who kept the children entertained with face painting and bubbles, as well as Brian Reynolds, Gene Bartos and Jim Mc Mannus. We couldn't have done it without you our audience. Proceeds, from this year's ice cream sales and donations, will fund four concerts in 2018.

We appreciate the support that the concert series received from the community especially the Fire, Police, and Parks Dept. and the staff at the Dunstable Town Hall.

Please feel free to contact any committee member if you would like to help or have ideas you would like to share: Susan Tully, John Callahan, Paul Debreceni, Laura Rothman, Catherine Reynolds, Lori Pestana, Jen West, and Peggy Lynch.



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DUNSTABLE VETERAN SERVICES OFFICE

Are you a disabled veteran or the widow of a disabled veteran and own a home? If you haven't already, make sure you apply for your property tax abatement at the Town Hall. You earned it! Additionally, some of our Vets or Widows may need additional financial assistance.

If you know anyone in need of assistance of any kind, please leave me a message at 978-649-3919 or send me an email at <u>veterans@dunstable-ma.gov</u> I am here to help you.

Joe Dean (Former USMC Sgt, Retired USAF Capt.)
Dunstable Veteran Services Officer
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DUNSTABLE TOWN HALL DIRECTORY Town Hall (978) 649-4514. The departmental extensions are as follows:

Town Hall (978) 649-4514. The departmental extensions are as follows: 221 Accountant 222 Town Clerk 223 Council on Aging 224 Board of Selectmen, Electrical, Gas, Plumbing, & Building Inspector's Secretary. Also for Animal Control Officer. After hours call Police at 978-649-8891. If emergency call 911

225 Assistant Assessor **226** Building Inspector

227 Assessors, Highway 228 Collector/Treasurer 229 Board of Health 230 Conservation/Planning Board/Water Commission

Veteran's Officer 978-649-3919

POLICE NON-EMERGENCY 978-649-7445 POLICE & EMT 911
FIRE DEPT. TELEPHONE NUMBERS TO REPORT A FIRE CALL 911

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

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

The deadline is September 12th for the October issue.

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

News is placed on a first come, first served basis.

Need details about advertising your business?
You may reach me at 978-419-1914 or send me an email.

Tyngsborough printed issues circulation is 5011 and
Dunstable printed issues circulation is 1299.
Issues available at www.neighbortoneighbornewsletter.com

DIRECTOR OF THE COUNCIL ON AGING

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

WELL ADULT CLINIC Are held on the fourth Wednesday of every month in the community room of the Dunstable Library. Nurse will provide wellness check, blood pressure/pulse monitoring, blood sugar screening. The next clinics will be September 27 from 11:00a.m. - noon. Flu shots will be available on October 4th from 10:00 – noon.

VAN SERVICE is available for medical appointments and grocery shopping. Cost is \$5.00 for local trips, Lowell, Chelmsford, Nashua, Tyngsboro, Westford, Ayer, Groton & Pepperell. \$10.00 for any other. Check with Anne as soon as you know when your appointment is to make sure a ride is available.

FUEL ASSISTANCE and Food Stamps Applications now available. Check to see if you are eligible.

Prescription Advantage Now has a continuous open enrollment. Applications available.

MEDICARE QUESTIONS Call Elder Services at 1-800-892-0890 MEALS ON WHEELS Do you or someone you know need the services of Meals on Wheels? Receive a hot nutritious lunch delivered M-F at around 11:30 a.m. as well as monthly special meals and holiday meals. For more info check with Anne. Drivers needed. FRIENDLY PHONE CALLS Aren't able to get out as much as you would like? Would you like to receive a "Friendly Phone Call"? If you think you would benefit from or enjoy an occasional friendly phone call contact Anne.

We now have the application for RMV Handicap placards MESSAGE FROM THE FIRE CHIEF The Chief is available to check your smoke detectors you just need to set up an appointment. If you need the assistance of the fire department for a non-emergency situation and you've called the fire station and no one was there. Please call 978-448-6666 (Fire/Police/ems Dispatch) they will notify the proper person or service to assist you. Office # 978-649-6661 NASHOBA NURSING SERVICE AND HOSPICE: For information on home health, flu clinics, nursing availability, or hospice - call 1-800698-3307. Hospice is looking for volunteers to visit patients to give the caregiver a break. Call Wendy Chieffo for more info 1-800-698-3307 ext 352 or wchieffo@nashoba.org.

BROWN BAG PROGRAM Elder Services of the Merrimack Valley, Inc. and the Greater Boston Food Bank have joined forces to offer an Elder Brown Bag Program for income eligible residents 60 years and older in the Merrimack Valley. Eligible elders will receive a free bag of groceries on the fourth Tuesday of the month. Pick up at the Tyngsboro Senior Center. Applications are now being accepted and are available through Anne at the Dunstable COA office.

<u>DURABLE MEDICAL EQUIPMENT</u> Try us FREE before you buy. Check out the COA's inventory. We have a variety of good, gently used walkers, wheelchairs, canes, commodes and much more that people have generously donated. These are on loan and need to be returned when not in use. PLEASE call first before you drop off items. Accepted items should be brought to the Town Hall only.

CARE GUIDES AVAILABLE FOR FAMILIES OF PEOPLE WITH ALZHEIMER'S Disease. FREE The Alzheimer's Disease Assoc. Ma/NH Chapter has a array of resources for families and individuals at each stage of Alzheimer's Disease. These comprehensive guides allow families to address specific issues they are currently experiencing. If you are not sure what guide is best for you call 800-272-3900. To download guide go to:www.alzmass.org/care-guides.html. The Alzheimer's Assn. home page is located at www.alz.org/manh FILES OF LIFE POUCHES ARE AVAILABLE TO ALL SENIORS.

These pouches will contain pertinent information about you that can be left in a visible location, home/car to be used in cases of emergency. You can contact Sgt. Darrell Gilmore or Fire Chief Rich for more information.

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

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

DUNSTABLE GRANGE #31

The 91st Annual Grange Fair and Community Citizen Award



This was held on Saturday, August 19th on the Town Common, Main Street, Dunstable Center.

COMMUNITY CITIZEN AWARD

This year's recipient has been very active in the Dunstable Community. She is involved with the Dunstable Concert Series and organizes Vehicle Night. She receives many donations towards the raffle items. She is involved in the Swallow Union APT and is the Box Tops Chairperson. This year, they raised over 50,000 Box Tops for the School. She also organizes donations for the top classroom winners. The recipient is very involved in her daughters' classrooms and school events, including the Spring Fling. This year, along with her daughter, they hosted the 5th Annual Lemonade Stand to support a cure for Cystic Fibrosis. She is always seen around town and is always willing to lend a helping hand. *This year's Dunstable Grange Community Citizen Award is presented to Jennifer West. Congratulations Jen!*

CARE PLANNING

By Edward H. Adamsky

Everyone should have a Health Care Proxy (sometimes called a Health Care Directive or Power of Attorney for Health Care) properly completed and signed (with the required witness signatures and notary seal) so your care choices can be handled by your chosen person, if you cannot do so yourself. But, the legal document, as important as it is to have, is not the end of your planning. You must have a conversation with your family and chosen Agents and you must make decisions about your future care, values, and desires, and communicate those decisions to your family.

This is very difficult. Most people have a hard time thinking about issues like being sick or dying, and it's even harder to start a conversation about them with your family. So, it makes sense to look for help and guides that can make the process proceed more smoothly. There are many online resources for this.

You can go to the website of Honoring Choices and use various tools to go through the issues and even download a Massachusetts Health Care Proxy that you can complete and use. http://honor-ingchoicesmass.com. This website has a lot of guides to help you learn about the options, and to help you express your preferences and communicate your wishes to your family. You can download worksheets and complete them prior to trying to have the family talk.

There are numerous other online sites with information about care planning. The Five Wishes booklet is known by many. It can be found at http://agingwithdignity.org. With that booklet you go through your thoughts about how you want your life to be, even when it is near the end. It covers issues like how you want your room to be like, what kind of music you might want to hear, and who you want to see at the end. You can find many interesting articles on the AARP website at https://www.aarp.org/home-family/caregiving/end-of-life/. The National Palliative Care Association website at https://caringinfo.org, has articles, guides and worksheets too.

Advanced Care Planning is now a covered cost under Medicare, so your doctor can spend some time talking with you about these issues and properly get paid by Medicare for that time. (This rule is what triggered the so-called "death panel" furor.) Now doctors don't have to shy away from this subject for fear they won't be paid or will somehow be penalized for having a vital discussion with their patients.

You may want to discuss these issues with your Elder Law Attorney as well. Your attorney should be well-versed in this area and able to help you with decision-making. Make sure that you get a Health Care Directive that is legal in your state. Some online forms will not work properly in some states. The New Hampshire rules are particularly complex so you may need to get that State's directive from your Elder Law Attorney. You can get a Massachusetts Health Care Proxy on the website http://adamskylaw.com too.

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ALTRUSA CLUB OF MERRIMACK VALLEY

Altrusa is a non-profit, worldwide association, which encourages volunteerism to make a difference in our communities. For more information about Altrusa and its service in the community, please email altrusamy@gmail.com



BEAVER BROOK NATURE CENTER IN HOLLIS

Tour our gardens and trails any day of the year at 117 Ridge Road Hollis, NH. Maps are available at most trailhead kiosks and on our website.

Visit our website www.beaverbrook.org for full information and registration links. Call 603-465-7787 with questions.

Guided Wildflower Walk: In search of the elusive Fringed Gentian Sept 20 10 am -noon Beaver Brook Nature Center 52 Brown Lane Hollis NH It feels like summer outside but the first wetland bushes and trees are already turning red. The asters and goldenrods are blooming in fields and woods. Fringed Gentian is a lovely rare wildflower that grows at Beaver Brook. We'll be heading out from Brown Ln. Barn to see the fall flowers and berries and appreciate the wildflower plants' last big show before the winter. Register at www.beaverbrook.org \$5 pp/Free for members of BBA.

Guided Mushroom Foray Sept 30 10 am -12:30 pm

Beaver Brook Nature Center 117 Ridge Road Hollis NH Teacher and walk leader Stephanie Doyle will be taking a group out on the trails in search of wild mushrooms. Learn what features to use to safely identify wild mushrooms including toxic species as well as edibles. Remember to bring good hiking shoes, a basket for carrying mushrooms found, bug spray, a backpack with lunch and plenty of water. The foray will take you off trail! Pre-Registration required atwww.beaverbrook.org \$20/\$18 BBA Members. Stephanie Doyle is a member of Monadnock Mushroomers Unlimited & Sandwich Area Mushroom Club. She was the President/ Founder of the UWF Mycology Club. She works for the NH Mushroom Co.

Kitchen Spices: Health within Reach Oct 12 6:30 -8:30 pm
Beaver Brook Nature Center 117 Ridge Road Hollis NH
What can you use to help fight a viral infection or decrease nausea?
How can you decrease the inflammation that is at the heart of so many diseases? Look no further then your spice cabinet. Learn to use herbs and spices you have in your kitchen to increase your health and promote healing. We'll go over some common herbs and spices, their actions and easily made recipes and preparations.
\$20/\$18 for Members of BBA Register online www.beaverbrook.org

<u>Guided Wildflower Walk: Witch Hazel Oct 19 10 am -noon</u>
Beaver Brook Nature Center 117 Ridge Road Hollis NH The last of our flowers, delicate witch hazel, is about to bloom. Seed heads and berries remain as reminders of the summer and are beautiful in their own right. The trees are beginning to display their fall colors. This should be a gorgeous walk. Register online www.beaverbrook.org
Free for BBA members. \$5 for the public.



BUDGET BUDDIES

Budget Buddies helps low-income women become more economically self-sufficient and transform their lives by teaching them core money-management skills and pairing them with personal financial coaches. We partner with local social service agencies and community volunteers to provide individualized training in basic money management. Please call (978)-703-0820 for details. www.budgetbuddies.org

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Sunday Morning Schedule to Change This Fall

When we gather on Sundays, starting September 10th, we will have a different format for our time together.

We are adapting to changes in our numbers and in how people participate. We are also creating opportunities for new ministries on Sunday mornings.

We will continue to begin our worship service at 9:30 am, with the Sunday School students and teachers in worship for approximately the first 30 minutes. Then the teachers and students will go to their classes. Worship will end around 10:30 am and coffee hour will begin as it does now. Sunday School classes will last until 10:45 am. We will be discontinuing the 11:00 am service. We will use the time after Sunday School ends for new types of programming, such as study groups, discussion times and innovative worship services.

West Chelmsford United Methodist Church announces that a workshop for the study of racism, focusing on relations with African-American communities will be held this month. The history and current manifestations in our society of racism towards African-Americans will be explored and participants will learn how to identify racist actions in today's American society. We will discuss how to address and combat these injustices. In our own local communities. Our workshop will be facilitated by experienced trainers, who have led similar workshops around the country with faith communities. The workshop will be held on Saturday, September 16, 2017 from 8:30 AM – 4-4:30 PM at 242 Main Street in North Chelmsford, MA. Please check our website for updates about the workshop.

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

BEAVER BROOK ANNUAL FALL FESTIVAL & NATURE ART SHOW

Beaver Brook Nature Center is hosting its 37th Annual Fall Festival and Art Show September 23rd & September 24th 2017 11:00 AM – 5:00 PM. FREE Maple Hill Farm, 117 Ridge Road, Hollis NH

Submissions of artwork accepted: September 15th – 18th (Visit the website for drop off times) Call: 465-7787 www.beaverbrook.org

This year's featured Artist is Heather Crowley of East Kingston, NH Art has always been an integral part of Heather Crowley's life, even though she has no formal training. Heather grew up surrounded by easels and paint brushes while her mother taught numerous art classes out of her childhood home. Trained as a physician, she chose pathology as a specialty after being drawn to the beautiful world she experienced under the microscope's lens. To deal with the stress of her career Heather turned to yoga and daily meditation. Unexpectedly, these methods of self-exploration led her to realize she needed to make more time and space in her life to explore her creative path. So in 2009, she left her pathology practice of six years for a part time position with another group in order to do just that.

Heather has found that the process of creating is meditation for her. Multiple washes and dry brush work bring the natural world to life in bright colors in her traditional watercolors and mandalas. She believes our modern lives have become so overfilled with technology and multitasking that we seem to take for granted the beauty that is all around us. She hopes her artwork will serve as a vehicle to remind us and reawaken us to the beauty and mystery of nature and spirit. You can see more of Heather's work at www.willowroadwc.com.

VEHICLE NIGHT THANK YOU

All be it a week later than planned after two rainouts, Mother Nature gave us a beautiful summer evening on Wednesday, July 19th to host VEHICLE NIGHT at the Dunstable Summer Concerts. The town common was filled with dozens of antique and classic cars, sports cars and commercial vehicles in addition to hundreds of concert goers.

The success of this night would not be possible without all of our generous company donors, volunteers and vehicle owners who help us to make this night such a huge success and for all of their participation we say THANK YOU, THANK YOU, THANK YOU!!!! The following is a list of companies who so graciously donated items for VEHICLE NIGHT whether it be in the children's goodie bags, part of the silent auction table or donated a door prize: Simmon's Farms & Greenhouses, Edible Arrangements (Westford, MA), Dunkin Donuts, NAPA Auto Parts (Nashua, NH), Stephanie Bernier from Pampered Chef, Tyngsboro Sports Center, Dunstable Animal Clinic, Pampered Paws, Motostar, Dunstable General store, Farmhouse Cafe, Rose of Sharon at Blossom Hill, Tully Farm Dairy store, Cottonwood company, LAUNCH Trampoline Park, Mrs. A. Sniezek, Nashua School of Gymnastics, Goss Farm, Maple Village Preschool, TDBank, Outback Steakhouse, Olive Garden, Dream Diner, Max's Country Golf, C&S Pizza, Mr. Mac's Macaroni & Cheese, Burton's Bar and Grill, Orange Leaf and Snap On Tools.

Through the donated items from some of the companies listed above, our silent auction table raised \$1,237 all of which was donated back to the Dunstable Summer Concert organization to help keep the concerts going into 2018. Thank you to all of the concert patrons who bid on the items and congratulations to the lucky bid winners.

Again as co-sponsors of VEHICLE NIGHT at the Dunstable Summer Concerts, thank you to you all. We hope you had fun and we look forward to seeing you again on the town common for VEHICLE NIGHT 2018!!

Jen West, West Auto Repair, Inc. and Karen Debreceni, Dunstable Children's librarian, Co-Sponsors of VEHICLE NIGHT

TYNGSBORO FARMERS MARKET

5th Season

We will be **open from 9am to 1pm every Saturday** through October 14th. The Farmers Market is located at Middlesex Road, Tyngsboro, MA. (near the Tyngsboro bridge) New vendors and old favorites! Fresh vegetables, fruits, honey, meats, crafts and so much more! Stop by and GET FRESH!

Find us on facebook at www.facebook.com/TyngsboroFarmersMarket

SHEPHERD OF THE VALLEY LUTHERAN CHURCH

80 Champney St., Groton, MA 01450 (978) 540-0768 http://www.sov-lc.org Pastor Rev. Susan Gaeta

Worship time is still 9:15 Shepherd of the Valley is a very busy place in September starting with the Youth Gathering on the 8th through the 10th at Camp Calumet. It will be the Hammo 2017!

On the following Sunday all the youth who took part in the Mission Trips this summer will be unfolding the trip for us in their own words during the 9:15 Sunday worship with a scrumptious pot luck to follow.

Sept 23rd will find the many congregants at Grotonfest. Look for us there and be sure to stop by for chats and dog treats for your fury friends as the Blessing of the Animals service will be coming up in October... Stay tuned.

Shepherd of the Valley will return to the fall workship time of 10:15 on Sunday, September 24th.

When the leaves are falling in New England it is time for all to count their blessings, including the animals. Shepherd of the Valley Lutheran will be holding their **Blessing of the Animals** service on **Sunday, October 1**st **at 10:30 AM** at Helene's Stables, 435 Martins Pond Rd, Groton. Please bring your pets and your own seating. There will be fellowship refreshments after this wonderful service.

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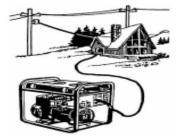
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Neighbor to Neighbor

Published by Anne Paquin Since 1983 64 Hardy St., Dunstable, MA 01827-1403 **Tel. 978-419-1914**

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ST. LOUIS SCHOOL

St. Louis School 77 Boisvert St. Lowell is accepting registrations for the 2017-2018 school year for Pre K 3-8.

Pre K 3 part time options are offered. Shadow days and tours are available daily. Great incentives are now available for new students in K-8. *Please contact the school office* **978 458 7594**.

DUNSTABLE THEATER COLLABORATIVE AUDITIONS

Dunstable Theater Collaborative is holding auditions for **Neil Simon's Barefoot in the Park**:

Tuesday, September 12th – 6 – 9 pm

Thursday, September 14th -6-9 pm Callbacks (if needed): Friday, September 15th -6-9 pm

Auditions will be at **Dunstable Town Hall** in the Main Hall, upstairs. Auditions will be conducted via cold reads of scripts. There is no need to prepare a monologue prior to your audition. Please contact us at info@dunstabletheater.org to reserve a time slot, and we will accommodate you to the best of our abilities. You may email us any questions you may have as well. We will accept walk-ins as well, but there may be a wait. Please be prepared to fill out an audition form upon arrival. We will take photographs to help remind us who each person is. Thank you for auditioning and break a leg!

Character Descriptions

CORIE BRATTER – a free spirit, newlywed to Paul PAUL BRATTER – a lawyer, newlywed to Corie MRS. BANKS – Corie's mother VICTOR VELASCO – the neighbor in the attic TELEPHONE REPAIR MAN DELIVERY MAN

SWALLOW UNION ELEMENTARY SCHOOL ASSOCIATION OF PARENTS & TEACHERS BACK TO SCHOOL RAFFLE



Dear Fellow Community Members,

It's hard to believe that the school year is now upon us! Here at Swallow Union Elementary School, the APT (Association of Parents and Teachers) has an exciting year planned and we are starting off strong with our back to school picnic and raffle. The SU APT is proud to sponsor our annual Back to School Raffle, which represents the **ONLY** major fundraiser we ask students to do during the school year! This year we are raffling off close to \$8,000 worth of prizes, it truly is our largest raffle yet. We have prize packages that include a two-night stay in Maine, wine tasting party for you and a group of friends, personal fitness, family fun packages, sporting packages, Red Sox tickets and so much more. In fact, we have over 19 raffle baskets to choose from valued at up to \$820 a basket! You name it we probably have it.

But, we need your help to meet our goals. Funds raised through the raffle go directly back to the students & staff of Swallow Union thru the support of enrichment programs, school equipment, author visits, 4^{th} grade canoe trip and so much more. This year the teachers and students need our support more than ever before and we are calling on you as community members to help us reach our fundraising goal of \$15,000.

Students began selling tickets on August 30th. If you don't have a neighbor in the school or know a student at the school on **Saturday, September 16th from 8am till 11am the APT** will be selling tickets at the Dunstable General Store on Pleasant Street. Tickets are \$1 each or 6 for \$5. Please consider stopping by and helping support our school. Can't make it during that time, email us and we will work out a time we can come to you.

We appreciate everything that our community has done to support the school through the years. If you ever have any ideas, comments or suggestions or a special talent that you believe could benefit the teachers and students I encourage you to reach out to us via email. We look forward to hearing from you.

Sincerely, Jennifer Ngah APT President & Dunstable Resident aptswallowunion@gmail.com

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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/

DIG NEWS

For more info on DIG contact Sue Tully, sjt0213@verizon.net.

A place to visit: Farandnear - Near enough for regular visits, but with a feeling of remoteness that will transport you far from your cares, Farandnear lives up to its name. Farandnear was the summer home of Arthur Banks - an accomplished political scientist and professor - and his family for several generations. Banks' grandfather, Charles Goodspeed, named the property, because, at 50 miles from his home in Wollaston, it was "far" enough to require a two-days' journey by horse to reach, but "near" enough to be a vacation home. Farandnear will be open for you to enjoy, forever, thanks to the generosity of Arthur Banks, The Trustees of Reservations, Center Road, Shirley, MA 01464 Tele: 978.840.4446

E-mail: information@thetrustees.org Open year round from sunrise to sunset. Located on 89 acres. 2.5 miles of trails. Free admission.

YANKEE DOODLE DOLLERS DOLL CLUB

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) Or call Diane 978-448-2893

We are a member of the United Federation of Doll Clubs

ELECTRONICS RECYCLING SEPT 9TH AND YARD SALE SEPT 23RD

ELECTRONICS RECYCLING DAY Saturday, September 9th...
10:00 – 2:00 pm. Bring your DAMAGED/NON-working ELEC-TRONIC items to the St. John the Evangelist parking lot at 115 Middlesex Street in North Chelmsford. We CANNOT accept fluorescent bulbs or televisions. Pricing is comparable to town and private recycling programs. All proceeds will directly support St. John's.

ONE MAN'S TRASH IS ANOTHER MAN'S TRÉASURE. Join us on Saturday. September 23rd (rain or shine) for a YARD SALE in St. John's parking lot from 9:00 am – 2:00 pm. NO EARLY BIRDS PLEASE! This event is not only for the 'shoppers', but also for those who have recently cleaned out a closet, basement, garage or attic who want to make some extra cash. Tables are available for rent for you to sell your items. If interested, please call (978) 251-8571, and ask to speak with Liliana.

ST JOHN THE EVANGELIST CHURCH 115 Middlesex St., North Chelmsford, MA

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

Doors open at 3:30pm Questions or for more info about BINGO call Gerry Dumont 978-866-2391

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DUNSTABLE SENIORS

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

<u>Dunstable Fire Dept Cookout</u> Will be held on Sunday, September 24 at noon. This annual event is held at the Dunstable Fire Station with the food provided by and prepared by the volunteer firemen. As a part of this event we will be celebrating the 90th birthdays of all our seniors who have reached this milestone. Please join us for this special occasion. RSVP by Sept 20.

<u>The Traveling Chef Program</u> provided by Elder Services of the Merrimack Valley will cater the September 27th lunch of Chicken Cordon Blue. RSVP by September 20. Cost will be \$3.00 per person. We hope more seniors take advantage of this lunch

GROTON MEMORY CAFE Every 4th Thursday from 10-noon at Groton COA 163 W Main St, West Groton, Ma. Join us for coffee and conversation for individuals and families living with memory changes. FREE, call 781-863-1166 ext 104 for more info.

Rivercourt Residence in West Groton invites Dunstable seniors for lunches on the third Tuesday of each month. Next lunch will be Tuesday, September 19th at 12:30. RSVP with either Sue or Anne. Rivercourt does this as a community out-reach program.

Senior/ Veterans Breakfast A FREE breakfast is held on the third Thursday of the month. Next breakfast, September 21st at 8:30a.m. at the Tyngsboro Senior Center 160 Westford Rd. RSVP with Sue. Indian Hill Music, Bach Lunch Thursday September 21 There are TWO PERFORMANCES: 11:00 am and 1:30 pm at Indian Hill Music, 36 King Street, Littleton MA. Light refreshments are served but you are welcome to bring your own lunch.

<u>Book Club</u> will resume on Saturday, September 16th and every third Saturday at 10:30a.m. We will be discussing Pulitzer Prize winning novel, Breathing Lessons by Anne Tyler. Summary: The story describes the joys and pains of the ordinary marriage of Ira and Maggie Moran as they travel from <u>Baltimore</u> to attend a funeral and back home again in one day. It also examines Maggie's attempts to reconcile her son and daughter-in-law. During the journey to the funeral, we learn how both Ira and Maggie have forgone their youthful dreams and feel they have settled for an "ordinary life." The library supplies the books.

Town Administrator, Tracey Hutton will be our guest speaker on Wednesday, September 27 at 11:30 to give us an overview at what will be on the warrant at the November special town meeting.

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

<u>Line Dancing Class</u> Classes are held on Mondays at 9:45a.m. for one hour in the lower hall of the Dunstable town hall. Space still available. For more information contact Holly Pottle at 978-649-3192

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

Knitting, Crochet, Rug Hooking Will resume on September 11 from 7:00 – 8:30pm at Swallow Union

<u>Senior Services</u> <u>Document shredding</u> We are looking into finding a local company that will shred personal documents. Would like to know how many senior would be interested in using this service. Contact COA office.

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

<u>Volunteers needed</u> to deliver Meals on Wheels to shut-ins Lead an activity or craft. <u>Wish List</u>: Prizes for Bingo, Wrapped candies, mints, Hershey kisses, paper napkins, plates, cups, sodas, snacks.

Program Coordinator Susan Tully 978-649-6750 or

Email at sit0213@verizon.net

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 978-649-2262 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 at 10:15 for Sunday School
- THE 150th Anniversary Committee of the church is meeting regularly now to plan events for the historic celebration in 2018.If anyone has photos or information of the church through the years please notify Joy at 978-649-6142 or Jill at 978- 649-3301.
- <u>CRAFT FAIR NEWS</u> We are looking for a few more craft people to join us this year for our <u>Annual Fair</u>, which will be held on <u>Dec. 2nd this year from 9-3.</u>

Our theme is focused on our 150th Anniversary and our own members and friends will be making crafts and gift items to celebrate such. Interested crafters can contact Jim @ 203-535-5982 for details and reservations.

• 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.



THANK YOU, THANK YOU, THANK YOU!

To all of the wonderful, loyal customers of Tyngsboro and surrounding towns. As I head into retirement, I reflect on the past 21 years and will always remember the support, acquaintances and friendships that have evolved.

I am excited to announce that Blossoms will continue! Business as usual! The Blossoms team along with our new seasoned owners Darlene and Sean, look forward to fulfilling your floral expectations.

Best of Luck to all!

Maureen



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Good thru October 1st, 2017

LOADING DOCK GALLERY

122 Western Avenue, Lowell, MA 01851

SHOW: FANTASTIC WORLDS

SHOW DATES: THROUGH OCTOBER 1, 2017

"We should show life neither as it is, nor as it should be, but as we see it in our dreams." -Anton Chekhov, The Seagull

This September Loading Dock Gallery presents all new works by member artists. Take an out of this world journey into the furthest reaches of the imagination. **FANTASTIC WORLDS** features fantasy, science-fiction, and the surreal: dreamy looks at this world and others. The works shown in **FANTASTIC WORLDS** will be as diverse as the artists creating them. Traditional fine artists and craftspeople bringtheir expertise into the speculative realm. The works run the gamut from whimsical daydreams to dark reveries.

Also this month, Loading Dock's **Back Door Gallery** features the bold abstracts of Nan Hockenbury's "**Genealogical Petroglyphs**."Inspired by the discoveries of University of Oxford geneticist Brian Sykes Hockenbury has created a series of work featuring a bold vocabulary of pictographs and colors. These works reflect the power and strength of the far distant ancestral clan mothers whose DNA still resonates in women today.

The Loading Dock Gallery, a part of Loading Dock Arts, Inc., a 501c3, is open Wednesday - Saturday from Noon to 5:30 PM, and Sunday from Noon to 4 PM. It is located at the entrance of Western Avenue Studios, 122 Western Avenue, in Lowell, MA. For more info, call 978-656-1687 or visit www.theloadingdockgallery.com.

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2017 FOUNDATION FIGHTING BLINDNESS-**BOSTON VISION WALK**

The Boston Traveler's team is raising money and awareness for the Boston Vision Walk. The Boston Vision walk is happening on Saturday, October 28, 2017. The walk details as follows:

Time: Registration at 9:00 AM, Stage Presentation at 10:00 AM, and Walk Starts at 10:20 AM Location: Artesani Park, 1255 Soldiers Field Road, Brighton, MA 01235

Team Page: http://www.fightblindness.org/site/TR/VISIONWALK/ VisionWalktr?team_id=84987&pg=team&fr_id=5895

The mission of the Foundation Fighting Blindness is to drive research that will provide preventions, treatments, and cures for people with retinal conditions.

Our team goal for the 2017 Boston Vision Walk

- . Community Involvement/Spread the Word about the Vision Walk.
- . Finding Community leaders and Professionals to sponsor the walk.
- . Physical Walkers/Looking for people to join me the day of the walk.

Our team appreciate any and all support towards this worthwhile event. You can join me in the walk or make a donation by going to my team web page. You can also make a donation by check made payable to Foundation Fighting Blindness. Together we can do it! Together we can SEE the world!



CLUB OF TYNGSBORO/DUNSTABLE

Rotary Motto: Service Above Self Theme: Rotary Serving Humanity

The Rotary Club of Tyngsboro/Dunstable has been serving the Tyngsboro and Dunstable area for 43 years. We meet at the Dream Diner, Tyngsboro, on the 1st, 2nd & 3rd Thursday of the Month at 7:15am.

• Friday, October 6th, is our 8th annual Taste of the Town event. It will be at Princeton Station, North Chelmsford from 7:00 to 9:30pm. Please make reservations early since there are a limited number of tickets available.

Thank you for attending our Fishing Day for individuals with disabilities on June 4th. A good time was had by all and the fish were large and eager to be caught. Hope to see you next year.

Rotary International 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@yahoo.net or visit our website at: www.tdrotary.org.

Thank you for your continued support.

UPCOMING EVENTS

- Tyngsboro Senior Breakfast September 21st Tvnasboro Senior Center
- 8th Annual Taste of the Town October 6th Princeton Station, Chelmsford

Dunstable Senior Luncheon • September • Dunstable Town Hall

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.newenglandvoicesinharmonv.org

TYNGSBORO CHURCH OF CHRIST

27 Old Tyng Rd. Tyngsboro, MA 01879 (about 1 mile south of Tyngsboro bridge on Rt. 3A) Evangelist: Nathan Combs 1-978-703-4741 Web Site: www.tyngsborochurchofchrist.org

Email: thechristians@juno.com
Home bible studies in Nashua, Tyngsboro, Dracut, and Lowell.

"Use Your Early Mornings for God" By Nathan Combs

What time of the day have you set aside to devote yourself to communicating with your Lord and immersing yourself in His Scriptures? Although we certainly see examples of godly Biblical characters concentrating on God at all hours of the day and night, there is an emphasis on early morning focus on God.

Consider Job's morning habit of approaching God on behalf of his children: "and when the days of the feast had run their course, Job would send and consecrate them, and he would rise early in the morning and offer burnt offerings according to the number of them all. For Job said, 'It may be that my children have sinned, and cursed God in their hearts.' Thus Job did continually." (Job 1.5). In 1 Samuel 1.19, when Hannah and her husband Elkanah made their yearly sacrifice to the Lord at Shiloh, the text reveals that "They rose early in the morning and worshiped before the Lord: then they went back to their house at Ramah." When David wrote about his devotional habits in the Psalms, he spoke of beginning his day with worship. For example, he says in Psalm 5.3, "O Lord, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch." In Psalm 59.16 he wrote, "But I will sing of your strength; I will sing aloud of your steadfast love in the morning. For you have been to me a fortress and a refuge in the day of my distress." The sons of Korah recorded in Psalm 88.13, "But I, O Lord, cry to you; in the morning my prayer comes before you." The unknown writer of Psalm 119.147 also said, "I rise before dawn and cry for help; I hope in your words." Our Savior also provides an example of morning worship. Mark's gospel records that Jesus rose "very early in the morning, while it was still dark," went to a "desolate place, and there he prayed" (Mark 1.35).

Why is it so valuable to focus on spiritual things in the morning? Let me suggest three possibilities. 1) Morning spiritual devotion equips us for a day of spiritual battle. Because our days are often whirlwinds of constant activity, a spiritual perspective is easily lost. Scripture reading, prayer, and singing in the morning puts us in a spiritual mindset. 2) Morning spiritual devotion allows concentrated focus at an undistracted time. While my house is still quiet, while my boisterous little girls are still asleep, it's easier to gather my thoughts and direct them to God. 3) Morning spiritual devotion corresponds with the Biblical emphasis on giving God the "first" of what we have. God commanded the Israelites to give him the first of their flocks (Deuteronomy 15.19) and their produce (Exodus 34.26). The firstborn child in every family was claimed by the Lord (Exodus 13.2). In that same vein, it makes sense to devote to God the first moments of our day.



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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DUNSTABLE				
1085 Main Street	\$380,000	195 Off Pond Street	\$536,000	
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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, October 14th (Rain Date October 15th) AACA Bean Pot Region 5th Annual Car Meet

Held at the Little Red Schoolhouse.

For info call Sue Psaledakis 978-649-6005.

Come and see the antique cars that gather here. They have a foliage tour in their fantastic cars and meet up at the Little Red Schoolhouse.



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CHELMSFORD CATHOLIC COLLABORATIVE

Home to both St. Mary and St. John the Evangelist Parish Families Staff Offices: 115 Middlesex Street, North Chelmsford OFFICE HOURS: Mon, Tue, Thu. 9:00AM - 5:00PM; Wed. 9:30AM - 5:00PM; Fri... 9:00AM - 3:00PM

ST. MARY BUSINESS(978) 256-2374; www. saint-mary.org 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 BUSINESS(978) 251-8571; www.saintjohnchelmsford. org 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 **DAILY MASS** SCHEDULE: In addition to regular Mass schedule (listed above)... St. Mary will be offering Wednesday evening Mass at 6:00 PM

ALL ARE INVITED TO JOIN US ON THE GREAT LAWN for the 3rd Annual Chelmsford Catholic Collaborative Outdoor Family Mass & BBQ. Sunday, September 17th at 10:30 am. Food, Games, FAMILY FUN FOR EVERYONE! St. John the Evangelist Church. 115 Middlesex Street, North Chelmsford.

KNIGHT OF COLUMBUS/ST. JOHN THE EVANGELIST 12th ANNUAL GOLF TOURNAMENT. Overlook Country Club, Hollis, NH. Tuesday, September 19th. 8:30 am shotgun start. \$125 per player. Register with 3 friends as a foursome, or register as an individual and be placed in a foursome. Registration forms, including all details, can be found at www.saintjohnchelmsford.org.

FAITH FORMATION is ALIVE AND WELL at Chelmsford Catholic Collaborative!!! Both St. Mary and St. John the Evangelist parishes are currently accepting registrations for the 2017/18 school year. Both parishes offer formation from Kindergarten to Grade 10, with a very strong focus on the First Communion and Confirmation years. Been away from Church for a bit? Looking to re-focus and root your child(ren) in the same faith you grew up in? Then contact us TODAY by calling (978) 251-8571 or (978) 256-2374 and speak with Fran Anderson (ext 212) regarding the St. John program, or Elaine Kindler (ext 216) regarding the St. Mary program.

DO YOU KNOW SOMEONE WHO IS INTERESTED IN **BECOMING CATHOLIC?** St. John's is offering an opportunity to those who wish to learn more about the Catholic faith through the RCIA (Rite of Christian Initiation. The process begins with a period of inquiry and discovery, followed by a time of preparation in order to receive the sacraments of initiation (Baptism, First Eucharist and Confirmation), and culminating in a formal welcome into the faith at the Easter Vigil. St. John is offering an Evening of Inquiry on Wednesday, September 20th at 6:30 pm. Interested in learning more? Contact Fran at (978) 251-8571, ext 212.

BINGO EVERY Thursday Night! St. John the Evangelist Church. 115 Middlesex Street, North Chelmsford. Doors open at 3:00 pm... first game at 6:45 pm. Intermission, door prizes, raffle and hot food. Air-conditioned, well-lit parking lot and elevator.

BLESSING OF THE ANIMALS. In honor of St. Francis of Assisi, bring your pet(s) and join us on the side lawn of St. John for our annual blessing of the animals. Wednesday, October 4th at 6pm.

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.

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

SCHOOL BUS SAFETY

It's that time of year again. Traffic is increasing in and around school zones and school buses are on the road Safety on our highways and in school zones is the responsibility of every driver. We all need to be especially aware of the extra road and pedestrian traffic that comes with the start of school. The importance of highway safety cannot be overstated. Please buckle up, slow down and drive smart Many local children are transported to and from school in a school bus every day. When school is in session, drivers should be sure to drive with EXTRA caution. The following are safety tips for motorists, parents, and children

TIPS FOR MOTORISTS: 1) Slow down 2) Be especially careful when driving on neighborhood streets and around school zones, always expect the unexpected. 3) Be alert for youngsters walking to and from school as you back out of your driveway or leave your parking garage. 4) We want school children to be safe. Watch for them on bicycles, especially at intersections and driveways. Young bicyclists have a tendency to dart out of driveways without looking for traffic. 5) Stop your car when you see lights flashing on a school bus. Red flashing lights indicate that the bus is stopped and students are getting on or off. Don't start driving until the red lights stop flashing. Be aware that a child may dash across the street. 6) Allow yourself enough time to get to school or to work. Leave earlier to avoid the potential "to speed" getting to your destination on time. 7) When entering a school zone, obey all of the signs. Know that the flashing yellow lights are there to remind you that you need to reduce your speed. 8) Pay extra attention at crosswalks. Take an extra look to be sure that no students are crossing. 9) Obey all signs, safety patrol and officers in your school zone. They are there to make the drop-offs and pick-ups run smoother. 10) When you approach a school bus picking up a child, it is the law to stop. When the flashing lights come on and the red stop sign extends that means STOP. Motorists must take extra precautions at bus stops even after the bus completes its stop. Some children might run out into the roadway. 11) Make sure that your child is in their safety seat or restrained properly when you are taking them to school. 12) Watch for children walking in the street, especially where there are no sidewalks. Watch for children playing and gathering near bus stops. 13) Be Alert and ready to stop. Children arriving late for the bus may dart into the street without looking for traffic.

TIPS FOR PARENTS: Does your child ride a bicycle to school? If they do, remember that it is highly recommended that a bicycle helmet be worn while riding a bicycle. 1) Stay away from danger zones around the bus. The blind spots where drivers cannot see. Always be sure you can see the driver, that means the driver can see you. 2) When getting on or off the bus be very careful. Watch out for cars. Remind children to look to the right before they step off the bus. Drivers in a hurry sometimes try to sneak by buses on the right. 3) Help your children get ready for school: 4) Have your children put everything they carry in a backpack or school bag so that they won't drop things along the way. 5) Have them wear bright, contrasting colors so that they will be more easily seen by drivers. Better still, attach a piece of high visibility fluorescent and reflective material to their clothing or backpack 6) Make sure they leave home on time so that they can walk to the bus stop and arrive before the bus is due. Running can be dangerous. 7) Teach your children to secure loose drawstrings and other objects that may get caught in the handrail or door of the school bus as they are exiting 8) Warn children that if they drop something near the bus they should never ever pick it up. Instead, they should tell the bus driver and follow the driver's directions. If they bend over to pick up a dropped object, they might not be seen by the driver and could be hurt if the bus pulls away from the stop. 9) Go to the bus stop with a young child and have older children walk in groups. There's safety in numbers because groups are easier for drivers to see. 10) Don't let pre-school children or pets go with your school child. They can be dangerous near traffic 11) If you decide to meet your child at the bus stop after school, wait on the side where the child will be dropped off, not across the street. Children can get so excited at seeing you after school they might forget safety rules and dash across the street.

TIPS FOR CHILDREN: If your child rides the school bus remind them to be good bus riders. They should: 1) Talk quietly and be courteous while on the school bus 2) Follow the school bus driver's directions 3) Keep the aisles clear and stay seated for the whole bus ride. 4) Before crossing the street, be sure to look both ways, and listen. Always use the crosswalks. 5) Make eye contact with the driver before entering the crosswalk. 6) Obey the crossing guard. Wait for them to give the "OK" before entering the crosswalk. 7) Students should walk and not run to school. Sudden movements or darting out into the street is dangerous. Cars may not be able to stop. 8) If possible, walk in groups.

If we all do our part, then our children will be much safer. Please consider car pooling or parking a couple of blocks away from the school and walking the rest of the way. It's good exercise and an opportunity to get to know our neighbors better.

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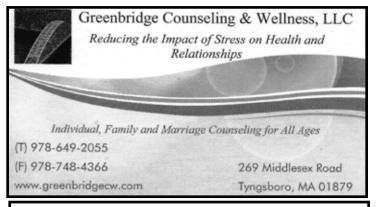
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STE JEANNE D'ARC SCHOOL

... 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.

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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.

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- Dish Towels, Dish Cloths, Hand Towels, Dish Sets
- New Shower Curtain Liners Shorts all sizes

With all the excitement of back to school and working on one of our projects it's easy to forget about the daily work that goes on at our partner agencies and their struggles. Tracy from Department of Children and Families came in to pick up backpacks for their clients and told us about the challenges they are facing. Just that day they had 12 children to place and only 3 slots to place them. She said everyone is at capacity and the numbers that are coming from homes with addiction issues are only growing. When we are faced with these kinds of challenges every day, of trying to help agencies and clients whose struggles are beyond our ability to fix, we have to take comfort in what we can do to help them. So we loaded up her car with not only backpacks but diapers, baby food, infant cereal, sippy cups, new underwear, socks, blankets and shoes. We gave her as much as we had of whatever they needed. Everyday we hear stories like these from caseworkers who work tirelessly to help their clients. Tomorrow we will be back at it again trying to help them meet their clients' needs and do what we can to improve their lives. We are grateful to all our donors and volunteers that work tirelessly with us to serve our mission to help the poor and homeless in Merrimack Valley. We couldn't do it without you!

IF IT'S THURSDAY OUR THRIFT SHOP IS OPEN 5:30-8PM. Stop in and pick up some bargains and help to fund our mission of helping the needy in Merrimack Valley! We are very excited to welcome you to our New Thrifty Thursday Thrift Shop. Located in our warehouse on Thursday nights 5:30-8pm. We welcome the public to shop and help support The Wish Project with every purchase! You never know what treasures you will find at the warehouse.

ONE OF OUR STELLAR DONORS ORDERED TWO TWIN MATTRESSES ONLINE FROM AMAZON AND THEY ARRIVED IN BOXES AT THE WAREHOUSE. Not only do we now have 2 twin mattresses we can give out this week to clients but they are New and packaged in small boxes so they can be transported in cars and clients won't need access to a truck to pick them up. Genius idea by Amazon and the anonymous donor who sent them to us. This is the number one item we need every day for almost every client that walks in the door and one of the hardest items to come by. It was such a great idea I added it to our Amazon wish list in case someone else would like to donate one or more. They appear to be around \$70 for a twin size. Go to our website for the link.

••• SAVE THE DATE Thursday, December 7th. We're celebrating our 12th Anniversary WINTER WISHES GALA at Vesper Country Club. (The Wish Project's Annual Charity Auction.

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 Lowell. The Wish Project, 1 A Foundry Street, Lowell, MA 01852

• **About Us** The Mission of The Wish Project is to help families in need in Merrimack Valley. Find out more on our website www.thew-ishproject.org or call us at **866-947-4360**.

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. 866-947-4360 Website www.TheWishProject.org

DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

518 Main St, Dunstable, MA 01827 Dunstablechurch.org 978-649-6251

Pastor Bobby Ross pastorbobby@dunstablechurch.org

DECC is a welcoming church at the heart of the Dunstable

community. "We gather to glorify God, to grow in Christ and to

live the gospel in the world."

Pastor Bobby Ross and his family, wife Shelly, and children Chale and Louelle have brought new life to our church. We invite you to visit and meet them anytime at our 10:00 am service.

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

PRAISE TEAM rehearsals continue at 7:00 pm on Monday evenings. The Sanctuary choir will resume rehearsals at a date yet to be determined. New members are always welcome to join. We are still searching for an accompanist and music director to lead the important part that music plays in our service.

ACTIVITIES BEGIN IN FULL ON SEPTEMBER 10th, with SUN-DAY SCHOOL resuming at 10:00 am; children in Ages 4-12 will attend the regular service with parents for the first 15 minutes of worship before leaving to attend Sunday School class for the remainder of the hour. Older children and teenagers remain with their parents for the entire worship service.

DECC YOUTH GROUP: KICKOFF FOR THE NEW SEASON will be an ICE CREAM SUNDAE PARTY SEPTEMBER 10th, 7:00-8:30 PM in the Fellowship Hall. On September 17th, we'll have a cookout at Sunshine Overlook Orchard and make our own fresh pressed apple cider. DECC has a great youth program and welcomes any area youth currently in 6th to 12th grade to join for any events! Typical meetings are held on Sundays from 4:00-6:00 PM but special events may be held at other times. All are welcome for a single event or to become a regular member. Contact Jon Hughes 978-303-7708 if interested, & confirm location and time of meeting. LADIES' MORNING BIBLE STUDY Begins on Monday, September 18th at 9:30 am, study the book of Galatians using "Galatians for You" by Tim Keller. LADIES' EVENING BIBLE STUDY & **MEN'S GROUP** will resume in September, date to be determined. SCOUTS The work project in coordination with an Eagle Scout project to improve and enhance the grounds of the building as well as our part of the center of our town in continuing. Work will continue and hopefully be completed this fall. Girl Scouts, Boy Scouts, Webelos and Cub Scouts will soon begin their regularly scheduled meetings. They are very active organizations in our extended church family. Check with your leaders to find your start date. **CLOTHING DONATION BOX** Aclothing donation box is set up at the Dunstable Congregational Church near the Paper Recycling box on the back side of the Pre-school playground. The box is provided and maintained by St. Pauly Textile. It is nice to have a local spot where we can donate to help others. St. Pauly Textile is a familyowned company with an A+ BBB rating. They purchase the donated clothing from the DECC to provide USEABLE clothing to people who can use it, here in the U.S. and in developing countries while having a meaningful impact in our local communities as the church supports local mission or community needs with the money raised. What to Drop-off: Used clothing, shoes, sneakers, belts, purses, linens, pillowcase, blankets, curtains and stuffed animals. What NOT to Drop-off: Furniture, electronics, household items, books, toys, garbage, pillows, rags and fabric scraps. According to the EPA, 85% of clothing in the U.S. is thrown away. This means that only about 15% of clothing that could potentially be re-used is collected using existing methods. There is an enormous global need for used clothing. All of the clothing and textiles that is collected is used by someone somewhere. If there is a local need, the donation

can be used there. Come visit your community's church. For info

call church office 978-649-6251 or email info@dunstablechurch.org.





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St. Louis School 77 Boisvert St. Lowell is accepting registrations for the 2017-2018 school year for Pre K 3-8.

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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.

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

PLEASE JOIN ME AT THE ALZHEIMER'S WALK

- Alzheimer's is the 6th leading cause of death in the United States and the only cause of death that cannot be prevented, cured, or even slowed significantly.
- 1 in 3 seniors in the US dies with Alzheimer's or another type of memory impairment.
- Alzheimer's and other types of dementia kill more people than breast and prostate cancer combined.

Scary statistics! If Alzheimer's hasn't yet affected your family or your friends it will very soon. The 2017 Northeastern MA/NH Walk to End Alzheimer's will be held in Andover, MA on <u>Sunday. September 17th at 200 Brickstone Square.</u> It only takes a few hours in the morning and the Walk is either 1 or 3 miles. Please join me in the fight to find a cure by doing one of the following: 1) Make a donation on my Alzheimer's Walk website or, 2) join my Alzheimer's Walk team and help to get more donations toward a cure.

Go to http://act.alz.org/goto/HeidiW. Questions to 978-846-2254. Thank you for joining the fight to end Alzheimer's and other types of memory impairment!

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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
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Visit our website, www.tyngsboroughlegion247.org
This website contains a wealth of information about the Post.

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



AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

Meetings are held the first Thursday of each month 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

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.

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) September 19, 20, 26, 27 (Tues & Wed Night) from 6:30 p.m. to 9:00 p.m. The next session will be held on October 10, 11, 17, 18. 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 date, September 25, October 25 as well as other future dates. Please check online for other available classes.

PET HEALTH DUNSTABLE ANIMAL CLINIC BARKING by Tara M. Sacramone, DVM



As some of you are aware, I adopted a tiny mixed breed adult dog named Ajax last year. His is little and sweet and super great with my two year old daughter, but lurking behind his fuzzy little exterior was a dirty little (dog) secret. He is a barker! Since adopting Ajax I have learned from many of you that you too have been dealing (or trying to deal) with this problem. For those of you with dogs who hardly bark or only bark when it is appropriate you may skip this month's article as long as you agree to go and give your wonderful dog a kiss of appreciation. For the rest of you, read on....

Barking is a normal dog behavior. With the exception of Basenjis, all dogs bark. Dogs bark for several reasons: protecting things, people and places, during play, to get attention, and sometimes during times of fear, anxiety, or frustration. Most dog owners expect and even desire some barking. But when barking becomes out of control it can be a real problem, and a difficult problem to fix because it *is* a completely normal behavior.

There are a few things you can try to help control your dogs barking. Different options will work with different dogs. Ideally every dog should learn to "quiet" on command. Just like your dog learned to "sit" s/he should also learn to stop barking whenever you say "silent" or "hush". This can be harder than you might think. There are basically three ways to accomplish this: 1. when your dog is barking place a tasty treat near his/her nose and when the dog stops barking to sniff you say "hush" – repeat, repeat, and repeat. 2. Teach your dog to "bark" on command by using a stimulus to get him/her barking, then remove the stimulus and use the "hush" command when the barking stops – repeat, repeat, and repeat. 3. Use a remote punishment device such as a collar that sprays an unpleasant liquid like citronella, or emits a small electric shock to stop the barking. When using these remote devices it is nice to try to use a "hush" command too so eventually you can just use the command without the device.

There are also a few things you shouldn't do if you want to decrease your dog's barking. For example, don't punish the dog for barking. It rarely works, and some dogs will actually bark more because they become more anxious. While still other dogs love any kind of attention, even bad attention. Also, don't just yell at your dog to "Be Quiet!" First of all they don't speak English so they won't understand you, and secondly, yelling just increases the noise and stress level for everyone involved. Another thing not to do is to try to calm or reassure your dog by patting him/her; your dog will interpret this as a reward for barking and will bark more and more.

Barking can be an extremely frustrating problem, so don't get discouraged and try everything, and KEEP TRYING. Your only other option is to move out to the middle of no where and buy some earplugs for you and your family.





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